

FREE

June 12-26, 2012

Father's Day & Graduation 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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WELCOME TO OUR ANNUAL FATHER'S DAY & GRADUATION 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!

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)

August 22 – Pamper Your Pets & Labor Day Edition
(Deadline 8/17)

September 5 – Get Ready for Fall! Fall is for Planting & Hunting Edition
(Deadline 8/31)

September 19 – Bridal, Great Pumpkinfest & The CAT's 10th Anniversary Edition
(Deadline 9/14)

October 3 – Fall Antiques Edition
(Deadline 9/28)

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, June 22nd 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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COMMUNITY CALENDAR



Cortland Farmers' Market

Tuesdays and Saturdays 8am - 2pm, Main Street in Downtown Cortland. Visit us on Facebook for up to date local fruits & vegetables when they are available at our market. Our Farmer's Market is celebrating 40 years on Main Street! Opens June 2.

Homer Farmers' Market

Now through October 20, Saturdays 9am - 1pm and Wednesdays 4:30pm - 7pm, 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.

June 1 - Women Working Together Presents "Birds of a Feather"

Uncle Louie's Backyard, Tompkins Street, Cortland Speaker: Mary Beth Wright - Owner, Avinet Located in Dryden, Avinet, Inc. was formed in August of 1987. Since then, they have been developing, manufacturing and distributing specialized equipment for professional field biologists, both in the US and internationally. That in and of itself is pretty impressive, and one would assume that the founder of the company, had a degree in ornithology, but that's not the case with Mary Beth. Join us as Mary Beth shares her journey and we learn how she got the idea for this unique business, what inspired her, and how this local company has expanded to include global clients. Lunch is \$12, payable at the door*. Registration begins at 11:30 AM. *Cash or check payable at the door to "Uncle Louie's" Please RSVP by Wednesday, May 30, 2012 to 753-9651 or kathy@cortlandywca.org

June 15-16 - 2012 Garden Tour "What's Blooming"

Skaneateles Garden Club welcomes you to join us for our 2012 Garden Tour "What's Blooming" in and around the village of Skaneateles. Tour dates are June 15 and 16 from 10:00 AM to 4:00 PM on both days. The tour will offer a wide variety of gardens, both large and small, each with its own unique features and a great variety of flowers and trees. We would love to have you join us to view seven beautiful gardens. There will be a luncheon held at The Skaneateles Country Club on Friday only from 11:30 - 1:30. Advance sale tickets for the tour can be purchased until June 1st for \$18.00. The tickets will be \$20.00 after June 1st. Tickets for the luncheon will be \$20.00 seating is limited so get your tickets early! Tickets can be purchased the day of the event for the tour only at each garden site. Tickets can also be purchased at The Austin Park Pavilion located at 1 East Austin Street. It is recommended that you wear comfortable shoes, preferably no highheels and no strollers will be permitted on the lawns. To purchase tickets

please write to: Skaneateles Garden Club, P.O. Box 96, Skaneateles, NY 13152. For additional information, you can visit our website skaneatelesgardenclub.com or Facebook page "Skaneateles Garden Club" or call Rose at 315 685 - 3943. Rain or shine, Hope to see you there!

June 16 - Craft Fair/Flea Market

8-3 at the Varna Community Center (943 Dryden Rd./Rte. 366). Tables \$10 each or 3 for \$25. To rent tables, e-mail Susan Simmons; sasrvcs121@yahoo.com

June 16 - St. Anthony's Festival

St. Anthony's Festival 50 Pomeroy St. Cortland NY 4 - 7 PM Spaghetti Dinner 5:30 PM Traditional Italian Mass 7:00-9:30 PM Tribal Revival Band, Silent Auction, Themed Basket Raffle, Italian Novelties for Sale, Italian & Ethnic Foods 9:30 PM Fireworks sponsored by The Green Arch and McNeil & Co. Insurance and Risk Services

June 17 - Father's Day 5K Run

9am, Lime Hollow. A 6-Pack Race. Pre-registration

\$17, youth \$12. At race registration \$20, youth \$15. For more information, call (607)756-2893, e-mail peggy@cortlandymca.org, or visit www.cortlandymca.org/YMCARuns.htm.

June 19 - Contemporary Singles Open Meeting/Picnic

6:00PM, Arnold Park, Pavillion 4. Team Trivia. All singles welcome. Info 748-1860.

June 21 - Charitable Gaming & Bell Jar Operations Seminar

12:30 to 3:30pm, Chamber of Commerce Building Conference Room, 37 Church Street, Cortland. Conducted by New York State Racing and Wagering Board. This is a free informational seminar for financial officers and interested individuals from not-for-profit charitable organizations currently conducting games of chance, bingo and raffles and those who are thinking of conducting them, as well as municipal representatives. Those planning on attending must pre-register by June 15. Please contact the Cortland City Clerk's Office at (607) 756-6521 to register.

