

FREE

May 16-29, 2012

Memorial Day Edition

FREE

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



THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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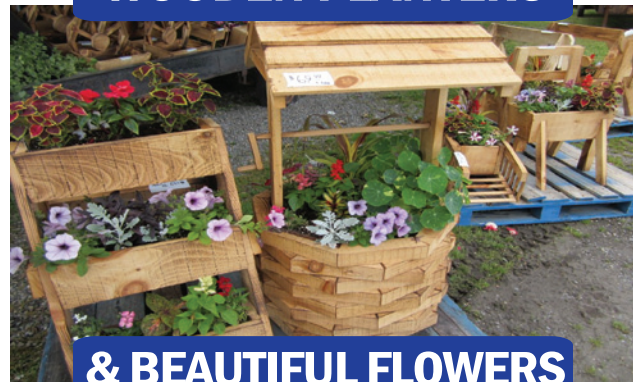
MEMORIAL DAY SPECIALS

DEDRICK'S

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MUSICAL GROUPS AND FLOATS NEEDED FOR DRYDEN DAIRY DAY PARADE

JUNE 9th
Line up is at 8am to 9am
CALL KIM 607-423-9694

WELCOME TO OUR MEMORIAL DAY 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!

May 30 – "Camping", Dairy Days & Pre-Grad/Dad Edition
(Deadline 5/25)

June 13 – Graduation & Father's Day Edition
(Deadline 6/8)

June 27 – Bed & Breakfast, 4th of July & Taste of Downtown Edition
(Deadline 6/22)

July 25 – BBQ, Outdoor Recreation & Welcome Back Jets Edition
(Deadline 7/20)

August 8 – Need for 'Speed' Edition
(Deadline 8/3)

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!*

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, May 25th for the next Edition.

CORTLANDAREATRIBUNE.COM

Visit our newspaper online! Each issue is posted online, along with additional content we couldn't squeeze into the printed edition! Also find us on Facebook and Twitter (@tcatribune)!

ONLINE CLASSIFIEDS

Due to the increased amount of content we're putting into print these days, we've had to move our classifieds exclusively online. This allows for a wider audience and makes it easier to link to and share to spread the word. Email them to tcatribune@gmail.com or submit them online. Find the most recent on our home page and the rest at cortlandareatribune.com/classifieds/.

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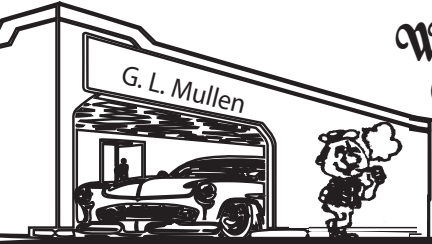
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COMMUNITY CALENDAR

May 17 – Basics of Alzheimer’s
 6:30 p.m. at the Groton Public Library This is part two of a three part series. The conclusion will be on June 21 with “Legal and Financial Logistics of Alzheimer’s Disease.” Presented by Jessie Cornell, Associate Program Director Southern Tier Region, Alzheimer’s Association, Central NY Discuss the difference between normal aging and dementia This session will: Define dementia, Explain how the disease affects the work of the brain, Discuss stages of the disease, Explanation of clinical trials, Overview of Programs & Services of the Alzheimer’s Association. To sign up call for this FREE session: Call the Groton Public Library at 898-5055 Email to director@grotonpubliclibrary.org

May 18 – Montague School of Irish Dance End of the Year Hooley
 6 - 10 pm, CortlandCountry Music Park. Irish Hooley, Live music, dancing, food and cash bar, 50/50 raffle, basket raffles, Irish dancers. Ticket

prices \$5.00 at the door. For more information call (607) 591-9753 or e-mail kdf6566@yahoo.com.

May 18-19 – Salvation Army Worship & Service Center Rummage Sale
 9-noon. Rummage sale at The Salvation Army Worship & Service Center on 150 N. Albany Street in Ithaca. Clothing, small household items, brick & brack and more. Sponsored by The Women’s Auxiliary – The Salvation Army of Ithaca. 607-273-2400

May 19 – Jesus Day – Walk for Christ
 9am, Court House Park. Churches throughout Cortland and Tompkins Counties are coming together to serve a free breakfast followed by a police-escorted Walk for Christ at 11 am. Booths displaying how churches serve throughout the year and worship teams from a variety of churches, including the band Audience of One, will show how they lead worshippers into the presence of God. No charge. Download proposed schedule.

For more information call Breck Aspinwall at (607) 591-2587, e-mail wfcny@yahoo.com or visit www.cortlandwalkforchrist.com. Want to volunteer?

