

FREE

September 21 - October 4, 2011

Bridal, Great Pumpkinfest & Our 9TH Anniversary Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER

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WELCOME TO OUR BRIDAL, GREAT PUMPKINFEST & OUR 9TH ANNIVERSARY EDITION!

This issue is packed with ads and articles to make the "big day" perfect - from bridal shops, florists, banquet facilities, bridal showers, bachelorette/bachelor parties, caterers, DJs, personalized wine bottles and everything in between! Plus a little info on who puts the paper together each issue!

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!

- 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 30th. 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 30th for the next Edition.

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Accepted

The Cortland Area Tribune is not liable for typographical errors, copy omission or ad layout beyond cost of ad space thus affected. We cannot guarantee ad position beyond original commitments. The Publisher reserves the right to reject or cancel any advertising for any reason at any time without notice. The opinions of advertisers, expressed or implied, do not necessarily reflect those of the paper.

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.

Thurs. Sept. 22 from 7-9 Don't miss it!

September 24 - Finger Lakes Trail Guided Hike

3 pm at trailhead. Hike is about 3 miles, will take about 2 hours, and is on an easy, gentle incline. Bring your water bottle and camera. Rain or Shine! Cancelled only if lightning or severe weather warning. Different paced leaders will be in the group to accommodate experienced hikers as well as beginners.

September 24 - Bike-N-Walk

10 am - 1 pm, starts at the Family Fun and Resource Center, 29 Main Street in Cortland and end at Suggett Park with snacks. Please call 753-5077 by September 21 to register for this free event.

September 24 - Compost with Confidence!

10:00-11:00am at the Compost Demonstration site, Ithaca

Community Gardens (near the Ithaca Farmers' Market) Local compost experts provide information and give hands-on demonstrations to help you set up and manage a compost system in any setting. Each class of this FREE series (offered the last Saturday of the month, 10:00 to 11:00 am covers composting basics and a different special topic each month. September's topic is "compost indoors." We will focus on composting indoors using a double-can bin. We call this "stealth composting" because it defies detection. Stealth composting is also a good way to compost over the winter when outdoor piles are frozen and inactive. Come see and bring your questions! For more info contact Adam Michaelides at (607) 272-2292 or acm1@cornell.edu. Next session: 10/29 Winter Composting.

September 26 - Dryden Senior Citizens Lunch

The Dryden Senior Citizens will meet on Monday, September 26, 2011 at the Dryden Fire Hall. Lunch is served at 12:15 p.m. with announcements starting at 11:45 a.m. Please bring your own table service. The meal cost for members is \$6.00 and \$8.00 for non-members. The menu will be baked haddock, baked potato, cole slaw, tossed salad, and chocolate and vanilla pudding. Our entertainment will be Nancy Werany, the Innkeeper for the Turret House in Dryden. She will play the accordion. Are you new to the area? Want to join a great group? Then consider joining the Dryden Senior Citizens for only \$5.00 a year. Anyone over 55 can join our group. We have great programs, wonderful fellowship, and bus trips. Bring a friend to our next meeting.

September 28 - 16th Annual Day of Caring

The United Way will once again be putting on the Wendy Thibeault Memorial Food and Supply Drive. We are asking businesses, schools and other organizations to host collection boxes for the employees, customers or students to donate food and personal supply items. We will list those places hosting collection boxes on our website so stay tuned! For more information visit cortlandunitedway.org/news/dayofcaring.htm.

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!

October 1 - Harvest Supper

4 to 7 PM at the Richford Congregational Church, Richford, NY. Roast Pork, mashed potatoes and gravy, Harvard beets, squash, corn, breads, rolls and yummy pies! Adults: \$8.00, Children: \$4.00, under 5 free Any questions, please contact Dora Brind, 657-2592

**FOR A COMPLETE LISTING OF UPCOMING EVENTS:
CORTLANDAREATRIBUNE.COM
TWITTER.COM/TCATRIBUNE**



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:

Cortland Credit Service, Inc. at 131 Main Street in Cortland - Collection Division

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 30th 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 Charlotte Haskins. Charlotte won a gift certificate from Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point! The winner of this issue will also win a gift certificate from Piccadilly Lane! 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:

Charlotte Haskins of Cortland



**PICCADILLY LANE
COUNTRY & PRIMITIVE STORE**

GETTING MARRIED?! WANT TO DECORATE your new home with one of a kind unique items?! Did you know Piccadilly offers a Bridal Registry?! Brides and grooms to be - stop by and register and your new home as newlyweds will reflect your own personalities!

