

FREE

September 7-20, 2011

'Fall is for Planting' Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER

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WELCOME TO OUR 'FALL IS FOR PLANTING' 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!

September 21 – Bridal, The CAT's 9th Anniversary & Great Pumpkinfest Edition
(Deadline 9/16)

October 5 – Fall Antiques & Columbus Day 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)

November 16 – Thanksgiving Edition
(Deadline 11/11)

November 30 – Winter Sports Enthusiasts & 'For Kids' Holiday Edition
(Deadline 11/25)

December 14 – Christmas Edition
(Deadline 12/9)

December 28 – Fitness & Health Edition
(Deadline 12/23)

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, September 16th. 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, September 16th for the next Edition.

CAT KITCHEN RECIPE CORNER!

Share your tasty recipe with our readers! To have your special recipe published, please email it to tcatribune@gmail.com or mail it to The CAT, PO Box 67, Dryden, NY 13053! Deadline is 6 pm on Friday, September 16th for the next Edition.

WELCOME NEW ADVERTISERS:

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COMMUNITY CALENDAR



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.

September 8 - Annual Mum Sale
Cortland County Historical Society, 25 Homer Avenue in Cortland. Pre orders accepted in August. Call 607-756-6071 for more information.

September 9 - Glory Bound Quilt Show
9am-7pm, & Sept 10, 9am-4pm. Peoples Baptist Church, 364 Main St, Newfield. Free admission. This is a spectacular array of talent in the Hamlet of Newfield

September 10 - Freeville UMC Harvest Festival
9am-3pm, Great for the family! Handmade Crafts, Chicken BBQ and dinners, Bake Sale, Chili Cook-Off, Pie-by-the Slice, Scarecrow

Hunt and Contest, Farmers' Market, Rummage Sale, 'Happy Harvest' Kid's Contests, Kozmik Spinnerz DJ, demonstrations and more! New this year: Come and enter your own Scarecrow for our contest! For Scarecrow Contest entry and Crafter Information contact : Donna Fisher - dfbears@twcny.rr.com or (607)347-4780.

September 10 - HipHop in the Park
1 - 5pm, Courthouse Park. Christian Hip Hop festival... a community based outreach for people of all ages to come and have fun and enjoy some very good Hip Hop Music and other fun activities. For more information call (607) 206-2122, e-mail brian@hiphopinthepark.net or visit www.hiphopinthepark.net.

Sept 12 - Dryden Senior Lunch
Bring a friend to the meeting.

September 13 - Walker Brothers Circus
5:30 and 7:30pm, Cortland Fairgrounds, Carroll Street. All new 2011 edition of the fabulous Walker Bros. Circus under the BigTop. Experience affordable, family friendly fun at its finest! Ticket prices: \$14 for adults, each paying adult can bring in 2 children ages 14 and under for free! Purchase tickets at www.

walkerbrotherscircus.com. For more information call 800 528-6577, e-mail kfairchild@walkerinternationalevent.com or visit www.walkerbrotherscircus.com.

September 14 - Bicycle Safety Class
5:30 pm, Cortland County Office Building. Learn how to safely navigate the roads. Instructional video followed by "on the road" practice. Bring your bike and helmet. We will give you a helmet if you need one. No charge for this event. For more information call (607) 753-5077, e-mail awp24@cornell.edu or visit www.cceccortland.org.

September 15 - Book Reading for Kids (K-5)
When: 3:30 PM Where: Cornell Lab of Ornithology, Adelson Library (second floor), 159 Sapsucker Woods Road, Ithaca Title: One Duck by Hazel Hutchins, illustrated by Ruth Ohi Description: This is the story of a nesting duck and a farmer—and whether or not can they both share an agricultural field. Hands-on activities follow the reading. Admission: Free Contact: (800) 843-2473, adelson_lib@cornell.edu

September 17 - Richford Potato Festival

9 to 4 PM visit the Richford Congregational Church for your potato soup, potato salad, salt potatoes, and more! Music from 11 to 3 PM. Parade at 1 PM.

September 17 - Cincinnatus Corn Fest
The Corn Fest is ON! Tell everyone that the place to be Saturday, September 17th 2011 is at the Cincy Corn Fest. Lots of attractions, kids stuff, Live Music, Food, and MUCH - MUCH More! Sponsored by the Cincinnatus Fire Department. For more information call 315-243-0303 or 607-745-5400 or check out cincycornfest.com

September 17 - Varna Methodist Church BBQ
The Varna Methodist Church located on Route #366 will be hosting another barbecue on Saturday, September 17th starting at 12 noon. The menu consists of: one chicken half, potato salad, baked beans, home made apple sauce,

roll and cake. Coffee, tea, lemonade or ice water served with the sit-down dinners. The price for the dinners is \$8.00 (sit down or carryout) and a chicken half will be selling for \$5.00.

September 18 - Baka Beyond
8pm, Center for the Arts, 72 S. Main Street in Homer. Musicians from 6 countries in the Celtic fringes of Europe and the West coast of Africa join together to play the most original live world fusion sound around. Strong African beats underpin Celtic and Gaelic melodies producing fast yet gentle rhythms that are totally infectious. Adults \$25, Seniors \$20, Students \$10. For more information call (607) 749-4900, e-mail info@center4art.org or visit www.center4art.org.

September 28 - Cortland Auto Club Show
Little York Park.

September 30 - Hanging Out To Dry:
Completed Works by Lisa Noviasky Through September 30th at Gallery 54. Located at 54 E. Genesee St., Skaneateles, the gallery features fine art and fine craft by Central New York artists. Hours are Monday-Wednesday 10-5, Thursday-Saturday 10-6, Sunday 11-5. www.gallery54cny.com, 685-5470.

October 1 - ACTHA Trail Ride
ACTHA is holding its second trail ride at Pure Country Campground on OCT 1st. Sign ups are at 9:30 am. Ride out starting at 10:30 and on. Six obstacles on the trail. Reduction in membership for new members! A perfect time to check it out. www.ACTHA.us is the website to sign up for the ride. www.purecountrycampground.com is where you sign up to camp. CALL 607-847-9265 for reservations to camp, or the dinner after. "Not just a trail horse anymore". See why! both on Facebook!



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!

MYSTERY PHOTO CONTEST



Answer from the Previous Edition:
Loyal Order of Moose Cortland Lodge No. 1512 of 157 Main Street in Cortland

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, September 16th 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 Jean Warren. Jean won a gift certificate from Toads Diner on Route 38 in Freeville and Beth's Natural Way located at 3728 State Route 13 in Truxton. The winner of this issue will win a gift certificate from Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point! *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!

DO YOU KNOW WHERE THIS IS?