June 23 - Herbs Perennials & Permaculture Class

Saturday, June 23, 10:00am-4:00pm at Cornell Cooperative Extension of Tompkins County, 615 Willow Avenue, Ithaca This hands-on Gardens4Humanity training class will cover perennials as an easier and more sustainable way of growing food; growing herbs and perennial vegetables, introduction to permaculture, Herb Spiral construction. Class is open to the public and the suggested cost is \$20/person. To sign up, call G4H at Cornell Cooperative Extension of Tompkins County, (607) 272-2292. In case of heavy rain, class will be relocated to CCE-Tompkins, 615 Willow Avenue, Ithaca.

June 23 - Varna Methodist Church Chicken BBQ

The Varna Methodist Church located on #366 will be hosting a chicken barbecue on June 23 starting at 12 noon. There will be chicken halves only at \$5.00 per half. We will be cooking only 200 so come early and don't be left behind.



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, June 22nd 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:

Jeanette Byron

Answer from the Previous Edition:

Bill Bros. Dairy of West Road in Cortland

The winner of last issue is Jeanette Byron. Jeanette won a gift certificate from Toad's Too Ice Cream Oasis located on Route 38 in Freeville. The winner from this issue will win a gift certificate from Toad's Diner located on Route 38 in Freeville! Enter your guess today!

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



BRAIN FREEZE MADNESS

BRAIN FREEZE MADNESS, is a new ice cream shoppe that opened on May 18th located at 123 S. Main Street in Homer. Brian and Teresa Wallace of Homer are life long residents and decided to open the shop since it was a dream that we had had for awhile. We wanted to give back to the community as well as a rewarding adventure for us both and to leave our children a life long future. Brian owns other businesses, including Wallace Landscaping LLC, Izzi's Custom Cuts, Super Clean Powerwash and a topsoil company. Teresa does the books for all of Brian's companies, volunteers for St. Mary's School where our daughter Isabella attends. We had been considering the idea for years but finally decided to go ahead with it about a year and half ago.

We built the shop on the original foundation which was a dilapidated old body shop and expanded the building slightly. The shop also, has the first Drive-thru window for ice cream in the community for all of the on the go people, as well as outdoor seating and plenty of parking. Our shop is open seven days a week from 11 a.m. to 10 p.m.

We offer Turkey Hill soft serve ice cream, as well as Gifford's Premium Hard ice cream, we also, carry gluten free cones for people, and a variety of no sugar added hard ice creams, which many people have been grateful for they like the variety we carry. We've had a successful few weeks since we have been open. The community seems very happy to see the building renovated into something wonderful, and have had great opinions on our product. We're walking distant from the village, and the only place where you can hop off Interstate 81, get some ice cream and get back on very quickly. Next year, we have alot more goals to reach we would like to start up a hot dog/hamburger stand also. After, this year we are considering staying open year round.



GARY'S FURNITURE NEW AND USED FURNITURE

KNOW SOMEONE GOING OFF TO college?! Looking for affordable, quality furniture to update your home, office or dorm? Shopping for Dad for Father's Day?! Conveniently located and easy parking for loading - Gary's Furniture carries new and used bedroom sets, couches, loveseats, daybeds, dining room sets, end tables, dressers, recliners, box spring mattress sets and more! Gary has been in the furniture business for 17 years and his furniture is factory direct from North Carolina to save you just in time for Father's Day - Recliners are on sale! Small recliners are only \$265 and large are only \$289! Give Dad the perfect gift - a relaxing recliner! Gary's has lots of new Amish furniture and décor in stock and Gary's can order Amish Furniture in unfinished, painted or stained woods! Other Amish made furniture include night stands, lamps, pie safes, cupboards, kitchen islands, birdhouses, signs and more! Plus Amish outdoor furniture is also available by order in unfinished, painted or stained finishes - ask for details.

Redecorate your living room with a sofa and loveseat for those summer parties- most styles are available in 5 colors and over 30 styles. Special order your favorite and have it in only 2 to 3 weeks!

Gary's also offers a variety of new name brand mattresses - some with a 15 year warranty in super pillow top. Choose from American Bedding - Easton, New Dimensional, Adams or Monroe to name a few. Choose from twin, full, queen or king sets - all at great prices and get that good night's rest you have been waiting for!

Gary's also has a variety of gifts for your shopping convenience - including sheet sets, wall art, lamps and more!

Visit Gary's Furniture in Cortland at 1106 Route 222 in Groton Ave Plaza or in Lisle at 9011 Main Street. Gary's is also buying good used furniture. Questions - give Gary's a call in Cortland 607-753-0676 or in Lisle 607-692-7894.



