

FREE

June 27 - July 24, 2012

4th of July Edition

FREE

THE CORTLAND AREA TRIBUNE

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



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 **Second Annual**

McGraw Pumpkin Launch & Kids Pumpkin Decorating Contest

**Saturday, October 13, 2012
McGraw Recreation Park**

Fun Starts at 10 a.m.

For Contest rules and entry forms contact the McGraw Village Office at (607) 836-6294

Family Food Fun!

WELCOME TO OUR 4TH OF JULY 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!

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)

October 17 – Fall/Winter Car Care & Halloween Edition
(Deadline 10/12)

October 31 – Restaurant Guide/Catering & Pre-Thanksgiving Edition
(Deadline 10/26)

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, July 20th 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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McGraw Pumpkin Launch & Kids Pumpkin Decorating Contest
Saturday, October 13, 2012

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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 28 - Groton Public Library Kicks Off Summer Reading 2012

Dan the Snakeman June 28 -Thursday ~ 7:00 p.m. THE ULTIMATE EDUCATIONAL EXPERIENCE Ever wondered what a snake or an alligator looks like up close? Dan the Snakeman has something to offer every reptile enthusiast. The Snakeman will thrill his audiences with these amazing animals. The audience is invited to interact with the animals on an up-close and personal level; viewing, touching, and asking questions are highly encouraged. For more information call 607-898-5055 or director@grotonpubliclibrary.org

June 30 - July 3 - Fetch Gate Farm Sheep Dog Trials

8am - 4pm, 1804 Babcock Hollow, Virgil. Watch these wonderful sheep dogs at work. A trial is the ultimate test of a dog and its training. It is designed to test all of the skills necessary to perform its daily work on the farm or

ranch. This is a free event. Donations are accepted to help us offset the many costs. Concessions and cold drinks available (Sat-Sun). Spectators are encouraged to attend and dogs are welcome (on leash and under control). Bring a picnic blanket or a chair and come watch the trial! For more information call (607) 835-6584 or visit www.fetchgatefarm.com.

July 1 - Cincinnati Car Show

9am, Route 26 in Cincinnati. Car Show in conjunction with the Annual Fire Department Field Days with spectacular fireworks display on Sunday night. Live entertainment daily, inspirational sing Sunday morning, good food, pie auction, tractor pulls. No admission charge. For more information call (607) 345-0001, e-mail dotandron@frontiernet.net or visit cincyjams.com.

July 3 - Fireworks

Dwyer Memorial Park, Little York. Starts at dusk. Rain date July 5.

July 7 - American Pride Ride

Endicott, NY - Group Ride. The American Pride Ride benefits the Children of Fallen Soldiers. Registration will be from 9:30am-11:30am at The American Legion Post 1700 at 305 Maple Street in Endicott, NY with kickstands up at noon. The ride is 100 miles with 2 stops. Cost is \$20 per bike and we ask that you make a donation if you have a rider, but it is not required. There will be a pulled pork dinner afterward and entertainment by the Troubadours. We will be selling 50/50's, raffles, t-shirts, patches, and giving away prizes. Please come down to support our troops..

July 20-21 - Garage Sales

Annual YELLOW BARN Development (Dryden) Garage Sales July 20th and 21st.

July 27-28 - 4-Family Garage Sale

33 Aurora St., Richford, NY from 9am - 4pm. Fishing items, tools, desks, couches, beds, dressers, end & dining tables, dishes, tvs, dolls,

men's, women's & kid's clothes, home decor & a lot more items!

August 20-24 - Environmental Exploration Days Summer Program

Clean lakes and streams, dramatic gorges and waterfalls, fertile soils and rich diversity of natural communities make the Ithaca area a healthy (and fun!) place to live. Environmental Exploration Days is a five day program designed to open up new opportunities for youth, 11-13 years old going into 6th, 7th or 8th grades, who enjoy the area's unique natural beauty. You will visit cool sites, organizations, make new friends and find out what environmental opportunities there are to get involved. You will spend each day at a different location taking part in hands-on activities, getting wet, and taking fun hikes. For more information, please visit our web site at: <http://csetompkins.org/4h/camps/environmental-exploration-days> Registrations due August 13, 2012.



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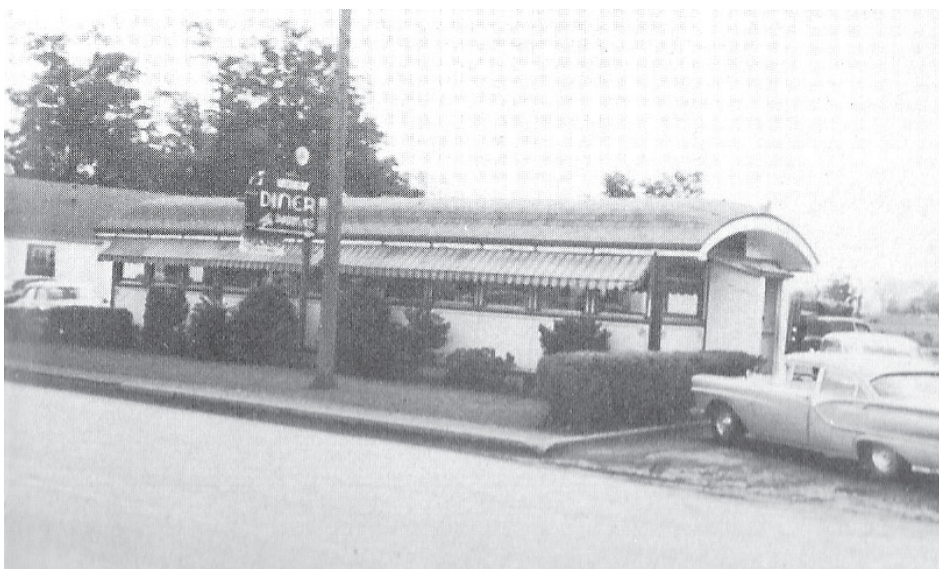
HAVE A COMMUNITY EVENT TO SHARE?

