

FREE

August 10-23, 2011

'Need for Speed' Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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11 am - 4 pm

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For more information: call 272-2292, website: cctompkins.org/agriculture/events/farm-city-day

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WELCOME TO OUR ANNUAL 'NEED FOR SPEED' 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!

August 24 – Pamper Your Pets & 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)

October 5 – Fall Antiques Edition

(Deadline 9/30)

October 19 – Fall/Winter Car Care & Halloween Edition

(Deadline 10/14)

November 2 – Restaurant Guide/Catering & Pre-Thanksgiving Edition

(Deadline 10/28)

Have a beautiful pet?! Would you like to show it off in our PAMPER YOUR PETS Issue?

Please email your pet's picture and their name and we will print it in the August 24th issue! Email your photos to tcatribune@gmail.com

Or mail your photo along with your pet's name to THE CAT, PO BOX 67, DRYDEN, NY 13053 before the deadline, August 19th.

Be sure to include your return mailing address so we may mail your photo back!

Dress up your pet and send in your pictures! The Pamper Your Pets issue was a big hit last year – we had a great response for pet photos!

This year will be bigger and better – don't miss out – send in the picture of your Pampered Pet!

DON'T FORGET TO tell us your pet's name!

Watch for next edition for your pet's picture printed in the paper!

MYSTERY PHOTO CONTEST



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, August 19th. 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, August 19th for the next Edition.



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DO YOU KNOW WHERE THIS IS?

See what you can WIN

if you know WHERE this picture is!

Congratulations to our latest contest winner:

**Sue Karn
of Cortland**



Answer from the Previous Edition:

Schenck Marine Sales of 204 S. Main Street in Homer

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, August 19th 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 Sue Karn. Sue won tickets to the Gordon Lightfoot show at the State Theatre in Ithaca on September 29 - presented by Dan Smalls Presents! The winner of this edition will win a gift certificate to Toads Diner on Route 38 in Freeville! 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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We look forward to helping you get started as a fellow biker and servicing your needs to help you stay on the road!

Don Titus (Owner), would like to share some basic information about rider safety courses that are offered through FirstMSP, an extension of the Groton Cycle Center:

New to motorcycling?

FirstMSP now offers private one-on-one motorcycle instruction for both first timers and those who just want to brush up on their skills with a certified instructor. This program is perfect for beginners and pro riders alike. Did you already reserve a seat in an upcoming class? Get a jump on your skills and greatly improve your confidence.

Finest In Rider Safety Training - Motorcycle Safety Program, better known as FIRST MSP was organized in 2002 and contracts with the Motorcycle Safety Foundation a not-for-profit corporation established to bring a comprehensive & standardized motorcycle rider safety program to the residents of New York State.

This specially designed instructional program is specifically designed to meet the criteria of the New York State Department of Motor Vehicles Points and includes the New York State Road Test Waiver Program.

FIRST MSP uses the proven curriculum established by the Motorcycle Safety Foundation [MSF] based upon nearly thirty years of experience and research in motorcycle safety training. We are a full service driving and some of our available services include the Basic Rider Course, Experienced Rider Course and of course, private riding lessons.

All FIRST MSP RiderCoaches are Certified Instructors as well as experienced motorcyclists. Over the years, our RiderCoaches have taught thousands of motorcyclists and are totally committed to teaching our students to ride safely. FIRST MSP RiderCoaches are also available for personal appearances and informational lectures at most educational schools/colleges, motorcycle club meetings and similar events.

Basic Rider Course 2:

This course (Formerly the Experienced Rider Course) is intended exclusively for licensed, experienced motorcyclists and prior Rider Course training is NOT NECESSARY.

The BRC2 range activities practice slow speed control, limited space maneuvers, cornering judgment and finesse, braking quickly in both, straight-lines & curves and swerving to reinforce the skills found lacking in motorcycle involved accidents.

The BRC2 is an excellent refresher course for the returning or re-entry rider looking to improve his/her skills and techniques in order to regain the confidence and control PRIOR to becoming involved in today's faster, more congested riding environment.

Special Rates Available for Groups and Clubs! Must call 607-898-3315 to register!

Private Lessons:

New Riders - Many new riders are anxious about what it takes to ride a motorcycle. In addition, many have never even driven a standard shift vehicle. We offer private lessons for individuals or small groups, to address these concerns and help those individuals get a "step up" on the MSF Basic Rider Course.

Private lessons include - motorcycle familiarization and other basic skills including clutch control, throttle control, braking, shifting and cornering. A couple hours of you, time will boost your confidence and prepare you to take the Basic

Rider Course with reduced anxiety and a solid beginning level of skill development.

Special, new rider introductory classes are available on Tuesday and Thursday evenings. Call 607-898-3339 and make your reservation today.

Re-entering Riders - Many riders haven't ridden in quite some time or have acquired newer, more powerful motorcycles. Some know that they just need to "brush up" on the skills they already possess or specific skills needed to improve their riding experience and safety.

Private lessons, either individually or in small groups, allow you to address specific areas of need at YOUR OWN PACE to improve your riding skill level. Call 607-898-3339 for more information or to schedule a private lesson today!

Overnight Stays:

We have arranged: Discount Hotel Accommodations at the following locations:

Benn Conger Inn - First MSP students will now receive a discounted rate of \$90 for an overnight stay including breakfast at the luxurious Benn Conger Inn located just 2 miles away at 206 West Cortland St. Groton NY 13073 for more info visit www.benncongerinn.com

Country Inns & Suites - DO NOT register online - No discount will be applied. Exclusively for First MSP Students!! The staff at First MSP has also made an arrangement with the Country Inns & Suites of Cortland, New York to get our students a 20% room discount while attending one of our motorcycle training courses.

Here's how it works.....

First - purchase any one of our training courses on line. This will get your name in the system with First MSP.

Then TELEPHONE the Country Inns & Suites in Cortland, NY at 607-753-8300. Tell the reservation desk, that you are enrolled in the motorcycle training class at the Groton Cycle Center.... and you're done.

You'll get a great room, a free breakfast and all for 20% off!!

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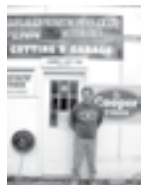
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Cutting's Garage is a New York State licensed Insured Station, which specializes in brake repair, exhaust repair, oil changes, inspections and more. If old man winter has you worried about your car battery, the garage will be happy to install a new Interstate Battery to be sure your car starts on those cold mornings! In addition, Cutting's Garage is an authorized dealer of Cooper Tires. "Cooper Tires are comparable to other name brands and are better priced," stated Mike. If you need to have your vehicle towed to the garage, Cutting's Garage has a tow truck and will be happy to tow the vehicle for a nominal fee. The sign on the front of the building say "your complete auto repair center", which is exactly what Cutting's Garage is! Besides NY State Inspections - Mike is experienced in exhaust repair, tune-ups, brake repair, tire repair, lubrication, struts and more.

For over 50 years, Cutting's Garage has been providing customers with dependable and quality serve, at the same location. So if you're looking for new tires or in need of an oil change or need to have any other service done on your vehicle, call Mike at Cutting's Garage. Cutting's Garage is conveniently located at 1834 Dryden Road (Route 13) in Freeville. Minutes from Cortland or Ithaca. To schedule your next appointment call 607-347-4873.



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Ask any motorcycle rider or "biker" as they prefer to be called and they will tell you that there is nothing like viewing this beautiful country on a motorcycle. R.M. Prisig, author of ZEN & THE ART OF MOTORCYCLE MAINTENANCE explains that when you are in a car, you're looking at the landscape as if it's a picture with a frame. When you are on a motorcycle, there is no frame. You're part of the landscape. Motorcyclists have a more intimate connection with the land and the road.

Bikers ride only for the love of riding. It is a biker who understands why a dog hangs its head out the window of a moving car.

*We ride alone, with friends or a stranger
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We let the road take us where we wanna be
We throw on our leathers
And ride to be free
We ride with the wind
And enjoy the feel
God's gift to us is asphalt and steel*

If you love riding and the open road then ride on down to DOUBLE "J" BIKER SHOP. You will find all you need to enjoy

your riding experience. Located at 1845 Route 13 North just a mile out of Cortland. They offer great prices and selection of merchandise along with a friendly and knowledgeable staff.

Double "J" has been taking care of biker's needs since 1992. No, they don't sell motorcycles but they stock everything for the rider and accessories for your bike. At Double "J", they want you to play hard, be safe and look good while doing it. Offering a full line of DOT and Novelty helmets, leather and textile jackets, chaps and overpants, rain suits, gloves, vests and halter tops.

For your bike check out their selection of fork bags, saddle bags, windshield bags, tour bags, tail bags, sissy bar bags, license plate holders and bolts, cup holders, cramp busters and lever and clutch covers.

They offer a full line of HARLEY DAVIDSON boots plus Double H and Milwaukee biker boots for men, women and children.

The store is stocked to the ceiling with novelty items such as biker guardian bells, patches, decals, stickers, biker belt buckles and belts, vest extenders, hair gloves, lady's biker purses helmet mohawks and pony tails, leather bandanas, du-rags, face masks and zipper pulls.

In clothing Double "J" has Biker T-shirts - long sleeve, short sleeve and sleeveless and sleeveless denim shirts.

For eye protection the stock includes BODY SPECS, GLOBAL VISION, CURVZ and MAXX. And BOBSTERS for the sunglass lines.

In the HARLEY DAVIDSON line, you will find CD holders, hoodie sweatshirts, wind jackets and fleece jackets, lighters, decals, purses and totes for the ladies, lunch bags, caps, coffee mugs, travel mugs, drink coasters, messenger bags, belt buckles, socks, drink coasters, playing cards and diaper covers-ups and booties for the newborn.