How about hosting a "Piccadilly Party"?! For a girl's night out (great idea for a bachelorette party!) - invite some friends over and receive 20% in sales credit towards merchandise in the store! And for every party booked from your party, you (or the bride-to-be) will receive 1 item at 40% off!

The holidays are right around the corner! Shop now to brighten up your home with a new look your guests will envy or pick out that perfect gift for your loved one! Piccadilly Lane has an array of new fall and holiday items arriving, including snowmen, beautiful wreaths, furniture, curtains, delightful scented candles

and more! Love to display snowmen around your home? More are on the way! 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.

At Piccadilly - all 8 rooms upstairs and down are overflowing with new one of a kind merchandise including 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 office. Plus some antiques to go along with any country décor! In October, the Christmas room will return!

Mark your calendar for our popular Holiday Open House on Saturday, November 19th - the Saturday before Thanksgiving! There will be sales galore and door prizes and refreshments to nibble to help you shop till you drop! More details to follow.

Take the short drive to 2643 Main Street in Whitney Point to beautify your living space and/or start your holiday shopping early! See the coupon on the front page and save even more! 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!



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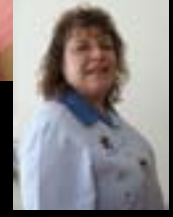
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The holidays are right around the corner - impress your guests with new updated beautiful furniture in every room and a new dining room set for your special dinners!

Take advantage of Gary's Furniture Sale! For the month of October - Gary's has 10% OFF ALL IN STOCK Sofa Sets (sofa and loveseat)! Shop early for best selection!

Gary's Furniture is open Wednesday and Thursday from 11am to 5pm, Friday 11am to 7pm and Saturday 11am to 5pm for your shopping convenience. Gary's Furniture has a 2nd location in Lisle also. Questions - give Gary's a call 607-753-0676.



16TH ANNUAL GREAT CORTLAND PUMPKINFEST CELEBRATE THE HARVEST SEASON

WHAT STARTED IN 1995 AS an event for the City of Cortland to call its own, the Great Cortland Pumpkinfest has grown into an annual tradition that is now enjoyed by thousands of residents and visitors to the Cortland community.

Promoted as a "celebration of the harvest season" the festival runs true to Cortland's agricultural heritage and that becomes apparent as soon as you see what the Pumpkinfest has to offer. Hayrides, pony rides, a petting zoo, puppet show and children's games make it a great family outing. Over 100 crafters and a pumpkin pie and autumn harvest baked goods contest make it a destination for mom. If dad needs a reason to attend, a giant pumpkin weigh-off, antique tractors and live music make it a lot of fun. With no admission and many of the activities free of charge it is an inexpensive family outing.

As always this year Great Cortland Pumpkinfest will take place in Cortland's Courthouse Park, the first weekend in October, the 1st and 2nd.

Saturday's activities start at 9 am and run until 5 pm. The Sunday schedule is noon to 5 pm. If you are looking for a way to celebrate the harvest season, the Great Cortland Pumpkinfest should be at the top of your list.

For information on the festival visit www.cortlandpumpkinfest.org

Attention Business Owners

Would you like to have an article with photos printed about your business?! Call Judy Kilmer at 607-227-0606 or email tcatribune@yahoo.com to find out how!

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50% Off
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Up to a \$3 max on 2nd entree.
LIMIT OF 2 COUPONS PER PARTY
Expires 10/31/11. Not valid with any other discounts.

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Large Cheese Pizza
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+tax
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LADY BUG FLORIST & GIFTS

THE MOMENT YOU STEP INSIDE Lady Bug Florist & Gifts, you know you've found something

special. Your senses are awakened by the scent of flowers, the cozy lounges in the coffee nook, the gift displays and decorations, the colorful blooms in the buckets thoughtfully arranged around the shop, and the soft music playing in the background. All of these convey a warm welcome. When you hear, "May I help you?", you are facing the shop's owner, Mary Mesceda-Knoop. And help is exactly what you'll get, for Mary is a dedicated hometown girl, in business to serve the community.

Lady Bug Florist and Gifts is a treasure, located on Main Street in Whitney Point, NY. The shop specializes in friendly service and customized floral designs. Mary has owned Lady Bug Florist for the past 7 years. Her business motto is "Enter as a guest, leave as a friend", and she lives this motto every day. Whether consulting with a bride-to-be or a grieving family, Mary gives each of her customers her very best. Mary's vast knowledge of design, coupled with her vast knowledge of our community and its people, give her valuable insight when creating her unique floral pieces. Mary has the remarkable ability to take a customer's idea and translate it into a personalized one-of-a-kind design.