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
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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, July 20th 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!

No winner

Answer from the Previous Edition:

Schenck Marine Sales of 204 S. Main St. in Homer

No winner of last issue. 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!



CORTLAND ARTS AND WINE FESTIVAL

ON SATURDAY AUGUST 4TH, 2012, the Cultural Council of Cortland County will host its sixth annual Cortland Arts and Wine Festival from 10am-6pm.

Courthouse Park in Downtown Cortland will come alive with visual arts, music, healing arts, a farmers' market, tasty prepared food, and of course, wine tasting. Courthouse Park is a gorgeous setting with a stately courthouse, trees, monuments, memorials, and a fountain. There is also plenty of free parking close to the park. Cortland, the Eastern Gateway to the Finger Lakes, is centrally located midway between Syracuse and Binghamton off Route I-81 exit 11. The wine tent opens at noon. Individual tickets for the wine tent are \$15 and can be purchased online or at the wine tent on the day of the festival. Group tickets for 10 or more people are \$12 and should be purchased in advance online, by calling the Council at 607-753-1188 or by emailing the director at staff@cortlandarts.com. Patrons must be 21 and show picture ID to enter the wine tent and pick up wine orders. Once inside the tent, attendees can sample and purchase award winning wines made in the Finger Lakes and other regions of New York State. Pazdar Winery will be on hand with a collection of chocolate, chili, and other unique wines. Other favorite wineries at the festival will be Eagle Crest, Americana, Hazlitt, Long Point, Cobblestone, Montezuma, and Eleven Lakes. Keep checking our website for an update of additional wineries that will be added in the coming weeks (<http://cortlandartsandwine.org/>). Whether visiting the wine tent or not, attendees will find a host of other appealing activities to partake in at the festival. You can interact with sixty plus

fine local and regional artists/artisans displaying and selling their work. Many will conduct demonstrations so you can see them in action. There's always a rich variety of juried works available. The Council will award over \$1,000 in prizes to artists, including a \$100.00 prize for Best of Show. New to the 2012 festival will be a healing arts tent for yoga or a shoulder massage as well as a sidewalk art contest. When hungry, you'll want to head to the food court or farmers' market. The Market will feature vendors selling organic produce and other local items. One of the highlights will be Main Street Farms selling produce nurtured in an aquaponic growing system. A miniature aquaponic system will be on display for visitors to learn about this innovative farming method where "fish grow the vegetables." There will be a line-up of outstanding talented local and regional musicians entertaining throughout the day. Imagine viewing art, sampling wine or food, doing yoga in a lovely park setting with a backdrop of classical, jazz, and pop music.

Treat yourself to visual, auditory and gustatory delights on August 4th at the Cultural Council's Arts & Wine Festival!



TASTE OF DOWNTOWN

IF YOU THINK YOU KNOW what A Taste of Downtown is like, I think again. The Cortland Downtown Partnership's Promotions Committee continues to revamp our annual festivals to make them more inclusive and convenient for the Cortland community. This year's Taste runs from noon to five p.m. on Saturday, July 14th. Sidewalk Sales begins Thursday and continues through the Saturday Taste of Downtown festival.

A Taste of Downtown is organized to bring entertainment on the final day of the Sidewalk Sales to encourage visitors and community members to shop local and take pride in their downtown. It also commemorates what Historic Downtown Cortland has been and is today. Join us in celebrating and showing support for the heritage and heart of Cortland County. For \$10, you'll receive a commemorative wine glass and self-guided tasting guide of downtown eateries. Get downtown early to complete the tasting tour while supplies last and vote for your favorite sample at the Family Fun Zone in Marketplace Mall parking lot.

Beginning in July through the day of the festival, wine glasses and sample tickets are available for purchase during business hours at Jodi's Hallmark, The Bling Store, or the Cortland Beer Company. Participation is capped, so get your glass and tickets early. Did you find it difficult last year to juggle your shopping, wine glass, and samples? Now, thanks to sponsorship from CP Cash & Carry, all sales locations are also selling hands-free wine lanyards for \$5 each. Also for your convenience, our sponsors have funded new "Taste It!" signs that will hang from the doorway of every business offering samples. They correspond to the markers on your tasting guide map. Thank

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you Anne and Sterling J. Planck, and Cortland Carpet Outlet! Visit us on Facebook to see a full list of samples: "A Taste of Downtown."

As promised, the Promotions Committee wants every downtown festival to be welcoming and enjoyable for family members of all ages. New to this year, your tasting guide includes convenient markers signifying which sample locations are kid-friendly environments. We've also put in extra effort to guarantee games and contests for all ages from Cortland Flower Shop's flower arranging demonstrations and Sustainable Cortland's the alternative fuel car exhibit at Place Agency on North Main, to the Hula Hoop Troop and Chris Xavier's cooking demonstrations at the Bling Store as well as live music in front of the Post Office. The Family Fun Zone will be in full swing with jugglers, balloonists, and games outdoors in the Marketplace Mall parking lot. Check out our Facebook page: "A Taste of Downtown" to see a full list of scheduled entertainment and attractions. Music this year was sponsored by McNeil Development Company.



SAFE BOATING WITH YOUR PET



TODAY, MORE AND MORE BOATERS are bringing their pets on board for a day on the water. Boat captains need to stop and think about a few simple steps that will ensure they and their pets have a fun, safe boating experience.

Pet Safety Lady recommends the following steps for safe boating with your pet:

- Take things slow if it is your pet's first time on the boat. Let him adjust to the movement of the boat and the sound of the engine.
- Always consider a Personal (Pet) Flotation Device. Most have a handle on back to easily lift your pet out of the water.
- Provide better footing with a piece of carpet or rubber mat (considering that your pet is not wearing boat shoes).
- Check the deck's temperature often. Deck surfaces can get quite hot on your pet's footpads.