At Double "J" they celebrate the independence, freedom and longing in every person that takes to the road on a motorcycle. The owner, Linda Jones is an avid rider and has developed her store so that her customers know that they can buy with confidence, trusting her products, prices and service.

So step into the doors of DOUBLE "J" BIKER SHOP Wednesday through Friday 12:30-6 and Saturdays 10-4 and enjoy the shopping experience.

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ACTION SPORTS NEED FOR SPEED

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Located at 85 Main Street in Cortland, Action Sports can help you do your best. Bring in your bicycle for a tune-up. Action Sports services most makes and models of bikes. They will adjust brakes and gears, true wheels, fix flats, replace parts and get your bike up and running. They are the only store in town with a full service bicycle repair shop. Several customers bring in their bikes before an upcoming race, wanting their bikes to be in the best possible performance condition, and Action Sports can do that.

If you're interested in a new bike, Action Sports stocks Jamis and Specialized bicycles. If you have the need for speed, Action Sports sells bicycles built for performance and speed. Come in and check out the carbon fiber frames, built tough and light-weight. You'll fly down the road on one of these! From upper-level bicycles to entry-level, there are different bikes for different wallets. Come see what's right for you!

Owners Matt and Lisa Belknap will give you the attention you need to get you ready for fitness, fun and speed. This mom and pop duo have been running the shop for over ten years and have built up a good customer base. Matt has been working on bikes for over 25 years. He has raced

bikes, canoes, skis and snowshoes, winning several races over the years. Lisa, who has a degree in music from Ithaca College and over ten years of teaching experience, helps manage the business. Both Matt and Lisa lead bicycle rides from the back of the shop every Wednesday and Thursday nights. Together, Action Sports is a family business.

The need for speed continues in the winter and Action Sports can help you then, too! Action Sports carries Alpina cross-country skis and Northern Lites snowshoes. Some customers who run buy snowshoes for cross-training in the winter. Check out the latest in snowshoes! Cross-country skiing is an excellent way to stay in shape. Stop in and take a look at the classic, skate, touring and back-country skis! Keep going and maintain your fitness level with skiing and/or snowshoeing. Action Sports also sells bicycle trainers, so you can keep pedaling your bike all through winter.

Action Sports has accessories for your bicycle and skiing needs. They stock cycling-specific clothing, socks, shoes, helmets, gloves, water bottles, pumps, tires, tubes and wheels, just to name a few. And in the winter, wax, tights, jackets and full-fingered gloves and mittens. They sell sunglasses and headlights, for night time trail riding, skiing or snowshoeing. They carry car racks for your bicycles and cytomax products to keep you fueled up. Located across from the Cortland Post Office, Action Sports is easy to find!

Come check out this friendly, family-oriented bike and ski shop! Get the whole family going! Let Action Sports help you do your best so you can go, go go!!

Action Sports is open Monday through Friday 10-5:30, Saturday 10-3. Closed Sundays and Tuesdays. Call the store at 607.753.9612 for more information.

So, take advantage of the summertime months and get out and ride your bike. It's great exercise! Action Sports business hours are: Monday - Friday 10 - 5:30, Saturday 10 - 3, closed Tuesdays and Sundays.



MICRODING IS ABOUT SPENDING TIME WITH FAMILY

THE FINGER LAKES MICROD CLUB's track Little Wheels Speedways located just off the corners of Rts. of 38 & 34B, is the sport of Microding's Premiere Facility. It is a picturesque setting with all of its beautiful shade trees, lush landscaped lawn, and well kept buildings. The Track has microd families can rent. The club is offering a mid-season special to join now and finish out the season with us! For costs and to schedule a try-out call 607-898-3313. A full season costs \$500.00 with 15 race dates, (May thru September) that's a lot of racing! A lot more information is available on the club's web page including History of the club, How microding got started, schedules of races, directions to the track, and much more. Our Web Site is: www.littlewheels.org. The Club owns Microds with hand controls, to accommodate children with disabilities. This idea that a organization would take the time and have the desire to be that inclusive is not only unique but something you don't see much of these days. Another unique thing about this club is the fellow that started it in 1983 is still president 29 years later. In talking to A.J. Burgess (the Founder) I found "it not about winning" like soo...many racing organizations are these days. (their Mission Statement is called "The Burgess Doctrine" and can be found on their web page) The emphasis is on parents spending time with their children, in a nice atmosphere doing something they both enjoy! With a secondary emphasis on learning how to deal with break downs and disappointments, which is part of life let alone, Microd Racing!



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HI, MY NAME IS DR Lydia Aris. HI opened Southern Hills Veterinary Hospital just over one year ago. We are a full service veterinary hospital, with appointments available five days a week. I see dogs, cats, pocket pets, sheep, and goats. I would like to thank everyone for the great welcome and continued support that we have received and let everyone know we are excepting new patients!

Today, I would like to write about a potentially devastating problem that occurs in neutered male sheep and goats (small ruminants). They are prone to getting uroliths which are stones formed in the urine. Wethers are at greatest risk because castration of young males removes the hormonal influence (testosterone) necessary for the penis and urethra to reach full size. These uroliths are not a problem by themselves, but what often happens, is they block the flow of urine so the animal is unable to void. These animals will strain to urinate, but no urine is voided. Sometimes they have a bloody discharge, or crystals at the end of the penis. They can also strain so greatly, that they get a rectal prolapse. Urinary blockage is a medical emergency and does not have a good prognosis. Early recognition and treatment provides a better prognosis, but often does require surgical intervention. If the obstruction is not removed, the bladder will burst in a relatively short period of time. I believe the best treatment is prevention. There are several things that promote the formation of uroliths. 1. Increased concentration/stagnation of the urine due to decreased drinking, enough potable water unavailable or increased water loss sometimes due to very hot or cold weather. 2. Early neutering of lambs/kids. 3. Increase in urine pH (alkaline) of the urine. 4. Imbalance of mineral composition in their diet. If wethers receive a grain ration, it should always contain ammonium chloride, as well as the proper Calcium-Phosphorus ratio. Plenty of clean and fresh water, at a reasonable temperature, should always be available. Lastly, it is currently thought that deferring castration until 3 to 5 months of age may reduce the incidence of obstructive calculi. Surgical neutering is more costly, but the presence of testosterone until after puberty will greatly help the full development of their urinary tract. If there are any questions or comments, please contact me via email through our website, TullyVet.com



DO YOU NEED TIRES OR does your vehicle needs to be serviced or inspected? Located in the heart of the Finger Lakes in downtown Ithaca, Willcox Tire Center has been the #1 choice for quality, affordable work and customer satisfaction since 1986.

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Willcox Tire Center and Service Center is located at 233 Elmira Road in Ithaca and is open Monday thru Friday from 8 am to 5:30 pm and on Saturday from 8 am to noon. Stop by and say HI to the team at the front desk - Kelly and R.J.! Check us out on the web - www.willcoxtirecenter.com



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PORCH AND CRAFT SHOW - SATURDAY, AUGUST 20

READY - SET - Go! To the 2nd Annual "Porch Sale" for one day only at Piccadilly Lane Country & Primitive Store on 2634 Main Street in Whitney Point! Saturday, August 20th from 9am to 4pm! All items "On the Porch" are half off! Half off! Some items have been in the store for only a few weeks! Owner Joyce Ballard said it's time to "Weed Out" so Joyce and her friendly staff have been marking items down getting ready for the upcoming holiday shopping season! For you lucky folks that visited the Porch Sale last year know that there will be a line of anxious thrifty buyers waiting for the sale to begin! Get there early for best selection! Prizes, drawings all day and lots of surprises! Plus, a Craft Sale with lots of unique crafters for even more shopping fun!

The famous once-a-year sale means it's time to make room for new fall and holiday merchandise to fill the rooms at Piccadilly Lane for your holiday shopping! All the rooms, upstairs and down, are overflowing with new one of a kind merchandise. There are framed prints, furniture, linens, rugs, soy candles, cards, jewelry, swags, garlands, tinware, signs, pottery, curtains and many more distinctive items to adorn every room in your home or cottage. And remember, Joyce has added some antiques to go along with the country décor! The Christmas room will make its return in October (just in time for the holidays!). Check out the new Shabby Chic Section while you browse through each and every room!

Did you know Piccadilly offers a Bridal Registry?! Brides and grooms to be - stop by! How about hosting a "Piccadilly Party"?! For a girl's night out - invite some friends over and receive 20% in sales credit towards merchandise in the store! And for every party booked from your party, you will receive 1 item at 40% off!

Redoing a room? Let us help you redecorate! We now have curtain swatches for special order - bring us your paint

samples or fabric swatches and we will help you match them! Call to make an appointment for or visit the store.

Take the short drive to Whitney Point and check out the 8 rooms of giftware to beautify your living space! Liven up your home, office, porch, patio or cottage and/or start your holiday shopping early! Mark your calendar for Piccadilly Lane's "WEEDING OUT" 2nd Annual PORCH SALE. Plus the CRAFT SHOW to be held the same day as their Famous Porch Sale on Saturday, August 20th. Be sure to visit the many crafters that will be showcasing and selling their unique items!

For your shopping convenience the store is also 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 and now on face book!



HARE SCRAMBLE AT GREEK PEAK!

GREEK PEAK SKI RESORT WILL hold it's first ever cross country motorcycle and ATV race on Sunday, August 28th. This race is round #4 of the State hare scramble championship series. This series has riders from age 4 to 75. The riders come from several states including New York, New Jersey, Vermont and Ohio. All skills from beginner to professional. The track is 9 miles long for adult riders, 4.5 for youth and for the pee wee riders its 1.5 miles long.