THE FARM & FORK LOCAL FOODS EATERY

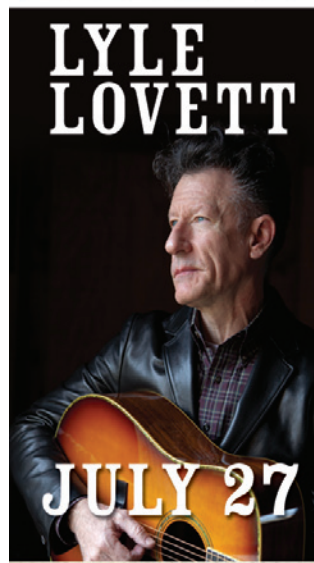
The Farm & Fork, Serendipity Catering's local foods project at Silver Queen Farm in Trumansburg, is hosted once a month for Saturday dinners from 6:30-9:30 and Sunday brunches 11:00-1:30. Events feature gourmet, local farm-driven menus and beverages, live music and farm tours. Upcoming events will be held on Saturday, June 16th and Sunday, June 17th.

Upcoming 2012 Dates:

- Saturday, June 16th Dinner & Sunday, June 17th Brunch
- Saturday, July 16th & Sunday, July 17th Brunch
- Saturday, July 28th Dinner & Sunday, July 29th Brunch
- Saturday, August 18th Dinner & Sunday, August 19th Brunch
- Saturday, September 15th Dinner & Sunday, September 16th Brunch
- Saturday, October 20th Dinner & Sunday, October 21st Brunch
- Saturday, November 17th Dinner & Sunday, November 18th Brunch
- Saturday, December 15th Dinner & December 16th Brunch

Individual ticket price: Dinner - \$60, Brunch - \$30
Children 12 and under: Dinner - \$25, Brunch - \$15

For more information or tickets please contact Serendipity Catering at (607) 273-2145 or email thefarmandfork@gmail.com. Tickets are also available through Ticket Center Ithaca at (607) 273-4497 or www.ithacaevents.com.



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CHARISSE ELIANA KOPA

I AM A NEW YORK State licensed Aesthetician and make up artist specializing in helping people look their best, naturally. My approach to skin care melds my education of skin with my passion for art. I believe in approaching beauty as a holistic endeavor and I am committed to making you feel radiant in your skin. I can best do that by providing services that are beneficial to your health and good for your skin. I only use products that are an extension of skin health.

Spray tanning fits that philosophy. Having a healthy, natural coloring is an ideal that my clients love. I am able to give them the look they want without the damaging rays of the sun. Being outside and enjoying the sun is a great way to enjoy the summer day, but it is essential to wear a high SPF sunscreen to protect your skin. Spray tanning allows you to have the color you want while being able to protect your skin and have it maintain a youthful appearance.

Miel provides mobile airbrush tanning services to groups. Miel also has salon appointments available on Fridays at Highlight your Life Salon in Dryden. To learn more about airbrush spray tanning and makeup services please visit www.mielbeauty.com or call or text 607-262-0261.



LITTLE YORK PLANTATION.

A 6 acre Garden center, Gift shop and Landscaping Company Creating Beautiful Gardens for 39 years

IN 1972 JACKIE AND DICK Crane bought their first home and business--a large rambling farmhouse with a roadside farm market in Little York. The idea of raising their two children in an agricultural setting and Jackie being able to be a stay at home working Mom was intriguing.

At first the farm market was exclusively fruits and vegetables. The second year Jackie made homemade bread daily and 1,500 jars of various jams during the season. In the winter months she would crochet afghans for sale.

In 1978 they decided to increase their curb appeal by hanging beautiful baskets and having colorful containers throughout the stand. To their surprise, customers wanted to purchase the containers. No problem---to supplement what they had been growing on the 6 acres, Dick was going to the wholesale farmer's market in Syracuse and could pick up more plants. Each day more flowers were planted and sold. After a week of plant sales exceeding vegetable sales, Dick began research on their first greenhouse and he constructed it before returning to his teaching job at Homer the following fall.

They started with annuals and a few perennials the first year. House plants, trees, shrubs and fruits were added to cover the full spectrum of plants. In 1985 their son Bill was asked to do

some landscaping for one of his teachers. Out of that request, the landscaping business was born.

Today Little York Plantation has become the premier garden center and landscaping company in central New York and the surrounding areas.

As we are preparing for our 40th year, our story grows. The mission has always and continues to be providing the highest quality plants and customer service in the industry. Our customers will guide our future. A customer request has prompted us to hold our first holistic herbal healing event on June 23rd. Our Bloomin-facts conference call each Saturday morning provides expert gardening advice. And there's more to come. Follow us on Facebook to keep up with changes as they happen or visit our website www.littleyorkplantation.com.