"Although it is important to take the appropriate steps to make sure your pet is safe on board, it is equally important to make sure that you and your family are safe as well this holiday," said Allstate New York spokesperson Jaclyn Darrohn.

According to Allstate's Boat Safety brochure, here is the boater's checklist:

- Always wear a personal flotation device (PFD) when boating.
- Don't use an inflatable toy as a substitute for a PFD.
- Never drink and boat.
- Pay attention to weather changes. Head for shore when winds increase or storm clouds

roll in.

- Always tell someone where you're going and when you plan to return.
- Be aware of exhaust emissions. Avoid areas where carbon monoxide collects in and around your boat.
- Follow Red-Right-Running: keep red buoys to your right (starboard) and green buoys to your left (port).
- Take a boating safety course from an expert organization (e.g. U.S. Coast Guard Auxiliary or U.S. Power Squadron).

In addition to safeguarding yourself and passengers, your boat is a valuable investment that should have an up-to-date boat insurance policy.

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

ABOUT PET SAFETY LADY

"Pet Safety Lady" Christina Selter, the founder of Bark Buckle UP, has been featured on more than 250 news network shows nationwide over the past few years, as well as in print and on radio. She travels the nation teaching pet safety to pet owners, and her efforts are supported by fire departments, police, Coast Guard and EMT personnel. She recently produced the free pet safety class DVD series, was filmed in her first national pet safety television commercial, and is currently producing a pet safety PSA for 2010. For more information, please visit www.barkbuckleup.com and www.petsafetylady.com.

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®.

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EVEN THOUGH THIS HERB IS not a true wild herb it has been found along side roads from farmers spilling the seed or moving the hay from the field to the barn. But to find an organic farmer and just asking if you can have a basket full from a corner of a field will be more than enough for you and your family.

NICKNAMES: Lucerne, purple medick, purple medical, buffalo herb, purple medic.

LATIN NAME: Medicago sativa.

ELEMENT: Earth.

POWERS: Prosperity, anti-hunger, money.

MEDICINAL PARTS: Leaves and flower.

CONSTITUTES: Carotinoids, triterpene saponins, flavonoids, coumarins, triterpenes, cyanogenic glycosides.

PROPERTIES: Aromatic, diuretic, sweet and cooling.

MAGICAL USES: Alfalfa is used in money spells. If this herb is dried and stored in the house or burned and the ashes spread around the house, famish will not occur.

INTERNAL USES: Cleansing to the body as a whole and helps a body that is in an exhausted state to start healing and eating. This is considered a very high multi-vitamin. Being very high in chlorophyll, also helps with oxygen in the tissues.

EXTERNAL USES: None known.

HARVEST: Pick the plant during the whole growing season.

USE AS: Tea, fresh, extracts and powder forms. Use the seeds to sprout and eat on salads. The flowers are edible in salads also just be sure to check for insects good and break apart.

PRECAUTIONS: None known.

UNDERSTANDING BLOOD PRESSURE CONCLUSION

AFTER EXPLAINING WHAT PROBLEMS ARISE with blood pressure and the different medications now I will wind this series up by discussing some natural alternatives. One way to start is by increasing the intake of vegetables. Vegetables supply the potassium that is needed to balance sodium and control its water conserving efforts. Vegetables will also provide complex carbohydrates that do not tax the pancreas and adrenal glands, essential fatty acids to help with keeping arteries clean and supple, calcium and magnesium that work with the nerves to regulate muscular contractions and prevent vascular spasms, and vitamin C to build and maintain vascular strength and flexibility.

Sugar intake needs to be reduced. Sugars increase adrenaline production.

Many foods can be used to aid in achieving the goal of cardiovascular health and blood pressure regulation. Be sure to include garlic, onions, nuts and seeds (for essential fatty acids), green leafy vegetables (for calcium, magnesium and vitamin C), and whole grains and legumes (for fiber).

Avoid caffeine in all forms, alcohol and tobacco.

If hypertension is a problem, other therapies may be helpful. They include aerobic exercise and meditation.

Certainly there are many herbs and supplements that can be beneficial. Nitric Oxide has been found to be very helpful in dilating and relaxing blood vessels. Our bodies can easily take the amino acid L-Arginine and convert it into nitric oxide. COQ10 improves oxygen saturation for cell renewal and strength. Try 200 mg per day. Vitamin C with bioflavonoids is needed to improve blood vessel stability. Two doses of 500 mg have been recommended. Calcium (up to 1500 mg per day) with half as much magnesium can help balance the nervous system. Make sure it is good quality calcium and not calcium carbonate which is chalk. Some studies have indicated that a vast number of hypertensives are calcium deficient. Essential fatty acids can be provided by Super GLA or Super Omega 3.

Hawthorn is the grand-daddy of heart/circulation herbs. Who knew hundreds of years ago that hawthorn naturally stimulates nitric oxide production? It dilates larger blood vessels, strengthens the heart, and is slightly diuretic, not to mention that it strengthens and supports the adrenal glands. Olive leaf contains oleuropein and dilates coronary blood vessels while regulating the heartbeat. Capsicum has a long standing reputation of being a circulation normalizer. Ginkgo Biloba also dilates arteries and is well known for improving circulation. Parsley is an important source of potassium and an excellent diuretic.

Because of the adrenal glands production of blood pressure regulating hormones, it is usually prudent to support those small glands. Adrenal gland support is found with Astragalus. This herb enhances one's ability to cope with stress and Adrenal Support is also a superb formula to support the adrenal glands.

The company literature states that Blood Pressurex is for the maintenance of already normal blood pressure...but I have used it along with Stress Formula, Adrenal Support and Calcium/Magnesium Plus D to achieve normal blood pressure.

