

FREE

June 29 - July 26, 2011

4th of July Edition

FREE

# THE CORTLAND AREA TRIBUNE

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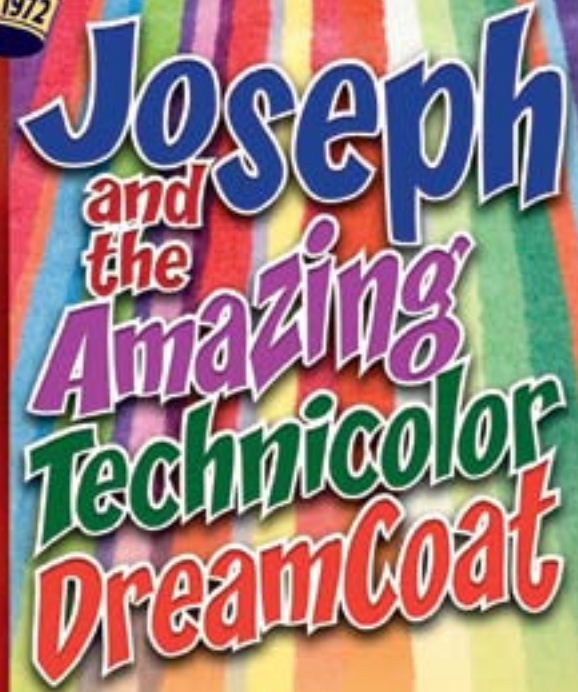
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## WELCOME TO THE 4TH OF JULY EDITION

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette.. Here's some upcoming editions for you to look forward to!

**July 27** – BBQ & Outdoor Recreation Edition

(Deadline 7/22)

**August 10** – Need for "Speed" Edition

(Deadline 8/5)

**August 24** – Pamper Your Pest & Labor Day Edition

(Deadline 8/19)

**September 7** – Get Ready for Fall! Fall is for Planting/Hunting Edition

(Deadline 9/2)

**September 21** – Bridal, The CAT's 9th Anniversay & Great Pumpkinfest Edition

(Deadline 9/16)

### CHECK OUT THE BUSINESS SERVICE GUIDE!

Easily accessible at the back of the paper! Growing with every Edition! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please tell them you saw them listed in The CAT! *Shop local and save gas!*

### HAVE SOMETHING TO SELL?

Take advantage of our FREE CAT CLASSIFIED ADS! Make some extra money – clean out that attic or garage! Free classifieds are for "articles for sale" or "garage sales" only, non-commercial, no real estate. Deadline is 6 pm on Friday, July 22nd. Email your classified to tcatribune@gmail.com or use the mail-in form in this Edition. Only emailed, mailed or faxed classifieds accepted. Fax to 607-330-8012. *Remember your unwanted items may be someone else's treasures!*

### FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to tcatribune@gmail.com, or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, July 22nd for the next Edition.

### CAT KITCHEN RECIPE CORNER!

Share your tasty recipe with our readers! To have your special recipe published, please email it to tcatribune@gmail.com or mail it to The CAT, PO Box 67, Dryden, NY 13053! Deadline is 6 pm on Friday, July 22nd for the next Edition.

# MYSTERY PHOTO CONTEST




## DO YOU KNOW WHERE THIS IS?

See what you can WIN  
if you know WHERE this picture is!  
Congratulations to our latest contest winner:  
**Julie Watros-Barber**  
of Marathon

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\*2nd pair equal or lesser value. Prior sales excluded. Regular price only.

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#### MCGRAW EVENTS

McGraw Pumpkin Launch & Kids Pumpkin Decorating Contest  
Saturday, October 15, 2011

McGraw Recreation Park - Fun Starts at 10 a.m.  
For Contest rules and entry forms contact the McGraw Village Office at (607) 836-6294

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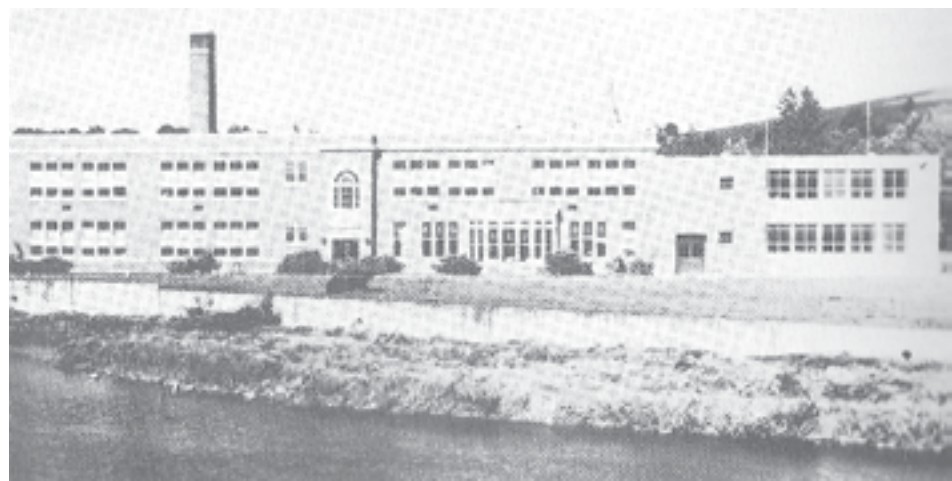
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### Answer from the Previous Edition:

Marathon Central School in Marathon, NY

### MYSTERY PHOTO CONTEST!

Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, July 22nd for this edition. By entering, you automatically give us permission to print your name in our next issue.

Each contest generates hundreds of entries! The winner of last edition's contest is Julie Watros-Barber. Julie won a gift certificate from Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point! The winner of this edition will win a gift certificate from Beth's Natural Way located at 3728 State Route 13 in Truxton! *Enter your guess today!*

*We are looking for old photos to stump our readers! Do you have an old photo we could use?! Please call us or email us - THANK YOU!*

**The Cortland Area Tribune**  
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(607) 844-8228 • Fax: 1-607-330-8012  
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## ATTENTION BOATERS! BE SAFE THIS FOURTH OF JULY



**B**OATING SEASON IS UNDERWAY AND captains are ready to ride the waves. While it's a thrilling experience to cruise along the Long Island Sound or in the Great Lakes, responsibility for your passengers and yourself should be a priority this holiday weekend.

"If you live your weekends out on the water, remember safety comes first for all those on board your boat," Allstate New York spokesperson Krista Cont. "Boaters often find themselves unexpectedly in the water due to a collision. Make sure each person wears a Coast Guard-approved Personal Flotation Device (PFD) that accommodates his or her size and weight."

According to Allstate's Boat Safety brochure, here is the boater's checklist:

Always wear a personal flotation device (PFD) when boating.

Don't use an inflatable toy as a substitute for a PFD.

Never drink and boat.

Pay attention to weather changes. Head for shore when winds increase or storm clouds roll in.

Always tell someone where you're going and when you plan to return.

Be aware of exhaust emissions. Avoid areas where carbon monoxide collects in and around your boat.

Follow Red-Right-Running: keep red buoys to your right (starboard) and green buoys to your left (port).

Take a boating safety course from an expert organization (e.g. U.S. Coast Guard Auxiliary or U.S. Power Squadron).

Conte added, "In addition to safeguarding yourself and passengers, your boat is a valuable investment that should have an up-to-date boat insurance policy. That way you won't have to worry about sinking your dream."

For More information and a new quote please call Shirley Eizember, Pinckney Insurance Agency, 41 Port Watson St, Cortland New York. 607-756-8505

*The Allstate Corporation (NYSE: ALL) is the nation's largest publicly held personal lines insurer. Widely known through the "You're In Good Hands With Allstate" slogan, Allstate is reinventing protection and retirement to help more than 17 million households insure what they have today and better prepare for tomorrow. Consumers access Allstate insurance products and services through Allstate agencies, independent agencies, and Allstate exclusive financial representatives in the U.S. and Canada, as well as via www.allstate.com and 1-800 Allstate.*



## CREATIVE TOUCH HAIR & NAIL SALON WELCOMES ANGELA FLOOR

**C**REATIVE TOUCH HAIR & NAIL Salon at 10 W Main Street in downtown Dryden (the stone building at the four corners next to the Village Clock Park) warmly welcomes Angela Floor to their experienced staff of master stylists! Angela is planning on keeping all scheduled appointments

that were previously scheduled with her and look forward to seeing you at her new location! She is looking forward to working with her past clients as well as any new clients who need the service that Creative Touch Salon can perform. Her years of service will assure you customer satisfaction of your salon needs.

The salon houses an experienced, competent and qualified staff boasting the services of Sharon as nail technician, Pam Centra, Lynn Houghtling, Amanda Mullen and now Angela Floor as master hair stylists. Creative Touch provides a variety of services for men, women and children such as cuts, colors including low-lights or high-lights, perms, up-dos, waxing, acrylic nails, hair removal, manicures and pedicures. Creative Touch offers massages with Licensed Massage Therapist TC Pelletier -TC are available by appointment for a relaxing, rejuvenating massage!

Though there are many businesses in the area similar to Creative Touch, none exult as warm and inviting an atmosphere as they do. Its comfortable ambiance is a result of the employees' love for their work. "You won't find an uptight person in here," declared owner Sharon Graham. Sharon's ultimate philosophy on business is to "keep everything as stress free as possible. It makes for a better environment."

To contact the Creative Touch Hair & Nail Salon by phone, call (607) 844-9920. The salon is open Monday through Saturday and walk-ins are always welcome, but appointments are also available. From your hair down to your toes - we are the salon that knows!