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FATHER'S DAY & GRADUATION DAY CELEBRATED AT VALLEY VIEW GARDENS!

"JUST AROUND THE CORNER"

FATHER'S DAY AND GRADUATION DAY are here and there is no better time or place to look for a special gift for Dad than at Valley View Gardens Nursery and the Cinnamon Apple Cottage Gift Shoppe! We are stocked with beautiful trees, shrubs, perennials, and annuals. Wander down winding paths artistically arranged to suggest possibilities for your landscape projects! Explore our six houses filled with annuals, hanging baskets, perennials, shade-loving shrubs, and the cool and lovely hosta house, as well as our "back yard" lined with hundreds of shade trees like Crimson King and Red Sunset Maples, Oaks and flowering Crabapple trees! Vegetables, herbs, raspberry and blueberry bushes, as well as an assortment of fruit trees are in stock for Dad's edible garden. Butterflies will love to visit your landscape when Dad installs the flowering bushes that you give him for Father's Day.



Humming birds are guaranteed to drop by with the addition of flowering hanging baskets and shrubs! Gift Certificates are always available!

Celebrating a graduation? Dad will enjoy giving a refreshing new look for that graduation garden party! Valley View Gardens Nursery is abounding in luscious plant materials waiting to be planted! He will discover flowering Lilacs, Crabapples, Spireas, Weigela, Weeping Cherries and so much more! If he has a landscaping project in mind and need assistance, Valley View Gardens can help Dad increase the value of his home with an eye-catching landscape. If he prefers to do-it-yourself, Valley View Gardens has a wide selection of trees, plants, and shrubs to meet all of his landscape needs. Valley View Gardens has been providing professional landscaping service and quality plant material ranging from a variety of shrubbery, pom-poms and spiral topiaries, maples, oaks, weeping ornamental trees and fruit trees for over fifteen years. For a splash of color, Dad will see our ornamental grasses, hosta and a plethora of daylilies.

Beautiful hanging baskets, annuals and herbs will be well perk up all your garden beds!

Gifts for the men in your life abound at the Cinnamon Apple Cottage Gift Shoppe. The Cinnamon Apple Cottage contains special section with gifts for the outdoorsman and nature lover. Hand carved decoys, bird statuary, bird watching books and recordings of bird songs are waiting for you! Thermoses, mugs, drinking glasses with fish, bear, moose, and eagle motif line the shelves of the American Expedition room. Your husband or father will love the unique items that are chosen for him!

Framed artwork including Wildlife Artwork by local artist Jim Wonderling will amaze the man who loves nature. Each print is signed and numbered and ready for standard size framing! Inspirational plaques, luscious candles (with scents like "Hot Apple Pie" and "Butter and Maple Syrup") as well as an assortment of lovely wreathes, garlands, potpourri and handmade gifts fill every room.



Our hours are Monday to Friday, 10am to 6pm, Saturday 9am to 5pm. We have been open on Sundays through the 1st of July from 10:30am to 3:30pm for your shopping convenience. Normal "closed on Sunday"

hours will resume Sunday, July 8.

The Cinnamon Apple Cottage Gift Shoppe is located "just around the corner" from the Rte. 281 shopping district adjacent to Valley View Gardens Nursery at 3797 Luker Road in Cortland, opposite Builder's Best Do-It Center. If you have any questions, please call Valley View Gardens at 749-3130. We look forward to seeing you this week as we help you celebrate Father's Day and Graduation Day at Valley View Gardens Nursery and the Cinnamon Apple Cottage Gift Shoppe! Bring a friend! Gift certificates are available! See our enclosed coupon!





A Touch of Glass

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RELAY FOR LIFE...A CELEBRATION

By Shana Karn, *The Second Knob*

THIS YEAR, THE SECOND KNOB was delighted to participate in the fundraising efforts for American Cancer Society's Relay for Life. Throughout the year, our shop has offered cookbooks for sale which support Family Health Network "Making a Difference" Relay for Life Team. The same team held a hosted party at the shop a few weeks ago. During the course of the evening, we offered door prizes and the team provided both snacks and drinks. Twenty percent of all purchases was donated to the American Cancer Society.

As in years past, I participated in Friday evening's Relay event and once again was reminded of what an incredible event the Relay for Life is and how beautiful it is to see so many people working together for a single cause.

The American Cancer Society Relay for Life began in Tacoma, Washington in 1985. Today, there are over 5200 Relay for Life events in the United States and over \$4.5 billion dollars has been raised to save lives. Last week, the Cortland County Relay for Life raised \$130,000 thanks to 52 teams—640 participants.