Butcher's Broom prevents blood clots which are much more common in blocked arteries. Garlic also things blood and has been used effectively to reduce elevated blood pressure. VariGone provides the butcher's broom along with bioflavonoids for blood vessel integrity.

With diet, supplements, and the all-important lifestyle changes the body can correct blood pressure. So maybe, just maybe, that person was right. Make all the right changes and go on a vacation to lower your blood pressure.



Diane L. Toombs, CNHC
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CORTLAND CELTIC FESTIVAL

THE CORTLAND CELTIC CULTURAL ASSOCIATION proudly presents our new 2012 location of the 12th Annual Cortland Celtic Festival to be held at Dwyer Memorial Park in Little York! A fantastic new location of over 55 acres of beautiful park setting-a great family friendly fun and educational weekend event! We will have Irish Dancers from across NYS, Celtic food & gift vendors, Gaelic Language Performer and workshop, Celtic Musicians, British Car & Motorcycle Exhibit, Beer Tent (featuring Irish & Scottish brews), Celtic Stone Carving, Period Reenactments, Clans, Animals, Pipe & Drum Bands, Kids Games and of course watch the famous muscles, strength and brawn in the Heavy Athletics of the Highland Games! The Renaissance theme will be a new part of the festival this year! We also will be introducing to the Cortland area a 'Hurling Exhibition Match' on Sunday presented by the Allentown Hibernian Hurling Club from Pennsylvania...this is the famous Irish pastime sport known as the 'fastest sport on grass'! You have to see it to believe it! Festival starts 10am - 6pm Saturday August 18 and 10am through 4pm Sunday August 19. \$10 admission-children under 17 free! (Sr. Citizen and Military discount at gate with ID) Like us on our facebook page for updated performers, events, clans, bands and vendors! <https://www.facebook.com/CortlandCelticFestival> There is still time-Contact us soon at tartandaycortland@gmail.com if interested in being a Vendor, Renaissance or Clan/Viking Period Re-Enactor, Celtic Clan, Irish Dancer, Car or Bike Exhibitor, or Animal Exhibitor. Come join the fun and excitement this year and help us to become a destination NYS Celtic Festival! <http://www.cortlandcelticfestival.com>

JULY 4 DECLARED DEADLIEST DAY FOR TEENS AND AMERICANS ON THE ROAD



HOLIDAY CLAIMS MORE THAN 800 in traffic-related deaths during five-year period; New York loses 114 people in July alone

Summer is supposed to be a time of celebration for teens and their families with prom, graduation and college on the horizon. Unfortunately, new analysis of crash data from the Insurance Institute for Highway Safety (IIHS) shows that July 4 is the deadliest day for teens on the road and is just as deadly for the

motorists that will be driving alongside them.

In the U.S., car crashes are the number one cause of death for everyone ages 1-34, with teens crashing four times more often than any other age group. Based on the latest available data, IIHS reports that more than 800 people were killed on July 4 from 2006-2010. And if the projections remain true this year, an average of 140 people will lose their lives on July 4 due to car crashes. New York lost 114 during the month of July due to fatal car crashes. July trends as one of deadliest months on the road for all drivers.

Teens accounted for nearly 10 percent of the fatalities that occur on July 4 and are particularly susceptible to fatal distracted driving incidents. Research from The Allstate Foundation found that 49 percent report that texting is their biggest distraction behind the wheel.

"These tragedies are compounded by the fact that many crashes are preventable," stated Allstate New York spokesperson, Jaclyn Darrohn. "Driver error, speeding and distractions are the main causes of crashes, and seemingly simple activities such as switching radio stations or interacting with friends can significantly impair a teen's or adult's ability to react quickly to changing traffic conditions. Staying focused on the road, wearing seat belts and following the speed limit and other road rules are simple steps we can all take this July 4 to make sure that we return home safely."

Currently, stronger teen driving laws, referred to as Graduated Driver Licensing (GDL), are being considered by Congress as a part of the Highway Transportation Bill's reauthorization. GDL policies have been shown to reduce traffic fatalities by as much as 40 percent in the states where they have been adopted. Additionally, recent research from The Allstate Foundation's License to Save report found that comprehensive GDL laws could save an estimated 2,000 lives and \$13.6 billion annually.

Allstate and The Allstate Foundation urge Americans to do their part in making roads safer for all families during the Independence Day holiday. The Allstate Foundation's website is a great tool for additional facts and resources that can keep everyone safe on America's roads. Parents in particular can take simple steps to help their teens be safer on the road:

For Parents:

- Talk to your teen early and often. Discuss the risks and responsibilities of driving with your child at a young age and keep talking to your teen before, during and after the licensing process.

- Don't rush the training process. Just because teens have a permit or license doesn't mean they are ready for every driving condition. By easing into the training process, you'll help ensure you and your teen will be ready for any situation.
- Understand your state's laws. GDL laws are minimum standards that can help keep teens be safer on the road; however, the more that parents are involved in their teen's driving experience, the more likely they will be a safer driver and passenger. To help educate parents and teens about the safety measures that keep drivers protected, The Allstate Foundation created a new free Parent-Teen Driving Agreement. The agreement can help parents and their teens make safer decisions when they get behind the wheel and when they ride as passengers with their friends.
- Practice what you preach. Be a positive role model when you're behind the wheel. Your teen is more likely to be a calm and courteous driver, wear a seat belt and follow the rules of the road if they see you do the same.