*See what you can WIN
if you know WHERE this picture is!*

Congratulations to our latest contest winner:

**Jean Warren
of Cortland**



HEARTH & HOME HOSTS OPEN HOUSE

AUTUMN IN CENTRAL NEW YORK is accompanied by a host of wonders that many of us enjoy: the crisp scent of apples and pumpkins; the breathtaking sight of trees splashed with red, orange and yellow leaves; relief from summer heat. But we know that the temperatures will continue to drop, signifying the advent of winter and the necessity to stay warm in our homes throughout the snowy months. Do you need a new heating system? Have you been thinking about adding an alternate heat source to take the bite out of your heating bills?

Are repairs to your chimney or fireplace necessary?

Now is a great time to put into place those home heating upgrades you've been considering. There are many heating options to choose from: wood fireplaces, wood and pellet stoves, gas fireplaces and stoves, and bio-mass stoves. A great place to go to check out all of the available options is Hearth & Home's annual Open House.

Hearth and Home has operated for over thirty years and has an experienced, attentive, upbeat staff whose members regularly attend trainings and trade shows in the heating industry in order to provide up-to-date knowledge and service to their customers. They can help you with your

home heating questions, from chimney repair and lining to interior design.

Hearth & Home boasts the largest showroom in the area and features woodstoves, fireplaces, pellet, coal, corn, and gas heating options and fuels. Hearth and Home also provides service, installation, and masonry work; and all services are provided under warranty.

Hearth and Home is proud of what it offers in outdoor living, options, as well. "I believe we're the only store in a very wide area that also does outdoor living," said Jay Felli, owner. "We offer outdoor kitchens, grills, barbeques, fireplaces, and fire pits."

Hearth & Home is fully staffed and does all work in-house. Members of the staff hold degrees in interior design, architecture, and environmental science. They strive to help you implement new plans in heating new construction or even to retrofit your existing home.



"Some people do cash and carry. They purchase a stove or other item and take it with them," said Felli. "But we perform installation for about 70 to 80% of our customers. Some people will do some research on the Internet and then come in with a decision already made about what they will purchase. They often have preconceived ideas about what will work; others come in and have no idea."

Felli said that when it comes to design and installation, individual consideration is given to each customer's needs

and space, and he and his staff will provide information to the customers to help them make better informed decisions regarding what will work in their home and what will not.

Hearth & Home provides service and installation to a wide area. In the past, it has done multiple day jobs in New Jersey and Pennsylvania. "If we are offered a great job, we'll travel to do it," Felli said. "If someone calls us from Nevada and wants four fireplaces installed in their home in Tahoe, we're willing to do that, if they're willing to pay for it. Of course, if they throw in some ski passes, that would be great, too," he jokes.

Hearth & Home kicks off the fall season with an Open House. This year, the open house is scheduled from Friday, September 23 through Sunday, September 25. During the Open House, staff will be available to answer your home heating questions and you will be able to view all of the different home heating products Hearth & Home has to offer, as well as the changes that Hearth & Home has made in the past year. Factory reps will be onsite and you will be able to view live demos. Select floor models will be on sale and manufacturers' incentives will be offered on new units.

Don't be left out in the cold this winter. Prepare for those low temperatures ahead of time by visiting Hearth & Home's Open House and seeing all that they have to offer.

If you aren't able to attend the Open House, check out the Hearth & Home website at www.hearthhome.com, or visit during regular store hours: Monday through Friday from 8 am to 5 pm and Saturdays, 10 am to 3 pm. Hearth & Home is located at 726 W. Court Street, Ithaca, NY. You can also reach Hearth & Home by dialing (607) 273-3012.



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Jazzercise Open House

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Monday, September 12th at 5:45pm

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TULLY AG



FALL IS THE BEST TIME of year to harvest your crops. Most crops are ripe and ready to harvest and you need to get them harvested before the coming winter kills them. There are many ways to harvest and store your crops so that you can use them over the winter.

Root crops like potatoes, carrots, rutabagas, turnips and onions can be placed in a cold area and then used as needed. The cold area should not freeze your crops or they will be ruined. You can use a cold corner of your basement for stored root crops.

Some root crops should be pickled like beets. Beets keep better in a cool place.

Beans can be frozen, dried or canned. They are better frozen because they maintain more of their fresh, sweet flavor when they are frozen. Beans will store for a couple of weeks in the refrigerator.

Corn can be harvested and then stored by canning, freezing or drying. Canned corn will last a long time when stored in a cool place. Freezing corn keeps the corn sweet and tasty. Drying corn can be somewhat difficult and the end product does not taste as good as frozen.

Peas can be canned, frozen or dried. Peas are a very versatile crop that can be stored many ways to keep them tasty and nutritious over the winter months.

Pumpkins and other squash crops can be placed in a cold corner of the basement to store them. Pumpkins and squash will last for months in the right temperature. The right temperature is cold but not freezing. Once a pumpkin or squash freezes it will get mushy and soft and start to mold.

Apples can also be stored in cold storage. You can put apples in a cold corner of the basement and they will last

for months. Some varieties of apples store better than other varieties of apples. The mushier the apple is the less likely it can be stored in cold storage. You can also can apples, and dry apples to store them over the winter.

Other fruits like pears, peaches and plums are not as hardy as apples are. They need to be dried or canned to store over the winter. They will not last long in cold storage.

Tomatoes need to be canned, frozen or dried to store in the winter. You can make tomatoes into a sauce and can them or you can place them in zip lock bag and freeze them.



LOCATED DIRECTLY ACROSS THE STREET from the Hess Gas Station at 113 Port Watson Street in Cortland is V&V Furniture. For one week only, from Monday, September 12 thru Saturday, September 17 – all used furniture is 20 to 50% off! And NEW mattress sets are 10% OFF! Special featured items – buy one get one free! Good NY checks, VISA, MASTERCARD or Discover cards accepted. Please, all items picked up the day of the sale! Bring your truck or borrow your neighbor's if you don't have one! Don't miss this rare opportunity store wide sale! V&V Furniture is open Monday thru Friday from 10am to 5pm and Saturdays from 10am to 4pm – V&V carries new and used furniture for your home, office or dorm. Stop by or call them at 607-753-7930. Good used furniture for your home! Come peak in our drawers!



The FUZZ BUZZ: End of Summer Edition 2011

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FALL IS FOR PLANTING AND DECORATING!