Some of the top riders in the country including the national ATV champion will be racing. The gate fee is only \$7.00 a person which includes free primitive camping. Gates open at 10am on Saturday, August 27th which gives everyone a chance to explore the new outdoor adventure center just opened at Greek Peak! Wear your admissions wristband and receive 25% off on all outdoor adventure center activities. Please visit the websites shcseries.com or greekpeakresorts.com for more details. This is an excellent value at \$7.00 for a fun filled family entertainment weekend. Bring your motor home, camper or tent and be a part of this new series. Membership is free and online registration makes it easy to join!

Photos: Kevin Kilmer of Dryden, NY & Marcus Scutt Cornell from Brooktondale, NY & Shelby Tyrell.



CORTLAND CELTIC FESTIVAL

CORTLAND CELTIC FESTIVAL COMING TO downtown Cortland at Courthouse Park on Saturday August 20 and Sunday August 21! Celtic Musicians, Vendors, Food Vendors, Irish Step Dancing, Bagpipers, Period Re-enactors (Viking's vs Knight's), Children's Highland Games, Celtic & Clan Tents, Celtic Worship Service, Celtic breakfast, Animal Exhibits, Highland Game Audience Clinic with Will Barron, and Sanctioned Professional Championship Heavy Athletic Highland Games all day Saturday with local ESPN coverage! Come see Harrison Bailey defend his international title! A Celtic concert Saturday Evening featuring The Blarney Rebel Band ...tickets are \$10 at the gate. CBC Beer Tent! Celtic Festival day events are free to the public! Family Friendly Entertainment! Gates open at 10am Saturday until 9:30pm! Sunday 8am until 3pm! Find us on FACEBOOK or cortlandcelticfestival.org! Contact us if interested in being a vendor!

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Buy 2 Dinner Entrees & Receive
50% Off
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Breakfast or Lunch

Up to a \$3 max on 2nd entree.
LIMIT OF 2 COUPONS PER PARTY
Expires 8/31/11. Not valid with any other discounts.

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MOTOCROSS AT ITS BEST!!!!!!

LOOKING FOR SOMETHING TO DO that's exciting and family oriented? Look no further than your own back door. Frozen Ocean Moto Cross Inc. located in the beautiful area between Auburn and Moravia.

Experiencing the thrill of the engines as they rev at the starting line or the site of them flying over the table top is a thrill of a life time for any age. Frozen Ocean is located in the Town of Niles on Vanderstouw Road. Owners Bill Denman, Sr. and Bill Denman, Jr. along with other family members have been hosting motocross races for over 20 years. The Denman's have built this action filled track with the motocross pro rider and the new rider in mind. The track is spectator friendly with plenty of parking and great concessions. In 2010 there was an added addition of a separate Quad Track. The track is what was the practice track. Many Quad riders have expressed the positive response of how "cool" the track is.

If you haven't been to Frozen in a few years either as a spectator or as a racer it is highly suggested that you come and experience the thrill of a life time all over again.

Come and Experience the thrill of Motocross. Check the web site for scheduled race dates, gate fees and entry fees at www.frozen-ocean.com or call 315-784-5466.



SKYLINE RACEWAY IS A 3/8 mile dirt track used for stock car racing every Saturday night from April to Sept. We have six exciting divisions in competition every Saturday night. Sportsman Modified, IMCA Modified, Street Stocks, Dog's (8cyl.stocks), Pup's (4Cyl.Stocks) and the Young Pup's (for kids age 12 to 15). Skyline is located on Stafford Road in the town of Virgil in Cortland County, NY. For Race Info On Sat. call the track at 607-849-6600. Mon/Fri call the office at 607-657-8222



TOMPKINS COUNTY'S NEWEST DAIRY FARM TO HOST 2011 FARM CITY DAY

ON SATURDAY, AUGUST 13TH, THE Sherman family of JerryDell Farm, 39 Fall Creek Road in Freeville, will open their farm to the public from 11:00 a.m. to 4:00 p.m. Even though this year's host is the newest dairy operation in Tompkins County, the Shermans are not strangers to many of us - the home farm on Gee Hill Road in Dryden hosted this event several years ago. In addition, the new farm site, formerly owned by the Marquis family, is also a past Farm City Day host. It's great to be on this farm this year; it's a wonderful circumstance when a retiring farm family is able to transition their land to another farmer - and in this case, have the retired dairy restored!

The family's expansion to the new Freeville site makes JerryDell the largest organic dairy farm east of the Mississippi. The dairy farm supports not only second-generation owners Vaughn and Sue Sherman but two of their four sons, two nephews, and several other full-time employees. A third son raises organic fruit and vegetables on the farm which are marketed through a farm stand, the Ithaca Farmers Market, and Community Supported Agriculture (CSA) - and some will be available at Farm City Day.

After some updates to existing facilities, a new barn, and a transfer of some of the herd from the main farm in Dryden, this farm is ready to show off for the day. Visitors will be able to explore the many tasks and processes involved in farming today, such as maintaining soil fertility for successful crop growth, farming methods that protect the watershed and enhance water quality, rotational grazing and pasture management, and how the farm works with different agricultural agencies in a continuing effort to improve practices. People will be able to see all phases of dairy livestock, from calf

to cow, and learn about the bovine's life cycle. They'll discover what cows eat and how their diet is balanced at different life stages for optimum herd health. Since JerryDell is an organic dairy, there will be information about the alternative herd health care methods used. The farm's milk processor, Organic Valley Cooperative, will be on hand to explain the cooperative and its benefits. Agricultural organizations and agencies like Farm Bureau and the Soil and Water Conservation District will have fun, educational exhibits to help visitors understand the finer points of farming, as well as demonstrations of the region's new agricultural plastics baler - aptly named "Big Foot". The County Dairy Princess and her Court will serve milk and cheese samples, and also build a giant ice cream sundae for the crowd to enjoy. There will be a chance to take a relaxing, informative hay ride through the surrounding farm fields, seeing crops and cows on pasture. All in all, the day's activities will offer something for everyone, including many hands-on activities for children.

Farm City Day is sponsored by the Tompkins County Agriculture and Farmland Protection Board in conjunction with Cornell Cooperative Extension of Tompkins County as an opportunity for the public to learn about farming through a first-hand experience. For more information call Debbie Teeter at 607-272-2292 or see the website: cctompkins.org.



Happy 60th Birthday Sue on August 12th!

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GENERATIONS CORVETTE CLUB

THE GENERATIONS CORVETTE CLUB of Central New York was started in the year 2000 by a small group of Corvette owners in the Groton area who wanted to get together in the summer months to drive their cars and in the winter months for socializing. The group's stated goals were, "to promote unity among Corvette enthusiasts for social, recreational and community events". In the beginning, they met in a small upstairs storage room at the Walters Chevrolet dealership in Groton. They crafted a set of by laws, created a club logo, opened a bank account and started collecting annual dues. As the club members began talking to other Corvette owners and the word got around, more and more local enthusiasts joined the ranks of the new club. Today, the club includes over 40 primary members from throughout the Central New York/Finger Lakes region, plus their spouses or significant others, and about 50 Corvettes.

The club name, "Generations" refers to what are now six major design versions, or generations, of the Corvette, beginning with the "C-1" generation in 1953 when the car was first introduced to the public by Chevrolet. Only 300 Corvettes were produced in that year and they were quite primitive by today's standards. Over the years since 1953, Chevrolet has made many design changes in the car but only five major changes, which were basically complete new designs. These major redesigns occurred in 1963, 1968, 1984, 1997 and 2005 and those cars carry the subsequent designations, "C-2", "C-3" and so on. Today's "C-6" version is a highly sophisticated, very powerful, extremely fast sports car with performance that rivals and, in some cases, exceeds the capabilities of the far more expensive European sports cars. Racing versions of the current Corvette have enjoyed considerable success on the various sports car racing circuits around the world.

On summer weekends, the club members travel together (in what is referred to as a "caravan") to a variety of events such as car shows, parades, wine tours, horse races, dinners, brunches, pancake breakfasts, car museums, laps at Watkins Glen, picnics and farmer's markets to name just a few. In the winter, members usually drive their "other" vehicles to monthly get togethers such as group dinners, brunches, holiday parties and so on. Once a month, on the second Monday, the members meet at the Ithaca Ramada Inn on Triphammer Road for dinner and to carry on the club's business and make plans for future events. Typically, one member volunteers to lead each

event, which includes making plans and reservations, selecting a starting time and place, planning the route and then leading the caravan. While enroute, members often stay in contact with two-way radios or (hands free) cell phones to keep the group from getting separated. Driving a Corvette is certainly a fun experience in itself but joining with others who share your interest and enthusiasm for "America's sports car" enhances that enjoyment greatly.

Most, if not all of the hundreds of Corvette clubs around the country also choose to involve themselves in community service projects and the Generations Corvette Club is no different. Each spring, the club offers two \$250 scholarships to graduating high school students who are in the auto mechanics or auto body programs at the Cortland or Ithaca BOCES and are going on to advanced training at other institutions. Recipients are selected by the club on the basis of their academic achievements, their performance in their vocational classes and recommendations from their teachers and other school administrators. These scholarships are funded by an annual chicken barbecue run by the Corvette club with assistance from members of the McLean Fire Department.

The club also participates in New York State's Adopt-A-Highway program. Once in the spring and again in the fall, club members gather on a Sunday morning to collect trash along two miles of NYS Route 38 just north of Harford. The trash is placed in bright orange bags to be picked up by crews from the NYS Department of Transportation. The morning begins with a group breakfast for all of the workers at a local diner, which the club pays for. This is a fun and easy way for the club members to support our community by enhancing its appearance.

Each year, the club also makes a donation to "Cops, Kids and Toys", a program run by the state, county and local law enforcement agencies in Tompkins County to provide gifts at the holidays for the children of local disadvantaged families. This began in the early years of the club when charter member Carl McGlaughlin, a retired City of Ithaca police officer, suggested that we put on a car show to support the program. Our sponsoring dealer at the time, Stafford Chevrolet in Dryden, donated the use of their facilities and other major support to offer a family type event showcasing collectible cars, trucks and motorcycles. This continued for several years and it allowed Stafford Chevrolet and the club to donate several thousand dollars to this worthy cause. Currently, the club supports "Cops,

Kids and Toys" with proceeds from an annual chicken barbecue held in the Spring.