In addition to wedding and funeral consultations and design, Lady Bug Florist is also a source of fresh flowers, plants, and balloons for all occasions. Mary is affiliated with Teleflora Services, which allows customers to send

flowers to anyone, anywhere. Gift items are also displayed throughout the shop - Willow Tree Angels, Legacy Greeting Cards, cookbooks, jewelry, stationery, home décor items, kitchen décor items, and of course, vases! Our community is very fortunate to have a shop for floral and gift needs in our midst. We can "Buy Local" and receive personal service and outstanding product at the same time.

And speaking of our community, Mary is a lifelong resident of Whitney Point, and is active in many community organizations. She is the Town of Triangle Supervisor; she serves on the MAPA Board of Directors; she is the chairperson for the Whitney Point Fall Festival Photo Contest. In addition, Mary is involved in the Art program at the Tioghnioega Riverside Academy, as well as activities with the Northern Broome Senior Citizen Center and the Whitney Point Pre-school and Daycare. All this makes one wonder how she has time to run a business!

Yet she does. And this year, Lady Bug Florist and Gifts was voted one of the top 3 florists in Broome County, as determined by the Press and Sun-Bulletin Readers Choice Awards. While our community is greatly pleased by this award, no one was particularly surprised. Mary has earned the honor.



FLEAS, FLEAS, AND MORE FLEAS !!!



THIS YEAR WE ARE GOING through a really severe flea season. Here are some interesting facts about fleas that affect our pets:

In one day, a single flea can bite your cat or dog more than 400 times.

An adult female flea lays 40-50 eggs per day.

A flea can consume more than its body weight of your pet's blood in one day.

Fleas carry their own parasites such as tapeworms and the Bartonella that causes Cat Scratch Fever

Flea Allergy Dermatitis is the most common allergy of dogs and cats, which results in severe itchiness, hair loss, and possibly skin infections.

Flea eggs may take 6 months to hatch in your house.

Meteorologists are forecasting a warm autumn for CNY this year. This may mean the flea season will not end until mid-December. Most people think that the worst time of year for fleas is July and August. Unfortunately, what happens is the flea population continues to grow outside until the second good frost and winter temperatures are consistently below freezing. We are finding in recent years, that the flea problem is the worst in October and sometimes even November. This year Southern Hills Vet Hospital has seen a significant amount of indoor only pets with fleas on them. We do have a Flea Protocol Handout on our website to advise owners how to get rid of fleas on their pets and in their house. It is now recommended that topical flea prevention from your vet should be used year round. This is because the flea season cannot be predicted anymore, and most of the veterinary flea preventatives also take care of other parasites. Lastly, fleas CAN over winter in people's homes very happily once they have come inside.

If your pet is allergic to fleas, it is necessary that a good flea preventative be used at all times. Even one or two fleas can make their skin flare terribly, which also opens them up to getting skin infections that will need to be treated. I recommend a preventative from your veterinarian that prevents both fleas and ticks for your pets. Please be cautious using over the counter flea/tick products as the EPA is currently investigating the safety and efficacy of these preventatives due to a large increase in pet deaths in recent years.

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**MUSIC MAN D.J. SERVICE
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THE LIFE OF A MOBILE DJ is an exciting wonderful career. My name is Jerry Ladd and I started my DJ business called "The Music Man" 25 years ago. We can do any kind of party, wedding or karaoke event. It started out as a part time job on the weekends, and is now a full time job. Generally I am doing 3 or 4 events each week. I employ 2 part time DJ's to help me. I've always been a collector of music ever since the age of 13. I acquired 4,000 33rpm records and 12,000 45rpm records. Today I have over 6,000 CD's in my collection. It only made sense to buy the DJ equipment I needed to start the "Music Man DJ Service". It's been great ever since. How many people can really say they love going to work and love their job? Well I do! Every day or party is totally different than the last one. Karaoke is a blast; you get singers who should be in Nashville, and some that should never sing except in their shower.

The DJ service extends to a 50 mile radius, and no party or wedding is too big or small. The key to this business is making people happy, dancing, and leaving the party

saying what a great time they had. I grew up listening to the 1950's 60's, 70's, 80's, 90's, and today's music. This gives me a great advantage over the younger DJ's that think they know all that music. With 2 DJ's I have trained and know music we can do more than one party the same day. I update all my equipment every 2 years to keep up with the latest technology. The last thing you want to happen is your equipment to break down during a wedding or party.