Stop in a welcome Angela to the salon or call to schedule your appointment!

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A-1 PIZZERIA COUPON

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A-1 PIZZERIA COUPON

**50% Off Breakfast or Lunch**  
w/ Purchase of 2nd Breakfast or Lunch of equal or greater value.

LIMIT OF 2 COUPONS PER PARTY  
Expires 8/30/11. Not valid with any other discounts.

A-1 PIZZERIA COUPON

**Large Cheese Pizza**  
**\$7.95**  
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1 COUPON PER PARTY  
Expires 8/30/11. Not valid with any other discounts.

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## PICCADILLY LANE UNIQUE PRIMITIVE & COUNTRY STORE

THE KIDS ARE OUT OF school and the BBQ is ready for those summer parties! Is your home, cottage or porch ready!? Piccadilly Lane Country & Primitive Store has one-of-a-kind treasures to help you redecorate! With new items arriving weekly to liven up your living space - the 8 rooms are filled with items such as furniture, garden art, unique garden items and more!

Piccadilly Lane's friendly staff can assist you in finding that extraordinary item of home décor or browse upstairs and down at this unique and primitive store and peak in the corners to find your very own treasure to make your party guests ask "Where did you find that?!" At Piccadilly Lane your heart will delight in the variety of framed prints, furniture, placemats, linens, rugs, soy blend candles, cards, jewelry, swags, garlands, tinware, signs, pottery, including antiques. Be sure to check out the holiday room!

Add a new look to your windows and update to country charm curtains! Piccadilly has many designs, colors and patterns in popular styles from Sturbridge, York, Park and more!

Want to create that quaint and homey feel to any room? Simply hang a berry or flower wreath or drape garland around a stairway, railing or window.

Attention Crafters! Crafters are needed for a CRAFT SHOW on Saturday, August 20th! Tables are available for only \$30 - please call for details and to reserve your table today!

Take the short drive to Whitney Point and check out the 8 rooms of giftware to beautify your living space and celebrate summer with their "in-store sales! The store owners Joyce & David Ballard invite you to stop at their unique primitive & country store located on 2634 Main Street in Whitney Point. For your shopping convenience the store is open Monday 11-3, Tuesday, Wednesday & Friday 10-6, Thursday 10-7, Saturday 11-3 and Sunday closed. Questions or looking for something special - 607-692-7418 or email piccadillylane1@aol.com



## TASTE OF DOWNTOWN & SIDEWALK SALES

A TASTE OF DOWNTOWN WILL return on July 16th from 12 p.m. until 5 p.m., WHILE SUPPLIES LAST, to cap off the Annual Sidewalk Sales July 14th, 15th and 16th.

Join us as we Shop, Dine and Celebrate in Historic Downtown Cortland. Check back soon for this year's tasting guide and street musician lineup.

\$10.00 commemorative wine glass entitles you to free samples at Cortland's best restaurants while supplies last and free concert admission!

<http://www.cortlanddowntown.com/>  
<http://www.historicdowntowncortland.com/>

Glasses are exclusively available at the Cortland Downtown Partnership (9 Main Street) before the event and the day of event at the Red Jug Pub Beer and Wine Tent at the Main Street Music Series Stage.

*New to this years event.....*

Street performers including jugglers and magicians will enhance the festive atmosphere of the community's center.

All day concerts on the Main Stage located in the parking lot between the Marketplace Mall and VFW. Performances are being organized by Old Boy Records featuring Digger Jones, Driftwood and Los Blancos. The Red Jug Pub will provide adult beverages from their tent at the concert location all day throughout the performances.

\*Free admission with purchase of \$10.00 official 2011 commemorative tasting glass.

Reusable A Taste of Downtown bags

\*First 100 customers will receive a free tote.

\*Available for purchase \$3

Red Jug Pub Beer and Wine Tent

\*located at the Main Music Series Stage entrance.

Special thanks to the official A Taste of Downtown 2011 sponsors McNeil Development, SUNY Cortland Alumni Association & CP Cash and Carry.

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# LIFE INSURANCE BASICS: WHAT'S THE RIGHT COVERAGE FOR YOU?

## SUMMER IS THE TIME TO THINK ABOUT LIFE INSURANCE COVERAGE!



IT MAY BE ONE OF the most important purchases you will ever make – and a tough one to initially consider.

Life insurance helps provide the peace of mind that your family is financially protected should something happen to you. Your business may also benefit from life insurance protection. However, buying life insurance may be a daunting task when you consider the variety of available coverages. Furthermore, it is difficult to think about planning for a time when you are not around.

Just how difficult is it to persuade someone to look into life insurance? A 2007 national survey by the Life and Health Insurance Foundation for Education (LIFE) revealed that one in five participants would rather go to the dentist for a root canal than investigate their life insurance needs. In fact, 47% percent of those surveyed said they would rather go renew their drivers licenses, 15% admitted they would rather babysit sextuplets, and 11% actually preferred getting stuck on a New York City subway without air conditioning rather than check into life insurance. Talk about a tough sell – but the reality is that life insurance is a critical component to financial well-being, so it is a discussion you should not postpone.

To help you get started, Shirley Eizember of the Pinckney Allstate Insurance Agency ask that you consider two common questions: How much life insurance do I need? What type of insurance should I buy? The answers to these questions will provide you with the basics to begin your assessment of life insurance options.

How much life insurance do you need?

“A general rule of thumb is that your life insurance should be about eight to ten times your annual salary,” said Eizember. “However, the amount you need can vary because so many factors may come into play including income, expenses, assets, and liabilities. You need to think about your current situation and how it might change in the future. An insurance agent can help you evaluate your needs.”

What are the different types?

There are many kinds of life insurance, but they generally fall into two categories: term life insurance and permanent life insurance.

Term life insurance is in some respects similar to renting a home. When you rent a home, you may take full advantage of the entire property immediately and for as long as you continue paying rent. As soon as your lease expires, you must renegotiate your lease or move out. Even if you rented the house for 30 years, you have no “equity” or value that belongs to you.

This concept could be applied when thinking of term life insurance. You establish a term, or amount of time you’d like life insurance protection and pay the premiums for this certain period of protection. At the end of the term, you can choose to renew at a new rate, discontinue protection or select a new policy.

Permanent life insurance is in some respects similar to owning a home. It provides insurance throughout your life. Because it is designed to last a lifetime, permanent life insurance accumulates cash value – like the equity in your home -- and is priced for you to maintain over a long period of time. If you make regular premium payments and avoid loans, withdrawals or surrenders, the full-face amount will be paid.

So, which one is better? Just like buying or renting a home, neither option is always right or always wrong. Rather, the type of policy that is right for you depends on your specific situation. To find out more about life insurance options, please call Shirley Eizember at 607-756-8505 for more information or to set up a complimentary review.

Life Insurance products are issued by Allstate Life Insurance Company of New York (Home Office: Hauppauge, NY).

For more information, please contact Shirley Eizember at the Pinckney Allstate Insurance Agency; 41 Port Watson Street, Cortland, NY 14850; (607) 756-8505.

# SIGNS AND SYMPTOMS OF ALLERGIES AND HOW TO HELP YOURSELF NATURALLY

SEEING THIS HAS BEEN ONE very nasty season of allergies I thought I would share what I have learned from doing further investigation on this subject. Even doctors agree this is one of the worst seasons ever for allergies. The most common signs of allergies are dark circles under the eyes, puffiness under the eyes, horizontal creases in the lower eyelids, chronic non-cyclic fluid retention and chronic swollen glands. Most know already about the sneezing, wheezing etc. Some common symptoms also include: gastrointestinal canker sores, celiac disease, chronic diarrhea, ulcers, gas, irritable bowel, colitis, genitourinary bed wetting, chronic bladder infections and kidney infections.

This can lead to chronic immune system infections, mental and emotional anxiety, depression, hyperactivity, inability to concentrate, insomnia, irritability, mental confusion, personality change and seizures. But wait there is more! It can also result in muscular skeletal bursitis, joint pain, low back pain, respiratory asthma, chronic bronchitis, wheezing, eczema, hives, itching and skin rash. Some other things are arrhythmias, edema, fainting, fatigue, headache, hypoglycemia, itchy nose and throat, migraines, sinusitis, glaucoma and fractured vision.

With such a long list of things what can cause allergies? It can be caused from a genetic disposition. When both parents are allergic there is a 67 percent chance that the children will be also. If only one parent has allergies then the chance



# 2011

# CORTLAND JUNIOR FAIR CALENDAR

## Tuesday, July 5th

Fair Grounds Clean Up Night – 6:00 p.m.

## Sunday, July 10th

4-H Youth Bldg. Open for delivery of Non-Perishable Exhibits- (Noon. -5 p.m.)  
FairQueen Evaluations @ 6PM

## Monday, July 11th

8:00 a.m.  
8:30 a.m.  
12:30 p.m.

4-H Youth Bldg. Open for delivery of Non-Perishable Exhibits- 8a.m.-5 p.m.  
2011 Cortland Classic Dairy Cattle Show  
4-H Building Open for exhibits.  
All Non-Perishable Exhibits - must be in Place  
Clothing, Home Environment, Indoor Gardening, Container Gardens, Field Crops, Photography, Record Books, Ag. Engineering, Misc. Ag, Leisure Education, Child Development, Creative Writing, Consumer Economics/Education, Educational Exhibits, Vet Science, Computer Programming, & Community Service and Heritage Garden Special Projects.  
Judging begins “Non-Perishables” & “Promotion of Products”  
All Youth & 4-H Club Displays must be in place

1:00 p.m.  
5:00 p.m.

