

FREE

December 14-27, 2011

Christmas Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
CORTLAND • ITHACA • DRYDEN • HOMER • GROTON • MARATHON • MORAVIA • TULLY • LAFAYETTE
Est. 2002

607-844-8228
Fax: 1-607-330-8012
tcatribune@gmail.com

Do You Know Where This Is?
SEE PAGE 3 FOR CONTEST



Season's Greetings
from
BOBBIE JO, SHIRLEY
and **TRACEY** of



Pinckney Insurance Agency, Inc



607.756.8505 For all your insurance needs
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PETS A PLENTY

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Blockbuster Video Plaza 753-9213

PETSAPLENTY.BIZ



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FROM PETS A PLENTY!

OPEN 7 DAYS A WEEK! STOP IN AND FINISH YOUR CHRISTMAS SHOPPING!

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BABIES, YOUNG,
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CHRISTMAS SPECIALS

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Available Dec 6th-24th
2 DAY NOTICE REQUIRED

~Homemade~
Dinner Rolls
\$4.00/doz

Egg Nog or Candy Cane Cannolis
\$1.75 ea

2-Layer Carrot Cake
(with Cream Cheese frosting)
\$25.00

Ricotta Pie
(Italian Cheese Pie)
\$15.00

Order by Tues, Dec. 20th • Pickup Sat, Dec. 24 8am-2pm

GIFT CERTIFICATES AVAILABLE

Tues.-Wed. 7am to 5:30pm, Thurs.-Fri. 7am to 7pm, Sat. 8am to 2pm

HOLIDAY SPECIALTIES AVAILABLE ALSO MONTH
OPEN CHRISTMAS EVE 8am to 2pm



"The BEST treats to be left under the tree this year are those from the East Side Bakery, and believe me, I know!"

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11-8 Daily
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2



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LOTS & LOTS OF GREAT GIFTS!

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All Santa, Snowman and Christmas Items!

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OPEN DEC 26 FROM 10-4

Bonus EXTRA FREE ITEMS
Book a Piccadilly Party in Jan or Feb



Mon 11-3 Tues, Wed + Fri 10-6 Thurs 10-7 Sat 10-3 Sun Closed



Our newest store...
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Grand Opening

WE WANT YOU!!! TO SAVE MONEY



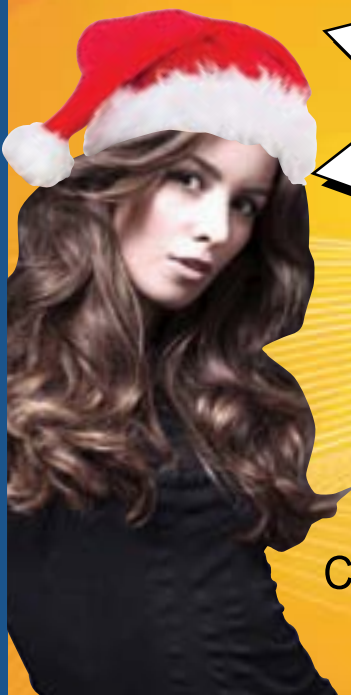
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Make Your Own Carton For Less Than \$30

WELCOME TO OUR CHRISTMAS 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!

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

January 11 – Go Green! 'Pamper Me' & Tax Time Edition
(Deadline 1/6)

January 25 – Bridal & Super Bowl Edition
(Deadline 1/20)

February 8 – Valentine's Day Edition
(Deadline 2/3)

February 22 – Senior Citizen & Home Show Guide Edition
(Deadline 2/17)

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, December 23rd. 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, December 23rd for the next Edition.



WELCOME NEW ADVERTISERS:

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Wed-Fri 3pm-9pm
Sat-Sun Noon-9pm

MYSTERY PHOTO CONTEST



DO YOU KNOW WHERE THIS IS?

See what you can WIN
if you know WHERE this picture is!
Congratulations to our latest contest winner:
Ann Dexter
of Cortland

LAST WEEK'S CONTEST



Answer from the Previous Edition:
J.J. Newberry Co. of 47 Main Street, 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, December 23rd 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 Ann Dexter. Ann won a gift certificate from Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point and a gift certificate from Pets A Plenty Pet Store located in the Blockbuster Video Plaza on West Road in Cortland! The winner from this issue will win a shirt, hat and other items from Bernard's Custom Logo & Trophy Source in Cortland! *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!



2073 EAST SHORE DR. LANSING, NY
WED-FRI 3PM-9PM
SAT-SUN NOON-9PM **\$10**

The Cortland Area Tribune
P.O. Box 67 • Dryden, NY 13053
(607) 844-8228 • Fax: 1-607-330-8012
e-mail: tcatribune@gmail.com



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COMMUNITY CALENDAR



Now through January 12 – Cayuga Nature Photographers Annual Exhibit at Unitarian Church
306 N. Aurora Street, Ithaca, NY (Enter via church office in yellow house attached to the church) Now through January 12, 2012 (Monday through Friday 9-4 and Sundays immediately following the service).

December 14, 17, 18, 21 – Santa Claus at Cortland Water Works
Santa Claus will visit all the good little boys and girls of Cortland at the Water Works on Broadway Street in Cortland.