May 19 – “Pet Tales” at Tompkins County SPCA
 12:30pm. Come to the library for another great storytime “Pet Tales” with furry friends from the Tompkins County SPCA. Stories, crafts, snacks and cuddle time! Southworth Library in Dryden. www.southworthlibrary.org

May 19 – Yard Sale Extravaganza
 Ellis Hollow Road Apartments 1028 Ellis Hollow Road Saturday May 19, 2012 9:00 am to 1:00 pm Jewelry, books, Nick Knacks, and more

May 19 – October 20 – Homer Farmers’ Market
 Saturdays 9:00 - 1:00 and Wednesdays 4:30 - 7:00, on The Green on Main Street in Homer. Cortland County’s ‘local-only’ market. Dedicated to increased local

production, access to healthy nutrition for all, and the promotion of a sustainable local economy through grassroots organization. Meet your neighbors, who just happen to be growing the best food you can buy! For more information e-mail tammie@homerfarmersmarket.com or visit www.homerfarmersmarket.com.

May 19 – Ithaca’s Spring Garden Fair & Plant Sale
 9am-1pm at the NY State Armory – 1765 Hanshaw Road off Route 13 in Ithaca. Over 40 area specialty plant growers and 15 garden groups! Plants of all kinds – uncommon annuals, perennials, flowering shrubs, organically grown transplants, rock garden plants, herbs and more! Free admission. Sponsored by CCE Tompkins County Master Gardeners 607-272-2292 ccetompkins.org

May 19 – Book Signing by Bob Ellis, Staff Photographer for the Cortland Standard
 Bob will be available on Saturday, May 19 from 10 am until noon to sign his

new book “25 Years of Photography at the Cortland Standard” at the Society, 25 Homer Avenue. Books will be available for sale or bring your own book to have Bob sign. Refreshments will be served. All are welcome.

May 19 – Greek Peak Wine Festival
 Greek Peak Mountain Resort 2000 State Route 392, Cortland, NY 13045 Saturday, May 19, 2012 - 11:00am - 5:00pm Head into the mountains to Central New York’s premier four-season resort for a full day of wine-tasting and fun. Join us in climate-controlled comfort at the resort’s new Acropolis Conference Center to sample & purchase the featured products of several New York State wineries while enjoying great food, live entertainment, and a variety of vendors featuring arts & handcrafted items, wine accessories, apparel & jewelry, and more. An Upstate Wine Country event. Advance General Admission Tickets - \$15 At Gate/Day of Event General Admission

Tickets - \$25 Designated Driver/Under 21 Tickets - \$5 For more information or to purchase tickets, go to www.upstatewinecountry.com.

May 20 – Maya Trio
 3 pm, Grace-Holy Spirit Church, 13 Court Street in Cortland. This talented trio plays music from the 15th to the 21st centuries on the flute, harp, and percussion. The trio’s mission is to perform, record, and commission music from a broad variety of composers with special emphasis on nurturing relationships with emerging young composers, as well as expanding its repertoire with music from a variety of cultures. A reception will follow the performance. There is no charge for admission. For more information call (607) 753-3073 or visit www.mayatrio.com.

May 20 – Cruise Night
 2-6 pm, Main Street from Groton Avenue to Tompkins Street, Cortland. Sponsored by Central New York Mustang & Ford Club.



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!

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

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 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, May 25th for this edition. By entering, you give us permission to print your name in our next issue. Each contest generates hundreds of entries!



DO YOU KNOW WHERE THIS IS?

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

Cheryl Rejman

Answer from the Previous Edition:

Cains Tractors & Implements, Inc. of 149 Clinton Ave., Cortland

The winner of last issue is Cheryl Rejman. Cheryl won a gift certificate from Sweet Scoops of Heaven located at 11 Ellis Drive in Dryden. The winner from this issue will win a gift certificate from Dedrick’s Fruit/Flower Stand located on Route 13 in Dryden! Enter your guess today!

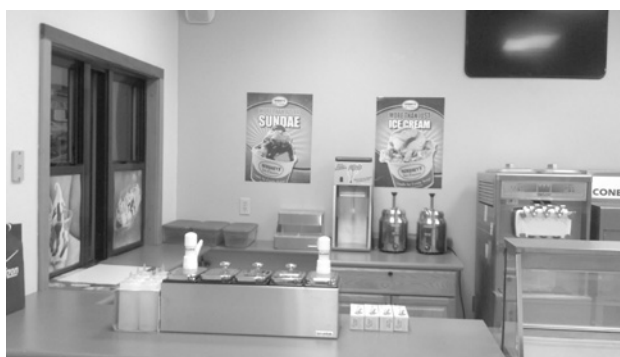
We are looking for old photos to stump our readers! Do you have an old photo we could use?! Please call us or email us – THANK YOU!