The Generations Corvette Club of Central New York welcomes both Corvette owners and people who just have an interest in the Corvette but don't yet own one. Our group includes members from all walks of life who enjoy sharing their hobby with others of similar interests. In addition to the "car events" we also offer numerous social opportunities where members get to know each other better and, in many cases, form long term friendships that they might not have had otherwise. This even extends beyond our own club as several of our members also hold

memberships in other neighboring clubs, which has facilitated the planning of joint events involving multiple clubs.

Anyone having an interest in the Generations Corvette Club is invited to attend one of our monthly club meetings, held at the Ithaca Ramada Inn on Triphammer Road on the second Monday of each month at 6:00 PM. Additional information can also be obtained by contacting club president Phil Martinez at (607) 898-3053. Come on out and see how much fun you have been missing.



HILLCREST SPEEDWAY MICROD RACING EVERY FRIDAY NIGHT

By Steve Cinquanti

THE HILLCREST SPEEDWAY HAS SEEN plenty of exciting change recently. Several major improvements took place this year at the direction of club president Dave Dann. With the help of Joe Ettinger of Ettinger Construction the club elevated the scoring tower by nearly six feet giving tower officials a better view of the racing surface. Member Dennis VanSlyke and former member Dean Rypkema teamed to run electricity into the pit, which substantially quieted things down by making generators for each team unnecessary. Mr. Rypkema also installed new and brighter light towers that greatly improved the night racing experience for both participants and spectators.

DIRECTOR of RECREATION & VOLUNTEER SERVICES

A 120 bed skilled nursing and rehabilitation facility in downtown Ithaca is interviewing for a Certified Therapeutic Recreation Specialist. Our ideal candidate will be a motivated individual with supervisory skills, long-term care experience and knowledge of NYS Dept. of Health regulations. This person will be responsible for running the Recreation department, developing, implementing and evaluating the recreational activities for our residents, supervising the recreation staff and coordinating all volunteer services.

Please send resumes to: Human Resources

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Additionally the club is experimenting with an electronic scoring system that will provide more information with greater accuracy to the race teams.

With a healthy and growing membership the fun is not limited to the track on Friday nights. Fun spirited workdays, chicken barbeques and trade shows are great opportunities for the racing families to get together.

So far it's been a very competitive season with several classes still being hotly contested. The Junior Novice Microd class sports five racecars where 5 and 6 year old drivers put on a show each week. You will be amazed at the talent the club's youngest boys and girls demonstrate week after week. The Limited Open Wheel class is fielding eight very competitive race teams and has proven to be this year's highlight of every race night.

The racing is exciting and it's free to watch as girls and boys aged 5 to 18 gather to race most every Friday night all summer long. Racing through September you can see the full 2011 schedule by visiting www.microd.org. On the informational site you will find Driver Profiles in addition to anything you ever wanted to know about Microds and Microd Racing including ways to get your aspiring racer a free test drive!

Photo by MoJo Photos



MUSTANG...MAKING MEMORIES....YESTERDAY-TODAY AND TOMORROW!

THE DOOR OPENS AND THE driver enters.... sitting squarely in the seat, the key is placed into the ignition and the motor comes to life. The smell of spent fuel mixed with the morning air makes you smile. The clutch is depressed, the gas is applied and you put the shifter in first. You know that as soon as the clutch is released... it will be the start of a great day.

Is it a Mustang?? Camaro...or perhaps a Challenger? Does it matter? It feels like the 70's once again....proving that history does in fact repeat itself.

Looking back at the Mustangs from the 60's and 70's.... then looking forward to the Mustangs that Ford is building today, it is very easy to see the lines our heritage. Sculpted Quarters... A dash with a purpose,

hoods that contain power and in most every area you look and compare...you see it...Mustang.

Numbers and magic... 289, 302, 351, 390, 427 and 428. All engines that some how made it to the engine bay of the early Mustangs... engines that made magic.... and legends that will live forever.

Today the pony wars continue but the only veteran who has stayed the entire time is Mustang. The Camaro name faded from history when the glory was gone and Challenger receded when the power dried up. Only Mustang continued to battle contenders when it came to offering the American public a car that they could call their own, and while some years the battle was hard to win, the Name "Mustang" never left the roads of America.

Be it 1964, 1970 or 2011... The Mustang is the car that everyone knows. From the 10 year old and up...it is part of our Heritage and our culture. Steve McQueen showed movie goers that bad guys can't escape from the Mustang. Carroll Shelby Showed the worlds that a Cobra Mustang will leave marks that make you smile.

Sonny and Cher had George Barris Custom Mustangs...a wild conversion a-la 1970's... and President Bill Clinton had a 1967 Mustang Convertible with a powerful 390 v8!

Today's Mustang has the look... but it also has the power. A V6 that placed 300 hp at the command of the drivers foot, but without reaching for your gas card at each corner. A V8 that is steady, reliable and powerful... or the "Fangs" of the Shelby Super Snake that can pull over 800 hp out of it's 2012 edition V8 powerplant.

Come on Camaro...bring it on Challenger... it's time to play once again... We're all friends here! Go to a show, take a cruise, maybe even rev the engines a bit at the stop lights. Let's have some fun once again!

As you drive...look around. Mustangs are everywhere and there is no end in sight! Collectible Mustangs are still reasonable and great investments that can be driven and enjoyed.... The new Mustangs are affordable and plentiful....perhaps even tomorrows collectible that you can say....I used to have... and perhaps still will.

So... Drop the clutch, hit the gas and shift those gears! Get out and enjoy the feel of the road. Remember to wave and smile back at those who watch you drive by. They feel good seeing how much fun you're having. Regardless of whether you are driving a time "machine" from the early years... or perhaps you just left the dealers lot... smile and wave, you may be making a memory that will last for years to come! The last CNY Mustang & All Ford Tuesday cruise night is scheduled for August 23 at Cort Lanes on Tompkins St. at 5:30, come and join the fun. For more information about joining our club or perhaps to view our activities and schedule of events... go to: www.cnymustang-allford.com

Contributed by guest writer, Bill O'Gorman, Cortland NY.



SPEEDSVILLE ENDURO - AUGUST 14, 2011

IN THE EARLY 1970's, a small group of local off-road motorcycle enthusiasts came together to form the Ithaca Dirt Riders (IDR). It was their vision to provide some local trails and events for their club members and other to enjoy. A year later, the club chartered with the American Motorcyclist Association (AMA).

With many of its member interested in the AMA sport of Enduros, the club sanctioned its first event. Enduros are a cross-country event, which not only requires speed and ability, but also endurance, (hence "Enduro"), with the courses taking at least five hours to complete. The rider must also stay on time. A route is laid out for the riders to follow and a speed is set for them to maintain. Small groups of riders, (usually four), are started every minute. The rider must then try to maintain the speed scheduled for any given area. To score the riders, the promoter has secret "check points" along the route. If he/she is not on time, they are given 1 point for every minute they are late. Being early is much worse, with 2 points for the first 2 minutes that you are early and 5 points for every minute earlier than that and disqualification if you are more than 15 minutes early. Like golf, at the end of the event the scores are added up and the rider with the lowest score wins.

The Ithaca Dirt Riders have promoted the "Speedsville Enduro" for 38 years. It is held every year in August and starts at the Speedsville Sports Field on West Creek Road in Berkshire. With the help of many volunteers and supporters they have not only been able to host this local event, but many AMA national events over the years. Those national events have brought rider from all over the USA, Canada, Europe and even Australia. The Ithaca Dirt Riders not only promote the sport of off-road riding, but also help the local communities, especially the local volunteer fire departments and emergency squads, who provide great meals and bike washes at the events, along with their services when necessary.

To get a better understanding on Enduros, go to: <http://www.americanmotorcyclist.com/Racing/Rules.aspx> and click on the AMA Racing Amateur Competition Rulebook, link and scroll to page 53-54, Enduros, to check out the complexity of this sport. You will be amazed at how much the riders have to do (and remember!) as they ride the course.

For other local and national off-road motorcycling activities go to www.americanmotorcyclist.com, www.wnyoa.net, www.ecea.org or go to the Ithaca Dirt Riders site: www.ithacadirtriders.com.

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2011 GROTON OLDE HOME DAYS

AUGUST 19 & 20TH.