Wednesday, December 14 from 5:30 – 7:30 pm

Saturday, December 17 from 5:00 – 7:00 pm

Sunday, December 18 from 3:00 – 5:00 pm

Wednesday, December 21 from 5:30 – 7:30 pm

December 15 – Families of Adults with Asperger's Support Group
This new and rapidly growing group will meet again on Thursday, December 15th at 7PM in the basement of St. Luke Lutheran Church at 109 Oak Avenue in Collegetown (just behind Collegetown Bagels on College Avenue). We hope to see even more new faces, along with friends that we are getting to know. Parents, siblings, and significant others are all welcome. Adults with Aspergers (18+) are invited to a separate group to discuss their experiences and needs. If you have questions, please contact Robin L. Booth at rlmbooth@gmail.com.

December 15 – Groton Public Library hosts Dr. Charles Yaple
On December 15, Thursday evening at 6:30, the Groton Public Library is proud to host local author and SUNY Professor Dr. Charles Yaple.

If you haven't heard yet – he wrote Foxy Brown: A story of an Adirondack outlaw, hermit and guide as he might have told it. Come and hear him tell the strange and fascinating tale of the Adirondack outlaw, character and recluse Presentation and book signing, he will have books to buy – what a wonderful Christmas gift!

December 15 – Book Reading for Children (K-5)
When: 3:30 PM Where: Cornell Lab of Ornithology, Adelson Library (second floor), 159 Sapsucker Woods Road, Ithaca Title: Who Goes There? By Jennifer A. Ericsson, illustrated by Bert Kitchen Description: Beautiful illustrations and hypnotic text take readers on a suspenseful journey through night and nature. Hands-on activities follow the reading. Admission: Free Contact: (800) 843-2473, www.birds.cornell.edu/events

December 16 – Holiday Pops
8 pm, Cortland High School. SymphonySyracuse presents a sleigh full of holiday cheer, with traditional carols, popular favorites, a visit from Santa and the ever-popular audience sing-along. With conductor Ron Spigelman and baritone soloist Steven Stull. Tickets \$20/\$5 Students, call (315) 218-0310 or purchase at the door. For more information call (315) 218-0310, e-mail jgarland@symphonysyracuse.org or visit www.symphonysyracuse.org.

December 17 – "A Christmas Story" Radio Play
8 pm, Center for the Arts, 72 S. Main Street in Homer. Scarlett Rat Entertainment continues as the Center's last performance of the year with its annual radio play. This year's offering is the newly classic tale "A Christmas Story." Adults \$20, Seniors

\$16, Students \$10. For more information call (607) 749-4900, e-mail info@center4art.org or visit www.center4art.org.

December 17 – Columbian Presbyterian Church Christmas Cookie Cafe
The Columbian Presbyterian Church (routes 11 & 20, LaFayette) will be holding a fund-raiser called the "Christmas Cookie Cafe" on Sat. Dec. 17, 9 am-noon. You can create customized cookie trays from dozens of varieties for \$8/lb. You can purchase a tray or box, or bring your own. A cookie tray is the perfect gift for the hosts of your holiday parties.

December 20 – Contemporary Singles Open Meeting & Dinner
Endicott Visitors Center, 300 Lincoln Ave., Endicott, NY, December 20, 6:00 PM. All singles welcome. Information: 748-1860.

December 24 – Varna Methodist Church Christmas Eve Candle Light Service
The Varna Methodist Church located on Route #366 will

have a candle light service on Christmas Eve beginning at 6:30pm. On Christmas morning there will be a service starting at 11am.

December 25 – Dinner on Christmas Day at Grace Christian Fellowship
Please Join Us For Dinner On Christmas Day! Come enjoy a... Christmas Dinner, Friendly Conversation and Singing Carol. 1250 Fisher Ave. 749-3233 Serving 4:30-5:30 pm. A FREE ticket may be picked up at after December 1st:

Grace Christian Fellowship
Salvation Army CAPCO (WIC)
Spirit & Life Bookstore Brewster House Greenbriar

Loaves and Fishes Office of The Aging Social Services

Catholic Charities Friendship House

If you need a ride, please call the Church Office at 749-3233

December 31 – First Night
Downtown Cortland. Entertainment, fireworks. More details to follow.

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!

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315-677-3111

CORTLAND
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753-9601

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315-497-1771





The West Road, Cortland Store is open Sundays 8am-pm.

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ITHACA HEMP COMPANY

ITHACA HEMP COMPANY ORIGINATED IN Schenectady, NY in 1994. The owner started the business there because he was finishing an MBA in Marketing from Union College and was very Wall Street averse. The company started by selling ecoconscious products through their retail store and also through mail order. The mailing list originated from the owner selling his wears on Grateful Dead tour during the summers of the early 1990's. The company quickly moved to Ithaca, NY and the company name changed from New Age Hemp Company to Ithaca Hemp Company. Not only was the customer base more conscious of the environment, but they were willing to pay the premium price required to purchase eco friendly products. In the late 1990's the business diversified into smoker's articles but has never changed its primary goal, which is to educate and provide products to consumers that wish to purchase products whose production has the smallest possible ecological footprint on our planet. Only with time, will ecologically conscious products will gain the recognition they deserve. Sugar Mountain 1 opened its doors in Binghamton, NY in 2005 and now Ithaca Hemp has opened its third retail location in Cortland, NY. It is a perfect mix of their first two stores. Since the doors opened in November, there has been a steady stream of customers coming in and out of the store. As

with the other two locations, it looks like Ithaca Hemp Company's, third location, Sugar Mountain 2 - Cortland will be an absolute success. Stop in at 22 Main Street in Cortland and see what we have for yourself or your loved ones on your holiday shopping list. Most major credit cards accepted. Over 18 only please. The store is open 7 days a week: 11-8 daily and 12-5 Sundays. Have a question - give them a call 607-299-4666. Or check us out on-line IthacaHemp.com

All of us at Ithaca Hemp wish you a joyous holiday season.



HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING CLEAVERS

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

OUR EARLY SETTLERS USED CLEAVERS to make bed mattresses, not even realizing that it was healing the body at the same time. The foliage produces a yellow dye and rennet, which was used to curdle milk for making cheese faster and for coloring the cheese and butter. The roots provide a red dye. Cleavers is in over abundance along the sides of the road and in your gardens as a weed.

FOLK NAMES: Lady's bedstraw, yellow gallium, cheese rennet, curdwort, maid's hair, yellow cleavers, petty mugglet, cheese renning.

LATIN NAME: Galium verum.

ELEMENT: Water.

POWERS: Peace, harmony, meditation, courage.

MEDICINAL PARTS: Whole plant.

CONSTITUTES: Iridoide momoterpenes, rennin, flavonoids, anthracene derivatives, caffeic acid ester.

PROPERTIES: Astringent, acidic, slightly bitter, alternative, diuretic.

MAGICAL USES: It was believed that if one slept on the herb that one would get told their future in their dreams. A powerful dream weaver.

INTERNAL USES: Tonic for lymph system, lowers blood pressure, promotes healing, reduces glandular fevers, tonsillitis, benign breast tumors and cysts, cystitis, eczema, psoriasis, reduces bloat, abdominal fluid, swollen ankles, throat infections.

EXTERNAL USES: Reduces swollen lymph glands, breast lumps, ulcers, skin inflammations, minor injuries, skin diseases. Sleep on many plants with a sheet covering them. Crush the fresh plant and put on bruising. Cut into small pieces and add fresh to any swollen area like breast, changing every hour for three days, the reduce to changing every three hours until the problem reduces to normal.

HARVEST: Anytime throughout the growing season before it flowers.

USE AS: Teas, extracts, powders, poultices.

PRECAUTIONS: None known.

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Cheese Sheet Pizza
\$11.95
*tax toppings extra

1 COUPON PER PARTY
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A-1 PIZZERIA COUPON

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50% Off
Second Entree

Up to a \$7 max on 2nd entree.
LIMIT OF 2 COUPONS PER PARTY
Expires 1/31/12. Not valid with any other discounts.

A-1 PIZZERIA COUPON

Buy 2 Entrees & Receive
50% Off
Second Entree
Breakfast or Lunch

Up to a \$3 max on 2nd entree.
LIMIT OF 2 COUPONS PER PARTY
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Large Cheese Pizza
\$7.95
*tax

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HAPPY HOLIDAYS!

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PICCADILLY LANE COUNTRY AND PRIMITIVE STORE

PICCADILLY LANE COUNTRY AND PRIMITIVE Store is ready to help you save even more on your last minute holiday shopping by offering 20% OFF all Santa, Snowman and Christmas items from December 18th through December 24th! Check out their furniture, rugs and curtains for easy decorating before the guests arrive! New curtains are an easy way to perk up any room – choose from Starbridge, York, Park and many other curtain designs in a variety of colors and patterns!

Located on 2643 Main Street in Whitney Point, owner Joyce Ballard and her friendly staff invite you to come in and discover the numerous treasures that fill the eight room store. Still lots and lots of great gift ideas galore! Many new and one of a kind items adorn every wall, the stairway, corners and rooms of this unique shopping adventure. The Christmas room beams with all the sights and colors of the season for your holiday decorating. Invited to a wedding or know of a couple just married? – be creative and buy the newlyweds a Christmas item for their 1st Christmas together! Country decor, linens, furniture, pictures, candles, jewelry, antiques, and more are overflowing in all the other rooms. Whether you need that special gift for your mother, daughter, aunt, friend, or teacher you can find it at Piccadilly Lane. And don't forget



those stocking stuffers! And while you are there, go ahead and treat yourself to something special. You deserve it! Be sure to check out their unique card selection – cards have a special way of saying the words you find hard to say in person but feel in your heart.

Still have a hard-to-buy-for-person on your list?! Buy them a gift certificate to enjoy a Piccadilly shopping experience themselves! The store is open for your shopping convenience Monday 11-3, Tuesday, Wednesday & Friday 10-6, Thursday 10-7, Saturday 11-3 and closed Sundays. Questions or looking for something special - 607-692-7418 or email piccadillylane1@aol.com and now on face book!

Invite your neighbors, friends or family for a "Piccadilly Party" in January or February and earn bonuses for "Extra Free Items"! A fun way to earn credit towards your favorite items at Piccadilly Lane for yourself or a gift!

Open December 26 from 10 to 4 with "Special Sales!" Piccadilly will be closed from December 27th through January 2nd.

From their families to yours – Joyce and the staff at Piccadilly wish you all a very Merry Christmas and Happy Healthy New Year!