My business has expanded to lap top computer with 25,000 songs on the hard drive. It is so handy, if someone asks for a song you can type in the song title or artist. When you see the song you cursor down hit play and bingo the song is playing. What a time saver this is. I still carry 400-500 CD's for old time sake, or emergencies. Weddings or parties can get expensive. I may charge \$250 for a party, and other DJ's will charge \$650 for the exact same thing. I even played my nieces wedding in Maryland. I do not believe in overcharging people because some DJ companies believe they will never see these people again and that makes it ok. The day this job is no longer fun is the day I retire.

This has been such a rewarding career. There is nothing better than to see people happy, dancing, and forgetting their daily problems and jobs. We have 19 years experience doing Karaoke, doing 2-3 nights every week. Currently we have 55,000 songs on karaoke. We do have all our karaoke songs on hard drives on our laptop computers. That way we won't have to carry karaoke CD's anymore. Updating is very important. People want to sing the latest song as well as the old standards. Equipment today is smaller, lighter, with much better sound. Speakers have built in amplifiers with 450 watts of power each. Mixers, CD decks are smaller and lighter. Set up times are 20 minutes. I used to spend an

hour setting up years ago. Karaoke has been a great part of my life being in Elmira, Auburn, Ithaca, Dryden, Cortland, and many other locations.

The "Music Man" has over 80,000 songs for regular parties. "I love to take requests" says Jerry. I am confident I will have the song requested or an alternate song. Some people love to give you a song just hoping you will never have it! So how does Jerry Ladd bring so much experience as a DJ and so many songs to a party? "I've always had a love for music," says Jerry. I buy at least 20 CD's every

month to keep up with all the latest music. We get the same promotional CD's as radio stations get, which contain the latest radio hits, rhythm, urban, and country hits.

Our DJ service also does the after-school programs at 5-6 schools in the area. We go into the school for 2 hours and let the kids sing karaoke. They have such a ball, and it is non stop karaoke the whole time we are there. At weddings I keep the music low so people can

talk. Later on we can crank up the music when people are ready to party and dance. "I would rather have someone ask me to turn the music up rather than down." Jerry says!

So if you're searching for an experienced DJ to play your wedding, party, graduation, or karaoke event give the "Music Man DJ Service" a call at 607-844-3660. You can email us at mm64@twcny.rr.com, or try our new website: DJMUSICMAN.com, and see lists of the latest songs and wedding music.

"I look forward to helping people plan their next wedding, party, or karaoke event," says Jerry. Give us a call today! You will be surprised to see we have lowered wedding prices by over a \$100.00 on a 4 hour wedding from last year.



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Special Thanks to: JM McDonald Center, Petpals Magazine, Cayuga Radio Group, Dr. Robert Baker, Tractor Supply Co. of Cortland, Conroy/Mex, Ramada Inn of Cortland, The Cortland Tribune, Homer News, Dryden Presbyterian Youth Group, Max Graphics, Brand-on.com, Provenly Pet Training, Waggle Inn, Kismet, Walnut, P.A.C. Price Chopper, Those Dirty Dogs, GreeningHills, Kitty Trotter, Moore Koser, Sharon Blachley, Jean Hart, Neil Barnes, DJ Joe and the Karaoke Show w/Parline Calk, Shiva Dog Trainers Club, Snyker Auto Repair & the whole Snyker Clan, Ding Gene Beasfield, H & R Block, Albany International, Our BEST supporter Maddie, Family Video, Pure & Simple Yoga, Cortland Standard, Irrigations Spa, Pinnacle Motor Animal Welfare Foundation, Susan Trigg, Oakless Lumber, Builder's Best, Paul Yaman, Ron Russo, Elizabeth Larkin, Karen Saylor, Family Video, David Currie & Company Thrift Store, PamMart, Joe Ragan, Frooted, and to the hundreds of you who bring us donations, adopt, foster, volunteer, and help spread the word of the mission, needs, and value of this precious resource that serves both animals and people of Cortland.

On Average, it costs about \$100.00 per animal for routine medical expenses-- if the animal comes to us healthy. As medical costs rise, so does the number of animals that come to our door needing basic care and a second chance at a loving home. For a donation of \$100.00, you can join our Lifesaver team and receive a free exclusive CCSPCA Lifesaver T-shirt. Every life deserves shelter, safety, and health. And you can assure that the CCSPCA provides just that to those in need. The CCSPCA is not just a pound. We are more than a building. The CCSPCA is a living, thriving organization that affects every person and animal in Cortland through education, law enforcement, compassion, and action. You are the heart that beats and propels us forward. Your generous giving supplies us with what we need to reach a whole community. And it starts with one life at a time. So join our new Lifesaver team and continue to make a difference. Fill out the form below, or use Paypal at cortlandspca.org (please include T-shirt size in the notes and phone number).