SWEET SCOOPS OF HEAVEN

ON MONDAY, APRIL 21, 2012 Sweet Scoops of Heaven opened its doors to the community. Although it was a very wet, cold, and rainy day we saw many venture out in the typical upstate NY spring weather to have great ice cream. When we made the decision to follow our dreams and step out of corporate America we knew we would be taking a huge leap of faith. We are a family of 6 with 4 children ranging from 4-10 yrs old. We spent a lot of time praying and looking for that perfect spot to open an ice cream parlor. We thought we had found it on Main St., however that had been taken. The pastor of the Asbury Church had informed me there was a location next to subway on Ellis Drive, and once we found it we knew that was where we would make our home. While getting ready to open we knew we wanted a warm and inviting atmosphere where families, friends, teams, and other businesses can come and get all different types of ice cream. Our goal was to be a big part of the community, get to know everyone, and enjoy the presence our customers bring. So far we have accomplished that goal. The response we have had from all coming into the shop has been nothing short of amazing. Not a day goes by where a customer does not tell us how excited they are that we have opened and that they will definitely be back. We love to see the look on peoples face when they try one of our old fashioned shakes, our homemade soft serve, or our wine infused ice cream. There's nothing more rewarding for my fiancé and I to have a family come in with young children and to watch the kids (and sometimes parents) walk out with ice cream all over their face. Last weekend we began serving our homemade pulled pork and homemade macaroni salad

dinner and we completely sold out in just 3 days. We will be offering the homemade BBQ pulled pork and macaroni salad every other weekend, be sure to get yours as our response was overwhelming. We have a little bit of everything for everyone, from great products like our Mercers Wine Infused Ice cream, to rich and creamy Hershey's hard ice cream, and you can't go wrong. We also carry great tasting Via Veneto's Italian ice for those looking for a non-dairy product. We would like to thank the community so far for all the laughs, support, and happy faces, we look forward to seeing you all over the summer. Stop in and see John and Chasette, our hours are Mon-Sun 12noon-9:30pm. Questions - give us a call 607-227-4453 or drop us an email sweetscoopsofheaven@gmail.com. We welcome and encourage any and all suggestions for products or ice cream flavors you would like to see. Be sure to look for our float in the Dryden Dairy Day parade as we will be throwing all kinds of goodies! From our family to yours, thank you for your continue patronage!



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STATE

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WITH BLAKE MILLS

JUN. 21 DAN SMALLS PRESENTS
HOT TUNA - ELECTRIC
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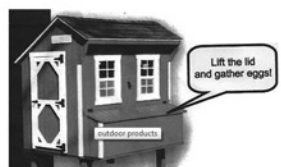
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DEDRICK'S IS READY FOR MEMORIAL DAY!

WARM WEATHER IS HERE, AND with its onset, we can look forward to all kinds of fresh flowers and produce! A wonderful place to go to get some fresh flavor and color is Dedrick's!

Now open for the season - Dedricks' Fruit/Flower/Vegetable Stand, located just North of Dryden on Route 13, can provide you with a selection of fresh produce and flowers, including a main line of flowers such as petunias and marigolds, and fuchsias, as well as unusual varieties of flowers you may have difficulty finding elsewhere, including cosmos, tall snapdragons or wave petunias. "We offer flowers that have been around for years, that are hard to find, and we also stay abreast of new flower varieties" says John Dedrick, owner.



Dedrick's has been a contributing business to the Dryden area for 40 years. John Dedrick started his business on two acres of rented land in 1972. Since then, Dedrick has expanded his acreage, as well as the volume of product he carries. The

Dedricks purchased the adjacent building, formerly a basket shop, when the people that owned it passed away. They also purchased land and added a larger greenhouse and more wagons.

John Dedrick prides himself on providing the highest quality produce and flowers. "We have top quality here," he states. "That's very important to me. I do all of the buying myself, and I try to be as competitive and reasonable as the other places. Dedrick's customer service and his staff are the things he is most proud of when it comes to his business. "We take pride in making sure our customers aren't kept waiting in line. We help our customers and get them checked out as soon as possible," he said. "My wife, Michelle, is doing a great job as cashier, and the employees are doing a great job, which makes things easier."

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

Dedrick's is open for business spring to late fall, always opening 10 days before Mother's Day and closing on the last Saturday

before Halloween. "We also close around July 4th for twenty-five to thirty days and wait for the home grown produce to come in. Then we open again around the 1st of August and stay open until the end of the season." Dedrick's has weekly and special sales throughout the year, which helps keep the prices reasonable.



So if you are looking for fresh fruits and vegetables and a selection of nice, hardy flowers - including those that you can't find anywhere else - stop down to Dedrick's Fruit/Flower/Vegetable Stand on Route 13,

across from the entrance to TC3, and "smell the flowers"!

Dedrick's will be open on Memorial Day and is open Monday through Saturday from 9am to 6pm. Closed Sunday. Dedrick's does not accept credit or debit cards, so make sure to bring cash or checks when you visit so that you can purchase from the great bounty of fresh flowers, fruits and vegetables that Dedrick's will be offering this year!

John and Michelle and the crew look forward to seeing you this season!



Happy Memorial Day!

Dryden Animal Clinic
2034 Dryden Rd.
(607) 844-9788

James A. Zwart D.V.M.
(607) 844-9788

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MEMORIAL DAY AT VALLEY VIEW GARDENS AND THE CINNAMON APPLE COTTAGE!