Valley View Gardens and The Cinnamon Apple Cottage are the places to come to for all your Fall Landscaping and Home Decorating! In the nursery, we are stocked with a wonderful selection of Trees, Shrubs and Perennials! Our shade trees are gorgeous! Flowering shrubbery like Hydrangeas with names like "Limelight" and "Pinky Winky" are flowering now and make lovely dried flower arrangements to decorate the inside of your home this winter! Butterfly Bush, Rose of Sharon and our gorgeous Ornamental grasses are in full flush - favorites for their late summer and early fall blossoms! Selected items will be on sale and there is a coupon on the front of this paper for additional savings on non-sale items! Remember, Gift Certificates make the perfect gift and can be used at the nursery or in the gift shop!

Planning a family reunion or an end of the season backyard barbeque? Create a refreshing new look for that garden party with beautiful and colorful Zerrillo's Mums! Valley View Gardens Nursery is abounding in luscious plant materials waiting to be planted such as flowering Lilacs, Crabapples, Spireas, Weigela, Ninebark, Weeping Cherries and so much more! If you have a landscaping project in mind and need assistance, Valley View Gardens

can help you increase the value of your home with an eye-catching landscape design and installation. If you prefer to do-it-yourself, Valley View Gardens has a wide selection of trees, plants, and shrubs to meet all of your landscape needs, as well as the expertise to guide you along the way. Valley View Gardens has been providing professional landscaping service and quality plant material ranging from a variety of shrubbery, pom-poms and spiral topiaries, maples, oaks, weeping ornamental trees and fruit trees for over sixteen years. For a splash of color, add our ornamental grasses, hosta and a plethora of daylilies!

Enchanting gifts abound at the Cinnamon Apple Cottage Gift Shop. Do some early shopping for Autumn Decor and Christmas Presents! Make up a basket of assorted quaint and comforting gifts for that special someone! The old fashioned "General Store" filled with a wide selection of Amish jams, salsas, pie fillings, in addition to scones, fruit bread, cookie and soup mixes will tickle his pallet and show him how much you care! Framed art, inspirational plaques, luscious candles (with scents like "Hot Apple Pie" and "Butter and Maple Syrup") as well as an assortment of lovely wreathes, garlands, potpourri and handmade gifts fill every room. The Cinnamon Apple Cottage contains special section with gifts for the outdoorsman and nature lover.



Hand carved decoys, bird statuary, bird watching books and recordings of bird songs are waiting for you! Thermoses, mugs, drinking glasses with fish, bear, moose, and eagle motif line the shelves of the Expedition room. Your loved ones will love the unique items

that are chosen for them! Or, better yet, choose something for yourself! An enchanting gift shopping experience awaits you at The Cinnamon Apple Cottage! Coming soon: a Celtic gift area!

Our hours are Monday through Thursday 10-5, Friday 10-6 and Saturday 9-5. We are closed on Sundays. If you have

any questions, please call us at 607-749-3130. Help us celebrate "Fall" at Valley View Gardens Nursery and the Cinnamon Apple Cottage Gift Shop! Gift certificates are available! Remember to ask about our special sales! Start your holiday shopping and save!



MAX GRAPHICS

Now that fall is here, vacations are over and kids are headed back to school many local businesses are re-energized and preparing for a busy rest of the year. That preparation often includes ordering more printed products, promotional items and/or signs.

Please be aware that Max Graphics would welcome the opportunity to dazzle you with its combination of quality products and first class customer service!

In case you didn't know, Max Graphics has been providing printing, promotional products and signs to local businesses like yours since 1987. In January of this year founder John Fattaruso retired and the company was acquired by CHS and SUNY Cortland graduate Chris Sheppard.

As an experienced business owner Chris' primary focus has always been customer satisfaction.

From 1993 through 2003 he founded, owned and operated a leading sign and graphics company in Charlotte, NC. Clients included Bank of America, Duke Power, Wachovia Bank, The Atlantic Coast Conference, the Charlotte Hornets (NBA), and many others...who all demanded first quality products and top notch customer service.

From 2003 through 2009 Chris was a top-producing commercial real estate broker with clients and properties located throughout North and South Carolina. Thanks to his focus on customer service & satisfaction he was able to close more than \$30 million in sales and leasing transactions during that time.

Since acquiring Max Graphics in January of this year Chris has continued his focus on customer satisfaction. Part of that focus has included freshening up the front showroom with new paint and carpet and adding new equipment such as a high-end Xerox color copier / printer, new computer design stations and a new vinyl cutting machine for the sign department.

Things are going well in 2011 and Max Graphics continues to help clients manage, improve and grow their businesses through the use of printed materials, promotional items and signs.

The team at Max Graphics understands that time is money so we work hard to ensure that most orders are completed quickly, often within just a few days rather than 1-2 weeks that might be more typical in the industry.

So, for those of you who haven't tried us, we invite you to give us a call the next time you would like to experience great customer service!

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SEPT. 18 DAN SMALLS PRESENTS GARRISON KEILLOR

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And, for those of you that continue to be our clients, we certainly appreciate your business and look forward to helping you again soon!

You can find us at 177 Homer Avenue, Cortland, next to Fabio's Restaurant, online at www.MaxGraphicsOnline.com or via phone at (607) 753-1234. Office hours are 8:30 am - 5:00 pm Monday through Thursday and 8:30 am - 4:00 pm on Friday.

Best wishes to all for prosperous Fall and Holiday Seasons!

The Staff at Max Graphics.



The Picture House staff artists continue to receive both national and regional recognition of their work. All three had works included in the Old Forge Regional Art Exhibit and in the NY State Fair. Kathie Beale won awards in both. Emily Gibbons and David Beale have works juried into the "Exposed! The Nude Self" exhibit at the Shoe Factory Art Co-op in Rochester, NY. The exhibit runs from September 9th thru 30th.

David Beale has had his watercolors selected for three juried national and international exhibits. The Pennsylvania Watercolor Society's 2011 32nd International Juried Exhibition, opening October 8 at the Chester County Art Association in West Chester PA, will include David's large water media painting, "The Homestead." He will also have works featured in The Northeast Watercolor Society's 35th International Show 2011, at the Kent Art Association Gallery, Kent, CT. The exhibit opens in late September. His "Nocturne" has been accepted for the Night Visions IV Juried Exhibit in Flagstaff, AZ, celebrating the partnership between the Flagstaff Dark Skies Coalition and Flagstaff Cultural Partners. Fewer than 20% of the entries from around the world were selected.



DEDRICK'S ANTICIPATES GOOD HARVEST

By Shannon R. Myers

AUTUMN IS JUST AROUND THE CORNER, and with its onset, we can look forward to all kinds of fresh produce from this year's harvest. A wonderful place to go to get some fresh flavor and color is Dedrick's, just north of Dryden on Route 13.