Dee Dee

On a Saturday evening in June a cat was found with a steel leg trap attached to her left hind foot. A trap she had dragged with her as she struggled to find help and relief from the pain. With the trap still attached to her leg we rushed her to the Cortland Veterinary Hospital where they removed the trap from her grossly swollen foot, hydrated her and gave her pain meds to help manage the excruciating pain she was enduring. She brought her back to the shelter.

As she healed we discovered she had lung worms & a large round on her neck. Through it all, she has always been incredibly loving & gentle. After many weeks her foot is healed, her lungworms are gone, she's spayed, vaccinated and ready for adoption! But nothing is ever easy for Dee Dee. She seems to have a neurological problem that makes her left front leg somewhat uncoordinated. She can still jump up and down off floor chairs and run around, but her left leg is less than perfect and probably always will be. She lives it's about time for Dee Dee to find good fortune... and a forever indoor home.

On Average, it costs about \$100.00 per animal for routine medical expenses-- if the animal comes to us healthy. As medical costs rise, so does the number of animals that come to our door needing basic care and a second chance at a loving home. For a donation of \$100.00, you can join our Lifesaver team and receive a free exclusive CCSPCA Lifesaver T-shirt. Every life deserves shelter, safety, and health. And you can assure that the CCSPCA provides just that to those in need. The CCSPCA is not just a pound. We are more than a building. The CCSPCA is a living, thriving organization that affects every person and animal in Cortland through education, law enforcement, compassion, and action. You are the heart that beats and propels us forward. Your generous giving supplies us with what we need to reach a whole community. And it starts with one life at a time. So join our new Lifesaver team and continue to make a difference. Fill out the form below, or use Paypal at cortlandspca.org (please include T-shirt size in the notes and phone number).

For Was Flying For Pellets

The Crown City Rollers, Cortland's roller derby girls, had their claws out and were ready to roll when they hosted "Cat Scratch Fever" a double header roller derby bout on August 6th at the JM McDonald Sports Complex. This scorching skirmish raised over five hundred dollars for the homeless animals of Cortland. MEOW!

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Once an Allstate agent is informed about a couple's engagement, the couple may receive coverage for up to 90 days following their wedding on gifts stored at home or at a storage facility within the same state. Allstate's engaged couples endorsement provides 100 percent coverage of the gift contents' covered loss value against potential theft and damage. Coverage's differ for those carrying Allstate homeowner's insurance.

Building for the Future

There are several factors all new couples should consider when planning their insurance protection. Couples need to decide whether to rent or own a home together, to use or store cars, and to keep, store or get rid of specific items. "Combining households and insurance policies calls for a detailed plan," Conte added. "Meeting with an insurance agent is important to make sure a couple's coverage needs are addressed and taken care of before and after the wedding."

The honeymoon period is never over for newlywed couples looking to secure their futures with proper insurance protection for their current and future holdings. With the pre- and post-wedding coverage options from Allstate Insurance, couples can afford to focus on other aspects of their new lives.

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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right away. It slowly burns the gills, which is why it's a good idea to use dechlorinator.

6 One last thought, if you are just setting your tank back up or it's a brand new tank, go easy on the amount of fish you put into that tank. It takes a good 5 to 6 weeks for a tank to become fully established.



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

AUTUMN - A VERY COLORFUL TIME OF YEAR

I LOVE THE BEAUTIFUL AUTUMN leaf colors. We try to go leaf peeping and take in the beauty of our surroundings. It is very restful and relaxing. I also make sure my food on the table has a variety of colors. But did you know if you purchase store bought food that is prepackaged where the colors come from? I read an article in a health journal recently that said "consumer groups have warned since the 1960's that there may be a link between petroleum-based colorants and allergies, behavioral problems or even cancer". That was many decades ago. Recently the European Commission has warned people about artificial food dyes and the link to attention deficit hyperactivity disorder. The good news is that some companies are complying and replacing artificial colors with natural ones. But you need to be a label reader.

According to the FDA consumers ingest five times more synthetic dye or 60 mg. a day than in 1955, with 15 million pounds used in 2009 alone. One example cited was the cereal General Mills Total Blueberry Pomegranate. It has no blueberries or pomegranates but uses Red 40 and Blue 2 dyes. Why use these colorants? The food would look unappetizing if they came off the manufacturing process the natural gray color; therefore coloring is added.