MIKE'S FISH TANK COLD WATER

WINTER IS UPON US AGAIN. Do not be scared off from buying fish. As long as you take your purchase of fish straight home, the fish will be ok. In actuality, fish do a lot worse in the summer when it's very hot out. When fish are purchased during cold weather, the oxygen levels in the bag of fish are high. Cold water holds the oxygen a lot better than when the water is very warm. This being said, it is still important to go right home. Also remember to only float the bag of fish 5 minutes. There is not that much water in the bag, it will only take a few minutes for the water temperature to equalize. Floating too long can be detrimental to your fishes health. One thing that sometimes happens when the water is too cold is Ick. It's a parasitic disease that affects all fish. It looks like your fish has salt all over his fins and sometimes body. If you see this, come see us and we'll give you a good anti-parasitic medication. If treated promptly, the Ick can be gone in just 24 hours.

I have known people to buy tropical fish and then go grocery shopping. That is not a good idea. Always make your fish purchase your last stop of the day. Goldfish like the water cold and may fair better if you cannot go right home. Another question I get asked is whether the fish will be ok if the ride home is several hours. It should be ok. My fish come from several hours away and they do fine. If you have a styrofoam cooler that you can put the bags of fish in on the way home, that is helpful. It will control the temperature a bit. I have had customers that live 4 or 5 hours away and they tell me they have never lost a fish. Bottom line, try to buy your fish when you are on the way home. Don't take chances on the fish getting too cold.

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

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expression. Just drive by our shop one evening and look at our window displays, which I often spend days planning and then sometimes hours constructing. Come inside our shop and you will see much, much more.

Dictionary.com says creative means resulting from originality of thought. Yes, this sums up creativity. I possess original thoughts, therefore I am creative. (Years from now, when folks are tweeting and facebooking this quote, you will think to yourself, "Ah yes, that was one of Shana Karn's quotes." Many of you might also add, "Boy was she creative." We'll see.) I am most creative when I'm looking at the antiques. Unlike my Dad, who looks at them and finds their history "neat," I look at them and find their possibilities endless. I love the idea of re-purposing. An old wooden bucket? Fill it with inexpensive slippers and leave it at the front door...add a sign that welcomes friends to remove their shoes and slip into something more comfortable. An old fishing net? Hang it from the wall in the kitchen at your cottage or lodge-themed home and use it as a fruit basket. Last year, I bought five hand towels in warm, fall colors and arranged them in an antique wooden paint pail. I put this display out at an antique sale and it was the first piece sold! My creative genius (said tongue-in-cheek) doesn't start and stop with re-purposing antiques. I recently used an oversized, [new] barn star as a magnet display and, since, have sold a few for just that purpose!

Of course, another outlet for my creativity is candid photography. Whether I am shooting kids, families, weddings or senior pictures I find myself always waiting for the "a-ha" shots; those specific moments when I snap a picture and the light is "just right" or the subject's smile is the real deal. I love shooting outdoors, off the beaten path. It's me, my camera and a subject (or subjects). It is my passion for photography that has sparked my most recent creative venture—shooting a series of unique, local scenes to be offered as postcards, notecards and greeting cards at our shop in the coming year. I would love to hear your thoughts on what we might include in our series! If you live in any area close to Dryden, Cortland,

or Ithaca, please feel free to stop at the shop and discuss your "creative" idea for local shots, be it your favorite quiet place or other unique setting with me or e-mail me your suggestions, (thesecondknob@gmail.com). I can't wait to hear from you!



ROCKIN' AROUND THE CHRISTMAS TREE...FA LA LA LA LA LA LA LA!

YES, I DO RANDOMLY BREAK out in song during the holidays. So what? It doesn't matter if I'm home alone, or shopping with hundreds of others at the mall. When the mood hits, I just let it go! And, yes, sometimes I do merge Christmas carols. I've always attempted to be creative and do my own thing, so why not combine Oh Come All Ye Faithful and Joy to the World? And, maybe Rudolph really does ride in a one horse open sleigh? And, who doesn't think that seeing Mommy kissing Santa Claus didn't lead to Grandma getting run over by a reindeer? If you ask me, those two suspicious events are definitely linked.

Albert Einstein said, "Creativity is contagious. Pass it on." I wholeheartedly agree with him, which is exactly why I am spending this morning writing about creativity; I AM hereby "passing it on" to you. Being a co-owner of The Second Knob Gifts & Antiques allows me to frequently use creative

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PETS A PLENTY IS LOCATED on Rte 281 Cortland. We are open 7 days a week. 753-9213.

Check out our web site www.petsaplenty.biz for coupons and other information about the store.

We have been in business since 1989. Most all of our animals are raised by local people, although some are from people outside of Cortland. We are very particular about the animals we take in to sell. All animals are checked over when they arrive. If anything isn't up to our high standards, we do not take it. We still hear a lot of customers say they should have come to Pets A Plenty first. Please remember to check us out before you buy your pet or fish tank. We have really good prices. We take pride in having high quality fish and animals too. Remember a lot of big chain pet stores get their animals from large suppliers. It's much harder to keep track of the health of animals from these type of places. Pets A Plenty is a small locally owned store. All the pets here are treated just like they were "OUR PETS".