Dedrick's has been a contributing business to the Dryden area for nearly 40 years. John Dedrick, owner, started his business on two acres of rented land in 1972. Since then, Dedrick has expanded his acreage, as well as the volume of product he carries. The Dedricks purchased the adjacent building, formerly a basket shop, when the people that owned it passed away. They also purchased land and added a larger greenhouse and more wagons.

This year, John Dedrick looks forward to the fall. "I think people will be excited at what they see," he said. "We'll have a great crop of apples this year; we carry 15-16 different varieties of apples, from Northern Spies to McIntosh. We'll

have a lot of Honeycrisp apples and a great variety of other vegetables: sweet corn; lots of cabbage coming in; winter squash. We have excellent peaches that we're finishing up with, and there are pumpkins growing in the garden. We'll have a sale on bushels of apples all season long."

In addition to fresh produce, Dedrick's also carries popular seasonal blooms, such as hibiscus and hardy mums.

Dedrick's customer service and his staff are the things he is most proud of when it comes to his business. "We take pride in making sure our customers aren't kept waiting in line. We help our customers and get them checked out as soon as possible," he said. "My wife, Michelle, is doing a great job as cashier, and the employees are doing a great job, which makes things easier."

Dedrick enjoys meeting and talking with people. "I like doing business with honest people; the same people that appreciate me being here. It makes me feel good to be doing something right." He likes the fact that his business is able to provide jobs for people as well as good quality products at reasonable prices in the local market. "Not just high quality," he says, "But good eating quality." Dedrick's also helps support the community by donating to schools and many local organizations each year.

Dedrick's is **open for business spring to late fall, opening 10 days before Mother's Day and closing on the last Saturday before Halloween.** "We also close around July 4th for twenty-five to thirty days and wait for the home grown produce to come in. Then we open again around the 1st of August and stay open until the end of the season." Dedrick's has weekly and special sales throughout the year, which helps keep the prices reasonable.

Dedrick's is **open Monday through Saturday from 9:00 a.m. to 6:00 p.m.**, and is closed on Sundays. Dedrick's **does not accept credit or debit cards**, so make sure to **bring cash or checks** when you visit so that you can purchase from the great bounty of fresh fruits and vegetables that Dedrick's will be offering this fall!



NEW ITEMS INTRODUCED AT THE PICTURE HOUSE GALLERY

A RELAXING TIME TO SOCIALIZE, view outstanding art, do some early holiday shopping while supporting our local arts community awaits those who drop in at the Picture House Gallery and Frame Shop, located at 85 Homer Ave in Cortland, during its annual Fall Open House Thursday, September 15, from 5pm to 7pm.

The Picture House will officially unveil its selection of ceramic tiles. The tiles are ready to hang, and the coasters are ready to hold drinks! They are decorated with paintings and photographs from the staff, and have a cork backing. Kathie Beale has been working on "Illuminants," using mason jars and solar lights. These provide spectacular lighting and provide an excellent and "green" alternative to flashlights by providing ambient lighting

Recent award-winning work by staff artists David and Kathie Beale and Emily Gibbons will be displayed on the renovated gallery walls, along with their most recent work. A collection of unframed plein air watercolors paintings resulting from a summer of painting outdoors will be available. The economical price and the local nature of the scenes make these plein air paintings fantastic gifts.

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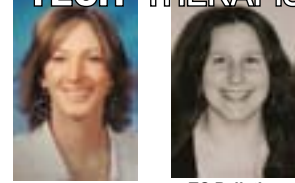
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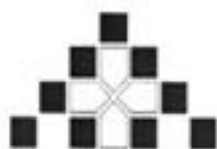
PICCADILLY LANE COUNTRY & PRIMITIVES STORE FALL OPEN HOUSE SATURDAY, SEPTEMBER 10

PICCADILLY LANE COUNTRY AND PRIMITIVE Store is gearing up for their Fall Open House on Saturday, September 10 from 9am to 4pm. Owner Joyce Ballard has recently returned from several fun shopping trips and has filled the 8 rooms at Piccadilly Lane with a wonderful array of Fall items and some Christmas décor!

All 8 rooms, upstairs and down, are overflowing with new one of a kind merchandise. When you enter you will find an inviting check out area and the whole room dedicated to Fall. As always, there are framed prints, furniture, linens, rugs, soy candles, cards, jewelry, swags, garlands, tinware, signs, pottery, wreaths, and many more unique items. Joyce has added some antiques to go along with the country primitives!

Stop in on Saturday, September 10 and check out all the specials including discounts, drawings for baskets, refreshments and more! Think Fall and enjoy 25% OFF anything orange and 20% OFF all seasonal candles – buy your holiday gifts early and beat the rush!

Take the short drive to 2643 Main Street in Whitney Point to beautify your living space and/or start your holiday shopping early! 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!



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@tcwny.rr.com

WE ARE PLANNING A LARGE ADDITION TO OUR HOME, THE COST OF WHICH MAY EQUAL THE VALUE OF OUR EXISTING RESIDENCE. DO WE NEED TO BRING OUR ENTIRE HOME INTO COMPLIANCE WITH THE CURRENT BUILDING CODE?

MODIFICATIONS TO AN EXISTING DWELLING can fall into several categories of repair including renovation, alteration (Level 1 or Level 2), conversion and reconstruction. Work of more than one category may be part of the same project and all work conducted within a twelve month period shall be considered a single project. When multiple categories of work occur within the same project area, the more stringent requirements shall prevail. Section J of the NYS Residential Building Code was created to encourage the continued use and maintenance of existing buildings as long as such buildings are consistent with the intent and purpose of the Code. Regardless of category of work being contemplated, any work being performed shall not cause the structure to become unsafe or adversely affect the performance and level of code compliance.

Parts of a building unaffected by the proposed work are not required to be upgraded to current code standards unless the local building inspector or client's design professional has determined such construction, system or area to be unsafe. When the total area of alteration work exceeds 50% of the total dwelling area, the work shall be considered a reconstruction project and shall comply with the requirements of that category of work. Also, when the scope of alteration work exceeds 50% of the market value of the existing structure, the project shall be deemed a substantial improvement such that the work shall comply with the current building code. Regardless of category of alteration work, the installation of hard-wired smoke and carbon monoxide detectors shall be included in the scope of modifications to the dwelling unless already installed and operational. Existing stand alone smoke and carbon monoxide detectors in areas of the home not affected by the work may remain.

Once the proposed scope of work is decided, the homeowner should schedule a preliminary meeting with the local building code and zoning enforcement official(s) to determine the extent of evaluation services and documentation required for the project, including specific application information that will be needed for the building permit. Based on the condition of the current structure and extent of alteration work anticipated, the CEO may require the homeowner to acquire the services of a registered design professional (Architect or Engineer) to conduct field surveys, investigate structural components and materials in the existing structure, and call for laboratory tests to determine structural integrity and the possible presence of hazardous materials. In most cases, projects involving one and two family dwellings that are not undergoing extensive reconstruction will not be subject to detailed testing and evaluation.