In the 1800's they used an array of lethal compounds like copper sulfate, lead chromate and arsenic as food colorants. Coal tar also used to dye clothing and hair were the norm in the 1900's. That lead to children and rodents being poisoned and developing tumors so hundreds of the artificial dyes were banned. Today though nine petroleum-based dyes are approved for use in food and each batch must be screened for safety.

There was a 2007 study reported in the journal Lancet from the UK that showed the results of administering either an artificially colored drink or a dye-free drink given to 153 3 year olds and 144 8 year olds. Parents and teachers both reported "significantly higher hyperactivity scores". Three commonly used food dyes Red 40, Yellow 5 and Yellow 6 are often found to be contaminated with known carcinogens. Blue 1, Red 40 and Yellow 5 and Yellow 6 have been shown to cause allergic reactions in humans.

There are some healthy alternatives to food coloring but they add expense to the manufacturing process. In place of Red 40 some companies use anthocyanins from purple cabbage, purple sweet potato, black carrots, red radishes or elderberry. Yellow 5 and 6 has been replaced with carotenoids from annatto, beta-carotene, paprika and turmeric. Then there is carmine which is made up of ground-up beetle like bugs to replace some reds. Yuck.

The bottom line is yes we want color on our tables but not artificial coloring. We want natural and the best is fresh fruits and vegetables not pre-packaged and full of chemicals. So while we have a wide array of fresh produce available to us try to incorporate that on your dinner table. Get out and enjoy the beautiful colors on the trees. They won't last long before the winter arrives.

Till next time,



*Diane L. Toombs, CNHC
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WHAT ENGAGED COUPLES AND NEWLYWEDS SHOULD KNOW ABOUT PROTECTING THEIR ASSETS

ALLSTATE OFFERS NEWLYWEDS IDEAS FOR SAVING & PLANNING

WEDDING BELLS RING ABOUT 2.3 million times each year around the country, and June is the most popular month for tying the knot. As the big day approaches, most couples pour over details such as flower arrangements, seating assignments and life after marriage. However, most newlyweds probably haven't thought through the next step—protecting their valuables before and after the big event.

For future brides and grooms and recent newlyweds, combining assets under one roof takes more than a moving van and space for all their belongings. Every couple planning to build a life together should take prudent actions to protect their gifts and good wishes soon to come.

Scheduling the Ring

A radiant diamond engagement ring glittering on the bride's finger isn't only an attractive symbol of a couple's new union; it's also a new asset that should be insured. Just as you would insure a new car before driving it off the lot, you should insure a new ring either before or just after it leaves the jewelry store.

Allstate encourages newly engaged couples to have rings scheduled for insurance coverage. Scheduling an engagement ring provides an opportunity for couples to secure a personal property endorsement for the full appraisal amount.

"This is one of the first steps future brides and grooms should think about," says Allstate New York spokesperson Krista Conte. "With everything else to plan for an upcoming wedding, it makes sense for future brides and grooms to protect their newest and probably their most meaningful asset."

Engaged Couples Endorsement

Scheduling an engagement ring for coverage is a convenience Allstate insurance agents offer as part of a broader engaged couple's endorsement. This is a free endorsement for future and new brides who also carry Allstate condominium or renters insurance. As wedding registry gifts pile up, couples should consider insurance protection for gifts that may sit unattended in boxes.

MIKE'S FISH TANK AQUARIUM SEASON

AQUARIUM SEASON IS UPON US once again. I want to go over some of the questions we get asked the most in order to help you with your fish tank.

1. If you do not want a lot of green algae, keep your tank away from direct sunlight. Algae is a plant and the more light it receives the more green algae will flourish. If your tank is near a window, put a background picture on the back of the tank to block off the light. This will cut down on algae growth. Also, keep your tank light off during the day. Just turn it on in the evening, maybe 4PM to 11PM. This too will reduce the amount of algae.

Brown algae is something completely different. It is usually rust colored and wipes off fairly easy with a paper towell. They do make a product called algae fix. It works quite well and it is not very costly. Plecostomus are algae eating fish and do a pretty darn good job at eating algae in your aquarium. There are some other fish that eat algae, they are the chinese algae eater, otocinculus, gold algae eaters, flying fox and the black shark.

2 There are no fish that eat the waste on the bottom of the tank. Fish such as sharks, loaches, catfish, corys and eels tend to stay near the bottom of the tank. However they are usually just looking for food that has sunk to the bottom of the tank. It looks like they are eating the waste but they are not. They do help keep your tank clean because they eat some leftover food. But if you watch your fish, almost all fish will head to the bottom of the tank and search for leftover food so it is not a necessity to have a catfish or loach.