I also do not fill cages up with a ton of hamsters or an overabundance of fish. It's much harder to monitor the health and quality of an animal that way. Also if you want to see our hamsters, we'll put the cage on the floor for you so you can play with them and pick out the one you like best. Our snakes are from local breeders who know what they are doing. If you go to a store and they cannot answer your questions about that snake, or lizard or bird, or fish, then it might be your clue not to buy there. We have people buy a pet from someplace else and come to us for advice. We urge you to come to us first. You will not have to go elsewhere for advice. We will fill you in on everything you'll need to know about that animal, snake or fish. We've been doing this for 22 years. I have been to many many trade shows and I have learned a lot from the experts. I will pass that knowledge on to you.

We are here to sell you a top quality pet.

If you like hamsters, we have calico, dalmation, panda, chinese dwarf, russian dwarf, teddy bears and more. We have some really nice parakeets and beautiful singing male canaries. Here at Pets A Plenty we receive weekly deliveries of fish and baby ferrets. The ferrets are only 7 to 8 weeks old and very cute. Our chinchillas come from local breeders or direct from the chinchilla farm. Are you looking for a certain color chinchilla, let us know. Since I deal with the chinchilla farm, I have access to almost any color. And if you want a certain color ferret, let us know. I have ordered in some really nice colors of ferrets for people. We are located on Rte 281, Cortland, across from Tops Supermarket, in the Blockbuster Video Plaza.

I am more than happy to do special orders on supplies too. Let me know what you need. I'll try to get it for you. We are here for you. Come see us for any of your pet needs. If I am working after hours and you need something knock on the door. I'll sell you what you need. We are a down to earth friendly mom and pop pet shop. Our prices are good, our quality is excellent. Come see us First. You'll be happy with what you see.

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BUCKLE UP WHEN BUNDLED UP VALUABLE CHILD PASSENGER SAFETY TIPS FOR WINTER MONTHS



Fact: Motor vehicle crashes are a leading cause of death for all children between ages two and 14.

Fact: Car seats reduce the risk of death significantly - as much as 71% for infants and about 54% for toddlers.

Fact: Up to 82% of infant car seats are installed incorrectly, increasing the risk of severe injury or mortality if an

accident occurs.

- According to the National Highway Traffic Safety Administration

PROPER USE OF A CHILD safety seat is the best protection you can give your child when traveling by car. When a little one is dressed for the cold winter months, it may be a challenge to properly buckle them in for safety. Allstate Insurance Company is providing timely tips to ensure that parents are correctly buckling up their child when they are bundled up.

"Thick winter coats or snowsuits can change the way a child fits into a car seat," says Allstate NY spokesperson Krista Conte. "For car seats or booster seats to function properly, the straps need to remain tight against the child's chest. The filling of a thick coat may compress in an accident, making secure looking straps loose."

Allstate Insurance Company and Heather Corley (About.com Baby Products Guide) offer an easy way for parents to test their child's winter coat or infant snowsuit to see if they are too thick to be safe in a car seat.

1. Take the car seat into the house.
2. Put the winter coat or snowsuit on the child.
3. Put the child in the car seat and buckle the harnesses as you normally would before car travel. Adjust the straps to the appropriate fit for your child.
4. Take the child out of the car seat without loosening the straps at all.
5. Take the coat off your child.
6. Put the child back in the car seat and buckle the harnesses again, but do not tighten the straps.

If you can fit more than two fingers under the harness at the child's shoulder bone, the coat is too thick and is not safe for use with the car seat.

For more information: <http://babyproducts.about.com>

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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SUPER OMEGA 3 HI-EPA GOOD FOR YOU!

THERE IS GREAT NEWS FROM some new studies done on the supplement Omega 3. According to the study even small increases in daily omega-3 results in large reduction in arrhythmia-related events and fatal heart attack risk in diabetic patients. An analysis of a clinical trial published in the December 2011 issue of the journal Diabetes Care reveals a reduction in the risk of ventricular arrhythmia-related events and fatal myocardial infarction among diabetics who received low doses of the omega-3 fatty acids EPA, DHA and ALA. Ventricular arrhythmias are the main cause of cardiac arrest and sudden death, and frequently necessitate defibrillator implantation.

The subjects included men and women with a history of heart attack within the decade prior to enrollment in the

Alpha Omega Trial, which sought to determine the effects of EPA, DHA and ALA on fatal coronary heart disease and ventricular-related events. While a benefit for omega-3 was not confirmed in this population, the current analysis sought to determine the effects in a subgroup of 1,014 diabetic patients, aged 60 to 80 years.

Participants were randomized to receive margarine that provided 223 milligrams EPA and 149 DHA per day, 1.9 grams ALA per day, or none for 40 months. Compliance was assessed by analysis of plasma fatty acids at the beginning of the study, at 20 months, and at the trial's conclusion. Participants were followed for clinical events, including fatal coronary heart disease and fatal and nonfatal ventricular arrhythmia-related events.

Twenty-nine patients developed ventricular arrhythmia-related events and 27 had fatal heart attacks over follow-up. The Dutch research team observed an 84 percent lower risk of ventricular arrhythmia-related events and a 72 percent lower risk of combined ventricular arrhythmia-related events and fatal coronary events in participants who received both EPA/DHA and ALA compared to those who consumed unenhanced margarine. The authors remark that EPA and DHA may act as binding sites for peroxisome proliferator-activated receptor gamma, which plays an important role in insulin sensitivity regulation. Other research suggests that fish oil, a popular source of omega-3, may increase the expression of glucose uptake genes, thereby lowering glucose levels. In addition, the omega-3 fatty acids have anti-inflammatory properties that may help reverse insulin resistance according to the results of laboratory studies.