Additional Resources:

- X the TXT® - Pledge not to text and drive, and help reduce distracted driving deaths and injuries. Join the X the TXT movement at www.facebook.com/XtheTXT
- Educate your community - Start the conversation about federal legislation that can help makes our teens safer on the road. Find out more about the life-saving legislation making its way through Congress at www.facebook.com/save11

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

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MIKE'S FISH TANK DJUNGARIAN HAMSTERS

THOUGHT THIS WEEK YOU might be interested in an unusual and less common hamster, the djungarian. This hamster is ball shaped and typically half the size of the Syrian hamster. It is referred to as a dwarf. Features of the Djungarian hamster include a thick, dark grey dorsal stripe and furry feet.

As winter approaches, the djungarian hamster's dark fur is just about entirely replaced with white fur. In captivity this does not always happen. These hamsters originate from Dzungaria, Kazakhstan, Mongolia, Siberia and Manchuria. In 1968, the first four examples of the Djungarian hamsters were caught in Western Siberia and brought to Germany's Planck Institute.

Djungarian hamsters are more common as pets in Europe, but have become more popular in North America recently. Since becoming popular as pets, they exhibit a greater variance in coat color than those found in the wild. They reproduce often and have no fixed breeding season. Young pups will act aggressively towards one another and breeding females may show similiar aggression to males.

These hamsters come in many colors such as: pearl, sapphire, marbled, blue, camel, cream and just recently black. During Winter, the coat is more dense.

The average lifespan of the Djungarian is one to three years, although they can live longer. In the wild, they are known to live as little as one year.

The male is usually slightly heavier, but only by a few grams. Djungarian hamsters reproduce at a faster rate than other dwarf hamsters. They are able to get pregnant on the same day they give birth. This can all happen within a 36 day period. Frequent fighting can occur between pups as soon as they are weaned from the mother. Most Djungarian dwarf hamsters grow to 3 to 4 inches long. These hamsters do best when kept singly and can become very friendly and tame towards their keepers.

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 frisky@hotmai.com

"EARLY BIRD" TICKETS TO CRT'S CABARET NIGHT FUNDRAISER AVAILABLE FOR LIMITED TIME

CORTLAND REPERTORY THEATRE WILL PRESENT their very first "Cabaret Night" fundraiser, hosted by the CRT Board of Directors on Saturday, July 21 at the Little York Pavilion in Dwyer Memorial Park. Early Bird tickets are currently on sale for \$35.00 until July 1, after which they will be raised to \$40.00.

This fun, casual affair will begin at 6:00 p.m. with a cocktail buffet offering hearty appetizers, assorted seafood and carving stations, along with complimentary non-alcoholic beverages and a cash beer and wine bar. During the evening, two fund raising events will take place concurrently with prizes donated by Central New York businesses and individuals: a silent auction and a "Tricky Tray" raffle, in which attendees may purchase multiple tickets to place in the "hat" beside the raffle prizes. At the conclusion of bidding, one winning ticket is drawn for each item. There is no limit to how many tickets one may put in each "hat".

Following the auction, attendees will adjourn to the theatre and will enjoy a "one-night-only cabaret" featuring performances by the cast of "CATS" and other CRT friends. This will be a unique evening, and will give attendees the chance to see the performers of "CATS" without their cat make-up and costumes!

Tricky tray and silent auction items include:

- One of the newest versions of Apple's iPad
- A 68-piece Oneida Stockholm stainless steel flatware set, valued at \$1,245
- Autographed Jets memorabilia
- Passes to Disney World and Darien Lake
- Tickets sporting events
- One pound of coffee per month for a year from CoffeeMania

- Unique artwork and jewelry
- The opportunity to sit in on CRT's New York City auditions

Other items may include tickets to area theatres, ski packages, dance lessons, gym memberships, golf packages, bed & breakfast gift packages, gift certificates to restaurants and hotels in Cortland, Ithaca and Syracuse, bottles of wine and champagne and much more!

Ticket price include food, entrance to the auction and raffle portion of the evening, and one reserved seat for the cabaret on a first-come, first-served basis. The theatre is handicapped accessible and air conditioned. For tickets or more information, call the CRT Box Office at 800-427-6160 or visit our www.cortlandrep.org.

CRT ACCEPTING APPLICATIONS FOR FALL FIBER ARTS FESTIVAL

CORTLAND REPERTORY THEATRE CORTLAND REPERTORY Theatre is now accepting applications for their inaugural Little York Fall Fiber Arts Festival, to be held on October 13 and 14, 2012 at the Little York Pavilion in Preble, NY. This will be a juried event. Local artists and vendors who produce and/or work with natural fiber and fiber related items as well as tools for knitting, spinning and weaving, farm products and wearable art are invited to apply. Other hand-crafted products which will be considered are soaps, pottery, quilts, dips, honey and maple products and other similar items. Local breeders with sheep, llamas, alpacas, goats, rabbits and other fiber animals are also invited to apply for livestock displays and educational exhibits. Please contact the Little York Fiber Festival Committee via email at littleyorkfiberfestival@hotmail.com for an application and more information. Deadline for applications is June 30, 2012. This will be a fund raising event for Cortland Repertory Theatre and "CRT Downtown".



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2012

CORTLAND JUNIOR FAIR CALENDAR

Sunday, July 8th

12-5:00 p.m. 4-H Youth Bldg. Open for delivery of Non-Perishable Exhibits
6:00 p.m. FairQueen Evaluations @ 6PM

Monday, July 9th

8:00 a.m. - 5:00 p.m. 4-H Youth Bldg. Open for delivery of Non-Perishable Exhibits- 8a.m.-5 p.m.
8:00 a.m. 2011 Cortland Classic Dairy Cattle Show
8:30 a.m. 4-H Building Open for exhibits.
12:30 p.m. All Non-Perishable Exhibits - must be in Place
Clothing, Home Environment, Indoor Gardening, Container Gardens, Field Crops, Photography, Record Books, Ag. Engineering, Misc. Ag, Leisure Education, Child Development, Creative Writing, Consumer Economics/Education, Educational Exhibits, Vet Science, Computer Programming, & Community Service and Heritage Garden Special Projects.
Judging begins "Non-Perishables" & "Promotion of Products"
All Youth & 4-H Club Displays must be in place