Once the project design phase is underway, your design professional can also work with the local Bldg Code and Zoning official(s) to assist you in developing acceptable, equivalent design solutions for code compliance issues where total renovation or building replacement may be impractical.

FLAXSEED OIL AN OPTION FOR FISH OIL

FALL IS THE TIME of year people start to think of oiling their garden tools to protect them from rusting in the winter months. Why not think about oiling your body internally. We need good oil to lubricate our joints.

Flaxseed oil contains both omega-3 and omega-6 fatty acids, which are needed for health. Flaxseed oil contains the essential fatty acid alpha-linolenic acid (ALA), (EPA) and (DHA), the omega-3 fatty acids found in fish oil. Some researchers think that flaxseed oil might have some of the same benefits as fish oil. Omega-3 fatty acids, usually from fish oil, have been shown to reduce inflammation and help prevent certain chronic diseases such as heart disease and arthritis.

Getting a good balance of omega-3 and omega-6 fatty acids in the diet is important. These essential fats are both examples of polyunsaturated fatty acids. Omega-3 fatty acids help reduce inflammation, while most omega-6 fatty acids tend to contribute to inflammation. A healthy diet should consist of roughly 2 - 4 times fewer omega-6 fatty acids than omega-3 fatty acids. The typical American diet, however, tends to contain 14 - 25 times more omega-6 fatty acids than omega-3 fatty acids. Many researchers believe this is a significant factor in the rising rate of inflammatory disorders in the United States. Flaxseed contains a group of chemicals called lignans that may play a role in the prevention of cancer.

Lignans are a type of fiber, and at the same time a type of phytoestrogen—a chemical similar to the human hormone estrogen. When you eat lignans, bacteria in the digestive tract convert them into estrogen-like substances called enterodiol and enterolactone, which are thought to have anti-tumor effects. Lignans and other flaxseed components may also have antioxidant properties—that is, they may reduce the activity of cell-damaging free radicals.

Nearly every system in the body can benefit from flax seed oil's natural properties, including the cardiovascular system, immune system, circulatory system, reproductive system, nervous system, as well as joints and skin. Flaxseed oil may help reduce cholesterol and triglyceride levels in some people with diabetes. Studies show that Omega-3 fatty acids help lower cholesterol and blood triglycerides, and prevent clots in arteries, which may result in strokes, heart attacks and thromboses.

Some benefits are: Helps protect the body against high blood pressure, inflammation, water retention, sticky platelets and lowered immune function. Shortens recovery time for fatigued muscles after exertion. Increases the body's production of energy and also increases stamina. Accelerates the healing of sprains and bruises. Stimulates brown fat cells and increases the metabolic rate making it easier to burn off fat. Autoimmune disorders. These disorders, such as rheumatoid arthritis and ulcerative colitis, cause immune cells to attack healthy tissue in the body. Flaxseed oil is converted to a substance in the body that can inhibit this autoimmune reaction.

Flaxseed oil and cancer: Because of the estrogen-like activity of lignans, scientists aren't sure whether flaxseed would be harmful or helpful for breast cancer. Several laboratory studies support the use of flaxseed oil in preventing cancer development.

Colon cancer: Laboratory studies show that lignans may slow the growth of colon tumor cells and some studies have found that flaxseed may significantly reduce the number of abnormal cell growths (early markers of colon cancer). More research is needed.

Prostate cancer: Researchers are investigating whether lignans in flaxseed help prevent prostate cancer. In one study that compared 25 men with prostate cancer to the same number of men without the disease, researchers found that men who consumed a low-fat, flaxseed-supplemented diet for 1 month had slower tumor progression than those who did not consume the diet. However, a study of about 47,000 men found that ALA omega-3 fatty acids may stimulate the growth of prostate tumors in men with advanced prostate cancer. The researchers found that men who were suffering from advanced prostate cancer had higher quantities of ALA from non-animal as well as meat and dairy sources.

Skin cancer: Animal studies suggest that lignans from flaxseed may also offer some protection against skin cancer including, possibly, the prevention of metastatic spread of melanoma from the skin to the lungs.

Although further research is needed, preliminary evidence suggests that omega-3 fatty acids may help protect against certain infections and treating a variety of conditions, including ulcers, migraine headaches, attention deficit/hyperactivity disorder, addiction, eating disorders, preterm labor, emphysema, psoriasis, glaucoma, Lyme disease, lupus, and panic attacks.

Which is better: Flaxseed Oil or Fish Oil? Research indicates that for those who do not eat fish or wish to take fish oil supplements, flaxseed oil does provide a good alternative.

Other factors are worth considering: If you are a vegetarian, ground flax seeds or flaxseed oil will likely be your preferred choice. The U.S. Food and Drug Administration (FDA) classifies omega-3 fatty acids from fish as GRAS (Generally Regarded as Safe). However, fish oil can cause stomach upset and/or diarrhea in some individuals, especially in high doses. Other possible side effects include increased burping, acid reflux, heartburn and abdominal bloating or pain. A fishy aftertaste is common with some fish oil supplements. Refrigerating the capsules or liquid can reduce this or purchase brands that promise no such problems. Concerns about mercury poisoning from fish oils generally are unfounded. When present in waterways, methyl mercury accumulates in fish meat more than in fish oil and testing of fish oil supplements show they generally contain little or no mercury. Still, if this is a concern, using flaxseed oil as an alternative eliminates this issue.

Nature's Sunshine Products has flaxseed oil in two different forms. One is 8 ounce liquid flaxseed oil; the other is in capsule form. One thing is guaranteed, a pure product that is safe.

Till next time,



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**THE IMPORTANCE OF SMALL
BUSINESS LIFE INSURANCE**



KEEPING A BUSINESS PROFITABLE IS an obvious goal of any business plan, but thinking strategically about the future of your business, your employees and your own needs can be just as important.

As a business owner, you probably never stop asking yourself questions about the daily operation of your business. However, are you asking the right questions about the long-term continuation of your business?

"Whether your business is a sole proprietorship, corporation, partnership or limited liability company, life insurance can help make sure it continues to thrive in the future," says Cheryl Sheppard, NY Regional Commercial Manager. "It is important to have a plan in place in case you, a partner or key employee is no longer around to keep your business going."

Allstate Insurance Company offers answers to the following questions, to help business owners address the needs of their business and the needs of their employees:

How can I help protect my business if one of my key employees dies unexpectedly?