3 Fish need to eat 3 to 4 times a day. Many people feed once a day. Fish in the wild are eating off and on all day long, so it is important that you simulate that behavior. Remember not to overfeed though. A fish stomach is the size of their eye so they do not need a lot of food all at once. Small amounts often is the key.

4 Change your filter cartridges once a month or sooner if needed and siphon the BOTTOM of the tank at least once a month. You do not want a lot of fish waste building up on the bottom of your tank.

5 Chlorine is a slow killer of fish. Add dechlor drops anytime you add water. If you forget a few times, no big deal. Chlorine will not kill a fish

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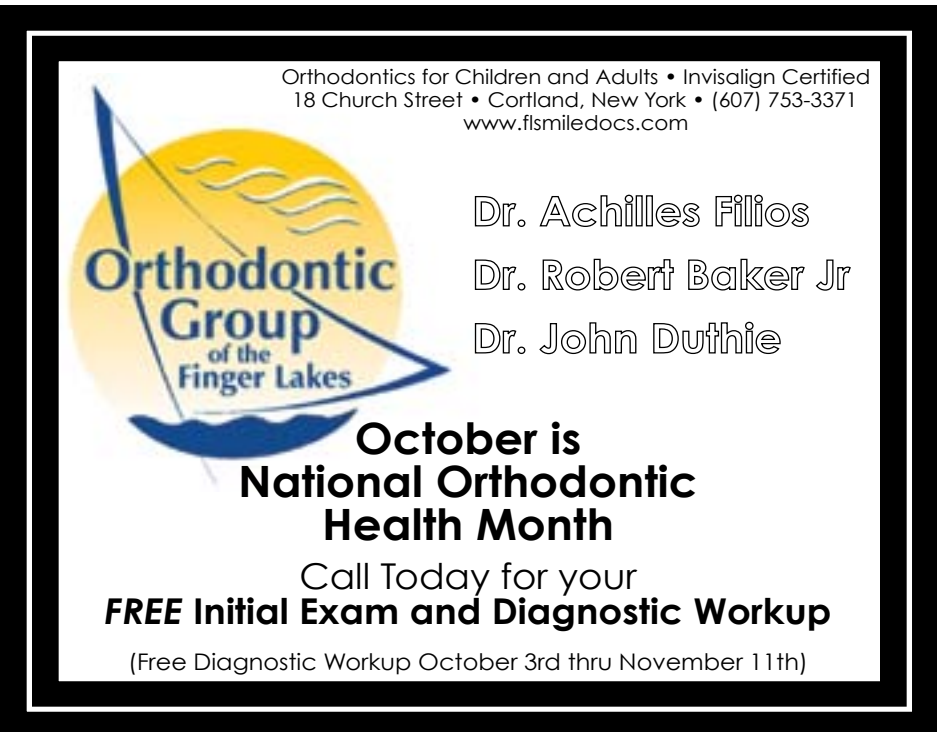
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THE CORTLAND AREA TRIBUNE IS 9 YEARS OLD!

JUDY KILMER

ARE YOU CURIOUS ABOUT WHO started The CAT? The Cortland Area Tribune is published by Judy Kilmer. I live in Dryden with my husband John. We have 3 children – Adam is 27, living in Utah and 22 year old twins Kevin and Katelyn who still live at home. I have been in the advertising field for over 30 years. I got started in the paper business at age 17 when I worked at The Conklin Pennysaver in the Binghamton area while studying commercial art in high school. I quickly learned the fundamentals of selling ads, creating ads and writing articles. After graduation, I worked for an ad agency for 10 years then started a family. While the kids were little, I sold Tupperware, worked at a candy store in the mall and waitressed. I enjoy talking with people! My family moved to Dryden in 1989 and I began once again working in the advertising field a few years later. Then I was considering starting my own paper - I interviewed and listened to business owners about a need for an old fashioned community paper. A paper with articles and community events with a personal touch. With a little help from her friends and family, The Cortland Area Tribune was born. I decided to do each issue with a "theme" to keep the paper interesting and inform the community about local businesses and their services or products. The photo contests draw hundreds of guesses each issue and it is always fun to pick a winner! Between editions in my spare time, I enjoy hiking and snowshoeing with my husband and 2 dogs, Ozzy and Thumper.

Thank you for reading my paper and making all my hard work so rewarding!