THE CARNIVAL WILL BE BACK on Friday and Saturday and free concerts throughout the town. Beyond the Veil will be performing on Conger Blvd on Saturday at 3pm - check out their web-site for more info on the band, sponsored by Chris Dempsey along with three other Christian bands performing from 1-3pm. There will be a bounce house, duck pond and popcorn and slushies sponsored by the Groton Assembly of God. They will also be doing crafts from approx 11am to 4pm or until supplies last. Youth Soccer will be hosting a spot on the blvd, along with the Crafts and Collectibles sponsored by The Groton Historical Society. Country Acres Pet Services and Tompkins County SPCA will also be set up on the lawn at the Town Offices on Conger Blvd. The Annual Grand Parade, sponsored by the Groton Fire Department will be held Saturday, August 20, 2011. The parade will begin promptly at 6pm. If you have questions contact Lee Shurtleff parade chairman at 257-3888 or Kathy Barron at 898-3135. TLC Helicopter will be giving helicopter rides on Friday and Saturday on rte 222 near Plastisol. Local youth will once again be displaying their fine artistic talents with chalk on the sidewalks, from the Groton Public Library to the Ice Cream Caboose as "Chalk the Walk" returns. The Small Town Artisan Market will be at Schara Auto on 308 Main St. Featuring Sean Kennedy Glass. Sean will be performing glass blowing and display much of his work. Steve Gallow Photography - Steve is Groton's own famous photographer, we all love his work! Gary Ruth Pottery, Gorges Gourdes, FUNction Art Studio, Sew Surprised Figments Assemblage, and more! The 41st

Annual Groton Art Show is Saturday, August 20 from 11am-6pm and Sunday, August 21 from 11am to 3pm. This show is sponsored by the Groton Art Class, and The First National Bank of Groton. The mission of the Groton Art Show is to create an enjoyable event for all the participants and guests. If you have questions about the Art Show or participation please contact Kathy Gilbert at The First National Bank of Groton, 607-898-5871. Dan the snakeman will be displaying his reptiles at Schara Auto, 308 Main Street. Dan has something for every reptile enthusiast and promises the ultimate educational reptile experience. See his website at dan@danthesnakeman.com. Bun Appétit Bakery will be hosting their Annual Pie Contest - contact Jodi at the Bakery for details on how to enter at 898-4162. Henna tattoos, Groton Women's auxiliary Dunk Booth and much more will be hosted in the parking lot at Bun Appétit Bakery. Casper's Diner will host its 2nd annual Hula Hoop Contest Saturday, Aug 19 at 3pm (Hoops Supplied). They will also have extended hours on Friday and Saturday from 12am to 3am for early breakfast. Groton Assembly of God will be hosting their annual Spaghetti Supper on Friday, August 19th from 4-8pm at the Groton Assembly of God Fellowship Hall 701 South Main St. Proceeds to Benefit: Groton Women's Community Center. Groton Varsity Football will be having their annual Can & Bottle Drive Saturday 9-1 at the High School. As always there will be a wide variety of Food Vendors to choose from and Carnival Rides on Friday and Saturday by Main Event Amusements and much, much more! Anyone interested in participating, must contact Diana at 423-2848 or 898-5833 and fill out a registration form and if they intend to sell food they must get a permit from the health department. Both are



3RD ANNUAL VERNE MORTON MEMORIAL PHOTOGRAPHY SHOW AND CONTEST

WHAT DO YOU SEE WHEN you look at a photograph? Verne Morton SAW beauty in the everyday views right outside his door, the common labors of his neighbors, and the creatures who shared his world. Because of his unique ability to capture what he saw, Verne Morton has often been referred to as "a photographer who made the commonplace compelling." Photography has always been about really seeing everything with wide-open eyes and the desire to capture a special moment in time, a stunning vista or a deep feeling, and share it with others. Really seeing also makes us feel, and because of this there are no superior or inferior photographs, only unique photographs.

We encourage you to LOOK with wide-open eyes at the many unique photographs in our 3rd Annual Show as well as the artistry of Verne Morton. When you leave the show, we urge you REALLY SEE that there is beauty all around you. Next, we invite YOU next year to enter your own unique photograph because once you SEE, you will also gain the ability to make the commonplace compelling.

The producers of the 3rd Annual Verne Morton Memorial Photography Show and Contest, April Scheffler and Robin Cargian, will proudly present another talented group of local photographers who preserve the legacy of Verne Morton as they continue to tell the enduring story of Groton, ensuring that future generations will not forget the roots that hold them to this place. Any individual from any community is invited to submit up to two original photos. The photos must be taken within the boundaries of the Town of Groton, which includes the Village of Groton. There is no entry fee and prizes will be award. Categories are: People, Places, Animals, Weather, and (new this year) Botanicals. There will also be awards for Best of Show, People's Choice, and the Verne Morton Legacy Award. Winners from last year as well as registration forms and rules can be found on the Town of Groton website - www.townofgrotonny.org. You can also call the Town Clerk's Office for more information at 607-898-5035.

This yearly event will again take place during Groton aide Home Days on Saturday, August 20, 2010 from 11:00 am to 5:00 pm and Sunday, August 21, 2010 from 11:00 am to 3:00 pm at the Town Hall located at 101 Conger Boulevard, Groton, NY. The days and times correspond with the Annual Art Show sponsored by the First National Bank of Groton, so be sure to take time to visit both events.

available online at www.grotonnyoldehomedays.com or face book Groton Olde Home Days. The APPLICANT is responsible to make arrangements for location and permission for this location. We still have room available on Conger Blvd. See you there!

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Groton Town Hall, 101 Conger Blvd., during Groton Olde Home Days

Saturday, August 20, 11am - 5pm
Sunday, August 21, 11am-3pm

Photographers of all ages from any community are invited to submit up to 2 original photographs. Photos **MUST** be taken within Groton, NY
Info: 607-898-5035, townclerk@grotontown.com, or www.townofgrotonny.org

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Doug's Powersports carries Can-Am ATVs, SPYDERS and Sea-Doo personal watercraft, as well as trailers, parts, and accessories. You can also find a full line of aftermarket parts and accessories for most makes and models, including Suzuki and Yamaha. Doug's Powersports also provides service and repair for most makes and models.

So how do Can-Am ATVs and Sea-Doo watercraft rate with respect to customer satisfaction? "Customer satisfaction is great with the Can-Am ATVs," states Doug Clark, owner of

Doug's Powersports Unlimited. "We haven't had anyone yet who has purchased an ATV return to our store and want to switch brands. And people who purchase Sea-Doo personal watercrafts like them so much that they simply upgrade to the latest Sea-Doos and the Can-Am SPYDERS speak for themselves!"

Doug Clark first started his business in 1980. At that time, the store was located on Route 11, near A.B. Brown's, and was called Doug's Speed and Automotive. The store originally carried parts and accessories and used units, and provided service and repairs. Doug moved his business to its current location at 4019 Route 281, Cortland, in October, 2001. Since making the move, Doug's Powersports has been happy to carry the best of the best: Can-Am ATVs and Can-Am SPYDERS, Sea-Doo personal watercraft, and Ski-Doo snowmobiles.

"We have a very good track record with our customers," Doug says. "I estimate that about 90% of our customers leave here satisfied with our repair and service work. The other 10% are usually customers that come in with older units and request specific repairs or service work. These older units often need additional repairs or service that the customer does not request or cannot afford. In these cases, our mechanic, Todd Lyndaker, will execute the requested work, but will also explain to the customer the additional service or repairs that would be necessary to bring the unit back to optimum working order." Todd Lyndaker is Doug's Powersports' Service Manager. "Todd was already a certified technician with ten to twelve years experience when he first started working here," Doug explains. "Having fewer mechanics is sometimes better than having many," he continues. "This way, Todd

knows exactly what work has been done to a particular unit. There are no guessing games as to what work has been done to a unit by other mechanics."

And what about pricing? "We take advantage of rebates and discounts in order to try to stay competitive with pricing," Doug says, "But the bottom line is that we provide a good product. People may buy here, regardless of pricing, due to our good reputation, and customers know we will take good care of them."

So if you are in the market for an ATV, Can-Am SPYDER or personal watercraft for "your need for speed", or have one that needs to be serviced, stop in at Doug's Powersports and see what Doug has to offer. And if you are thinking ahead to fun in the snow next winter, don't forget that Doug's carries Ski-Doo snowmobiles and a full line of aftermarket parts and accessories for Ski-Doo and most makes and models of snowmobiles, and offers repairs and service for most makes and models, as well. You can also reach Doug's Powersports at (607) 753-1263, or check out Doug's web site at www.dougspowersports.com. Enjoy your summer - get outside with Doug's Powersports Unlimited! Doug's hours are Monday through Friday 9-6, Tuesday and Thursday 9-7 and Saturday 9-3.



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- SECURE** names, phone #'s, address of other drivers, witnesses, & injured persons.
- SECURE** make, model, license numbers of all cars involved.
- MAKE** rough drawing of scene, showing position of cars & other details.
- DON'T** hastily accept claim settlement at scene of accident.
- REMAIN** calm, courteous & consistent in your version of accident.
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2nd Annual

FuzzzzFest

"THE Festival for Pets and the People Who Love Them"

AUGUST 13 at the J. M. McDonald Sports Center, Cortland

10 a.m. to 3 p.m. Admission : *Whatever you can give!!*



- Meet 'Shorty & Hercules' from AP's "Pit Boss"
- Great pet crafts, products, and services for sale!!
- Meet rescue groups & their adoptable animals
- Demos & workshops for you and your pet
- Enter our prize winning dog walkathon or pooch pageant
- Bounce house!!
- Animal Communicator Janet Ridgeway!
- Ithaca Dog Trainers CGC Certification!

• Tractor Supply Company's Off Leash dog play yard!

• Fun day for you & your dog - **YES!! Dogs are allowed!!**

We need your help raising \$9000 for medical treatment and on-going care of the abused and unwanted animals taken in this year



For more details visit Cortlandspca.org.
With your support, we can all work together to help our furry friends!!



SATURDAY, AUG 13

J. M. McDonald Sports Center, Cortland

10 a.m. to 3 p.m.



Stars of Animal Planet's Hit Series "Pit Boss"

Shorty & Rossi



Hercules!

Admission to FuzzFest is whatever you can give!!

FuzzzzFest

2nd Annual

FuzzFest - THE Festival for Pets and the People Who Love Them

And all donations go to help neglected and abandoned animals of Cortland.

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THE CORTLAND AREA TRIBUNE



MIKE'S FOOD FOR THOUGHT THAI CUISINE

This week The Thai Cuisine Restaurant, 501 S. Meadow St, Ithaca. They are across Rte 13 from Wegmans.

Dinner, Open Sun-Thurs. 5-9:30, Fri and Sat 5-10. Lunch, Open Mon- Sat 11:30AM-2:30PM, Sunday Brunch 11:30AM -2:30PM. They accept all major credit cards. 273-2031.