Tuesday, July 10th

9:00 a.m. Non-Perishable - judging continues
10:00 a.m. Rabbit/Poultry - In Place
Noon Poultry Show - Ag. Corp. Bldg. * Market Turkey & Broilers Showmanship only
4:00 p.m. Barnyard Olympics - 12/under
6:00 p.m. All Animals - In Place
7:00 p.m. Fair Queen Contest
Intermission Barnyard Olympics - 13/older

Wednesday, July 11th

7:00 a.m. 1st Official Milking Dairy Goat One-Day Test
8:30 a.m. Market Animal Weigh-In
9:00 a.m. Animal Exhibitor Meeting - Code of Conduct- Pole Barn area
9-11:00 a.m. Food/Nutrition Exhibits - In Place
10:30 a.m. Rabbit/Cavy Decathlon
11:00 a.m. Veggie Car Race - hosted by Fair Queen and Court
11:30 a.m. Packed Lunch Contest
12:00 p.m. Food/Nutrition - judging begins
12:00 p.m. Dairy Challenge Contest - JM McDonald Sports Complex
TBA Annual 4-H Bake Sale
12:00 p.m. Swine Show - Pole Barn area
2:00 p.m. Beef Show - Pole Barn area
3:00 p.m. Sheep Show - Ag. Corp. Bldg.
4:00 p.m. Meat Goat Show - Ag. Corp. Bldg.
4:00 p.m. Ag. Tent ~ On Display
4:00 p.m. Pedal Tractor Pull
5:00 p.m. Midway Opens - Children's Day Special
6-8:00 p.m. Cortlandville Board of Directors Mtg - Sports Complex
7:00 p.m. CBD - Social Hour
7:00 p.m. 2nd Official Milking Dairy Goat One-Day Test
Showcase - Karaoke

Elected Official Day @ the Fair!

9:00 a.m. Dairy Goat Showmanship
Noon Vegetables/Field Crops - In Place & judging begins
Noon Apple Pie Contest - Open Youth and Adults
1:00 p.m. Dairy Cattle Showmanship begins
1:00 p.m. Creative Place Setting Contest
4:00 p.m. Ag. Tent - On Display "Meat Producers"
5:00 p.m. Midway Opens
5:00 p.m. Clothing Revue
6:00 p.m. Drive-In Car Show
6-8:00 p.m. Elected Official Reception
6:30 p.m. Pie Social
7:00 p.m. Dairy Cattle Showmanship Finals
7:00 p.m. Healthy Snack Contests

Thursday, July 12th

9:00 a.m. Dairy Cattle Breeds Show
10:00 a.m. Rabbit & Cavy Showmanship Clinic
Noon Horticulture: All cut Flowers in place @ Noon! Judging to begin
2:00 p.m. Rabbit/ Cavy Show
2:00 p.m. Spec. Foods Contest
3:00 p.m. Decorated Cake Contest
4:00 p.m. Ag. Tent - On Display & Strawberry Social Hour
5:00 p.m. Chicken BBQ Dinner
5:00 p.m. Midway Opens
5:00 p.m. 7Valley Hotrods Display
6:00 p.m. Livestock Auction - 4-H Market Animals & Decorated Cakes Auction
8:00 p.m. Entertainment - Donna & The Mystics (round & square)

Friday, July 13th

Dairy Day @ the Fair!

9:00 a.m. Wildlife Identification 4-H & FFA
9:00 a.m. Tree Identification 4-H & FFA
10:00 a.m. 4-H Open Pleasure & Gymkhana (Gymkhana start approx. 2:00 p.m.)
10:15 a.m. Performance Drill & Quad 4-H Teams
10:00 a.m. Tractor Safety
10:00 a.m. Horticulture Knowledge Contest- 4-H Youth Bldg.
10:30 a.m. Horse Judging Contest 4-H & FFA
10:30 a.m. Parts and Tool Identification 4-H & FFA
11:00 a.m. Poultry Knowledge Contest- Ag. Corp. Bldg.
12:00 p.m. Dairy Cattle Judging 4-H & FFA
12-5:00 p.m. Ag. Tent - On Display "Dairy Cows & Dairy Goats"
1:00 p.m. Motorcycle Show & Snake Exhibit - Dan Chace, Marathon, NY
1-4:00 p.m. Peddle Tractor Pull
5:00 p.m. Children's Day Midway Ride Special - "Crossroads The Clown"
5:00 p.m. Animal Costume Contest
5:00 p.m. Pulled BBQ Pork & Potatoes
5:00 p.m. Midway Re-Opens
6-8:00 p.m. Ag. Tent - On Display & Strawberry Social Hour
8:00 p.m. Entertainment - Akin Heart Band
Fireworks - Dusk

Saturday, July 14th



Sunday, July 15th - 6-10:00 a.m. - Animals and All 4-H Exhibits Released

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CREATIVE TOUCH HAIR & NAIL Salon at 10 W Main Street in downtown Dryden (the stone building at the four corners next to the Village Clock Park) is under new ownership! Experienced master stylist Angela Floor recently purchased Creative Touch and is planning on keeping the established salon of over 13 years with the same services plus adding a few more specialty services! Angela updated the salon with her eye for style with new flooring, new sinks, plus redecorated and painted the walls to give the salon a new fresh welcoming feeling! 3 new organic lines of products and Goldwell color have also been added. Beat the heat and tame your frizzy hair and treat yourself to an amazing July Special - only \$80 for a Keratin Smoothing Treatment!