MEMORIAL DAY IS JUST AROUND THE CORNER and so is Valley View Gardens Retail Nursery. WE ARE STOCKED AND LOADED!

Your yard isn't ready for the holiday? Don't panic! There is plenty of time to give your garden or deck that special flair by adding our gorgeous, flowering shrubbery, trees and perennials to your garden! At Valley View Gardens Retail Nursery and The Cinnamon Apple Cottage Gift Shop we will help to enhance your home with elegant touches for both inside and outside just in time for Memorial Day.

Remember your loved ones this Memorial Day with an arrangement of annual flowers in your urn or in our pottery! Truckloads of ZERRILLO'S locally grown, superior hanging baskets and annuals arrive every week just in time to



help you decorate your memorial planter for those who have gone to their rest after serving our country.

FRUIT AND VEGETABLE GARDENS!

Are you planning an edible garden? Refreshing selections of hearty vegetable and herb plants await you at Valley View Gardens, as well as a variety of organic vegetable plants. Blueberry bushes and fruit trees are abundant at Valley View Gardens, so come and make your selections while they last! There is no time like the present to start your garden!

GIFT CERTIFICATES!

If you need a unique gift but are not exactly sure what to buy, we can help you! Delight your friends or loved ones with a popular Gift Certificate from Valley View Gardens and The Cinnamon Apple Cottage Gift Shop. Let your friends choose for themselves the items that most please them! Our attractive Gift Certificates can be used to purchase items inside the gift shop OR plants outside in the nursery. Best of all, they will never

expire and will be there just when your loved is ready to choose something they will treasure! They are the perfect expression of how much you care!

WHAT ABOUT YOU?

The time has come for you to treat yourself to that lovely tree or gorgeous shrub you have admired in your neighbor's yard for years or that home decoration you spotted a while

back. Indulge yourself! Valley View Gardens Retail Nursery, The Cinnamon Apple Cottage Gift Shoppe AND a fantastic

shopping experience are waiting for you at 3797 Luker Road in Cortland! Truckloads of stunning plants and eye-catching giftware have just arrived, including many new items and varieties!

Whether you desire quality plants or professional expertise to help with your landscape design and installation, Valley View



Gardens can provide both to your complete satisfaction. In addition to our forty years experience designing and installing beautiful landscapes, we are able to use that same expertise to advise "do-it-yourselfers" gardeners by steering them in the right direction. Finding the right plant for a particular environment is our specialty!

JUST AROUND THE CORNER!

In addition to twenty-two years elsewhere, we have been in business for eighteen years in Central New York, including six years at our present location on 3797 Luker Road, in Cortland. For your convenience, we are located 'just around the corner' on Luker Road, less than a half mile from Route 281,

opposite Builder's Best Do-It-Center.

You will be amazed at the quality and variety of our selection of shrubbery, shade trees, fruit trees, ornamental trees, topiaries and more! Valley View Gardens will provide a stronger, healthier plant than can be obtained in department store garden centers and our convenient location eliminates those costly trips out of town, ensuring a savings to you!

For a splash of color, choose from the gorgeous flowering annuals and hanging baskets that fill our greenhouses. If you have a niche to fill in that sunny or shady corner of your garden, we have an impressive assortment of perennials located in our perennial houses and outdoor displays that will do perfectly. Are you looking for that unique ornamental

Add some fun to your Memorial Day weekend by attending our tent estate sale and flea market on Saturday, May 26, from 9-3. Vendor space available for \$10. Call to register

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grass that has caught your eye? We have many varieties from which you can add texture and motion to your landscape!

The Cinnamon Apple Cottage is a unique gift shop located adjacent to Valley View Gardens. Time and again we have been told by our customers that they love to shop in our ten-room store. The lovely music of Scott Adams, born and raised in Groton, as well as the romantic instrumentals of composer/pianist Stuart Dudley are sold here and can be heard throughout the shop and the nursery, creating a delightful backdrop for your shopping experience!

Each room has its own ambience and related product lines. Floral decorations, fragrant candles and potpourri, art work, whimsical figurines, children's books and toys; outdoor décor and gift items; Amish jams, fruit butters, pie fillings and soups; delicious scone and bread mixes and much, much more! If you need a pick-me-up for yourself or your friends and loved ones, you are sure to find it at The Cinnamon Apple Cottage.

SUNDAY HOURS HAVE BEGUN!

Our springtime hours have begun! We will be open Monday through Friday, 9 to 6 o'clock; Saturday, 9 to 5 o'clock and for your shopping convenience, Sundays, 10:30 - 3:30 (through July 1). We will be open on Memorial Day, Monday, May 28 from 9:00 to 4:00.

Stop in and shop at our retail nursery and gift shop. Better yet, call Dan, Andrew and Pat Mones at 607-749-3130 to set up a consultation to help your landscaping dreams come true! You will be glad you came to Valley View Gardens on Luker Road! We look forward to meeting and serving you! See you then!