If you've never attended a Relay event, you don't know what you are missing. During this overnight, relay-style event, teams of people camp out around a track and participants from each team take turns circling the track. With food, fun and activities, the Relay is a family-friendly activity which, in addition to raising money for cancer research and saving lives, brings communities closer together.

As hundreds of community members gathered inside SUNY Cortland's Lusk Field House, the Relay environment was full of energy and hope. Teams around the track offered activities and did fundraising. One team offered a bead for every lap around the track, another team offered pedicures and yet another team offered hula-hooping. There were raffles and demonstrations, dancing and singing. It sounds like a celebration doesn't it? It really is a celebration-- of life and what people are capable of. It is a celebration of lives, even those that were lost and a celebration of survival and cancer Survivors.

The Survivor's Lap, a key moment of the Relay, is always emotional. Again this year, we watched as Survivors circled the track; there were both young and old, boys and girls, men and women. There were friends—all of whom are survivors-- that walked hand in hand. There were husbands and wives, brothers and sisters, parents and children-- each a walking reminder that cancer doesn't discriminate. It is next to impossible to watch these people-- each of them a symbol of strength-- walk by and not feel moved to tears because of what they've gone through. For any of us whose lives have been touched by cancer, we know the fear that accompanies a cancer diagnosis and watching each of these survivors gives us hope.

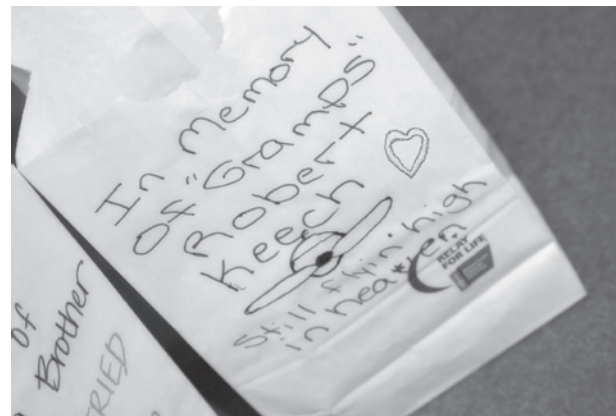


After dark, the Luminaria Ceremony takes place. This is, by far, my favorite Relay event. Luminarias are small bags that bear the name of a person touched by cancer. Often, these bags are decorated by loved ones, some have a picture, others a note or a memory. Some offer "support" for people who are currently fighting cancer, others "honor" survivors and others are "in memory" of someone whose life was lost to cancer. When the Relay is held outside, a candle is placed inside each luminaria and the dark track

comes alive. This year, due to weather, the event was held inside and many teams still illuminated the luminarias with battery operated candles or glow sticks.

As always, this year's Relay for Life event in Cortland County was beautiful. I encourage everyone to get involved in a Relay for Life event next year. Visit the American Cancer Society Relay for Life website at www.relayforlife.org and search for an event near you by entering your zipcode. And be sure to watch The Second Knob's Facebook page for information on our Relay for Life fundraisers!

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WHAT EVERY ATV RIDER SHOULD KNOW BEFORE THEY GO ALLSTATE PROVIDES SAFETY AND NEW YORK STATE LAW INFORMATION TO RIDERS



THIS SEASON OF THE YEAR, children have more free time to enjoy outdoor activities, including ATVs. Riders of all-terrain vehicles and off-highway motorcycles will always get the most enjoyment by riding smart and riding safe.

An ATVSafety.gov spokesperson states that children are involved in about one-third of all ATV-related deaths and hospital emergency room injuries. Most

of these deaths and injuries occur when a child is driving or riding on an adult ATV.

Parental supervision is a key element to a child's safety, and children under the age of 16 must be supervised at all times when operating an ATV. ATVSafety.gov says there are 10 important things riders should know before they go:

1. ATVs are not toys! They are powerful and potentially dangerous vehicles.
2. ATVs can travel at speeds in excess of 60 miles per hour and can weigh in excess of 700 pounds.
3. ATVs can easily roll and tip over. Their unpredictable nature in off-road conditions makes training and proper use essential.
4. In 2009, there were an estimated 781 deaths associated with ATVs, including 93 reported deaths that involved children. In 2009, an estimated 132,000 ATV-related injuries were treated in hospital emergency rooms.
5. All riders should always wear a helmet when on an ATV.
6. About one-third of ATV-related deaths and injuries involve children. Anyone younger than 16 years of age should never be on an adult ATV.
7. Stay off paved roads and avoid unfamiliar terrain.
8. Never carry a passenger on a single-rider ATV.
9. Do not drive an ATV while under the influence of alcohol or drugs.
10. All riders should take a hands-on safety training course.

According to the New York State Department of Motor Vehicles, insurance coverage is required unless you drive the ATV only on your private property. "Allstate's off-road vehicle policies are designed with riders' needs in mind," says Allstate New York spokesperson Jaclyn Darrohn. "If you own an off-road vehicle, there's a good chance we can help you protect it, and yourself, in case of an accident."