My friend and I had a wonderful meal there. I had the GAENG KUA POHN-LA-MAI which is a fruit curry. Your choice of meat simmered in a curry of pineapple, apple, grapes, raisins, cashew and Thai Basil. It was served with a bowl of jasmine rice and pickled cabbage. I rarely eat curry but this was absolutely delicious. My friend had PRIEW WAN which is a Thai sweet and sour. Tender pork, sauteed bell peppers, tomatoes, pineapple, cucumbers, and onion in a house sweet and sour sauce. That too was very tasty and came with Jasmine rice. The menu is extensive and they have entrees of noodles, fried rice, stir fry, curry, and a category called Mom's Favorites which had quite a few duck dishes. Another nice feature is their vegetarian menu, which includes a lot of dishes made with tofu.

The menu included 4 or 5 soups such as Thai hot sour soup, chicken in a coconut/galangal broth and a shrimp, mussels, scallop and clam soup. Four different Thai salads were intriguing. Things such as spicy seafood salad and spicy chicken or beef salad had ingredients such as lime dressing, ground chili peppers, mint leaves and coriander. At their Sunday brunch you can sample small dishes of items on the menu for just \$2.49. Two people could sample 10 different dishes for only \$24.90. That sounds like a fun way to try a variety of Thai dishes.

If you have never had Thai food and you like Chinese food, Give it a try. It's quite a bit different but in some ways it is similar. I find Thai foods to be very flavorful. They do not fry items as much, so to me it's a healthier type of food. They had a large variety of appetizers too. Things such as chicken tenders marinated in spices and coconut milk in a peanut sauce, and seasoned ground pork wrapped in rice paper with a carrot sauce, fish fritters and a tempura style squid served with a sweet chili sauce.

Visit their website, www.ithacathaicuisine.com and look over the menu. They have a lot of delicious sounding food. The wine list was nice and a glass was only \$5.00 to \$6.00. I was too full for dessert but they had some interesting items such as mango ice cream and a Thai custard. They are also offering a 22nd anniversary menu. You can choose from assortment of menu items at a reduced price. Check it out. It's really good food.

MIKE'S FISH TANK GLOFISH COLORS

I WANTED TO LET PEOPLE know that there are 2 new glo-fish colors on the market now. The galactic purple and the new blue. I hope to have the new purple in stock on Saturday August 6th.

Today's glo-fish are bred from the offspring of fluorescent zebra fish that came on the market several years ago. Glo-fish add color and excitement to any aquarium, whether it's home, the classroom or the office.

Each new glo-fish inherits its unique color directly from its parents, maintains its color throughout its life and passes its color on to its offspring. Aside from its brilliant color, glo-fish require the same care as other zebra danios. This includes everything from food, temperature preferences, to growth rate and life expectancy.

Most danios will do well with a temperature of 72 to 80 degrees. As far as food, danios will eat just about anything, flake food, freeze-dried food or even live food such as brine shrimp or bloodworms. Zebra danios are a small fish reaching around 2 inches max.

As far as displaying your glo-fish for maximum effect, a blue light is best. Blue will show the "GLO" better than any other light. White is bright. It will bring out their bright colors. A black light is brilliant. If used in a dark room, the black light creates a brilliant effect. Remember, a black light will not create the "GLO" effect if in a bright room.

Make sure to use dark gravel and fluorescent decorations.

• *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 friskyy@hotmail.com*



THE 2011 SUMMER FLU

THERE IS A NEW INFLUENZA that has been seen in clients recently that is very nasty. I can report some of the things I have learned that are helping others recover most quickly with minimal discomfort.

This "bug" seems to be responding to TCM VS-C from Nature's Sunshine Products. The sooner you begin using this after noticing the first symptom, the quicker your recovery. If begun at the first sign of dizziness, nausea, relentless headache, extreme fatigue, aching, etc. using 1/6 times a day seems to be sufficient. If not taken until day two, most people need to use 1/12 times a day. Yes, this is concentrated; yes, this is 12 a day, and yes, this is a lot. Whatever the original dose, that amount seems to be needed for at least 6 days before reducing the dose, at which time, the dose seems to be about half the original, and that is needed for at least an additional 6-10 days. Symptoms can continue for 3 weeks if your response is not immediate. If someone in the family has contracted this flu, adult family members seem to be protected to some extent by Elderberry 1/3x a day. Elderberry (at least 1/4x a day) seems to be the best protection for children. Adults can also benefit from using the Chewable Elderberry Immune preventatively, but seem to need 1/6x a day. The liquid VS-C can be used for children if they get this flu.

It is recommended you keep at least two bottles of TCM VS-C in your first aid kit (these are bottles of 30) along with the appropriate elderberry for your particular family. If you don't start immediately, this is more uncomfortable and you don't want to lose momentum waiting for the arrival of product.

Most people get some relief by spraying the throat with full strength Silver Shield and rubbing lemon essential oil also available from NSP on the throat and lymph nodes if there is throat or neck pain. If you get a cough, it is recommended you try using 1-3 Ayurvedic Bronchial Formula a day for a few days. Eat lightly. This bug seems to have a profound effect on digestion. Eating a couple tablespoons of crushed pineapple 20-30 minutes before breakfast settled the nausea for eating. People seem to be doing best with protein, minimal carbs and good fats, Bing cherries, hot cereal (such as buckwheat, quinoa or oatmeal), goat's feta or hard cheese in very small portions and goat's yogurt (tiny amounts) have been easy for most people to digest. Soft lettuce in a salad has digested well and egg salad on lettuce has tasted good. Occasionally a bit of ground turkey or a scrambled egg (cooked at 275 degrees) has been tasty. Get as much rest as you can. Drink a lot of water. You will

be doing a lot of detoxing with that much VS-C. My best advice: Just don't get this flu. It is not fun.

Till next time,



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

HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING COLTSFOOT

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

ONE OF THE FIRST PLANTS to show itself in the spring is the coltsfoot. But the leaves are not the first part to show itself, it is the yellow flower along the sides of roads and ditches. The name of this plant came by how the leaves look, just like a colts foot. One time when I was taking a group of school children on an herbal walk, one of the students was having problems keeping up due to shortness of breathe (asthma) so I had him take a few coltsfoot leaves and rub between his hands until he got a green liquid coming out of the leaves. Then I had him just hold the leaves for the rest of the walk, rubbing for more juice as he felt the need. The shortness of breath went away.

FOLK NAMES: British tobacco, bull's foot, butterbur, coughwort, horse foot.

LATIN NAME: Tussilago farfara.

ELEMENT: Water.

POWERS: Love and visions

MEDICINAL PARTS: Flowers and leaves.

CONSTITUTES: Mucilages, tannins, pyrrolizidine alkaloids, triterpenes, and flavonoids.

PROPERTIES: Bittersweet, astringent, expectorant.

MAGICAL USES: Used in sachets for love. Used in spells for peace and tranquility. The smoking of the leaves gives visions.

INTERNAL USES: Helps to reduce constriction anywhere in the body but strongly in the lungs. Helps to dissolve excess mucus, bronchitis, laryngitis, asthma, severe coughing, and activates the immune system.

EXTERNAL USES: Rub the fresh leaves between the palms to open bronchial tubes. Rub on the bottom of the feet for a more relaxed sleep.

HARVEST: Pick the flowers on a sunny day when in bloom in the spring. The leaves can be picked any time till they start to molt in the Fall.

USE AS: Tea, extract, rub or smoke.

PRECAUTIONS: The blossoms should be used sparingly. Pregnant women should avoid all parts.

*Vibrantly,
Beth of Beth's Natural Way*

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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.

ADR Associates- P.O. Box 306, Freeville, NY 13068 adra@twcny.rr.com

WE NEED TO INSTALL A WHEELCHAIR ACCESSIBLE RAMP FROM THE FRONT YARD UP TO THE MAIN FLOOR OF OUR HOME. WHAT ARE THE CRITICAL DIMENSION REQUIREMENTS FOR BUILDING THIS RAMP?

ACCESSIBILITY FOR HANDICAPPED INDIVIDUALS OF all ages and conditions in our society is becoming increasingly important for private homeowners and businesses alike. As our population also ages, the potential for a homeowner to incur some temporary or permanent disability that may require use of a wheelchair, walker or cane is very high. State and Federal regulations require that all businesses, municipal buildings and public spaces comply with ANSI accessibility standards. A new trend called “universal” housing design encourages developers and design professionals to build fully accessible or HC adaptable designs for private residences that will permit families to remain in their homes longer, near neighbors and familiar surroundings, thus maintaining a greater sense of independence and higher quality of life as they age.

Key dimensions used in designing an ADA compliant ramp:

- Maximum slope of ramp surface: 1:12 (one foot of rise for every twelve feet of run) (Exception: 1:10 slope permitted where the total rise is 6 inches or less)
- Maximum ramp rise between flat landings: 30”
- Minimum ramp width: 36” clear between ramp curbs and any projections
- Minimum landing length to be 60” and minimum width to equal ramp width. Ramp must have a full length landing area at both top and bottom of each run. Intermediate landings that change direction must have a minimum 60”x 60” turning area.
- Handrails are required on any ramp having greater than a 6” total rise and such railings shall not reduce the minimum required ramp clearance (36”). Where handrails are required, they are to be installed on both sides of the ramp and be continuous for the entire length of ramp without interruption at newel posts or columns. The top gripping surface on the railing must be a minimum of 34” to a maximum of 38” above the ramp surface. Handrails shall have a minimum diameter or cross-sectional dimension of 1-1/4” to a maximum diameter of 2” and minimum 1-1/2” clearance between the railing and a solid side wall or other vertical surface. Required handrails must extend beyond the top and bottom ends of the ramp a minimum of 12” and return to the wall, guard or walking surface to avoid a pointed end section that can snag clothing, purses, straps, etc.

Exterior ramps must have abrasive or other non-slip walking surfaces and be designed to prevent the build-up of water and snow.