## Tuesday, July 12th

9:00 a.m.  
10:00 a.m.  
Noon  
4:00 p.m.  
6:00 p.m.  
7:00 p.m.  
Intermission

Non-Perishable – judging continues  
Rabbit/Poultry - In Place  
Poultry Show – Ag. Corp. Bldg.  
Barnyard Olympics – 12/under  
All Animals – In Place  
Fair Queen Contest  
Barnyard Olympics – 13/older and Arm Wrestling Contest

## Bake Sale Day! Wednesday, July 13th

7:00 a.m.  
8:30 a.m.  
9:00 a.m.  
9-11:00 a.m.  
10:30 a.m.  
11:00 a.m.  
11:30 a.m.  
12:00 p.m.  
12:00 p.m.  
TBA  
12:00 p.m.  
2:00 p.m.  
3:00 p.m.  
4:00 p.m.  
4-7:00 p.m.  
4-6:00 p.m.  
4:00 p.m.  
4:00 p.m.  
5:00 p.m.  
6:00 p.m.  
7:00 p.m.  
7:00 p.m.

1st Official Milking Dairy Goat One-Day Test  
Market Animal Weigh-In  
Animal Exhibitor Meeting – Code of Conduct- Pole Barn area  
Food/Nutrition Exhibits – In Place  
Rabbit/Cavy Decathlon  
Veggie Car Race – hosted by Fair Queen and Court  
Packed Lunch Contest  
Food/ Nutrition - judging begins  
Dairy Challenge Contest – JM McDonald Sports Complex  
Annual 4-H Bake Sale  
Swine Show – Pole Barn area  
Beef Show – Pole Barn area  
Sheep Show – Ag. Corp. Bldg.  
Meat Show – Ag. Corp. Bldg.  
Child’s Car Seat Check  
Bike Rodeo & Helmet Check  
Ag. Tent ~ On Display “Horses”  
Pedal Tractor Pull  
Midway Opens- Children’s Day Special  
Animal Costume Contest – Pole barn  
2nd Official Milking Dairy Goat One-Day Test  
Youth Talent Showcase – Karaoke

## Elected Official Day @ the Fair! Thursday, July 14th

9:00 a.m.  
Noon  
Noon  
1:00 p.m.  
1:00 p.m.  
4:00 p.m.  
5:00 p.m.  
6:00 p.m.  
6-8:00 p.m.  
6:30 p.m.  
7:00 p.m.  
7:00 p.m.

Dairy Goat Showmanship  
Vegetables/Field Crops - In Place & judging begins  
Apple Pie Contest – Open Youth and Adults  
Dairy Cattle Showmanship begins  
Clothing Revue  
Ag. Tent – On Display “Meat Producers”  
Midway Opens  
Drive-In Car Show  
Elected Official Reception  
Pie Social  
Dairy Cattle Showmanship Finals  
Healthy Snack Contests

## Friday, July 15th

9:00 a.m.  
10:00 a.m.  
Noon  
2:00 p.m.  
2:00 p.m.  
3:00 p.m.  
3:00 p.m.  
4:00 p.m.  
5:00 p.m.  
5:00 p.m.  
5:00 p.m.  
6:00 p.m.  
8:00 p.m.

Dairy Cattle Breeds Show  
Rabbit & Cavy Showmanship Clinic  
Horticulture: All cut Flowers in place @ Noon! Judging to begin  
Rabbit/ Cavy Show  
Spec. Foods Contest  
Pedal Tractor Pull Contest  
Decorated Cake Contest  
Ag. Tent ~ On Display “Master Gardeners”  
Chicken BBQ  
Midway Opens  
7Valley Hotrods Display  
Livestock Auction - 4-H Market Animals and Decorated Cakes  
Entertainment – Donna & The Mystics (round & square)

## Dairy Day @ the Fair! Saturday, July 16th

10:00 a.m.  
10:00 a.m.

10:00 a.m.  
10:00 a.m.  
10:30 p.m.  
12:00 p.m.  
12-5:00 p.m.  
1:00 p.m.  
1-4:00 p.m.  
2:00 p.m.  
5:00 p.m.  
5:00 p.m.  
8:00 p.m.

Tractor Safety  
4-H & FFA Contests - Horse Judging, Dairy Cattle Judging, Wildlife Identification, Tree Identification and Parts and Tool Identification  
Ag. Tent – On Display “Dairy Cows & Dairy Goats”  
4-H Open Pleasure & Gymkhana Show (Gymkhana will start approx. start 2:00 p.m.)  
Poultry Knowledge Contest- Ag. Corp. Bldg.  
Horticulture Knowledge Contest- 4-H Youth Bldg.  
Snake Exhibit - Dan Chance, Marathon, NY  
Motorcycle Show  
Children’s Day Midway Ride Special  
Crossroads The Clown  
Bike Rodeo  
Pulled BBQ Pork & Salt Potatoes  
Midway Re-Opens  
Entertainment – Akin Heart Band

## 6 - 10:00 a.m. Sunday, July 17th

Animals and All 4-H Exhibits Released

Thank you for coming and enjoying our fair!

of their children being affect is reduced to 33 percent. It can also be caused from immune system disorders. Low levels of IgA (normally present in the intestinal tract) can cause allergies during the first months of a newborns life. Stress: this is a big one. Stress is associated with low T-cell function and low levels of IgA in the intestinal tract. This explains the relationship between severe mental stress and food allergies. Improper digestion is also a factor. Food becomes a foreign protein which the body tries to get rid of. It can also be a result of a Vitamin A deficiency, insufficient pancreatic enzyme, inflammation and/ or ulceration of the intestinal tract as well as diarrhea. A toxic liver is a big factor as well. The liver plays an important role in removing toxins and foreign proteins. Or a leaky gut can be a factor: an overgrowth of unfriendly flora in the intestines can cause damage to the intestinal walls causing them to "leak" undigested food into the bloodstream and cause an allergic reaction.

So what action can one take to help themselves? Vitamin C has long had the reputation for helping with allergies. ALJ is a great formula invented by Jeannie Burgess. It also aids in ear infections, emphysema, smokers lung, sinus and water in the inner ear. Vitamin E with selenium, Food Enzyme with each meal, zinc, Vitamin A if there is a deficiency, B Complex at least 2 per day especially where one is under stress. Colostrum to help repair the DNA/RNA to heal the gut wall, olive leaf extract which is a multi- purpose healer and a powerful rebuildler of the immune system. And finally liquid chlorophyll. Green is clean. It helps alkalize the body, and bad bacteria cannot live in a chlorophyll base and helps the intestines.

Well that is the end of my extra research on allergies this time. Enjoy the fresh fruits and vegetables this time of year. Get out an breathe fresh air and get some exercise.

Till next time,

Diane L. Toombs, CNHC  
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The information in this article is for educations purposes only and is not meant for diagnosing or prescribing.

## MIKE'S FISH TANK DAILY & MONTHLY

**A**QUARIUM MAINTENANCE IS THE MOST important thing for the health of your fish. Basic daily aquarium maintenance includes checking your equipment to be sure there are no malfunctions. This includes filters, heaters and lights.

Water temperature: always check the temperature. Fish are not resistant to large temperature variations. You should check your tanks temperature every morning and at night.

Watch the fish every day, take a little bit of time to observe the fish swimming and eating, as they could have behavioral changes that would indicate signs of stress or disease.

Weekly Maintenance tasks. Count your fish. In the case of death, a small fish can decompose quickly and can result in high levels of ammonia or nitrate. If you have live plants, try to remove the dead parts of the plant. Change the water through a siphon hose. This will remove excess waste and food from the bottom of your tank.

Clean your gravel. If a lot of algae is on your gravel, just turn it over. Once the light cannot reach the algae, it will die off. You can keep rotating your gravel weekly.

Using an aquarium sponge, wipe the inside of the aquarium walls. This will remove the slime coat that may build up on the inside of your glass. At the same time, you can wipe off any of the algae that may have build up on the inside of the glass too.

Replace your filter cartridge once a month. If it needs changing more often, go ahead. A clean filter cartridge means clear water.

Feeding your fish: Be careful not to overfeed your fish. Any food the fish does not eat will pollute the tank. Experts

suggest feeding your fish 3 to 4 times a day but small amounts.

• *Pets A Plenty is located in the Blockbuster Video Plaza, Rte 281 Cortland, 753-9213. Open 7 days a week. We now have a website. WWW.PETSAPLENTY.BIZ. check it out. I post care sheets, coupons, new animal arrivals, contests and more. Any questions, email me at frisky@hotmail.com*



## ANNUAL JAMESVILLE COMMUNITY FLEA MARKET / GARAGE SALE

**J**OIN US FOR OUR ANNUAL Jamesville Community Flea Market / Garage Sale sponsored by the Greater Jamesville Chamber of Commerce. One day only...Sunday July 17th from 9 - 3pm... To be held at the Town Center, right in the heart of Jamesville! In addition to the main event, there will also be sidewalk sales and individual garage sales thru out the community! Antiques, collectables, household items, house plants, carpet remnants & door mats, furniture, books, crafts, gift items, jewelry, toys and much, much more! Rain or shine, there's going to be a sale! If you're interested in selling at our event, you're more than welcome! Please contact Diane for more information. You must pre-register...there will be a \$15.00 "booth" fee, a contribution to the Jamesville Chamber of Commerce.