NYDMV further states that one may not operate any ATV anywhere in New York State, except on your own property, unless it is covered by liability insurance. You must show proof of this insurance upon the request of a judge, the police or a person claiming to have suffered injury or property damage from your operation of the ATV.

Allstate recommends protecting yourself and your family with:

- Liability Coverage

Typically helps protect you for damages to others if you're at fault in a covered accident.

- Guest Passenger Liability Coverage

Typically helps protect you for bodily injury to a passenger on your ATV, if you're at fault in a covered accident.

- Medical Payments Coverage

Typically provides payment for reasonable and necessary medical treatment for you or another insured person after a covered accident.

- Underinsured/Uninsured Motorists Coverage

Typically protects you for covered damage caused by drivers who don't have insurance or don't carry enough insurance.

Darrohn adds that you should check with your local Allstate agent to be sure that you are properly covered.

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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NOW OPEN IN DRYDEN! ANGORA PIZZERIA!

ANGORA PIZZERIA LOCATED ON 115 North Street in Dryden opened on June 4th. Owner Dennis is from the Binghamton area and he also had a pizzeria for many years near the arch on Main Street in Johnson City. He brings to Dryden his experience and recipe for making tasty pizza including specialty pizzas such as buffalo chicken, bbq chicken, Hawaiian, Angora Works, veggie lovers, chicken bacon ranch, chicken and eggplant parm, Philly cheese steak and rigatoni vodka!

Angora's menu includes appetizers, chicken wings, chicken tenders, and a choice of many salads, rolls (garlic knots, calzones, stromboli's, etc.), hot and cold hoagies, dinners, Panini's, burgers and deserts! Something to please everyone.

Here are some mouth watering specials! Daily lunch special - 2 slices pizza and soda for only \$3.99. Family special - large pizza with a dozen wings and 2 liter soda for only \$17.99. Pizza Special - 2 large pizzas for only \$15.99. Or the Party Pack - 4 large pizza and 50 wings for only \$59.99. Tax and toppings are extra with each special.

Questions or to order ahead - call 607-708-4011. Stop by and welcome Angora Pizzeria to the neighborhood and try an Italian delicious item from the menu!

CORTLAND REPERTORY THEATRE ANNOUNCES CAPITAL CAMPAIGN FOR "CRT DOWNTOWN"

AT THE OPENING PERFORMANCE OF Cortland Repertory Theatre's 2012 season on Wednesday, June 6, Producing Artistic Director Kerby Thompson announced the start of the public community phase of their capital campaign to complete the new "CRT Downtown" facility. CRT purchased the former Recreation Bowling Alley at 24 Port Watson Street in Cortland in January of 2010 with the plans to convert it into a new performance space, offices, and construction shops for theatrical scenic and costuming elements. Thompson said that the quiet phase of the campaign, which has been in operation for the past year, has generated over \$3/4 million, where advance donors made over 150 gifts or pledges to this important initiative. A grant from the New York Main Street Program through the Cortland Downtown Partnership also has helped start the renovation. The total long-term need is \$2 million to complete all aspects of refurbishing the facility. Grants and bequests will continue to be sought in addition to generous gifts from individuals.

Since CRT took ownership of the building, CRT Board, Guild members and volunteers have gutted the former bowling alley and offices, stripping the interior to the bare walls. Jeff Taw of the architectural firm of Holmes, King, Kallquist and Associates of Syracuse has been hired as the designer of the new facility and The Hayner Hoyt Corporation, also of Syracuse, has been hired as the construction firm. New York City interior designer Thom Lindsley, recently featured in the national magazine New York Spaces, has generously volunteered his services for the interior decoration of the lobby, rest rooms and theatre.

The renovation of the building is planned in three phases: 1) the front offices and lobby, currently in the final stages of completion; 2) a new roof, completion of the side façade and the building of the scenic/costume and props shops; and 3) the performance and reception space, with new rest rooms, a small catering kitchen and storage space.

Thompson singled out for praise the tireless campaign leadership over the past year provided by Campaign Chairs

Dorothea Fowler and John Folmer, and Honorary Co-Chairs Jean & Dr. Bill Cadwallader. A campaign steering committee made up of community volunteers and CRT Board and Guild members has been formed and members are continuing to investigate new grant opportunities and potential donors. During all summer performances this year, a campaign brochure will be provided to theatre-goers, listing the Steering Committee members and outlining the many new programs and benefits this additional facility will provide to strengthen the dramatic arts in central NY. Photos of the renovation work can be seen on display on the second floor porch at the Little York Pavilion.