SAFETY HELPS BOATERS REMAIN ON RIGHT COURSE



WITH MEMORIAL DAY WEEKEND JUST around the corner, it's time to start thinking about getting your boats and personal water craft out of dry docks. As temperatures rise, more people begin flocking to the water to get a head start on summer fun. But as boats and

watercraft of all shapes, sizes and speeds take to waterways around the country, the increased boating traffic can be especially hazardous for those not keeping safety in mind.

Whether you own a fishing vessel, runabout, personal water craft or a pontoon boat, boaters should look at their marine insurance policies to assure proper coverage for property damage and liability. Items on boats that should be covered include GOPS tracking systems, fish finders, fishing equipment, life jackets and other personal property left on the vessel.

"Boat operators really need to know how to navigate their way out of trouble," said Jaclyn Darrohn, Allstate New York spokesperson. "Many accidents on the water can be prevented by investing a little time brushing up on boating safety practices—a small step that can make a big difference."

The Allstate Safe Boater Pledge, approved by the U.S. Coast Guard and the National Safe Boating Council, recommends that boaters:

- Take a boating education course. Allstate offers discounts (subject to availability and qualifications)

to boaters who have successfully completed qualifying boating courses from groups such as the U.S. Coast Guard, U.S. Coast Guard Auxiliary, and U.S. Power Squadron

- Wear life jackets a rule. Most laws require having U.S. Coast Guard-approved life jackets on board your vessel for all passengers
- Not mix drinking and boating
- Know the weather and water conditions
- File a float plan. Give the information to a friend or relative who can call for help if you do not return as scheduled
- Observe the nautical rules-of-the road, including speed limits
- Get a courtesy vessel safety check
- Report emergencies via Ch. 16 on a marine VHF-FM radio
- Not discharge oil, trash, or sewage into the water
- Properly insure the boat and make sure it has sufficient coverage

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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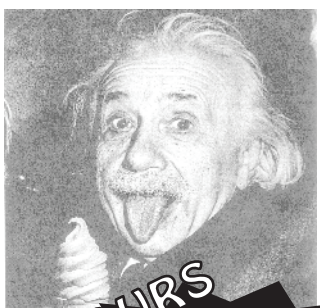
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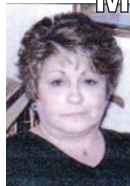
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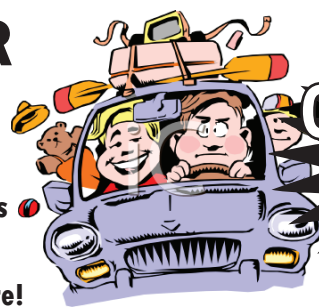
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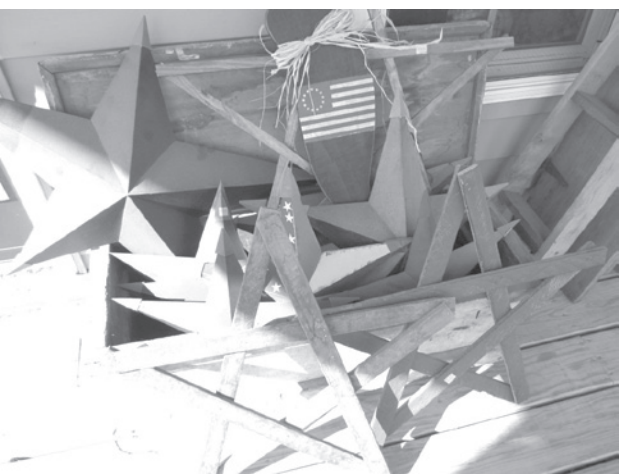
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PICCADILLY LANE COUNTRY AND PRIMITIVE Store is ready for your Memorial Day decorating with new items for your home, office, porch, patio or cottage! The country and primitive store welcomes you to come on the porch and stroll through the red door to find that something special you or a loved one just can't live without. The wonderful smell as you walk in the store is from their full line of hand poured, that burn clean and completely - soy candles! Be sure to take one (or 2 or 3) home! All 8 rooms, upstairs and down, are overflowing with new merchandise. Browse through the array of framed prints, rustic furniture, placemats, linens, rugs, soy blend candles, cards, jewelry, swags, garlands, tin ware, signs, pottery, including antiques for the collecting enthusiast to go along with the country décor! Check out the new wrought iron room! How about updating a room with new curtains - many designs, colors and patterns to brighten up your home or porch with popular styles from Sturbridge, York, Park and more! Piccadilly Lane owner Joyce Ballard, along with their friendly staff, will assist you in finding that unique item to accent your home and prides themselves with having that perfect accent piece for any room's wall, corner or nook! Joyce hand picks every item on her shopping trips to bring you country and primitive items to keep or to give! Piccadilly Lane boosts of berry and flower wreaths, garland and garden accents to brighten up any living space - take the short drive to Whitney Point and check out the giftware to beautify your living space! Gift certificates are available along with a bridal registry - brides and grooms - stop in for details! Piccadilly is located on 2634 Main Street in Whitney Point. Shop Monday, Tuesday & Friday from 10-6, Wednesday from 10-2, Thursday 10-7 and Saturday 11-3. Occasionally open Sunday 11-3 - call ahead 1st - 607-692-7418 or email piccadillylane1@aol.com and now on face book! Ask about hosting a Piccadilly Party and earn free merchandise! Piccadilly Lane Country & Primitive Store wishes everyone a Safe and Happy Memorial Day! They will be open Memorial Day, Monday May 28 from 11-3.