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## MIKE'S FOOD FOR THOUGHT GATHERINGS RESTAURANT

THIS WEEK I ATE AT Gatherings which is 1/8 mile from Greek Peak. Their address is 2175 NY Rte 392 Virgil, NY. They are open Sunday 2-8PM and Thursday, Friday and Saturday 4-10PM. The bar is open later on Friday and Saturday. On Fridays, they have their signature fish fry, drink specials and Live music. The menu at Gatherings has something for everyone. Things like Ribs, Mac N Cheese, Shepherds pie, A variety of burgers including the Elk burger. They also have steaks such as the NY strip and Filet Mignon. There is a nice selection of seafood too. Grilled bourbon salmon, broiled haddock, sesame tuna And cajun shrimp to name a few. Appetizers include a variety of soups and salads, wings, loaded skins, crab cakes, loaded fries, chicken tenders and more. They also serve several types of pizza.

I was impressed with Gatherings wine list. A glass of wine ranged from \$5.00 up to around \$8.00. That is a great price. I also liked the fact they had a variety of NY State whites and reds. NY produces some very fine wines. However they also carried some Australian, New Zealand, Italian, South African, French and California wines too. Something for everyone.

The loaded fries were delicious. Crisp and hot served with gravy. I haven't seen gravy fries in a long time. You could also have them served with cheese and bacon. The shrimp martini was great too. Serving a shrimp cocktail in a martini glass was a nice twist. The sauce was spicy and perfect.

As an entree the NY strip steak was cooked perfectly and oh so tender. It was charbroiled and served with potato and veggie. My friend had the blue cheese bacon burger. A good size charbroiled burger with blue cheese, bacon, and caramelized onions, served with regular fries or sweet potato fries.

For dessert, how can you go wrong with a chocolate chip cookie sundae. A cookie with vanilla ice cream, fudge and

caramel, topped with whipped cream. The other dessert we had was the NY style cheesecake with a fruit topping. I know cheesecakes are on a lot of dessert menus, but not all cheesecakes are created equal. This cheesecake was so darn creamy and the fresh fruit on top was a nice surprise.

Check out Gatherings. The restaurant is very nice inside and they have nightly specials as well. Check them out at [www.gatheringsrestaurant.com](http://www.gatheringsrestaurant.com).



HI, I AM LIZZY DRAKE, Dairy Ambassador from the Tompkins County Dairy Princess court with a dairy recipe to share. Do you enjoy eating something that's cool and creamy, tangy and tasty, light and satisfying? Well if you do, then you enjoy wonderfully satisfying and healthy yogurt. Yogurt will help you with your diet, as it is available low fat, nonfat and in all kinds of flavors. Go ahead and have a serving every day as a way to get your 3 servings of dairy products every day. You can also use yogurt in many ways, like turning it into a dip for fruits, using it to top a baked potato or adding it to recipes like the one below. Also you can mix fresh fruits, cereal, and nuts with yogurt as meal or snack. Yogurt is made from milk and so that means it is a good source of protein for sustained energy and calcium for strong bones and a healthy body. So go ahead treat yourself to some yogurt today to help you make sure you get 3 Everyday.

The Tompkins County Dairy Princess Program is made possible through the support of the American Dairy Association and Dairy Council - the local planning and management organization funded by dairy farmer's check-off dollars.

## CALORIE-WISE DILL CHICKEN

- 1 cup plain low-fat yogurt
- 1 1/2 cups regular wheat germ
- 1/2 cup chopped almonds
- 2 teaspoons dried dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 12 chicken drumsticks

Dissolve gelatin in 2 cups boiling water. Add frozen strawberries, stirring occasionally until thawed. Add finely diced bananas.

Pour half of the strawberry mixture into an 8x8x2-inch pan; chill. Spread evenly with yogurt. Pour remaining strawberry mixture on top of the yogurt.

Refrigerate until set. Cut into 9 squares. Top with whipped cream or more yogurt, if desired

## KING FERRY FARMERS MARKET

THE KING FERRY FARMERS MARKET has opened for its third season and will be open each Saturday through the end of October. Products from local vendors include vegetables, fruit, cheese, herbs, flour, jewelry, wool, felted art, photography, recycled art clothing, pottery and more. Vendors vary each week. The market is open from 10am-1pm. The market is located half way between Ithaca and Auburn at 999 State Route 34B in the historic Southern Cayuga Community Center next to the King Ferry Bowling Center and Pizzeria. More info at [kingferry.blogspot.com](http://kingferry.blogspot.com) or become a Facebook friend of the Southern Community Community Center at Northville Hall or phone 315.364.5591. Local produce and foods vendors wanted.

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Marlette commented on how the Cincinnatus Fourth of July field days already had a spectacular fireworks display and an amazing amount of great people running a truly family oriented event. The live music attractions great rides and reasonable pricing all made Cincinnatus field days an area favorite. When you include all the normal favorites of a field day event with sled and ATV drags, riding lawnmower races, and numerous other attractions it's hard to go wrong.

This year we will have all the favorites that made Cincinnatus one of the best field day events in central New York, plus we will add a national sound and stage show which has backed national musical acts such as... Nazareth, the Cars, Rick Derringer, Foghat, Johnny Paycheck, and many many more. We have a much bigger musical lineup this year. Scheduled to appear... Doing time, Stolen Pony, Aiken Heart, Lucey's Hooch, Inspirational music, Alder Hollow, Doug Allen, Cassidy Lynn and Steve Southworth and the Rockabilly Rays with more to come.

Friday be sure to check out the guitar hero contest where you could win a free iPod touch starting at 3 PM and Friday night check out the teen DJ dance party with free giveaways all night long. /for more information please log on to... cincyjams.com

Happy  
4th of  
July!

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## McGraw Pumpkin Launch & Kids Pumpkin Decorating Contest

**Saturday, October 15, 2011  
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Fun Starts at 10 a.m.

For Contest rules and entry forms contact the McGraw Village Office at (607) 836-6294

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**PENCIL POINTS**

*Pencil Points are tips for residential design and planning issues often encountered by homeowners, builders and developers. This information is provided by Applied Design Research Associates as general interest based on current NYS Building Codes and is not intended as professional guidance for any specific project. For answers to specific design questions feel free to contact ADRA at (607) 844-4601 or consult the yellow pages under Architects for the name of other registered design professionals in your area. You can also write or email ADRA with additional questions to be researched and published in subsequent issues of this paper.*

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**CAN I REMODEL A PORTION OF THE THIRD STORY ATTIC IN MY SINGLE FAMILY HOME INTO A PLAYROOM/GUEST BEDROOM?**

**M**ANY ENTERPRISING HOMEOWNERS TRY to capitalize on underutilized areas in attics to extend personal living space, however, this practice can have dangerous consequences. Every habitable space including a playroom or bedroom where people can work, play, eat, sleep or carry on some activity for an extended period of time must have adequate structural floor capacity and a minimum of two remote means of escape in the event of an emergency. Doors, corridors and stairs are primary exit paths from upper levels in a dwelling whereas windows are considered the second, remote means of emergency egress in one and two family dwellings when properly sized and installed.

Habitable rooms shall have a minimum area of 70 SF, a minimum wall dimension of 7'-0" and a finished ceiling height of 7'-0", except that beams at a minimum of 48" on center can project up to six inches below the finished ceiling surface. Stairs accessible to the attic space shall have a finished width of 36" or more, including handrails. Emergency egress windows shall have an operable open area equal to or greater than 5.7 sq feet and minimum opening dimensions of 20"(w) x 24"(h). The bottom sill of the emergency egress window shall not exceed 44" above finished floor.

When considering altering attic areas to become habitable living space, the floor structure should also be reviewed by a registered design professional to determine the live load carrying capacity and the type and condition of roof framing. Live Load is the additional weight accumulated by movable furniture and accessories, equipment, storage materials (contents), people, etc that will likely occur on a given floor. Live Loads, stated in minimum allowable pounds per square foot, for the following residential spaces include Sleeping Areas (30 psf), playrooms and other habitable spaces (40 psf), attics with storage space only (20 psf), decks and stairs (40 psf), and exterior balconies (60 psf). Roof trusses and rafters should never be cut or altered in the field without the review and approval of a registered design professional.

The current Building Code permits homes of standard wood frame construction (type 5a and 5b) to be up to three stories or maximum 40 feet in height above the basement level or above finished grade. Homes constructed of noncombustible materials such as masonry, stone or metal studs can be four stories high. Dwellings with code complaint sprinkler systems are permitted to have an additional story. The homeowner is also advised to review local zoning and municipal housing regulations, as they may be more restrictive with regard to maximum permitted building height in a specific zoning district.



**HOLIDAY IN HOMER ANNUAL ARTS & CRAFTS FESTIVAL**

**O**N SATURDAY, JULY 16TH, THE Village Green in Homer, NY will come alive with the sights and sounds of "Holiday in Homer" as the annual Arts and Crafts Festival unfolds for the 30th year. This year's event will feature over 100 vendor booths, continuous free entertainment, special activities for children, and a variety of fine foods and snacks and will take place from 9 a.m. until 4:00 p.m.

**Festival Artists and Crafts**

Homer Congregational Church, UCC sponsors this family-friendly event enjoyed by the entire community and many guests who return each year to shop, savor and visit with old friends. The festival will have new hours, running from 9 a.m. until 4 p.m. and promises to be bigger and better than ever with many new vendors and exciting new entertainment. Of course, many wonderful craftspeople will also be returning to offer the products that have been favorites with shoppers in the past. Some the new items will include: Stained Glass, Handmade Dolls and Doll Clothing, Pottery, unique Jewelry designs, Window Pane Quilted Clothing, Country and Primitive Crafts, Sun Hats, Childrens Capes and Tutus, Home Décor, Photography and Metal Art. Special Guest Artists will provide live demonstrations of their crafts, including: Nancy and Mike from Hilltop Pottery in Maine, NY; Ed Finkbeiner, a wood craftsman and boat builder who will show his hand-carved paddles and wooden spoons; Neil Riker who specializes in Quilling, and Glass Artist Peter Jeffers demonstrating glass blowing and design.