Life insurance can't bring a key employee back, but it can make dealing with the loss much easier for everyone. By taking out a life insurance policy on a key employee, your business is assured that it will have the money it needs to help with the following: offset the losses you may incur from reduced sales and company earnings; hire a temporary substitute to handle the deceased employee's duties; compensate for losses due to financial instability and damaged company credit; or locate and train a suitable replacement.

What is a buy/sell agreement?

No one can predict all of the financial and managerial conflicts that might occur when a business owner dies. However, by planning a secure transfer of your business interest, you can avoid or control most problems. A common tool to make a planned transfer is a buy/sell agreement. This agreement can do the following: obligate the owner's heirs to sell the business interest to the surviving owners(s) of the business; establish a method to determine the value of the deceased owner's business interest; instill security in the business's creditors that the business will survive an owner's death; and free the deceased owner's family from business worries.

If my partner(s) and I enter a Buy-Sell Agreement to help ensure business continuation in the event of one of our deaths, how might we finance the buy-out of a deceased partner?

In order for a buy/sell agreement to succeed, the business or surviving owner must have the money to fund it. A life insurance policy can guarantee that the necessary dollars will be available exactly when they're needed. Funding a buy/sell agreement with life insurance has several advantages: the proceeds generally will not be subject to income tax; the cash value can help fund the buyout of an owner due to retirement or disability; and it can strengthen the credit position of the business.

There are two basic types of life insurance available, a term policy and a universal policy. Deciding which type may be appropriate for you depends on how you want your life insurance to work:

- Term Insurance is best suited when the need for protection is for a limited time. It is generally less expensive initially than a permanent insurance policy for a similar amount of coverage. In addition, it allows your business to initially pay a lower premium while investing elsewhere to build a larger capital base. It also can offer a level coverage amount, depending on your financial needs.
- Universal Insurance is best suited if the need for protection is for an indefinite period of time or for the lifetime of the owner. It accumulates cash value that may help fund a lifetime buyout and could be a corporate asset. In addition, it allows you to choose a level protection amount, or a protection amount that increases as your cash value grows.

If you would like more information on other coverage options, contact SHIRLEY EIZEMBER, Exclusive ALLSTATE AGENT at the Pinckney Insurance Agency located at 41 Port Watson St Cortland, NY 13045..Ph 607-756-8505

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**MIKE'S FISH TANK
HISTORY OF BETTA FISH**

HISTORY OF THE BETTA FISH. The dazzling and pugnacious betta that we know is a far cry from how it looked like two hundred years ago. In old Siam, now Thailand, little drab fish lived in puddles, rice paddies, and slow moving streams all over Siam, Laos, Malaysia, Vietnam, Cambodia and parts of China. They were common as can be. But they were entertaining. The males fought like roosters. It didn't take long for the fish to be kept for the "sport" of fish fighting. Although the breeds nature didn't change, it's appearance did.

It's amazing how suppressed genes come out during some sort of natural or artificial selection. Domestication especially seems to bring out the most spectacular

extremes. It has taken less than two centuries to turn the unimpressive little wild fish with a temper into one of the most popular and colorful pet fish in the world.

It is almost if the wild fish was the marble and past betta breeders were the sculptors. Changes in appearance were much preferred over increasing the fighting drive of the males. When a new color emerged, cream, it was at first thought this heralded a new species. But soon, fish breeders around the world realized the bettas contained a treasure chest of genes for a palette of brilliant colors and a great variety of fin shapes. Bettas now come in a jaw dropping mix and match of almost any color you can think of. The newest and rarest varieties are available only through breeders or fish shows.

Although bettas can be kept in tiny bowls, the colors really light up when kept in at least one gallon of water.

- *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*

**MIKE'S FOOD FOR THOUGHT
PONTILLOS PIZZERIA**

PONTILLOS PIZZERIA 124 GROTON AVE, Cortland. 753-3655. They are open 7 days a week. Hours of operation are Monday thru Thursday 11AM-1AM, Friday and Saturday 11AM-2:30AM, Sunday 11AM-Midnight. Available for Pick up, Delivery, and Dine in. They also do lunch now too and there is plenty of parking.

Pontillos offers daily specials. On Sunday-Wednesday you can get their all you can eat spaghetti dinner with 2 meatballs, bread and salad for only \$6.75. I have had this several times and it's delicious. The pasta is cooked perfectly, the sauce is thick and rich and very tasty, great tomato taste. The meatballs are very tender. I love meatballs but some places they are too dense. Not at Pontillos. They are superb meatballs. You also get a very nice tossed salad and it's a large salad, plus a basket of hot, crusty garlic bread. All this for \$6.75, what a deal. Plus you can have more at no extra charge. It's all you can eat spaghetti.

Thursdays special is chicken parmigiana dinner or ravioli dinner. Friday's special is a haddock dinner or stuffed rigatoni. Saturdays it's baked ziti or ponzones for \$7.40. They also have Take out or Delivery specials too.

Of course Pontillos has pizza, and it's great pizza. They have a large, medium, pontini, which is a small pizza and they have sheet pizzas.

I love the chicken wing pizza. It's fantastic and you can get it mild, medium or hot. It's like having your pizza and wings at the same time. The chicken is tender and the buffalo sauce is perfect. I also like the BBQ chicken pizza. Instead of tomato sauce, you have bbq sauce on your pizza. It's a taste sensation.

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They have a few unique pizzas too. How about the white broccoli and cheddar pizza, or the clams casino pizza, and the garlic pizza. I get the garlic pizza a lot too. Sauce, cheese and sliced garlic, 3 ingredients and it's great. I get it sometimes because It's a healthier pizza. Garlic and tomato sauce are good for you.

Pontillos offers a very large menu. They have some really awesome burgers. All are 1/3 pound burgers before cooking. My son says they are better than any burger he's ever had anywhere.

Don't forget, Pontillos also has appetizers and a wide array of pasta dishes. Another item I like on the menu are the subs, hot and cold. You don't have to go to philadelphia to get a great cheesesteak. Pontillos has a wonderful Philly cheesesteak sub. Great bread, tender steak, melted cheese, Yum. Also I love the sausage and peppers sub.

Go to the website: www.pontilloscortland.com to look at all the great food Pontillos has to offer. I'm hungry for a Pontillos pizza right now. Give them a try soon.

HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING BLACKBERRY

Truxton, NY
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E-mail: bethsnaturalway@yahoo.com

IN NOVEMBER, ONE OF THE only herbs still with leaves on is the Blackberry bush on. The deer know how important this herb is. One hunter told me that he was walking through the woods one day and found a doe munching away on the leaves. She was putting on quite a show for the buck behind her, with leaves sticking out on both sides of her mouth. Neither deer even noticed the hunter. So this year as you say good luck to your hunters as they go into the woods, remind them to pick you some blackberry leaves. Who knows, they may find a treasure and surprise there.