STAY AWARE OF MOTORCYCLES THIS SUMMER
MAY IS MOTORCYCLE SAFETY MONTH



RIDING ON A MOTORCYCLE CAN be an exhilarating experience, but it also comes with some risks. Even if a motorcyclist follows every law, he or she can still be involved in an accident.

Nearly two-thirds of all motorcycle collisions occur with a passenger car, and in a typical motorcycle accident, motorcyclists have less than two seconds to take action to avoid a collision. "By following a few simple precautions, passenger cars who share the road with riders can help make sure that each trip they take is a safe one," says Allstate New York spokesperson Jaelyn Darrohn.

As a motorist or a passenger, the National Highway Traffic Safety Administration reminds us that there are some steps to become more aware of motorcyclists:

- Respect the motorcyclist:
Remember the motorcycle is a vehicle with all of the privileges of any vehicle on the roadway. Give the motorcyclist a full lane of travel.
- Look out:
Look for the motorcyclist on the highway, at intersections, when a motorcyclist may be making a left turn and when a motorcyclist may be changing lanes. Clearly signal your intentions.
- Anticipate a motorcyclist's maneuver:
Obstructions (debris, potholes, etc.) that you may ignore or not notice can be deadly for a motorcyclist. Predict evasive actions.
- Allow plenty of space:
Don't follow a motorcycle too closely. Allow enough room for the motorcyclist to take evasive actions.

If you own a motorcycle, there's a good chance Allstate can help you protect it, and yourself, in case of an accident. Allstate's motorcycle policies are designed with bikers' needs in mind

Contact SHIRLEY EIZEMBER, Exclusive ALLSTATE AGENT at the Pinckney Insurance Agency located at 41 Port Watson St Cortland, NY 13045..Ph 607-756-8505.

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

NOT ALL HERBS ARE CREATED EQUAL

A FEW TIMES WHEN I suggested an herb, people have reported to me that they have tried that very herb with no results or adverse effects on their body. After an explanation on how herb companies differ, they usually follow through with the suggested herb and the vast majority have reported back that they have indeed experienced the desired results.

There are many herb companies out there and many who are in the health profession who are lining their pockets by using people's pain, concerns and even fears. I'm saddened to say not all of them are in organized medicine. Each of us needs to investigate the herbal company whose herbs we wish to purchase. You can't take my or anyone else's word who is selling to you. So the following are some suggested points that you might want to investigate.

#1. The company dedication to quality control. What are their testing procedures? How long are files and samples maintained? Are testing results available upon request?

#2. The herb company's suppliers. Where are the herbs grown? For example: If you take two tomato plants and plant them in different soil, one saturated with the proper nutrients and the other planted in depleted soil, the second plant's fruit will be nutritionally inferior. There are also other conditions such as temperature, length of season, etc. to be considered. When are the herbs grown? There are a few herbs that the time of year is important when harvesting. There are some that are bi-annual and the first year's plant is superior. Still others, such as Ginseng, need to be harvested years after planting. What part of the herbs

are used? Legally, herb companies can put leaves, stems and roots in a capsule and still market it as 100%. For instance licorice, but the part of the licorice that has the optimum benefits is in the root. If there are no fillers, why would it cost more per pound in its whole form than when it is encapsulated and production cost wouldn't be involved? Are they organically grown? Almost always when someone does not receive the desired results from a pure herb or has had a bad reaction, it is not from the herb itself but from the insecticide that was used on it. They cannot and try not to wash it off. You may be trying to go natural but are putting toxins or poisons into your system. Many insecticides are extremely dangerous. What drying techniques are used? Volatile oils are lost if the herb is dried too quickly or at too high of a temperature. Mold and mildew can develop if the herb is dried too slowly or incompletely. Which variety of the plant is used? Most plants have different varieties. Each variety has slightly different levels of nutrients. The variety which has the higher amount of active ingredient is more potent. And finally do they understand potency? Aged garlic is basically dead garlic. The beneficial part of garlic is allicin. Allicin is the result of two chemicals mixed. If you wait until the level of allicin has diminished you have also waited until the potential for benefit is lessened.

If you get a bottle of herbs dirt cheap it is probably only worth its weight in dirt. That is bad enough but it may also contain things that will hurt rather than help your health. It just isn't worth it. There is a booklet published by Nature's Sunshine Products explaining their quality assurance of which they are very proud (indeed they deserve to be proud) and there is also a video you can watch on my website. If you want to watch it just ask me for instructions to find it. So make sure your hard earned money is being spent on high quality, pure and potent herbs to put into your body not junk.