**Entertainment**

There will be activities for the whole family at Holiday in Homer. Homer native Boyd Chapman from

WSYR TV9 in Syracuse will again act as Master of Ceremonies for all the free entertainment at the Band Stand, including live music by The Homer Brass Ensemble, a puppet show, The Bubble Man, and The Brian Miles Band presenting three fabulous hours of golden oldies and rockabilly hits. Kids are especially invited to enjoy visiting "Dan The Snakeman" from 9 a.m. to 12:00, Mr. Bubble Man at 12:00. Excitement is already building as the Dunking Booth committee has recruited many local "celebrities" who will try to avoid making a cold splash as they sit in the hot seat.

**Schedule**

9:00 – 12:00 "Dan The Snakeman"

9:00 – 4:00 Quilt Show in the Congregational Church Sanctuary

9:00 – 4:00 **H o r s e** Drawn Wagon Rides by Crane's Hollows End Stable (fee)

9:00 – 4:00 Dunking Booth (fee)

On the Band Stand and Green

Boyd Chapman, WSYR Channel 9, Master of Ceremonies

10:00 Homer Brass Ensemble Concert

11:00 The Catskill Puppet Theatre presents "Sister Rain, Brother Sun" – sponsored by the Homer

Recreation Department 12:00 Introduction of Holiday in Homer Scholarship Winners Introduction of HCS Alumni – Class of 1961

12:00 "The Bubble Man" Doug Rougeux – "Bubbles, Juggles and Mime"

12:45 Holiday In Homer 30th Birthday Celebration sponsored by Frosted Bakery

1:00 – 4:00 The Brian Miles Band – rockabilly and oldies sponsored by Cinquanti Real Estate and Fingerlakes Construction Co., Inc.

**Meals and Snacks**

To tickle the taste buds, a variety of food and snacks will be available throughout the day beginning with a pancake breakfast or coffee and donuts at the United Methodist Church from 7:30 until 10:00. A complete luncheon will be offered at the Congregational Church from 11:30 until 1:00 featuring either Barbecued Pork on a Bun or a Deli Style Sandwich (choice of Ham, Turkey, or Beef with Cheese) accompanied by homemade Macaroni Salad, BBQ Baked Beans, Potato Chips, a Brownie, and Iced Tea or Lemonade to eat in the church hall or for take-out. Strawberry Shortcake and Purity ice cream will be available in front of the Congregational Church Memorial Garden all day and the Homer Elks will be returning this year with their popular hamburgers, hot dogs, sausage sandwiches and cold beverages. Other community organizations and vendors will offer homemade pies, frosty tropical fruit drinks, kettle corn, sno-cones and other treats and snacks.

**Directions and Parking**

The Homer Congregational Church and Village Green are located at 28 South Main Street (US Route 11) just north of I-81, exit 12. Parking will be available on-street as marked, in municipal lots, or you are invited to use the free continuous Park and Ride Shuttle Service provided by the Homer Recreation Department from parking lots at the Homer High School on West Road and the Intermediate School on Clinton Street. Handicap parking with permits will be available in the Key Bank lot on Main Street.

**HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING WALNUTS - POWERFUL BRAIN FOOD**

Truxton, NY  
Phone/Fax: 607-842-6863  
E-mail: bethsnaturalway@yahoo.com

**E**NGLISH WALNUTS (JUGLANS REGIA) AND OUR OWN native walnut, the black walnut (Juglans nigra) is both a food and a medicine. In ancient times it was known as the "nut of the Gods." In the early 20th century it was known as "Persian and royal" in Persia by Pliny (ad23-79).

When I was doing consultations and teaching in California, I was amazed to see the orchards of walnut trees. All

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English walnut trees were grafted to a black walnut tree because of the strong medicinal properties of the black walnut against diseases. I drive around our area of New York and find people cursing the black walnut trees and their nuts because of the mess that they make. We sure have forgotten the powerful medicines right under our noses.

The green fresh nuts freshly fallen from the trees are when they become a medicine. Fill a pot full of water and the green nuts and cook it down until one half of the water evaporates. The next day, add more water and cook it down again. Let cool and strain. To every cup of the water from the cooked down nuts, add one cup of vodka to preserve it. Now you have an extract of black walnut. This extract can now be used as a hair rinse to help keep the darker color looking fresh. Adding jojoba oil and sage extract will help it to work even better. This extract also works great to whiten teeth. Do not use if you have bridges or false teeth, as they will become stained. Black walnut is high in phosphorus, which is the coating of our bones that make them strong. Black walnut makes a great black-brown dye for clothing, yarn or weaving for baskets.

Externally, hulls are used as a strong anti-fungal for all problems like lice, ringworm, athlete's feet, eczema, herpes, skin complaints like acne, eye inflammations and psoriasis. Culpepper suggests, "The kernels bruised with honey and applied to the ears eases pain and inflammations therein."

Internally, this herb is used for parasites, constipation, chronic coughs, asthma, and urinary stones (leaves), diarrhea and anemia (hulls). Stops a runny nose, nasal drip and sinus problems. In 1993, researchers at Loma Linda University Medical School (California) did a blind study test with eating walnuts and reducing cholesterol. They found that eating "moderate amounts of walnuts without increasing total dietary fat and calories, decreases serum-cholesterol levels and favorably modifies the lipoprotein profile in healthy men." Walnuts are also known to contain ellagic acid, which acts upon the body as a natural sedative. Mississippi has made it illegal to use walnuts, dynamite or gunpowder in fishing.

When the nuts are green and fresh from the trees and dry we will put them all over the house on the floors, furniture and animal beds. This kills fleas quickly and then you just vacuum up.

The gender is masculine, the planet is the sun, the element is fire and the powers are health, mental powers, infertility and wishes. Magically, walnuts are carried to strengthen the heart and ward off muscle pain. It is not carried during an electrical storm as it draws lightning. Your wishes will come true when someone hands you a bag full of nuts. To prevent headaches or sunstroke, place leaves in a hat or around the head.

These are very hard to get into the meat of the nut but then again, some healings are worth a little work.

Vibrantly,  
Beth Hill of Beth's Natural Way

## HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING SUMMER CLASSES

Truxton, NY  
Phone/Fax: 607-842-6863  
E-mail: bethsnaturalway@yahoo.com

ENGLISH WALNUTS (JUGLANS REGIA) AND OUR OWN native walnut, the black walnut (*Juglans nigra*) is both a food and a medicine. In ancient times it was known as the "nut of the Gods." In the early 20th century it was known as "Persian and royal" in Persia by Pliny (ad23-79).

ALL CLASSES ARE HELD ON SATURDAYS FROM 10 AM TO 3 PM. TO GIVE US TIME TO PROPERLY PREPARE FOR EACH CLASS, WE ASK THAT YOU PLEASE PRE-REGISTER. FOR ALL CLASSES AT LEAST 2 WEEK IN ADVANCE. PLEASE CONTACT BETH'S NATURAL WAY TO REGISTER FOR ALL CLASSES. A DONATION OF \$55.00 IS GREATLY APPRECIATED AND A HEALING LUNCH WILL BE PROVIDED.

### July 23 - Iridology

Learn to understand what the colors of the iris mean and how to help heal those areas through foods, spices and herbs. This class will show you hundreds of eyes and will also give you a chance to see your own eye and what the colors mean to you. A donation of \$55.00 is being asked.

### August 20 - Herbal Walk

This popular class teaches you how to identify herbs outside for picking, when to pick, how to pick, how to dry and the medicinal purposes of each herb. We will meet at the shop to begin our walk. A donation of \$55.00 is being asked.

### October 8 - Kinesiology

Continue to learn about muscle testing. This class will go to the next step by working with food allergies and the systems of the body. A donation of \$55.00 is being asked.

### Beth's Natural Way Hours

You may want to call ahead to make sure we in, particularly during herb picking season!!

Our Store Hours: Wednesday - Friday 10 am - 5 pm  
Saturdays 10 am - 2 pm

Consultation Hours: Wednesday - Saturday by appointment only

Just a reminder that all are welcome to attend the Blessed Thistle Fellowship church services on Wed. 5 pm to 6:30 at the store.

## The Cortland Area Tribune

### What People Are Saying...

Advertising in the CAT increased my coverage area from just Tompkins County to include Cortland County. This has increased my customer base substantially. An added bonus is that Judy Kilmer is a delight to work with.

*Karen Hewitt  
Barnhouse Antiques  
Lansing, NY*

Thank you for this opportunity to inform the public about our motorcycle organization. I would like to add that we received a few email inquires about our local chapter which I believe was a direct result of the article in your paper so I thank you for that...thank you for the generous offer [to advertise future events], I will be sure and take you up on that.

*Jan Aguirre  
ABATE of Tompkins County  
Secretary and Webmaster*

Thanks Judy for the ad you helped me tweak. It is just right, I knew you would understand my vision. It is always a pleasure to work with you and see my business ads in the CAT. I am pleasantly amazed when friends and relatives living downstate say they have seen my ad or an article I may have submitted. Good to do business with you.

*Kathy Beardsley  
A Touch of Glass Antiques & Collectibles  
Homer, NY*

The Cortland Tribune has been a big help to my business. The prices are excellent and Judy is very helpful. I always get a good response when I do an article. The graphic department does a really nice job on my ads too.