The salon houses an experienced, competent and qualified staff boasting the services of Sharon Graham as nail technician, Pam Centra, Lynn Houghtling, Megan Jordan and owner Angela Floor as master hair stylists. Creative Touch provides a variety of services for men, women and children such as cuts, colors including low-lights or high-lights, perms, up-dos, waxing, acrylic nails, manicures and pedicures. Lynn

offers specialty products for curly hair with organic products - something for every hair type!

Creative Touch offers massages with Licensed Massage Therapist TC Pelletier. TC is available by appointment for a relaxing, rejuvenating massage!

To contact the Creative Touch Hair & Nail Salon by phone, call (607) 844-9920. The salon is open Monday through Saturday and walk-ins are always welcome. Get ready for summer with their body waxing summer specials!

Stop in and congratulate Angela or call to schedule your appointment! Angela is looking forward to working with her past clients as well as any new clients who need the service that Creative Touch Salon can perform. Her years of service will assure you customer satisfaction of your salon needs.



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Before you rent or buy new furniture - check out V & V Furniture quality used furniture pieces with over 200 items on display! V&V Furniture Sales is located at 113 Port Watson Street in Cortland and is open Monday thru Friday from 10am to 5pm and Saturdays from 10am to 4pm. Stop by or call them at 607-753-7930. Come peek in our drawers and check out the new arrivals!



The Tompkins County Dairy Princess program is made possible through the support of the American Dairy Association and Dairy Council- the local planning and management organization funded by dairy farmer check off dollars.

FIFTH ANNUAL DRYDEN LAKE FESTIVAL

SATURDAY JULY 28TH, 2012

FAMILY FRIENDLY, DAY LONG ACTIVITIES are planned at Dryden Lake Park this year for July 28th for our annual Dryden Lake Festival. The day will start at 9am with several triathlons for paddle, bike and run, thru-out the morning. Please see website for more info and to register: www.drydenlakefestival.com.

At noon, the food and ice cream vendors will be set up, the classic car "Cruise-in" of up to 60 cars (weather permitting) will arrive, and waterfront and field activities will commence. Bands will run from 1:30 thru out the afternoon and until dusk, when the Fireworks will light up over the Lake.

During the afternoon there will be special programs for the younger children including: salamanders and critters, their own pet-rock identification, story time with Mother Goose of our Southworth Library, and a reading by Groton author, Nicolle Brazil from her book, "You Can't Move an Elephant in One Day", also drama-time with costumes, etc.

For the adults there will be a talk by Gourmand Award winner (in Paris France, March 2012), John C Hartsock of Cortland, "Seasons of a Finger Lakes Winery." He will tell of the development of Long Point Winery near Aurora. Other authors have been invited and their autographed books will be available.

Exhibits will include our own Dryden Town Historical Society and Tompkins County's Historic Ithaca. Also the NYS Sheriff's Association will display their new "Yellow Dot" program. An exhibit about the rebuilding of the World War I airplane that was made in Ithaca, "Tommy Comes Home" is a project of the Ithaca Aviation Heritage Foundation. Several re-enactors will be set up true to their period of Revolution War era or the Civil War period with clothes, food, tools, tents, etc.

There will also be dog agility contests, canoe races, a petting zoo and farm animals, the Dairy Princess and her court with free ice cream, the Popcorn wagon (weather permitting), fire companies water contests, fishing derby, kid's game area, and the Great Goose Drop.

There will be plenty of near-by parking, porta-pots, events for all. Bring the family, chairs and blankets if you wish, picnic or whatever, and plan to spend the day and evening in this beautiful spot. A free-will offering at the entrance. You can become a sponsor as we are a not-for-profit group and accept donations of goods or services for prizes or to raffle to the public.

homes with pride and dignity. ABWK serves as a companion to local affiliates' core building services, enabling them to serve more families and increase opportunities for volunteers and sponsors.

Habitat selects partner families based on income (maximum income for a family of four in Tompkins County is \$44,300, for example), need, and willingness to partner. The Habitat affiliate uses volunteer labor and donated materials to keep costs low and take no profit for their services. A no-interest loan is made to the homeowner to cover the cost of the project. Payments made by the homeowners are placed in a revolving fund to help ABWK serve others in need.

ABWK ensures that families live in safe and well-maintained homes. The program is designed to revitalize the appearance of the neighborhood and encourage connections within the community.

If you, or a family you know, need help affording projects around your home, call Habitat for Humanity at (607) 898-4148!

DRYDEN OPEN GATE GARDEN & ART TOUR

Saturday, July 14, 2012 9am-2pm

TOUR FOUR GARDENS FOR JUST \$5 - Enjoy the beautiful gardens and art for sale. Pre-sale tickets at Back to Basics, Dryden Wine & Spirits, Dryden Agway, Dryden Village Hall, Dryden Historical Society, Creative Touch, Shear Visions. Starting point is municipal parking lot on George Street in Dryden. Free Shuttles to each garden. Maps and tickets available the day of the tour at the starting point.

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HABITAT FOR HUMANITY'S A BRUSH with Kindness is an exterior home preservation service that offers painting, landscaping, weather stripping and minor repair services for homeowners in need. They are also willing to do porch repair and add/repair handicap ramps or steps.

Habitat is seeking applications by July 31 for four more ABWK projects to complete this summer and fall. Those interested can contact the office at (607) 898-4148 or info@tchabitat.com to find out more about eligibility.

ABWK helps income-eligible homeowners reclaim their



IT'S OFFICIALLY SUMMER AND THAT means picnics, fireworks and the 4th of July. Hi, I am Hannah Baker the Tompkins Dairy Princess. With the graduation parties just beginning and 4th of July right around the corner this is a busy time for parties. Are you looking for something new and different to serve your guests? How about milk punch! Here is a great recipe that will be a big hit at your next event and it will be a great way to help you get your 3-every-day of dairy. Getting three servings of dairy everyday is an important part of a healthy diet so don't forget your milk, cheese and yogurt!