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

MIKE'S FISH TANK
NEON TETRA

THIS ISSUE I WANT to talk about a popular fish, the neon tetra. The Neon tetra is an extremely popular aquarium fish. It is relatively hardy and inexpensive. They are peaceful, stay small and have a peaceful temperament. They are often found in small community tanks. The maximum size of a Neon tetra is usually around one inch. The ideal temperature for neons is around 78 to 80 degrees F.

The Neon tetra belongs to the family Characidae. This makes it closely related to other popular aquarium fishes like the cardinal tetra and the green neon tetra. The less popular black neon tetra is a more distant relative since it belongs to another genus within the family Characidae. Over 1.5 million Neon tetras are imported to the United States alone each month! They are tricky to breed for the hobby aquarists, but professional breeders that produce immense quantities of Neon tetras exist in several countries world wide. The neons you produce in the United States has a high chance that they hail from Thailand, Singapore or Hong Kong. Wild caught neons come from Brazil, Columbia and Peru.

The Neon tetra is a fresh water fish native to tropical parts of Northern South America. It is present in both blackwater and clearwater stream tributaries. The neons have bright colours and an iridescent stripe in order to be visible in dark blackwaters. During the night, when the neon is resting in a sheltered place, the sparkling colors will be turned off and the fish will look dim. If you turn the aquarium lights on quickly, you might not even notice your neons due to the dull coloration. Once the light is back on for awhile, you should notice your neons colors being vivid once again.

The cardinal tetra looks like the neon tetra but if the red stripe ends roughly halfway from the nose of the fish, you are looking at a neon tetra. In a cardinal tetra, the red stripe will be the full length of the body. Neons are a shoaling species and you should keep at least 5 neon tetras together, preferably more.

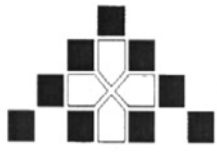
A neon tetra kept alone will be much stressed and spend most of its time hiding. Believe it or not, the Neon tetra can live up to 10 years in captivity, but most have a shorter life span.

Neon tetras are susceptible to the Neon tetra disease. There is still no available cure for this disease and it will most often kill the fish. The disease is caused by a sporozoan. Common symptoms include restlessness and dull coloration. Cysts will develop and the fish body can become lumpy.

Neon tetras are omnivores and feed on plant matter as well as worms and small insects. They are not fussy eaters and will eat flake food readily.

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





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@twny.rr.com

BOARD OF ZONING APPEALS (BZA) REVIEWS

OCCASIONALLY, EITHER RESTRICTIVE SITE CONDITIONS OR specific building design parameters force the applicant (homeowner or project design professional) to pursue a variance from established land use regulations. Every municipality that has adopted a local land use zoning regulation is required by State law to have a Board of Zoning Appeals (BZA). The BZA is not permitted to grant a hearing until a project has been submitted to the local CEO for review and specific land use elements of the design have been rejected. Only then does the applicant have an action to appeal. Issues subject to appeal may include minimum building setback dimensions (front, side, rear), maximum lot coverage of primary and/or accessory structures, landscape and buffered areas around site, maximum building height, or a use/occupancy issue. BZA Boards do not have control over property easements, as they are controlled by the authority that originally requested the easement, thus limiting construction in those protected areas. Easements protect underground and overhead utilities, cable television and internet services, established traffic and pedestrian right-of-ways, natural watercourses, historic features, etc. Two newer types of easement/deed restrictions are agricultural landscape buffers and subsurface leases for future fractal gas drilling.

The BZA must review a project request and its potential environmental impact within a defined list of considerations set down by the State of New York. The basic review parameters are:

- How substantial the variation is in comparison to the requirement;
- The effect, if any variance is allowed, of any increase in population density, intensity of development, or generation of traffic on the existing public facilities;
- Whether the variance will produce a substantial change in character of the neighborhood or a substantial detriment to adjoining properties;
- Whether the practical difficulty in observing the dimension regulations can be overcome by some method, reasonable for the appellant to pursue, other than a variance, and;
- The circumstances upon which the appeal is based were not created by the appellant, nor was the appellant's interest in the property acquired with the knowledge that these conditions exist;
- The lot of facility in question cannot reasonably be used for and facility or activity permitted or conditionally permitted by these regulations;
- Whether in view of the manner in which the practical difficulty arose and considering all the above factors, the interests of justice will be served by allowing the variance.
- A completed Environmental Impact Statement (EIS) defining how the project will impact the local environment

Based upon the above criteria and specific material presented for the proposed project, the Board of Zoning Appeals then issues one of three determinations. APPROVED, APPROVED WITH CONDITIONS, or REJECTED. In some cases, the appeal will be returned to the Appellant for more study if insufficient data or design work was presented for the BZA to render a final decision.