Nature's Sunshine Products has a high quality omega product that has the added benefit of lemon oil added to take away the fishy aftertaste. Some additional benefits besides for the heart are chemical poisoning, dementia, dermatitis, eczema, fat cravings, heavy metal poisoning, lupus, memory and brain function, nerve damage, pain and skin care. There are more but too many to list. Why not see if this supplement might add to the quality of your life.



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OUR PATH TO ALPACAS

By Brenda Clark

THERE WAS A TIME WHEN my husband, Ken, and I were anticipating the day when we would leave suburbia and find a quiet home amid some flower and vegetable gardens on a few acres of land. That idea was tweaked a bit when we encountered the irresistible alpaca. We were immediately drawn to their gentle disposition and the promise of a simpler lifestyle. Before long we owned 3 alpacas with another on the way. That was 2001. Fast forward 10 years and here we are, sharing our farm with 50 alpacas. The responsibilities of taking care of a few cats and dogs expanded into the art of animal husbandry and all that accompanies it. Prior to this I would not have pictured Ken helping a reluctant baby alpaca (cria) in to the world. Nor would I have considered the possibility of waking every two hours each night over a two week period to fill bottles for the feedings of a new-born who had lost his mother just minutes after coming into the world. And, like many other people, I've always been a little queasy at the thought of being on the receiving end of a hypodermic needle, now I administer monthly injections of parasite controlling medicine. These new responsibilities are accompanied by a great amount of pleasure. The satisfaction of a well-kept, orderly barn filled with content animals can't be beat. Likewise, watching young stock gleefully pronging through the pastures is hard to pass up. However, the greatest pleasure of all is enjoying the many friends we have made along the way.

Our farm name is Tartan Acres, LLC, giving a nod to our Celtic heritage. Like any other livestock, alpacas have individual personalities. Some will welcome a friendly pat on the neck, others will shy away, but all of them are

curious and will be quick to find out who is paying them a visit. In addition to hosting several open houses, we frequently welcome guests to the barn to provide "Alpaca 101" classes. It is our way of introducing interested people to the possibilities of owning alpacas as we demonstrate several aspects of the care and raising of alpacas. Other visitors to our farm might be bringing an animal of their own for breeding to one of our award winning herd sires, browse in the alpaca apparel shop, take pictures of these incredibly photogenic animals, or simply hang out for a while for some stress relief.

When we are not busy in the barn, we can be found caring for the grounds or working to restore the house which we hope one day to turn into a B&B - another way of sharing the fun. So, if you've ever thought of owning an alpaca, want a unique gift, or just need a few hours of rest and relaxation, plan on stopping by - we look forward to seeing you.

Tartan Acres, LLC, 707 Houghton Hill Road, Homer, NY (315) 729-9358



PENCIL POINTS

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

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

WE ARE CONTEMPLATING ALTERING OUR LARGE SINGLE FAMILY HOME TO INCLUDE AN APARTMENT FOR AN IN-LAW OR TENANT IN THE FUTURE. WHAT ISSUES SHOULD WE BE CONSIDERING?

THERE ARE MANY REASONS WHY a family might choose to modify their single family home to include an apartment. Uncle John may no longer be able to live independently yet he does not require skilled nursing care; mom and dad are retiring and selling the old homestead so they can travel more but they still desire a small place to call home; daughter, Jane, has completed college but is not ready to break that family bond until she has landed a full-time job; the extra income from an apartment could help pay increasing energy and tax costs on the property; housing for local college students may

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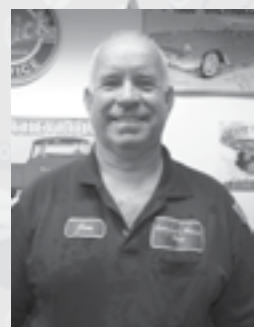
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be a growing, profitable market that can provide additional income, etc.

Once the decision is made to convert the house to a two unit dwelling, a number of things must be considered. Perhaps the best place to start is by a visit to the local Code Enforcement Official (CEO) and Zoning Enforcement Official (ZEO), or consult with a design professional who can assist in the initial project research. If the home is located in a municipality controlled by zoning, the zoning official can tell the homeowner what type of uses are permitted in that zone, other uses allowed by special permit as well as uses that are expressly prohibited. Where zoning regulations apply, the ZEO will also identify minimum and maximum requirements for lot coverage, building setbacks, lot area (per dwelling), primary and accessory building height(s), off-street parking, maximum number of un-related residents per dwelling, buffering standards for visual separation between properties and so on. If one or more of the regulations can not be satisfied within the proposed design parameters, the homeowner also has the option of applying for a variance to the standard requirement(s) to receive permission to build as a special case, subject to approval from the local Board of Zoning Appeals.