FOLK NAMES: Dewberry, thimbleberry, goutberry, bramble.

LATIN NAME: Rubus villosus.

ELEMENT: Water.

POWERS: Healing, money, protection.

MEDICINAL PARTS: Root, leaves and berries.

CONSTITUTES: Tannins, fruit acids, flavonoids, iron, vitamin C.

PROPERTIES: Astringent, diuretic, tonic.

MAGICAL USES: Leaves are used in spells of wealth; vines and berries are grown for protection. A bush that forms a natural arch from the East to the West is a natural healing place. On a sunny day, crawl through the arch backwards, then forwards three times. This will help rheumatism, gout, boils, blackheads, eczema, and whooping cough. Helps to draw money for ones needs.

INTERNAL USES: Reduces diarrhea, dysentery, hemorrhoids, and inflammation of the bladder due to another infection somewhere in the body. Corrects blood pressure, a colon cleanser, helps move oxygen throughout the body and once the body has oxygen, the body can heal itself by cleansing up or burning up waste matter and mucus. This allows the life of every cell to be renewed. Helps to dissolve calcified deposits on the joints.

EXTERNAL USES: Sore throats, mouth ulcers, gum inflammations. Brushing your teeth with an extract or tea form this plant will keep your teeth and gums tight and healthy.

HARVEST: The leaves are picked before or after the plant has produced its berries. The roots are dug after the leaves have changed color or early spring just as the leaves start to come out.

USE AS: Tea, extracts, powders.

PRECAUTIONS: None known.

Vibrantly,
Beth Hill of Beth's Natural Way

KEEPING CAWFIELD

THIS YEAR'S THEME FOR THE Cincinnatus Corn Fest will be "Keeping Cawfield." The Corn Fest will be held on September 17TH from 10 AM to 4 PM at the Cincinnatus high school.

The original committee, after many many years of dedication, drive, and hard work regrettably canceled this long-standing event because of lack of volunteers. It was a very difficult decision

for the committee to let the Corn Fest end but with a lack of help they had no other choice, so this year's event almost didn't happen.

The Cincinnatus Fire Department's Fourth of July committee voted to take over the Corn Fest and try to ensure that this long-standing community event continues for many years. The new Corn Fest committee luckily had

a lot of enthusiasm and support for the event and to make things even better most of the original Corn Fest committee joined or offer to help the new committee in its daunting task of producing this year's event in only four weeks as opposed to prior years which took 8 to 10 months to plan!

Michael Aiken, chairman of the entertainment committee, thought that the theme was very fitting indeed as did the rest of the committee. So moving forward the new team is committed to making this event a success year after year with all of the old favorites like corn chowder, corn fritters, the parade of course, and live entertainment plus adding some new attractions.

This year's corn Fest will have a big focus on the children and children's events and demonstrations, arts and crafts, and lots of attractions for kids of all ages(even the retired ones).

Some of the events attractions and entertainment scheduled to appear are...Steve Southworth and the Rockabilly Rays, Aiken Heart, Doug Allen, Magical John, bouncy houses, firetruck and tractor displays, a petting zoo, pony rides, hay wagon rides, arts and crafts, karate demonstrations, The Old-timers Band, a chicken barbecue, corn chowder, corn fritters, corn dogs, the Corn Fest Parade, scarecrow contest, corn dish contest, bicycle rodeo with FREE bicycle helmets(bring you own bike), face painting, and a coloring contest plus much much more!

So bring the entire family down to the Cincinnatus Corn Fest this year and help support this over 15 year community event.

For more information contact cincycornfest.com or call 607-745-5400.

BUSINESS OWNER PHOTO CONTEST



Last Issue's 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!

Answer

David Perkins – Owner of Toad's Diner located on Route 38 in Freeville.

Winner

Charlotte Canfield – Charlotte won a gift certificate from Robinson's Repair Shop in Marathon and Toad's Diner in Freeville!



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f	b	f	v	t	r	i	n	e	d	r	a	g
l	l	w	e	e	a	v	l	t	r	n	t	t
e	u	o	l	r	c	a	e	s	d	h	e	r
l	b	l	w	l	t	w	h	s	g	m	r	p
e	g	p	c	e	o	i	c	i	t	t	p	l
h	d	r	p	a	r	a	l	r	r	e	i	g
t	r	e	e	v	p	n	u	i	r	g	l	h
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They're only words...and they're entirely free!

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BE YOUR OWN BOSS!
Independent Sales Position for The Cortland Area Tribune covering Cortland, Homer, Dryden, or Ithaca areas. Set your own hours! Work when you choose and when and where you want! Stress-free bi-weekly deadline. Generous commission. Must have own transportation, computer and cell phone. Email Judy at tcatribune@yahoo.com Serious inquires only.

Wanted - Dr. Kilmer Swamproots bottles. 607-844-8084

Audi A4 Quattro 1998 needs work - \$1500 or BO. Many good things about this car such as timing belt, s belt, water pump and roller have been replaced at 182k and the car has 192k on it now. This car has been in the family for a long time and always ran great. Had an oil and filter change every 3-4k. Tires are still good, have around 50% tread left. Brakes are rusty from sitting for almost a year, but were fine before taken off the road. The body has some small dents and scratches here and there. The engine starts fine but runs rough. Over heated from

running low on coolant. Not sure what the exact problem is but the engine does make quite a bit of racket, but still runs and moves. Don't know enough to tear down the engine or have room to diagnose the problem plus my sister (who owned the car) has bought another vehicle. If someone knows these engines then this would be a perfect project car. Call or text Kevin with any questions, (607) 592 3612.

Quality used tires, 14's to 20's, will fit truck's or car's. Call Jerry at 607-423-9845 for pricing.

CAMPER FOR SALE - 2007 Keystone Cougar29BHS Superlite tow behind camper for sale. 32 feet with living room slide out. 13,000 BTU Air Conditioner, whisper fan, bunkhouse, pullout couch, queen bed, sleeps 8. Propane stove, elec/gas Refrig. Bath/Shower, Stereo/ Cd/DVD with interior & exterior speakers, Exterior Awning, slide out awning, exterior foldout stove, exterior shower, chrome wheels, spare tire, special hitch with weight transfer arms.

Electric Jack, lots of storage. EXCELLENT CONDITION - only used 14 times. \$17,500. This model new is \$33,000. Call 607-227-0607

For sale - Men's 2x short and long sleeve shirts and thermal pull over sweaters. Fall and winter jackets. Sweats. Call 607-756-8815.