The business directory in the middle of the paper brings in a lot of new customers. I highly recommend advertising in THE CAT.

*Michael Moffitt, Owner  
Pets A Plenty*

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# COMMUNITY CALENDAR



Help Someone Find Their Silver Lining  
Become a Volunteer  
Crisisline Counselor - Are you interested in making a real difference? Not just in your life, but in the lives of others in your community? If you are an open minded, compassionate individual, you can be trained to be a skilled and very effective Crisisline Counselor at Suicide Prevention & Crisis Service. No previous experience is necessary. For more information, call our business office at 607-272-1505 or visit us on the web at [suicidepreventionandcrisisline.org](http://suicidepreventionandcrisisline.org). The next Crisisline Counselor Training Session begins soon!

**June 30 - Dan the Snake Man**  
Thursday evenings from 7:00 to 8:00 p.m.

The ultimate educational experience about reptiles and their importance to the environment--the audience is invited to interact with the animals on an up-close and personal level; viewing, touching, and asking questions.

Our evening programs are made possible with grant support from the Community Arts Partnership and in part by Federal Library Services & Technology Act funds, awarded to the NYS Library by the Federal Institute of Museum and Library Services.

Bearcat Scanner, exercise bike. Much more, still digging.

**July 1 - Fireworks at TC3**  
The 64th Annual Community Fireworks display will be Friday, July 1 and for the second year hosted by Tompkins Cortland Community College in Dryden. Parking begins at 7:30 p.m. and the fireworks to start at 9:45 p.m.

Supported in part by Tompkins Trust Company and TC3 in Dryden. Donations by the community make up the bulk of the costs of the firework display. Donations can be sent to Community Fireworks, c/o Tompkins Trust Company, PO Box 460, Ithaca, NY 14851.

**July 3 - Fireworks**  
10 pm sharp, Dwyer Park, Little York. Entertainment includes the Cortland Oldtimers Band. Cortland Repertory Theatre Guild and Mountain View Restaurant will offer food for sale. Show is free, but there is a parking charge. Veterans will receive a free hot sandwich by presenting their ID card.

**July 7 - Nan Hoffman at Groton Public Library**  
Thursday evenings from 7:00 to 8:00 p.m.

Songs For A Livable Land---a concert for the whole family celebrating the One World - Many Stories theme.

Our evening programs are made possible with grant support from the Community Arts Partnership and in part by Federal Library Services & Technology Act funds, awarded to the NYS Library by the Federal Institute of Museum and Library Services.

Pavilion at Dwyer Memorial Park, Little York. Music by Andrew Lloyd Weber (best known for "Phantom of the Opera") and lyrics by Tim Rice. The Biblical saga of Joseph and his coat of many colors comes to vibrant life in this delightful musical parable. Set to an engaging cornucopia of musical styles, from country-western and calypso, to bubble-gum pop and Elvis Presley rock 'n' roll, this Old Testament tale emerges both timely and timeless. This fast, frothy and fun musical will get the whole family singing along to this beautiful story. For more information, call 800-427-6160, stop in at the CRT Box Office at 37 Franklin Street in Cortland, or visit [www.cortlandrep.org](http://www.cortlandrep.org).

**July 14, 16, 22 & 23 - Dorothy and the Wizard of Oz**  
10 am, Pavilion at Dwyer Memorial Park, Little York. Based on the story by Frank Baum and adapted by Steve and Kathy Hotchner. In this participation play, a spunky Dorothy finds herself over the rainbow and confronted by Glinda the Good Witch who worries as much about her vegetable garden as she does about Dorothy getting back to Kansas. Children from the audience participate by oiling the Tin Man, stuffing the Scarecrow and hiding Dorothy from the Wicked Witch of the West in a forest they create themselves. Even Toto is here, and there's a

surprise twist with what happens to the Wizard himself. Kids and big people both will love it! \$6.00 per person. Appropriate for K - 5th Grades. For more information, call 800-427-6160, stop in at the CRT Box Office at 37 Franklin Street in Cortland, or visit [www.cortlandrep.org](http://www.cortlandrep.org).

**July 15 - Tent & Garage Sales**  
Huge Tent & Garage Sale Fri-Sat July 15 & 16 8am-5pm. 4 Foot Hill Road off Yellow Barn Rd. Rt. 13 in Dryden

**July 23 - Garage Sales**  
Dryden Yellow Barn Road Development Garage Sales. 20+ houses. Fri. July 22 9am-5pm, Sat. July 23 9am-1pm

**July 31 - Ithaca Antiques Center Wine & Cheese Reception**  
The Ithaca Antiques Center will be hosting a wine and cheese reception on Sunday, July 31 from 2 to 5pm. Featuring some works of the famous Florida Highwaymen Artists. The display will run through Labor Day.

**October 6-7 - Bus Trip to Lancaster**  
Cortland County Historical Society. Trip includes: Round trip travel on luxury bus. Ticket to "Joseph" at the Sight and Sound Theatre, Stop at Rockvale Outlets, Dinner, Hotel stay w/ Breakfast, Tour of Amish Country.

**Now thru October 30 - Cortland Farmers' Market**  
Tuesdays and Saturdays 8 am- 2pm on Main Street, Cortland. The 39th season at the same location! Local produce (from a 30 mile radius) and fruit in season. Also flowers, honey, wine, and a variety of surprises throughout the season. Convenient location, plenty of free parking, and close to fine restaurants, shops, and the Main Street merchants. For more information call (607) 753-8570 or e-mail [sandstrom@ocmboces.org](mailto:sandstrom@ocmboces.org).

**June 30-July 1 - Hugh Garage Sale**  
260 Southworth Rd, Dryden - Thurs. June 30, 9 a.m. - 6 p.m., Fri. July 1, 9 a.m. - 6 p.m., Sat. July 2, 9 a.m. - 2 p.m.

Model airplane and train magazines, books, DVD's, VHS tapes. Drill presses, Craftsman metal lathe, bench saw, electric saws, misc. tools. Simplicity lawn mower, Evinrude 35 motor, tool boxes, motor oil,

Misc. Household goods, Corelle dishes, Hull pottery, casserole dishes, microwave, food processor, electric heater, file drawers, radios,

**July 1 - Opening at Gallery 54**  
Fiber and Ore: New Works by Sharon Bottle Souva and Dana Stenson at Gallery 54 through July. Opening Reception Friday July 1st from 6 pm-9pm at Gallery 54. Meet the artists and enjoy refreshments. Gallery 54 features distinctive fine art and fine crafts created by artists from Central New York. The gallery is located at 54 E. Genesee St. Skaneateles. Open 11-5 Sunday-Friday, 10-5 Saturday. 685-5470 [www.gallery54cny.com](http://www.gallery54cny.com).

**July 7 - Summer Concert Series: "Tailor Made"**  
7pm, Court House Park in Cortland. All concerts are free and open to the public. Bring a lawn chair or blanket. Presented by Cortland Youth Bureau. For more information call (607) 753-3021.

**July 13-30 - "Joseph and the Amazing Technicolor Dreamcoat"**

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**4th of July!**




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# BUSINESS OWNER PHOTO CONTEST



## DO YOU KNOW WHO THIS LOCAL BUSINESS OWNER IS?

Welcome to our new contest! It was suggested by a local business to try a new contest - print pictures of local business owners when they were "younger" and see if anyone can recognize them! This contest can be entered the same as our famous cover photo contest - email your guess to [tcatribune@gmail.com](mailto:tcatribune@gmail.com) or call 607-844-8228 and include your name, address and phone number. If your guess is correct, you will be entered into the contest. A name will be picked by random drawing and the winner's name will be printed in the next issue and they will win a gift certificate donated by local businesses! Enjoy!

## Last Issue's Business Owner Photo Contest

### Answer

**Joe Guernsey** - Owner of Klein's Archery & Outdoor Store, Inc. located at 119 Freeville Road in Dryden.

### Winner

**Aryn Rulison of Cortland** - Aryn won a gift certificate from Klein's Archery & Outdoor Store, Inc. and Piccadilly Lane Unique Primitive & Country Store!

# CAT KITCHEN RECIPE CORNER



## STAR BRIGHT SANDWICHES

*Nonstick cooking spray*

*4 frozen white or wheat Texas-style rolls, thawed according to package directions*

*8 ounces thinly sliced cooked ham or turkey*

*4 slices reduced-fat American cheese (3 to 4 ounces)*

*2 tablespoons bottled reduced-fat ranch or creamy Italian salad dressing*

Lightly coat a baking sheet with cooking spray; set aside. Flatten thawed rolls into 4-inch rounds. Using a 3-1/2- to 4-inch cookie cutter, cut rolls into star shapes. If desired, shape small scraps of dough into balls. Moisten star points with water and attach dough balls to the points of the stars.

Place stars 2 inches apart on prepared baking sheet. Cover and let rise in a warm place until nearly double (30 to 40 minutes). Bake in a 350 degree F oven for 10 to 12 minutes or until golden. Transfer rolls to a wire rack. Cool completely.

Split rolls in half. Layer ham and cheese on bottom halves of rolls. Using a sharp knife, trim meat and cheese even with edges of rolls. Spread with dressing and add top halves of rolls. Wrap each sandwich tightly in plastic wrap. Pack in insulated containers with ice packs. Makes 4 sandwiches.