"CRT Downtown" building is intended to complement, not replace the Little York Lake Pavilion where summer performance will continue to be held in future years. The new facility will allow for fall/winter/spring performances as well as workshops and classes for adults and youth in performance, public speaking, auditioning and the like. CRT also plans to offer the facility to the public for weddings, business meetings, proms, dances and other gatherings. The facility will also hold improved areas for set design, costuming, and other production aspects for CRT shows.

CRT administration sees this as an opportunity to create a partnership with other Cortland performing arts organizations including the Main Street Music Series, the Homer Center for the Arts and the SUNY Cortland Theatre Department. "Art breeds art," Thompson said. "The cultural arts community in Cortland is thriving, and we think this is a great opportunity to not only bring more tourism and dollars into our economy but also introduce local residents to CRT to the other arts organizations." CRT is celebrating its 41st anniversary season in 2012, making it the longest operating performance art organization in Cortland, and Thompson says that CRT has always welcomed the idea of more performing arts groups. "Our audience attendance has grown significantly in recent years and I think that's because of the growth of the arts in our community. Art can not operate in a vacuum, and since CRT's productions are so different from both the Main Street Music Series and the Homer Center, I think we complement each other very well. We see in other counties that numerous arts organizations actually help each other and bring more attention, more funding and more people to their productions." Thompson also points out the growth in the high quality productions in the SUNY Cortland Theatre Department as proof that Cortland is becoming a cultural hub in Central New York.

"Now is the time that we need your help!" Thompson said, speaking to the opening night performance audience of "The Ladies Man". "Many people have stopped and asked me how progress is coming on the new downtown building. I usually say that things are progressing nicely, but could be better with their donation!" Thompson pointed out that naming opportunities are still available in the building for significant gifts, and detailed Capital Campaign packets are available at the Box Office.

Those interested can view more campaign information or request further information on CRT's website at www.cortlandrep.org or by calling 607-753-6161.

MIKE'S FISH TANK MOSQUITOS & TICKS

HELPED BY AN UNUSUALLY WARM, wet winter, mosquitoes and ticks are expected to flourish this summer. That is a big problem for pet owners.

Mosquitoes can carry heart worm larvae from one animal to another, and ticks can transmit Lyme disease, Rocky mountain spotted fever, anaplasmosis and other diseases. Heartworm larvae transmitted by mosquitoes can fatally infest pets' lungs and hearts if left untreated.

Preventing heartworm requires 12 months a year of preventive therapy and it all begins in the veterinarian's office.

Ticks are a widespread concern because they can easily move between pets and people and humans are susceptible to tick-borne diseases.

Fortunately, tick preventatives are readily available in the form of topical medicines, sprays, and shampoos.

Here are some parasite prevention tips from the experts:

- Remove leaves from the ground, giving ticks

fewer moist and shady areas to inhabit.

- Lay woodchips around the yard's perimeter to entice ticks, keeping them away from the rest of the yard.
- Wear insect repellent on clothing and/or skin.
- On walks and hikes remain in the center of the trail to minimize exposure to plants where ticks could be waiting.
- Check for ticks after spending time outside.

For more info check out www.petsandparasites.org

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2012 OCM BOCES HALL OF FAME



Local Tompkins Cortland Builders & Remodelers Association President Kevin J. McMahon, nominated for the 2012 OCM Boces Hall of Fame Career and Technical Education Alumni Hall of Fame

OCM BOCES to Honor Deserving Alumna

THIS SPRING OCM BOCES RECOGNIZES the accomplishments of two deserving Career and Technical Education program graduates with induction into the first class of our new Alumni Hall of Fame. One graduate from the OCM BOCES McEvoy Campus in Cortland, Kevin McMahon, and one graduate from the Henry Campus in Syracuse were selected by the OCM BOCES Career and Technical Education Advisory Committee both were honored the evening of June 7th at an awards ceremony.

The purpose of the Hall of Fame is to recognize individuals who have graduated from OCM BOCES programs and

who demonstrate leadership in their field. By identifying successful graduates, we hope to provide positive role models for current students, while making the public aware of the accomplishments of our former students and the potential for success through the high quality programs offered by OCM BOCES.

District Superintendent Jessica Cohen hopes the idea of a hall of fame will inspire current OCM BOCES students. "There are so many stories out there about our former students who have achieved success in their careers. We want our students to hear about the achievements so that they can see what is within their reach with hard work and an OCM BOCES education."

To be considered for the OCM BOCES Alumni Hall of Fame, individuals must be a graduate of an OCM BOCES Career and Technical Education program, must currently be engaged in a career related to their program of completion at BOCES, must demonstrate leadership in their field and show civic responsibility. Congratulations Kevin!