ORECK upright vaccuum. Used very little, works great. \$125.00. 844-3072, if no answer please leave message. I will return call.

7 family sale - 33 Aurora Street in Richford on Saturday, 9/10 and 9/17 from 9am to 4pm. Many, many items for young and old. Ex: doll collection, CB radios, holiday decorations, clothes, dishes, office supplies and more.

Bryant Park/Belle Sherman Neighborhood Civic Association's Multi-Family/Multi-Location Garage Sale - Saturday, September 10th: 9 a.m. - 2 p.m. Over 25 families are participating

in this first annual multi-location, neighborhood-wide SALE Saturday, September 10th, 9am -- 2pm. The Bryant Park/Belle Sherman neighborhood is located on the EAST HILL of ITHACA. Participating addresses include: 209, 224 Bryant Ave; 110 Cobb St; 36, 108, 217 Cornell St; 114, 200 Delaware Ave; 106, 110, 316 Eastwood; 117, 209, 308, 310 Elmwood; 206 Fairmont; 108, 316 Ithaca Rd; 115, 414, 602, 603, 708 Mitchell Street; 109 Oxford Place; 104, 201 Worth Street AND MORE. Look for signs! BSBP SALE Signs will direct you to the households selling GREAT STUFF AT GREAT PRICES including house wares, appliances, furniture, clothing, tools, bric-a-brac, bikes & sports equipment, books, records, and much, much more. MANY FREE ITEMS. Don't miss it!!

Big Yard Sale - Sevanna Park Condominiums (2250 N. Triphammer Rd Village of Lansing) Come one come all, To the Fabulous Sevanna Park Condominiums Yard

Sale! Saturday, September 10th from 9am -12pm located in the center parking area. This is a multi-resident sale, so there will be something for everyone. So come on by and find your treasure! Sevanna Park is located directly across the street from the Triphammer Mall, Ithaca (Rain Date - Sunday, September 11th 9am-12pm)

Yard Sale. Freeville, 5 Main St. FRI Sept 9 (8am-3pm) and SAT Sept 10 (8am-noon). Antiques, collectibles, household, books.

Route 34 B Garage Sale. Sept. 10 (1601 Route 34B) 8am -1pm. Yard/Barn Sale next to Wilcox General Store on Route 34B in Lansing. Computer desks, entertainment center (real wood), fitness equipment (elliptical, stairmaster, Everlast punching bag), 36" Sony TV, Christmas ornaments and more!

New! Women's sneakers 8-1/2 leather loafers 9. Slippers. Wool jacket 13. Miscellaneous clothing, Lazy Susan, plates,

cookware. Men's new Levi's 34x34. Chair set. 607-844-8889

Collectible Plates-excellent condition. Bear Tracks series of (6) for \$50.00. Dalmatian plates by Linda Picken (3) \$25.00. 607 756 4792.

Computer desk/chair \$30.00. Oak church pew \$75.00. Maple daybed (no mattress) \$30.00. 20 year old radio flyer \$50.00 call 607-753-1236

Over 200 old-time audio cassettes only \$25.00. Sears electric easy cycle, like new \$20.00. 18 piece decorative flower garden fencing \$15.00. 607-849-6622

ATTENTION READERS

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

LOCAL DROP OFFS



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

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

LAST EDITION'S PUZZLES



SUDOKU

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

WORD FIND

e	k	h	e	f	m	b	s	r	t	o	r
s	n	s	p	a	y	u	a	h	e	n	e
n	a	i	r	a	n	i	r	e	t	e	v
e	t	f	i	n	f	r	k	l	s	u	l
c	h	t	y	l	e	a	p	t	m	t	l
i	s	n	u	m	r	u	f	e	a	e	a
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Cortland, NY 13045



COMMUNITY COUPONS

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

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

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OPEN SUNDAYS NOON TO 5 PM

10% OFF ANY WINE PURCHASE
with this ad -- expires 10/31/11

- GIFT CERTIFICATES AVAILABLE -

ALWAYS FEATURED AT DRYDEN WINE AND SPIRITS

• 15% DISCOUNT ON WINE CASE BUYS
MIXED OR SOLID - 1.5 liter is considered 2 bottles

FREE PERSONALIZED WEDDING LABELS OR SPECIAL OCCASION LABELS WITH YOUR WINE PURCHASE

A Wine & Spirits Store & So Much More!
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New (and old) merchandise arriving weekly!

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

SAVE 10% ON ANY ONE GIFT ITEM
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jazzercise

BEGINNERS CAN START ANYTIME - OUR SCHEDULE IS:
Classes at Holy Cross Church on George Road in Dryden M & W 5:45 PM • at TC3 in Dryden SAT 8:30 AM

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

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

Highlight Your Life

FULL SERVICE BEAUTY SALON
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Get Ready for the *Fall!*

BRING THIS COUPON IN AND SAVE **\$10 OFF**

ANY COLOR, PERM OR HIGHLIGHT
New Clients Only - With Jen Only

Call Missty, Jennifer or Shelly

Booth Rental Available For Licensed Stylist With Clientele

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ON THE CAT COMMUNITY COUPONS PAGE

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

Replacement Glass for Wood & Coal Stoves

ALL WINDOWS REPAIRED

10% OFF IN-SHOP WINDOW REPAIRS
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OFFER EXPIRES 9/30/11

MIRRORS • TABLETOPS • CUSTOM SHOWERS

ALL SCREENS REPAIRED
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WE MAKE PATIO TABLES

10% OFF IN-SHOP SCREEN REPAIRS
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The GlassSmith, Inc.

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

The Cincinnatus Corn Fest

Sponsored by The Cincinnatus Fire Department
this year's theme "Keeping Cawfield"

Live Music all day long

Saturday Sept 17th, 2011

10am - 4pm @ Cincinnatus high school

plus... **Tons of Great Food**

- Corn Chowder
- Corn Fritters
- Chicken Barbecue
- Corn Dish Cook Off

Demonstrations
Magic show
Arts and Crafts
Scare Crow Contest
50/50 Raffle
Bicycle Rodeo
Parade
Quilts
Coloring "Cawfield" Contest
Face Painting
games

and much much more

Bring the family and enjoy the FUN!

For Info Log onto... **cincycornfest.com**

607-745-5400



FALL ANNUAL

Friday Sept. 23rd 5pm - 8pm
Saturday Sept. 24th 10am - 4pm
Sunday Sept. 25th 11am - 3pm

OPEN HOUSE



Largest Showroom in Area Featuring:



Sales on Select Floor Models!



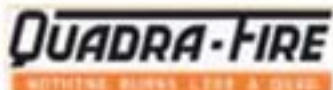
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