Once zoning issues have been addressed and the basic design established by either the homeowner or their design professional, the design is presented to the building inspector (CEO) for preliminary review. Following that review, detailed construction drawings and specifications are prepared for submission to the building inspector to obtain a building permit and inform the contractor about the scope of construction work required. Alteration/conversions can be tricky projects. Homeowners should not expect a building inspector to suggest design solutions or code compliance alternatives since that is beyond his/her authority as a Code Enforcement Official.

Individual dwelling units, whether part of an apartment complex or converted single family home must be effectively segregated by horizontal and vertical fire separations to isolate the spread of fire and protect all occupants of the building. Openings in required fire separations must be similarly protected by rated assemblies and/or opening protectives that might consist of a combination of automatic closers, fire shutters or sprinklers. Proper egress paths must be maintained from each dwelling unit to the exterior, including alternate emergency exits from every sleeping area by way of properly sized windows and/or doors in those rooms. Smoke/carbon monoxide detection and alarm systems must be installed to alert all occupants in the building. Many utility companies also require that heating and electric services be separated for each dwelling if they are to be independently billed to the tenants.

Appendix J of the NYS Residential Building Code identifies the nature and extent of required code compliance for existing buildings based on various levels of work from minor rehabilitation, alteration (Levels 1 and 2), conversion, to extensive reconstruction. Special conditions also apply to homeowners interested in converting their homes to Bed and Breakfast establishments. The NYS Education Department also mandates that any alteration, renovation, conversion or reconstruction work that exceeds \$20,000 in construction cost (based on fair market value) or involves structural changes shall be designed and documented by a registered design professional.



PACKING COOKIES FOR SHIPPING

NOTHING WARMS THE HEARTS OF out-of-town relatives and friends like receiving a package of goodies from home. And when the parcel contains a pretty tin packed with home-baked cookies, their delight is undeniable. To ensure the mouth-watering morsels are at their best upon arrival, review these packing pointers.

Bake and completely cool cookies just before packing and shipping so they're as fresh as possible.

Determine which cookies to mail based on their fragility. Many bars, brownies and drop, refrigerator and sandwich cookies are fairly sturdy and mail well. Some cutouts and shaped varieties are a little more delicate and more likely to break. Cookies requiring refrigeration are poor choices to ship because they will spoil.

To help the cookies stay fresh and intact, wrap them in bundles of two (for drop cookies, place their bottoms together) with plastic wrap. It's best to wrap bars individually.

Pack crisp and soft cookies in separate tins or boxes. If they're packed together, the moisture from the soft cookies will

seep into the crisp cookies, making them lose their crunch. Consider shipping soft cookies by express mail so they'll be moist upon arrival.

To help retain the best flavor, don't put strong-flavored cookies (like gingersnaps) and mild-flavored ones (like sugar cookies) in the same tin or plastic container.

Line a festive tin or box with crumpled waxed paper to help cushion your cookies. Snugly pack the cookies to within 1 inch of the top. Use crumpled waxed paper or bubble wrap to fill any gaps between the cookies. Add more waxed paper or bubble wrap over the last layer to cushion the cookies and prevent them from shifting during shipping. Close the tin, box or plastic container.

Place a layer of crumpled paper, bubble wrap or foam shipping peanuts in the bottom of a cardboard box that is slightly larger than your cookie tin/container. Set the tin/container on top, and then add more paper, bubble wrap or shipping peanuts.

Seal the box tightly with tape, label the top and sides of the package "Fragile and Perishable" and adhere your mailing label.

ADULTS (18+) WITH ASPERGER'S SYNDROME SUPPORT GROUP

ASPERGER'S SYNDROME CREATES UNIQUE GIFTS, concerns and perspectives. When the syndrome is misunderstood by others, it often creates painful experiences and loneliness. Come join others with asperger's traits for practical support and social connection. Enjoy the comfort of being with others with similar ways of perceiving the world. This recently formed group meets the third Thursday of each month at 7PM in the basement of St. Luke Lutheran Church in Collegetown, Ithaca. St. Luke is located at 109 Oak Avenue, off of College Avenue, just behind Collegetown Bagels. For more information, contact Douglas at movieguy@twcny.rr.com or (607) 592 0510.

Next meeting is December 15th.

**Although this group coordinates with the Families of Adults with Aspergers Group, it is a different and separate group which meets very different needs in a separate room of the same church.

Efforts are being made to establish groups for younger people with aspergers and their families. Stay tuned...

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Auction Sunday 12-18-11

Sunday, December 18th at NOON sharp! LOCATION: Cortland Self Storage, Luker Rd., Cortland, NY 13045

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The bins are all outside units. We will start the auction on Luker Rd then proceed to GREEN STORAGE BINS & THEN THE BLUE AUCTION BINS across from Lighthouse Hill Rd on Rte 13 for additional outside bins. USUALLY FOUND: furniture, antiques, collectibles, dressers, toys, computers, tvs, games and who knows what! We have many repeat customers so there must be items of value in there! Its like a treasure hunt! Please come and join us!

There is a clearing deposit for each bin in which will be returned to you when the bin is empty. Depending on the size of the bin and what is in it, each bin deposit will range from \$25 to \$100. (\$100.00 Deposit is only required if there are many heavy items like tools, chests, large appliances, etc. in case you do not take them or you do not clean the bin & we have to have them hauled).

Unlike most bin sales, you do NOT have to empty the bin that day!
You will be given a couple days to empty the bin. SOME ITEMS "may" be sold separately!