CALENDAR OF EVENTS

August 12, Movie Under the Stars “Rio” 8:30 pm, Suggett Park. Free outdoor movie on the big screen for the whole family. Members of the community voted and selected “Rio.” Blu is a domesticated Macaw who never learned to fly, and enjoys a comfortable life with his owner and best friend Linda in the small town of Moose Lake, Minnesota. Blu and Linda think he’s the last of his kind, but when they learn about another macaw who lives in Rio de Janeiro, they head to the faraway and exotic land to find Jewel, Blu’s female counterpart. Not long after they arrive, Blu and Jewel are kidnapped by a group of bungling animal smugglers. Blu escapes, aided by the street smart Jewel and a group of wisecracking and smooth-talking city birds. Now, with his new friends by his side, Blu will have to find the courage to learn to fly, thwart the kidnappers who are hot on their trail, and return to Linda, the best friend a bird ever had.

So, grab your blankets, chairs & a snack. The movie will begin at dusk near the basketball courts, off Madison Street. Get to the Park early and grab a great spot! (There will be no concession stand this year, so bring a snack!). Please Note: In the event of inclement weather, the movie will be postponed to a future date. Announcements will be made on WXHC and at www.cortland.org/youth. For more information call the Cortland Youth Bureau at 753-3021.

August 17 – 27, “The Smell of the Kill” (CRT) Pavilion at Dwyer Memorial Park, Little York. A wickedly funny dark comedy by Michele Lowe. Nicky, Debra and Molly are three “desperate housewives” who have tolerated one another during once-a-month “couples dinners” for years. As their unseen, uncaring husbands play golf in the dining room, the women gather in the kitchen and reveal to each other that their marriages are on the brink of disaster. When the men accidentally lock themselves in a walk-in basement meat locker used for storing deer meat, the women are faced with a life-or-death decision. Should they release the men or let them “chill”...permanently? This hysterical dark comedy will leave the audience warm with laughter! 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.

ITHACA’S 1ST ANNUAL BANANA FESTIVAL

ITHACA GOES BANANAS!

COME EAT, DRINK AND GO Bananas at Ithaca’s 1st Annual Banana Festival on August 13th from noon – 5:00 pm on the Ithaca Commons! The Banana Fest is being designed and run by workers from the Youth Employment Service Program at the Ithaca Youth Bureau for families in the community. All money raised will support the YES program’s mission to provide jobs for teens to prepare for and connect to employment opportunities in the community and in the world.

Bananas are the most popular fruit in the entire world. Although they are not grown in Ithaca, we eat more Bananas than apples and pears combined. Bananas are also cheap and easy to buy, something that we often take for granted. The majority of the Bananas used at Banana Fest are being supplied by Equal Exchange’s Fair Trade through GreenStar; these are bananas that have been picked by workers in Central America and South America who receive fair pay for their work. They are also grown organically which is good for the environment. We hope to promote the idea of Fair Trade through the Banana Fest as well as encourage other youth and families alike to eat healthy foods in an effort to promote a healthy life style.

Planned events at the Banana Fest include an assortment of foods have been donated and prepared for us such as the Banana Cream Pie and Banana Bread from Collegetown Bagels, Sabana Banana and Banana Chutney from the Moosewood Restaurant, as well as Bananas Foster and Banana Iced-Tea from the Downtown Ithaca Alliance. YES workers will be supplying Banana Milkshakes, Smoothies, Frozen Chocolate-Covered Bananas, Fried Plantains, Thai Fried Bananas and Banana Splits. There will be a Bounce House as well as a bunch of games to be played for all ages including slingshot monkeys, spinning bananas, and a water balloon toss. A prize booth will be available for

gamers who accumulate a fair amount of tokens which you can win by playing at any of the game booths. We will also have a banana cream pie eating competition with a grand prize, local youth performers, Nate the Great the juggler and balloon creations by Cayuga Twister.

The Banana Fest is free and open to the public. If you would like to sample banana foods or play any of the carnival games, tickets are one dollar and are good for one sample or one game. All proceeds will benefit the YES program and help enable area youth to gain meaningful job experience. Bring the entire family to Eat, Drink and Go Bananas at the Banana Festival on August 13th from Noon to 5 on the Ithaca Commons. The Banana Festival is made possible in part by Shortstop Deli, Equal Exchange, Collegetown Bagels, Moosewood Restaurant and the Downtown Ithaca Alliance. For more information please visit the Banana Festival page on Facebook.

MONEY SAVING WORKSHOPS SCHEDULED

CORNELL COOPERATIVE EXTENSION OF CORTLAND County will offer a series of workshops designed to help consumers get the most from their money during the month of August.

Save Energy, Save Dollars will be offered on August 10, from 6:30 to 8:30 PM. The workshop will look at ways to reduce energy bills with low-cost, no-cost conservation methods. Each workshop participant will receive a packet of energy saving products to use in their homes.

Control Credit, Manage Debt, a workshop on credit issues will be held on August 17, from 6:30 to 8:30 PM. The workshop will look at different forms of credit, choosing and using credit wisely, your credit history, reviewing your credit report, how to re-establish credit, and working with creditors when you can’t pay your bill.

Making Ends Meet, a workshop designed to help consumers get the most out of their money, will focus on setting financial goals, developing a spending plan, using a calendar as a budget tool, and taking steps to reduce your utility bills. Each participant will take home an assortment of money management tools. The workshop will be held August 25, from 6:30 to 8:30 PM.

All workshops are 2 hours and will be taught by Barb Henza, Financial Educator with Cornell Cooperative Extension of Cortland County will be the presenter for both workshops. Pre-registration is requested. For more information or to register for the workshop, call Cornell Cooperative Extension at 753-5077.

These workshops are sponsored by the New York State Energy Research and Development Authority (NYSERDA) and developed by Cornell Cooperative Extension and NYSERDA.

Cornell Cooperative Extension Cortland County provides equal program and employment.

FREE TRAINING OPPORTUNITY: RED CROSS DISASTER PREPAREDNESS PRESENTERS AUGUST 17 IN CORTLAND

WANT TO BUILD UP YOUR resume, gain useful work experience and give back to your community at the same time? Well, here’s your chance. The South Central New York Region of the American Red Cross is offering a free training for anyone interested in becoming a Disaster Preparedness Presenter. With this training, you will gain the skills to educate people and businesses throughout the community on what they should do to be better prepared for disasters and emergencies.

The training session consists of an information session, the presenter’s training and a brief overview of Red Cross programs. Being a Disaster Preparedness Presenter is a volunteer position in the Red Cross and involves as much time as you want to give.

The training will take place on August 17 from 6 to 9 p.m. at the Cortland Red Cross, 111 Port Watson St., Cortland, NY. Please register by August 15 by calling Jill Deskins at 565-2061 or emailing jdeskins@redcrosselmira.org

THE 4TH ANNUAL FINGER LAKES LAVENDER FESTIVAL HAS THE SWEET SMELL OF SUCCESS!

LOCKWOOD FARM WOULD LIKE TO extend our appreciation to all who joined the 4th Annual Finger Lakes Lavender Festival. The two day event brought an estimated 3000 people from all over the area to celebrate the love of lavender. Everyone seems relaxed, took in the sights, pick lavender, shopped our amazing artists, indulge in the culinary delights from Joelle's French Bistro and learned something new about gardening from Onondaga County Cornell Cooperative Extension. Your expression of appreciation and your time spent with us is also acknowledgement of support for farming in our community.

This year we have Steve Simon and Plank Road magazine to thank for co-sponsoring our event. Without sponsors we could not keep this a free event.

We especially want to thank all of our volunteers. Our ambassadors to the farm jumped right in with giving directions on how to cut lavender, identifying the different varieties and so much more. They worked tirelessly in the field and in the parking lot

A special thank you to the many lavender lovers who purchased Royal Velvet lavender plants, a donation was presented to the Skaneateles Area Food Pantry and to the Skaneateles Area Art Council for the sale of our Finger Lakes Lavender Festival art poster by local artist, Kathleen Schneider.

The weekend was memorable to us and we look forward to seeing you next year on July 14th & 15th 2012.



COME AND STEP INTO SEXY were you can walk the fine line between naughty and nice. From corsets, lingerie, club dress's, exotic leather, heels, dvds and adult novelties. We carry it all in plus sizes too.

Tikki's is one of the largest adult boutiques in upstate New York. We are designed for couples. Tikkis is owned and operated by a local married couple for over 30yrs and knows how to spice it up.

Terri and her staff takes pride in giving you a fun friendly atmosphere. We will help set up for that special evening. Here at tikkis we can also help you with all your bridal needs and party supplies. So stop in and put alittle sizzle in your life or leave nothing to the imagination.

Thank you to all our customers.

1136 Rt. 222 Groton Ave. Plaza, Cortland
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tikkisadultboutique.com



AUGUST 13 – PHIL SHAPIRO & CARRIE SHORE AT THE GREECE BAPTIST CHURCH

We return to Old Time Music Night at the Greece Baptist Church, 1230 Long Pond Road, in the Rochester area, 7 pm. The evening is hosted by Leslie Lee and Steve Gretz, excellent musicians themselves, Steve being minister of the church. We'll do a one hour show, followed by a song swap. So don't be shy about bringing instruments, and songs to share. The traditional Hat will be Passed. <http://leslieandsteve.com>

COMMUNITY DANCE

Free Pizza - Free Dance 8/21 - Ithaca Dance invites you: Free Community Event
Ballroom-Swing-Salsa On the Ithaca Commons!
~Dance Mix Night at Moonshadows Lounge~
(next to "Now You're Cooking" on the Commons)

SUNDAY August 21, 6:30-9pm
AIR-CONDITIONED DANCE BLISS!
Free, No Cover (21+)
Free Pizza for everyone!
DJs take requests happily and promptly!
Mixer Dances: get to know everyone!