## BERRY-BEST SALAD

*1/4 cup orange juice*

*1 tablespoon salad oil*

*2 teaspoons honey mustard or Dijon-style mustard*

*1 teaspoon sugar*

*1/4 teaspoon salt*

*4 cups torn lettuce*

*1-1/2 cups fresh blueberries, raspberries, quartered strawberries, and/or canned mandarin orange sections, drained*

*2 tablespoons bite-size cheddar fish-shaped or pretzel crackers or 1 tablespoon shelled sunflower seeds*

For dressing, in a screw-top jar combine orange juice, oil, mustard, sugar, and salt. Cover and shake until combined. Place lettuce in medium bowl. Drizzle with dressing; toss to coat. Divide lettuce among 4 plates.

Arrange fruit on lettuce. Sprinkle with crackers. Serve immediately. Makes 4 side-dish servings.

## GRILLED CHICKEN AND CREAMY CORN

*2 Tbsp. olive oil*

*1 tsp. smoked paprika*

*3 fresh ears of sweet corn*

*4 skinless, boneless chicken breast halves*

*1/3 cup sour cream*

*Milk*

*1/4 cup shredded fresh basil*

In small bowl combine olive oil and paprika. Brush corn and chicken with oil mixture. Lightly sprinkle salt and pepper. Grill directly over medium coals for 12 to 15 minutes or until chicken is no longer pink (170 degrees F), turning once.

Carefully cut kernels from cob by firmly holding the corn at the top (using a kitchen towel to grip, if necessary) and slicing downward with a sharp knife. Transfer to bowl; stir in sour cream. Season with additional salt and pepper. Stir in milk to desired creaminess. Slice chicken breasts. Serve with corn; sprinkle shredded basil. Serves 4.

## ASPARAGUS FRITTATA

*3/4 pound fresh asparagus spears or one 10-ounce package frozen cut asparagus*

*6 eggs*

*3/4 cup low-fat cottage cheese*

*2 teaspoons yellow mustard*

*1/8 teaspoon salt*

*Dash pepper*

*Nonstick spray coating*

*1 cup sliced fresh mushrooms*

*1 small tomato, cut into wedges, or 1/4 cup chopped tomato*

Cook fresh asparagus spears in a small amount of boiling water for 8 to 10 minutes or until crisp-tender; drain. Reserve 3 spears for garnish; cut remaining asparagus into 1-inch pieces. Or, cook frozen asparagus according to package directions; drain. Set aside.

Meanwhile, in a medium mixing bowl beat eggs until foamy. Beat in cottage cheese, mustard, salt, and pepper; set aside.

Spray a 10-inch ovenproof skillet with nonstick spray coating. Cook mushrooms over medium heat until just tender. Stir in asparagus pieces. Pour egg mixture over mushrooms and asparagus. (If using fresh asparagus, arrange the 3 reserved spears on top.)

Cook mixture over low heat about 5 minutes or until mixture bubbles slightly and begins to set around the edges.

Bake frittata, uncovered, in a 400 degree F oven about 10 minutes or until set. Garnish each serving with tomato. Makes 4 servings.

## FOURTH OF JULY CHERRY-COLA CAKE

*1 pkg. 2-layer size German chocolate cake mix*

*Cherry cola*

*1 1/2 tsp. ground ginger*

*1 tsp. finely shredded lime peel*

*1 recipe Celebration Icing*

*10 to 12 dark sweet cherries with stems*

Preheat oven to 350 degree F. Grease and flour a 13x9x2-inch baking pan; set aside. Prepare cake mix according to package directions except substitute cherry cola for the liquid called for and add ground ginger and lime peel. Pour batter into prepared pan. Bake according to package directions. Cool for 10 minutes on a wire rack. Remove from pan; cool completely on wire rack.

Use a serrated knife to cut top of cake level. Trim edges of cake. Discard trimmed pieces. Cut cake in half lengthwise into two 13x4-1/2-inch rectangles. Place one rectangle on a serving platter. Spread with tinted icing. Top with second rectangle. Spread with white icing. Refrigerate cake for 1 hour or until icing is set. Wrap cake in plastic wrap. Refrigerate for 4 to 24 hours before serving. Top each slice with a cherry. Makes 10 to 12 servings.

Celebration Icing: This recipe is based a 1-lb. box (about 4 1/2 cups) of powdered sugar. In a medium mixing bowl beat 1/3 cup butter with electric mixer until smooth. Gradually add 1 cup powdered sugar, beating well. Slowly beat in 3 tablespoons milk and 1 teaspoon vanilla. Gradually beat in 2 cups powdered sugar. Divide the mixture in half.

## PEANUT BUTTER MUNCHIES

*1-1/2 cups all-purpose flour*

*1/2 cup unsweetened cocoa powder*

*1/2 teaspoon baking soda*

*1/2 cup butter, softened*

*1/2 cup granulated sugar*

*1/2 cup packed brown sugar*

*1/4 cup peanut butter*

*1 egg*

*1 tablespoon milk*

*1 teaspoon vanilla*

*3/4 cup sifted powdered sugar*

*1/2 cup peanut butter*

*2 tablespoons granulated sugar*

Preheat oven to 350 degree F. In a medium mixing bowl stir together flour, cocoa powder, and baking soda; set aside.

In a large mixing bowl beat together butter, the 1/2 cup granulated sugar, brown sugar, and the 1/4 cup peanut butter with an electric mixer until combined. Add egg, milk, and vanilla; beat well. Beat in as much of the dry ingredients as you can with mixer. Stir in remaining dry ingredients by hand with a wooden spoon. Form chocolate dough into 32 balls about 1-1/4 inches in diameter. Set aside.

For peanut butter filling, in a medium mixing bowl combine powdered sugar and the remaining 1/2 cup peanut butter until smooth. Shape mixture into 32 (3/4-inch) balls.

On a work surface, slightly flatten a chocolate dough ball and top with a peanut butter ball. Shape the chocolate dough over the peanut butter filling, completely covering the filling. Roll dough into a ball. Repeat with the remaining chocolate dough and peanut butter filling balls.

Place balls 2 inches apart on an ungreased cookie sheet. Lightly flatten with the bottom of a glass dipped in the 2 tablespoons granulated sugar.

Bake cookies in preheated oven for 8 minutes or until they're just set and surface is slightly cracked. Let cookies stand for 1 minute. Transfer cookies to wire racks; cool. Makes 32 cookies.

To Store: Place in layers separated by waxed paper in an airtight container; cover. Store at room temperature for up to 3 days or freeze for up to 3 months.

## RED, WHITE, AND BLUE PIE

*1-1/4 cups all-purpose flour*

*1/4 teaspoon salt*

*1/3 cup shortening*

*4 to 5 tablespoons cold water*

*1 6-ounce package (1 cup) semisweet chocolate pieces*

*1 tablespoon butter*

*1 8-ounce package cream cheese, softened*

*2 tablespoons orange liqueur*

*1/4 cup sifted powdered sugar*

*1 quart whole strawberries, rinsed and stems removed*

*1 cup mixed berries, such as blueberries and raspberries*

*2 tablespoons red currant jelly*

*1/2 cup whipping cream*

*2 tablespoons sifted powdered sugar*

*1/2 teaspoon finely shredded orange peel*

For the pastry, stir together all-purpose flour and salt. Using a pastry blender, cut in shortening until pieces are pea-size. Sprinkle 1 tablespoon cold water over part of mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon of water at a time, until flour mixture is moistened. Form dough into a ball. On a floured surface, roll dough into a 12-inch circle. Ease dough into a 9-inch pie plate. Trim to 1/2-inch beyond edge of plate. Fold under extra dough. Crimp edge. Prick bottom and sides of pastry. Line with a double thickness of foil. Bake in a 450 degree F oven 8 minutes. Remove foil. Bake 5 to 6 minutes more or until golden. Set aside.

In a saucepan combine chocolate and butter. Heat and stir over medium-low heat until melted. Add cream cheese and liqueur. Heat and stir until combined. Remove from heat. Stir in the 1/4 cup powdered sugar. Spread in baked pastry shell.

Arrange strawberries and mixed berries on filling, placing strawberries stem ends down. Melt jelly; brush over berries. Cover; chill for 4 hours.

To Serve: Let pie stand at room temperature for 30 minutes. Beat whipping cream with the 2 tablespoons powdered sugar and the orange peel until soft peaks form. Spoon or pipe whipped cream into center of pie. Makes 12 servings.



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h	c	s	f	r	e	e	d	o	m	o	o	b	e	r
a	n	i	o	s	e	t	g	t	y	s	e	s	e	n
m	e	h	t	n	a	l	a	n	o	i	t	a	n	k
b	d	s	t	o	t	f	t	r	i	y	j	s	i	h
u	n	n	s	n	i	i	a	s	b	l	r	l	j	o
r	e	o	r	a	e	r	r	o	i	e	l	u	e	t
g	p	i	p	e	s	e	t	p	m	h	l	i	r	d
e	e	t	y	s	l	w	d	a	a	y	w	e	r	o
r	d	a	t	k	c	o	e	a	p	r	t	i	c	g
s	n	c	r	o	v	r	o	e	n	t	t	i	w	s
s	i	a	e	b	t	k	w	c	o	i	n	i	a	t
g	p	v	b	s	m	s	u	n	s	c	r	e	e	n
s	a	q	i	m	t	n	g	l	i	g	a	c	s	
e	s	a	l	a	d	s	i	p	r	r	n	n	m	t

- july • independence • patriotic • freedom • liberty • streamers  
 whistlers • boom • fireworks • sparklers • bbq • grilling • coals • picnic  
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9	7				3			1
			8					9
8		4	7					
					5	6		3
2					1			
6			9				2	7
		7	4			5		

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**GARAGE SALE MOVING SALE MULI-FAMILY SALE!!!!** July 9, Lots of good things - Canoe, mower, children's clothing, 70's/80's albums, telescope, violin, kitchen goods, furniture, designer purses, stuff and more stuff!!! Gulf Hill RD Freeville.