The Appellant might also seek a variance review to build or renovate a structure that has one or more noncompliant construction elements. When this occurs, the local CEO will assist the Appellant in submitting a request to the NYS Dept of State Division of Code Enforcement and Administration which has a number of regional hearing offices around the State. Local building departments lack the authority to unilaterally render design instructions that are contrary to applicable Building Codes.

CALENDAR OF EVENTS

May 20 - Paddle Party/Quarter Auction

Preview at 2pm, Party begins at 2:30pm at St. Patrick's Church on Keibel Road in Whitney Point (across from the High School). Featuring direct sales consultants: Clever Containers, Papparazzi Jewelry, Tasteful Treasures, Wildtree, Mary Kay, Tupperware, Pampered Chef, Thirty One and Scentsy. Contact Cecelia for more info 607-862-3240. To benefit the Youth Mission Trip this summer. How it all works: Pay \$5 to join the party and you receive 4 paddles. Each consultant puts items into the auction. You can preview items up for auction prior to start of party. When party begins the auctioneer will hold up each item and give a brief description. If you want to bid on the item up for auction you place 1 quarter in the cup and hold up 1 paddle, 2 quarters 2 paddles, etc. When all bids are placed the auctioneer will draw a numbered chip and if the number matches your paddle number, you win that prize. If no paddle matches then a new chip is drawn until we have a winner - it is easy and so much fun!

May 20 - Cruise Night

2-6 pm, Main Street from Groton Avenue. to Tompkins Street in Cortland. Sponsored by Central New York Mustang & Ford Club.

May 21 & 22 - AARP Driver Safety Program

Monday AND Tuesday, May 21 & 22, 9:00am-12:30pm at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca NY Way2Go, in partnership with AARP, will be hosting a Driver Safety Program meeting on 2 consecutive mornings. This program is designed with drivers aged 50+. AARP's Driver Safety Program is the nation's first and largest classroom refresher course, and could result in points be deducted from your license and a discount on car insurance! Fee: \$17 for AARP Members; \$19 for non-members. For more information, contact Ray Weaver of Way2Go at Cornell Cooperative Extension of Tompkins County, (607) 272-2292 or email weaver@cornell.edu.

May 23 - March in May for Mental Health

8:30am, Wishing Wellness Center, 37 Central Avenue, Cortland. Sign up to walk from the Wishing Wellness Center to Beaudry Park on Scamell Street. T-shirts for the first 50 registrants by April 27. To register or for more information e-mail ajones@sevenvalleyshealth.org or call 607-756-4198. Refreshments available on arrival at Beaudry Park and Deputy Mayor Ken Dye will proclaim May as Mental Health Month.

May 23 - Jessica's Pink Passion Night of Spa Pampering

Jessica's Pink Passion, founded by Jessica Carpenter, is a small volunteer organization that raises funds for direct support for breast cancer patients. Jessica has partnered with Finger Lakes Spine and Body Works for a special night of spa

pampering. The event will be held on Wednesday May 23 from 6 to 9 pm at Finger Lakes Spine and Body Works at 87 West Main St. in Dryden. Guests will receive a sampling of twelve services including: Reiki breathing, nail painting, mini facials, facial waxing, chair massage, yoga and acupuncture. Only 40 tickets will be sold and all proceeds will benefit Jessica's Pink Passion. There is a fee for the evening and refreshments will be served. To purchase a ticket contact Jessica at 607-351-1184 or Finger Lakes Spine and Body Works at 607-844-3304. You may also go to www.jessicapinkpassion.com. to purchase tickets online.

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PUZZLES & GAMES

WORD FIND

Find the 'Memorial Day' related words below! Can you find them all? Good luck! Check our next edition for the solution!

| | | | | | | | | | | | | | | |
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- picnic • observance • anthem • patriotism • monday • parade
- veterans • military • honor • freedom • flowers • heroes • peace • army
- navy • marin • eair force • armistice • cemetery • artillery
- country • defend • flag • guard • sacrifice • soldier • taps • valor • america

SUDOKU

It's easy to play Sudoku! Simply fill every column, row and 3x3 box so they contain every number between 1 and 9. Don't go too fast! The game is easy to play but difficult to master!

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| | | 6 | | 2 | | | | 9 |
| | | 4 | | 5 | 7 | | | 8 |
| | | | | | 6 | 5 | | |

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- Main Street Downtown Homer • Back to Basics
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- Ithaca Wegman's • Rite Aid Dryden/Cortland
- Gregg's Market Marathon/Whitney Point • Dryden Agway
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- Country Kitchen - Whitney Point • Country Kitchen II - Cortland
- Hope Lake Lodge • Tully Kinney Drugs • Triphammer Mall
- Dryden Agway • Piccadilly Lane Country & Primitive Store
- The Second Knob Gifts & Antiques

LAST EDITION'S PUZZLES

SUDOKU

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| 7 | 9 | 3 | 8 | 4 | 6 | 1 | 5 | 2 |
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WORD FIND

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