KATELYN KILMER

Hello – I'm Katelyn Kilmer. I have been helping out my mom to deliver The CAT off and on since I was old enough to drive. I really enjoy getting the papers out there for people to pick up a copy at their favorite store or diner. It's very rewarding to be part of something that my mom started. And great to see the papers go so fast! See you every other Wednesday!

BEN CONBOY

Hi my name is Ben Conboy I am a senior at SUNY Cortland. Although my hometown is in Bethlehem NY, I have lived in the Cortland area for four years now. Although I am still fresh to the CAT, I have enjoyed getting to know many businesses and owners throughout the community while being a sales representative for the Cortland Area Tribune.

If you are interested in advertising please call 518-369-8821 or e-mail me at bencatsales@gmail.com, thanks.

CHELSEA GRANT

Hey – I'm Chelsea Grant. I am one of the delivery people for The CAT. I have been helping out with the deliveries for

a couple of years. I will be attending BOCES LPN full time course this fall to further my nursing career. It's a lot of fun dropping the papers off to the businesses and sometimes people are so excited to see the new editions they take them right out of my hands! See you every other Wednesday!

DUSTIN HORTON

Dustin Horton is the designer responsible for the ads, layout and, most recently, the website for the Cortland Area Tribune.

After graduating with a BFA from RIT with a 2010, Dustin relocated to Charlotte, NC, where he works full-time as a Web Designer & Developer in addition to his continued work with the newspaper.



JUDY



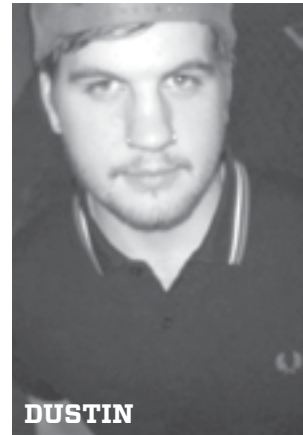
KATELYN



BEN



CHELSEA



DUSTIN

MIKE'S FOOD FOR THOUGHT

I OFTEN GO TO WEGMANS grocery store in Ithaca to eat. They really have some great food and reasonable prices.

One of my favorite things is the Burrito bowl. You get a choice of shredded pork, chicken, beef or tofu. The meat has been simmered in spices and is delicious. After the meat has been added to the bowl, you get rice, black beans, roasted peppers and onions, salsa, guacamole, sour cream, shredded lettuce, cheese and jalapeno peppers. Of course you don't have to get all those things in your bowl, but I highly recommend it. All that for only \$6.00, and it's quite a meal. You won't go away hungry.

Another thing I like is the pasta station. You have your choice of pasta, sauce and then you can add things like ham, chicken, shrimp, olives, onions, broccoli, peppers and more. A half portion is \$6.49 but it's a good size portion. Add a small salad and you have a nice meal. I have tried their submarine sandwiches and they too are very good. The rolls are handmade daily so they are always fresh. The choice of toppings and meats are endless. It's a darn good sub. I had the Philly cheesesteak with peppers and onions. I got half a sub and it was full of meat and peppers and it was very filling.

Wegmans also has different buffets at \$7.99 a pound, Chinese, Indian, vegetarian, salad and fruits. Try the mac and cheese. "fantastic" When it comes to desserts, Wegmans has a ton of them. I think I've tried most of them too. The mini pies are delicious. I've tried the apple, berry, blueberry, peach, raspberry, cherry and strawberry rhubarb. They are great. The chocolate cream, pumpkin and choco-peanut butter pies are fantastic too. The eclairs are huge and the best I have ever had. This is the time of year when they start making the pumpkin rolls, a pumpkin cake rolled up and stuffed with cream, YUM. The pumpkin cookies are just as good. They are covered with a silky cream cheese frosting. The muffins and donuts are equally good.

I've also tried most of their homemade soup. They are all good. Next time you are in Ithaca, stop in at Wegmans and try some of the things I just mentioned. Once you try one, you'll want to try them all.



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BUSINESS OWNER PHOTO CONTEST



DO YOU KNOW WHO THIS LOCAL BUSINESS OWNER IS?

Welcome to our new contest! It was suggested by a local business to try a new contest – print pictures of local business owners when they were “younger” and see if anyone can recognize them! This contest can be entered the same as our famous cover photo contest – email your guess to tcatribune@gmail.com 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

Chris Sheppard – Owner of Max Graphics located at 177 Homer Ave. in Cortland.

Winner

No winner this edition – the gift certificate from Max Graphics will be added to next issue's contest!



THE CAT

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

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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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