To Join our Email List, send an email with your information to: CortlandBinAuctions@Gmail.com

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OF THE CAT'S READERS & CONTRIBUTORS



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Remi



Bobbi



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Mama Kitty



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Mollie



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Penny



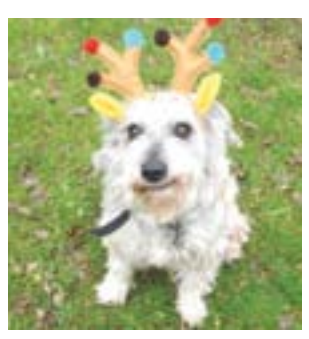
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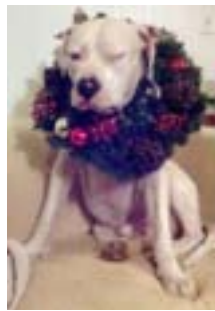
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Photo taken December 2010



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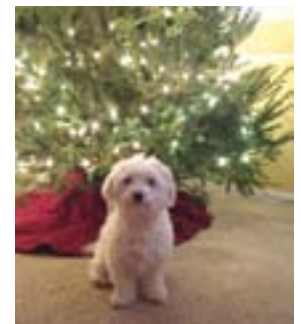
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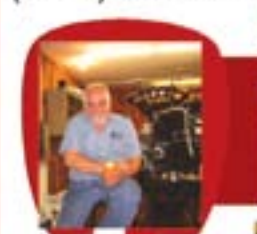
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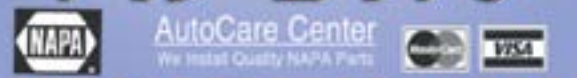
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FASTENING FIDO'S SEATBELT WHY BUCKLING UP YOUR PET IS A SMART MOVE



IF DRIVERS BUCKLE UP CHILDREN to keep them safe, why not buckle up the family pet? While seat-belted Fido or Fluffy may sound far fetched, it's actually a way to help reduce auto accidents as well as keeping your furry friends from harm. Now that's something to chew on!

Whether it's a trip to the vet or a cross-country vacation drive, it's a good idea to make sure that everyone - including the family pet - buckles up for safety. National safety statistics reveal that the number of pets riding in cars is at an all-time high, and the majority are traveling unrestrained.

"Many pets are considered family members, and just like young children, they must completely rely on the driver's wisdom to be safe inside the car," said Allstate New York spokesperson Krista Conte. "Pet passenger restraints aren't that expensive, but they can be invaluable in protecting both pets and passengers."

Pet product firms - and even car companies - have been developed a multitude of pet auto accessories, from chin protectors for dogs that like to hang out of windows, and doggie car seats that double as pet beds, to backseat hammocks, special bird carriers, designer carry bags for cats, and ramps that enable older pets to climb stairs into SUVs. Basic dog seatbelts costing anywhere from \$10-\$30 will properly restrain dogs while still allowing Fido's nose to stick out the window.

Conte says even pets that are always well-behaved during car rides can just as easily be the victim of a crash as the instigator of one. Regardless of an accident's cause, an animal can become a deadly flying projectile upon impact (a 60-pound dog can cause an impact of 2,700 pounds), resulting in harm to itself and other passengers.

Demonstrating love by properly restraining pets in automobiles will provide a safer and more focused environment for the driver, passengers and surrounding vehicles by preventing the animal from:

- Blocking rear window views
- Roaming between seats and jumping between the front and back seats
- Tearing and clawing upholstery
- Noticing other animals in cars or near the road that results in ongoing barking
- Escaping through an open door or window

Most importantly, never allow a pet to sit on your lap when driving. "Many of the same common-sense rules motorists use to protect children in a car also apply to animals," said Conte. "People don't drive with a child in their lap, and shouldn't do so with animals. You can show all the affection you want to your pet, but wait until you get home so you're not compromising the safety of yourself and surrounding motorists."

Allowing pets to become familiar and comfortable with being inside a vehicle before taking them on a journey plays an important role in reducing their anxiety when the wheels actually begin to roll. The calmer an animal is riding in a car, the less of a distraction it's likely to be. If an incident should

occur in which a driver's dog bites another individual during a car trip, the driver's homeowner's insurance policy would cover any resulting injuries.

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TWO RED CROSS EMERGENCY WORKERS, one from Cortland County and the other from Tompkins County responded to a fire early Saturday morning on Smith Road in Groton. The fire started in a breaker box, destroying most of the single family trailer home. No injuries were reported.

The Red Cross is providing financial assistance to the family of five, two adults and three children ages 11, 8 and 7, to purchase clothing and seasonal garments. The family will be staying with relatives nearby.

The family may receive additional services as part of the Red Cross humanitarian mission.

All Red Cross disaster assistance is provided free of charge to those in need. The Red Cross depends on financial donations to help in times of disaster. Those who want to help their neighbors in need can make a donation to support the South Central New York Red Cross Disaster Relief Fund. This gift enables the Red Cross to prepare for and provide shelter, food, emotional support and other assistance in response to disasters. Visit www.1redcross.org or call 607-273-1900. Contributions may also be sent to American Red Cross, 201 W. Clinton St., Ithaca, NY 14850.

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Answer
 Douglas Clark – Owner of Doug's Powersports in Cortland

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

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

WORD FIND

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