**Vil Vue Heights Community Garage Sale July 9 from 9-3.** Multiple families. Crafts, tools, household items, furniture, holiday decor, baby/ children items. Quilting fabric, knick knack, much more.

Friday, Saturday July 1-3, 8-5 p.m. Sunday 8-noon about 1 mile from village of Locke. Household items, misc. crystal and glassware, books, Nikken magnetic mattress pads, 8-track tapes, golf bags, tools, misc. nails/screws/hardware stuff, Christmas decorations, and much more.

Students moving out / leftovers from garage sales/items you don't use anymore... we'd love to have them for an upcoming auction. We'll have our third annual auction in a few months and all proceeds from donated items will be given to the SPCA here in Tompkins County. We could come get your items with our pick up truck or trailer or you could drop them off at our facility on Rt. 13 in Newfield. Please call 607-592-8699.

Yard Sale: July 8th, 9th & 10th. 20 Lake Street, Dryden. 9am till ? Sportscards, United's Cavalier Shuffle Bowling Machine, Clothes and much more!

Items left from garage sale household a little of everything plus 2 fish tanks 30 and 90 gallon with accessories and a pellet stove used 5 months make and offer on yard sale items call for prices on fish tanks and wood stove. We are located on Route 89 call 607-209-4059 anytime.

Huge estate & furniture tag sale. July 9th & 10th. 9 am to 4 pm. Corner of Pleasant Street & Lake Street, Dryden, N.Y. 150+ years accumulation of household goods, books. Glassware, crafts, furniture, holiday items, games, puzzles, tools and much more. Questions: 607-343-6413.

Futon bed-lounge. Light hardwood frame, single size, and excellent condition. \$50.00 607-898-9553

Glass Ceiling Tiffany style lamp shade. Paid \$120.00. Sell \$60.00 607-898-9553

**OLD VINTAGE TOBOGGAN,** Vintage Paper Mache Bait Bucket. \$20 each. 607-345-7237. leave message

COMPOUND BOW with hard case. PSE FREE SPIRIT ex. cond. \$50 607-345-7237 leave message.

**MILLER OIL FURNACE,** rv/mobile home type, 81k btu, on "cottage" base. Works great, good for cabin or camp. \$450. oo. (607) 634-4169.

Above-ground pool, 20 x 4 feet, made from kevlar by KD Pools, seasonal covers, vaccum, skimmer, \$1500 or BO ready to go 607-756-1951

Hereford western 15" saddle, semi quarter horse bars, nice fit for anyone, show or pleasure, dark brown, with front and back cinches, real nice saddle, this is not a cheap one, ALL LEATHER, will ride real nice! \$350. Call 607-591-6907

**BLUE EYED** Paint Mare, 11 years old, 14.3 hands, red and white, quiet enough for beginner, great on trails, just right for ladies horse, utd on shots, shod all around. neck reins. \$1600; Black and white Paint mare, DEAD broke, excellent on trails, 100% quiet for anyone, Been trail riding all spring at Brookfield, Doing obstacles for Trail trials classes. Does not refuse anything anytime. Trailers fine, fly sprays, bathes, clips, loads, ties, neck reins. I ride her in a hackamore (much easier on her and me!) 14.2 hands. \$2500 for peace of mind for you and your family! 607-591-6907. She will be at NYS Horse Council Spring Pleasure Ride at Pure Country Campgrounds June 10-12th if you would like to ride and try her!

English saddle, 16" forward seat with knee rolls, good kids saddle, made in england, complete with pad, leathers, irons and girth, good buy for \$65! 607-591-6907

Yakima rack with two sets of different sized crossbars (48-inch and 58-inch ), 4 Q towers, Q clips, SKS locks, 4 Hullyrollers, and 4 Mako saddles, straps, etc. I've used this on a Honda Civic and a Nissan Versa. \$300 (a \$700 value new). Stored indoors. Used for (2) 18-foot Current Design kayaks. Call 607-708-4121 or email to [djl243@cornell.edu](mailto:djl243@cornell.edu)

Crested yellow with dark wing bars, 4 years old, healthy and beautiful. Good home only; \$35.00. Call 607-319-0725.

**ATTENTION READERS**  
FREE CLASSIFIEDS are our way of thanking you for supporting our paper by reading it each issue and supporting the local businesses that advertise with us to help make this paper happen! Please feel free to email your submission to [tcatribune@gmail.com](mailto:tcatribune@gmail.com), or fax it using the form on page 14! Remember, it's entirely free!

## LOCAL DROP OFFS



Please visit these fine establishments, a small selection of the hundreds of businesses that receive our papers, for a copy of The Cortland Area Tribune:

- McLean Gas Station • Cortland Kmart • CNY Powersports
- Main Street in Downtown Cortland • The Marketplace Mall
- Doug's Powersports • Valley View Gardens • Action Sports
- Doug's Fish Fry • Pets-A-Plenty Pet Store • Ithaca TOPS
- Cortland TOPS • Riverside Plaza • Colonial Laundromat
- Ramada Inn • Main St. Downtown Homer • Back to Basics
- Natoli's Market • Dryden Food Market • Groton Hotel Groton
- Express Mart • Ithaca Wegman's • Rite Aid Dryden
- Gregg's Market Marathon • Dryden Agway
- Elite Dental • Pinckney Allstate Insurance Agency
- Tompkins Trust Company Banks

## LAST EDITION'S PUZZLES



### SUDOKU

4	8	5	1	9	6	7	3	2
9	7	2	5	4	3	8	6	1
3	6	1	8	2	7	4	5	9
8	3	4	7	6	9	2	1	5
5	2	6	3	1	4	9	7	8
7	1	9	2	8	5	6	4	3
2	5	8	6	7	1	3	9	4
6	4	3	9	5	8	1	2	7
1	9	7	4	3	2	5	8	6

### WORD FIND

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c	s	e	c	m	n	t	a	h	n	f	a	e	d	i

## CUTTINGS GARAGE

*COMPLETE AUTO REPAIR*

Happy  
4th of July!

(607) 347-4873

1834 Dryden Road, Freeville, NY



# COMMUNITY COUPONS

Cut out these handy coupons and save while visiting some of the area's great businesses!

TO ADVERTISE: The Cortland Area Tribune • P.O. Box 67 Dryden, NY 13053 • (607) 844-8228 • tcatribune@gmail.com



2175 NYS RT. 392, Virgil, NY 13045  
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607-849-3580

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Open for Cabin Rentals & Events 7 Days A Week!  
Check website for menu & schedule

Present this coupon to your server  
for 50% off lower priced entree when  
purchasing 2 or more.

(Limit 1 coupon per guest table)  
Not valid with any other specials. Exp 9/30/11

## PETS A PLENTY

Located on Rte. 281 in  
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Open 7 Days A Week  
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WE ARE NOW STOCKED WITH ALL TYPES OF POND FISH...GREAT PRICES...GREAT QUALITY. POND SUPPLIES & PLANTS AVAILABLE TOO

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60 Tanks of Small Animals • Birds • Fish • Reptiles and PLENTY of PET SUPPLIES

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(Opposite Builder's Best Do-It-Center)



QUALITY  
Flowers, Flowering  
Trees & Shrubs



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**\$5 OFF** Plants or Giftware Purchase of \$50 or more  
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M-F 10-6 • Sat 9-5 • Through July 3 Sun 10:30-3:30

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Men, Women & Children Welcome



Call Missy, Jennifer or Shelly

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2215 Dryden Road (Rt. 13) in Dryden  
(607) 844-4111

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\*with extended hours until 9pm on Thursdays!!



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Dryden NY  
Ph: 844-KNOB

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"Like" The Second Knob on Facebook to get merchandise previews and special deals!

Try a FREE CLASS with this ad!

## jazzercise

BEGINNERS CAN START ANYTIME - OUR SCHEDULE IS:

Classes at Holy Cross Church on George Road in Dryden M, W & Th 5:45 PM • at TC3 in Dryden SAT 8:30 AM

FOR MORE INFORMATION ABOUT CLASSES CALL Sue Karn at 607-279-6131



## The GlassSmith, Inc.

124 S. Main St., Homer • 749-2072  
MON.-FRI. 8-5 • SAT. 9-12



ALL WINDOWS REPAIRED (Fast Service)



10% OFF IN-SHOP WINDOW REPAIRS with this ad  
OFFER EXPIRES 8/31/11

STORM WINDOWS • STORM DOORS • VINYL REPLACEMENT WINDOWS



OPEN SUNDAYS NOON TO 5 PM

\*10% OFF ANY WINE PURCHASE\*  
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- GIFT CERTIFICATES AVAILABLE -

ALWAYS FEATURED AT DRYDEN WINE AND SPIRITS  
• 15% DISCOUNT ON WINE CASE BUYS MIXED OR SOLID - 1.5 liter is considered 2 bottles  
FREE PERSONALIZED WEDDING LABELS OR SPECIAL OCCASION LABELS WITH YOUR WINE PURCHASE  
A Wine & Spirits Store & So Much More!  
...We Are Service Driven...

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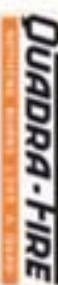
At Hearth & Home of Ithaca, we don't only sell the highest quality Stoves and Fireplaces, we also work with you to solve any problems with your chimney



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**REMEMBER, NOW IS THE TIME FOR CHIMNEY  
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