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<p>EVERYDAY GREAT PRICE</p> <p>\$199⁹⁸</p> <p>Craftsman 140cc high wheel side discharge push mower 07137010</p>	<p>SMOOTH START PLUS</p> <p>SAVE \$58</p> <p>\$231⁹⁹</p> <p>EZ ATTACH DUST BLOCKER BAGGER Craftsman 190cc 21-in. high-wheel rear bag push mower 07137034</p>	<p>SMOOTH START PLUS</p> <p>SAVE \$100</p> <p>\$299⁹⁹</p> <p>DUST BLOCKER BAGGER Craftsman 160cc 22-in. front drive self-propelled high wheel mower 07137060</p>	<p>SMOOTH START PLUS</p> <p>SAVE \$92</p> <p>\$367⁹⁹</p> <p>EZ WALK Craftsman 190cc 22-in. rear drive self propelled mower 07137092</p>
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UNDERSTANDING BLOOD PRESSURE PART TWO

AS I ENDED MY LAST column I mentioned I would discuss why blood pressure is such a common problem. It can be caused by various reasons. One could be your gender (more men than women are hypertensive), or your race (more blacks than whites are hypertensive), or your parentage (if one parent was hypertensive you are two times more likely to be also). Being pregnant or on birth control pills also increases your risk. Your diet could be unbalanced and/or your body weight and stress levels could be too high.

There are warning signs sometimes, but remember that hypertension is also called “the silent killer”. There are however warning signs for others which include: nervousness, headaches, dizziness, fatigue, nosebleeds and flushed cheeks. Of course the risks include heart attacks, strokes, kidney failure and retinal damage.

There are several drugs that can be prescribed to control hypertension, included in the list are diuretics, calcium channel blockers and beta adrenergic blockers. Diuretics function with the kidneys to remove excess fluid from the blood stream. This, in turn, usually causes some depletion of some important electrolyte minerals, namely potassium, sodium, magnesium and calcium.

Beta adrenergic blockers, also known simply as beta-blockers, interfere with action of the adrenal hormone epinephrine on the heart. Epinephrine stimulates the heart to pump more rapidly and more strongly, as is needed during emergencies. By controlling this effect, there is less wear and tear on the heart.

Calcium channel blockers prevent vasoconstriction by blocking the transport of calcium into coronary arteries. (Calcium is necessary for smooth muscle contraction, and arteries are simply smooth muscle).

Let’s look at some specifics. The heart, blood vessels, kidneys and adrenals all must work together. If any one of the links becomes weak hypertension is a possible result. Together, these four sets of organs control the stroking pressure of the heart, the dilation of the blood vessels, and the blood volume. It is a somewhat delicate balance with many variables. Probably the most important, controllable, variables are the release of rennin from the kidneys that results in the production of angiotensin (a vasoconstrictor) that stimulates the adrenal cortex release of aldosterone. The adrenal glands produce two other hormones that play key roles in the regulation of blood pressure also: epinephrine and norepinephrine. Aldosterone stimulates the kidneys to reabsorb sodium, and thus allows the body the body to hold onto more fluid in the blood stream. This increases both blood volume and pressure. Norepinephrine is a vasoconstrictor and epinephrine is also a vasoconstrictor that enhances cardiac output. Clearly, the high-paced stresses of living in a developed nation, with the resulting constant output of these adrenal hormones can seriously increase blood pressure and its attendant risks. It has been well documented that people who live in simpler areas of the world do not suffer from these problems, and even taking a person who has these problems from a developed nation and transplanting them to a less developed nation will see his/her blood pressure self-correct. It would seem our modern life is doing us no favors.

We do have a lot of control over the very important diet and lifestyle factors. Our risks increase with diets that are high in sodium as compared to potassium, and with the use of monosodium glutamate. Other dietary and lifestyle factors include a low fiber, high sugar diet, a high saturated fat, low essential fatty acid diet, low intake of calcium, magnesium, vitamin C, and intake of the artificial sweetener aspartame. Smoking with the effects of nicotine on the adrenal glands, using stimulants such as caffeine with its effects on the adrenal glands, and obesity with the increased pressure it takes to move the blood through extra miles of blood vessels, can play a critical role in elevating blood pressure. It has also been noted that people with high blood pressure often have cadmium toxicity, carrying three to four times the normal amount of this mineral in their bodies.

The life-improving changes that need to be made to impact blood pressure are not difficult, and they are readily accessible by everyone. But as usual I have run out of space so will have to wind up this discussion in a part three next time.



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PUZZLES & GAMES

WORD FIND

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

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

- congratulations • announcement • senior • cap • gown • future
- inspire • change • hope • dreams • graduate • diploma
- parties • tassel • gifts • college • happy • ceremony
- invitations • cards • college • read • cake • card • family • professor

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!

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

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SUDOKU

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

WORD FIND

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

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