DJ's Kurt & Felipe spinning great tunes for:
Waltz, Foxtrot, Tango, Chacha, Rumba, Blues, Hustle, East Coast, West Coast, Lindy Hop, Jumpswing, Balboa, Salsa, Merengue, Bachata
Classic tunes and new music in all genres!
Schedule: 1st half - mostly ballroom/swing, 2nd half - mostly latin

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FAMILY FUN, WITH A FOCUS ON SUSTAINIBILITY AND HISTORY

THE HISTORY CENTER IN TOMPKINS COUNTY'S FAMILY DAY

ON SATURDAY, AUGUST 27TH, THE community is invited to a day of family-friendly activities at The History Center focusing on sustainability. Partners on the programs include Gardens 4 Humanity, the Ithaca Children's Garden, the Museum of the Earth, the New Roots Charter School, Sustainable Tompkins, and Way2Go. Programs will be both engaging and child-friendly, discussing aspects of sustainability today and in the past. Music will be by June Apple, and free ice cream will be supplied by Purity Ice Cream.

Family Day is part of a year-long series on the history of the local sustainability movement, made possible thanks to support from the New York Council for the Humanities.

About The History Center in Tompkins County

The History Center in Tompkins County helps people use the tools of history to understand the past, gain perspective on the present, and play an informed role in shaping the future.

In order to accomplish this mission:

- we preserve and encourage access to The History Center's unique collections;
- seek out the diverse needs and interests of our community;
- design learning experiences and provide services that respond to those needs;
- create opportunities for people to learn about themselves and their place in the world;
- and provide a neutral environment for public discussions that bring historical perspective to current issues.

The Cortland Area Tribune

What People Are Saying...

Advertising with the Cortland Area Tribune has always been a pleasant experience. The artwork for the ads is always very nicely done and coordinates well with the season. Judy is a joy to work with.

*Nancy Richards
Cortland Self Storage
Cortland, NY*

I have been writing a column in the CAT since 2003. My customers love the column and some even cut it out and put it in a notebook. Many people tell me they read it also. It is good exposure and reasonable rates. Judy is a dear. I don't know how she can keep up with her hectic schedule. The graphic department does a wonderful job putting the ads together. I encourage people to advertise their items for sale as it is free. Not much is free these days so this a bonus.

*Diane Toombs
Cortland, NY*

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*

COMMUNITY CALENDAR



Dryden Senior Lunches
We will start having lunches September 12, 2011. Bring a friend to the next meeting.

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 tsandstrom@ocmboces.org.

August 11 - Old Timers Band
7 pm, 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.

August 11-14 - National Brockway Truck Show
Parade of Brockway trucks starts at 8:30 am on Saturday, August 13, from the Museum at 4392 US Rt. 11 and proceeds to Main Street in Downtown Cortland where they remain on display until 4 pm. Visit www.brockwaytrucks.org for complete details of this 4-day show; new events have been added.

August 13 - Garage Sales
9th Annual Newfield Community Garage Sales. 9 a.m. --till. Library Book Sale, Chicken Bar-B-Que. Maps available @363 Main Street morning of sale.

August 13 - Moving Sale
9-3 2673 State Rt. 13 East Homer. Pink/brown newer highchair, 5 new sections of 8 ft. long wooden picket fencing, TV, toy race car, bicycles, DVDs, clothes, household items, and more!!

August 13 - Yard Sale
Multi-family. 131 Simsbury Drive, Ithaca from 9 to 2, baby and kids toys, clothes and equipment, household and craft items, video tapes, movie posters. No early birds please.

August 13 - Yard Sale
Multi-person yard sale at 8380 Seneca St in the village of Interlaken. Saturday, August 13, 8am - 2pm. Multiple people will be selling items, ranging from clothing to DVDs/games to kitchen items, and all sorts of other things.

August 13 - Parkside Christian School Fun Fest
9am to 3:30pm. Free pony rides and free ice cream cone. Bounce houses, pets, games and prizes. 78 Homer Avenue in Cortland. 607-756-7114.

August 14 - Gospel Concert
At 11 A.M. Threshold (Jim and Mary Swope), a Southern and Country Gospel Duet from Southern P.A. will be appearing at the Varna United Methodist Church (located on Route 366). Please join us for the morning service filled with inspiring music.

August 17 - Snake Night
6 - 8 pm, Lime Hollow Visitor Center, 338 McLean Road. Join Dan the Snake Man for an evening full of snakes, spiders, lizards, and more! Listen as Dan captures your attention through stories and live demonstrations. Later on enjoy a hands on experience with many of the critters. You don't want to miss this opportunity! Admission for Members \$3, Non-Members \$5, Children under 3 Free. For more information call (607) 662-4632, e-mail info@limehollow.org, or visit www.limehollow.org.

August 19 - 6th CPEF Golf Tourney
12:30 shotgun start at Walden Oaks Country Club. A major fundraiser for CPEF, the golf tourney is a great afternoon of 18 holes of golf, lunch and prizes to help a good cause. \$60/person. To purchase tickets: Contact Garry VanGorder, garry@kortlandbusiness.com or Andrew Polley, sapolley4@yahoo.com or any CPEF board member. For more information call (607) 842-6843 (Anne Sabach), e-mail garry@kortlandbusiness.com

or visit www.cpef.shutterfly.com.

August 20 - Groton Public Library Book Sale
9am - 2pm. The sale will be held at the fire station next door to the Library. The location is East Cortland St. (Rte 222) just before it ends at Main St. (Rte 38) in Groton. Any questions call the Library at (607) 898-5055 or email to director@grotonpubliclibrary.org

August 21-25 - Christian VBS
August 21-25th Christian Assembly's VBS will be open to all children K-6th. Registration each night at 6 pm. Free hotdogs to all. 6:30-8:30 the children will be learning through our Pandomania friends that "God is Wild About You!"

Lots of fun while learning stories from the Bible through crafts, songs, games and teachings. Our van will be available to pick up and take home kids without a ride

August 23 - Annual Concert to Benefit LaFayette Outreach
The LaFayette Community Band will perform it's annual concert to benefit LaFayette Outreach on Tues. August 23 at 7:30, at the Columbian Presbyterian Church, routes 11 & 20, LaFayette. LaFayette Outreach is our local food pantry and service-referral agency, and requires donations to continue to serve our

neighbors in need. There will be refreshments and fellowship after the concert. Free-will offerings will be gladly accepted.

August 24 - Identifying Summer Diseases of Garden Vegetables
6:30-8:30 pm. at Cornell Cooperative Extension of Tompkins County, 615 Willow Avenue, Ithaca NY

Diseases affecting vegetables can be difficult to identify, particularly in tomatoes, potatoes, and cucurbits, and are especially challenging when issues like drought and nutritional deficiencies occur. Dr. Thomas Zitter, Cornell University plant pathologist, will lead this workshop for the home gardener. Dr. Zitter will show fresh samples or color images, and will discuss detection and identification of summer vegetable diseases, and possible control measures. Fee: \$5/person, please pre-register. Call Cornell Cooperative Extension of Tompkins County at 607-272-2292 for more information or to reserve a seat.

August 27 - 2nd Annual Carp Derby
Lighthouse Landing 2nd Annual CARP DERBY on the Tioughnioga River. Saturday, August 27th from 6am to 4pm. Lighthouse Landings Campground on Route 11 between Marathon and Whitney Point. Live entertainment 5pm to 9pm! Registration on or before 6pm August 20th for \$20 - after

August 20th \$25. Children under 12 \$3. Prizes: 1st Prize \$100 + 25% of entry fees. 2nd Prize \$75 + 15% of entry fees. 3rd Prize \$25 + 10% of entry fees. Please call for entry forms 607-423-5639 - no entries accepted after August 20th.

Prizes for children: 1st Prize Fishing Pole. 2nd Prize 2-4 hr Kayak trip for two. 3rd Prize 2-4 hr Tubing trip for two

All Children that Enter Win a FREE 2 hr TUBE TRIP!! www.LighthouseLandings.org

August 28 - Celtic Run 5k
8 am, Cortland Courthouse Park. Registration: \$17 early/\$20 day of race. Age 13 and under: \$12 early/\$15 day of race. Free t-shirts will be given away to the first 75 registrants. This race is part of the YMCA Fidelis 6 Pack. Registration form and route maps available at www.cortlandymca.org/YMCARuns.htm. For more information e-mail peggy@cortlandymca.org

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.

For more details, call 756-6071. Cortland County Historical Society, 25 Homer Ave, Cortland, NY.

**FOR A COMPLETE LISTING OF UPCOMING EVENTS:
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HAVE A COMMUNITY EVENT TO SHARE?
Please send all pertinent information, including a date, location, time, price, and a brief description to us at tcatribune@gmail.com, and we'll be happy to help inform the public!



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 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
Scottie Adams - Owner of Scottie's Auto Repair located at 2171 Dryden Road (Rt. 13) in Dryden.

Winner
David Seaman of Harford - David won a gift certificate from Scottie's Auto Repair!



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k	c	a	r	t	e	c	a	r	d	r	t	d	i
i	t	k	o	e	c	a	l	p	t	s	r	i	f
u	e	v	t	r	k	a	a	b	t	i	k	c	r
u	e	s	t	r	e	o	i	o	v	s	r	s	i
g	a	o	l	a	r	k	p	e	t	a	e	e	r
f	e	m	e	i	e	h	f	e	r	v	b	s	s
t	d	j	u	n	d	m	j	c	o	u	r	s	e
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e	p	p	l	c	a	k	i	h	y	p	o	i	g
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			7					
	7			1			2	
		8					7	6
		2	5		3	8		
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	6			4			1	
					5			
5			9					6

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

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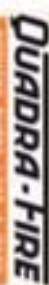
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