BROWN COW PUNCH

- 2 quarts chocolate milk
- 1/4 teaspoon almond extract
- 1/2 gallon coffee ice cream, softened

In a punch bowl, combine milk and extract. Add ice cream by scoopfuls and allow to float on top of punch. Or scoop ice cream into glasses; combine milk and extract, then pour over ice cream. Yield: 3 quarts.

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CLASSIC AMERICAN MUSICAL OKLAHOMA COMES TO THE STATE THEATRE OF ITHACA JULY 13-15

RUNNING TO PLACES THEATRE COMPANY (R2P) is bringing the great American musical Oklahoma to the State Theatre, July 13-15 with performances at 7pm on Friday and Saturday, 2pm on Sunday. Often considered the masterpiece of legendary collaborators Rodgers and Hammerstein, the show is a story of love and hope on the frontier at the turn of the 20th century and features favorites such as “Oh What a Beautiful Morning,” “Surrey with the Fringe on Top,” “People Will Say We’re in Love,” as well as the title song.

“Oklahoma was groundbreaking for its time, and has endured for 70 years for good reason,” says R2P Co-Artistic Director Gail Belokur. “Oklahoma was the first musical of its kind—incorporating songs that are tightly integrated with the plot and character arcs as well as the evocation of emotions beyond laughter.” Created not that long after the demise of vaudeville, the show is still just as fresh and vital today, Belokur elaborates: “While there is all the comedy and romance families would expect from this classic crowd-pleaser, there are deeper themes and complex moments to satisfy audiences who want more than surface-only entertainment.”

The play tells the story of the blossoming love between farm-girl Laurey (Sarah Beckwith) and Curly the cowboy (Josiah Rawlings). Not only must they overcome the divide that separates them, but also Laurey must decide how to deal with the attentions of gruff farm-hand Jud (James Palmer). Director Joey Steinhagen believes that, “Jud is often oversimplified as a two-dimensional monster, but this character is arguably the most complicated and fully developed of the show. He has some truly moving and heartbreaking moments.” Comic relief is provided by another love-triangle between the flirtatious Ado Annie (Hayley Evanoski), dimwitted cowboy Will Parker (Matt Avery), and the womanizing peddler Ali Hakim (Felix Fernandez-Penny).

The artistic team brings some new faces to the R2P family, notably Costume Designer Lilly Westbrook. Westbrook has been on the staff at Ithaca College’s Department of Theatre Arts for 25 years managing the costume shop and teaching costume construction. Although her daughter has been involved in R2P productions in the past, this is the first time Westbrook herself has taken a leading role. “Lilly brings passion, vision, and an incredible level of professionalism to the table,” says Steinhagen. He smiles as he recollects having Westbrook as a teacher at IC. “We were both a bit younger then.” Steinhagen credits Westbrook for articulating many of the themes that other members of the team have worked to highlight in their respective areas, such as the contrasts between earth and sky, the stability of the farmstead and the freedom of the cowboy. According to Belokur, “Tyler [M. Perry, Scenic Designer] and David [Arsenault, Lighting Designer] are both IC grads themselves and have done beautiful work in bringing those ideas to the stage. We’re delighted that we’ve be able to fully realize the vision of these talented designers – and we have our generous community locally and beyond to thank.”

She is referring to a recent successful online fundraising drive. Steinhagen explains, “For our final fundraising platform of the season we turned to Kickstarter, one of the most popular websites for these efforts.” R2P set an ambitious goal of raising \$8720 in 18 days to cover the cost of renting the State Theatre and executing the scenic, lighting, and costume designs, relying primarily on word-of-mouth via social media. “We did it!” beams Belokur. Steinhagen reports that local R2P fans contributed everything from \$1 and up. “At one point early on, I saw that we got a donation from someone I haven’t seen since the day I graduated from college 20 years ago! And we are especially fortunate to have the support of The Inn on Columbia. They were already the Exclusive Show Sponsor of Oklahoma, but they came through above and beyond to help us reach our fundraising goal.”

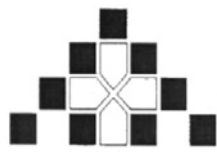
Oklahoma is also made possible with grant support from the Community Arts Partnership and season-long support by the Ithaca Youth Bureau, CSP Management, and Cayuga Radio Group. Tickets are \$15 the day of the performance, but may be purchased for only \$12 in advance at the State Theatre Box Office at 105 West State/MLK Jr. Street in Ithaca, by calling 607-277-8283, or visiting www.stateofithaca.com. Additional information can be found at www.runningtoplaces.org.

Performance Dates:

Fri, July 13 at 7:00pm

Sat, July 14 at 7:00pm

Sun, July 15 at 2:00pm



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@tucny.rr.com

BUILDING A UNIVERSAL HOME

For the past decade a significant number of communities around the country have experienced substantial changes in the home buyer’s market and age demographic. Following World War II, a surge in returning GIs prompted developers to erect massive subdivisions with modest starter homes in the 1,200-1,600 square foot range. More recently, builders attempted to capitalize on the affluent young professionals who desired the conspicuous 4,000+ SF “mc-mansion” with three-car garage on a five acre lot as testament to their perceived financial success, but that short-lived era eventually became a stark reminder of frivolous consumption and high property taxes. For most families interested in a new home today, smaller is better, more affordable and energy prudent. Builders have begun to understand the needs, wants and desires of the “baby boomer” generation who are living longer and healthier than ever before. Even as their physical activity begins to decline, the modern boomer continues to seek a quality of independence far removed from previous generations. This trend of living longer, yet independently has fostered the concept of the universal home.

A universal home is designed to be spatially and energy efficient with additional amenities for the occupant(s) to live in the same house over an extended timeframe even after they begin to encounter age and/or physical limitations. Universal home design features often include:

- design of the primary living, sleeping and utility spaces on one floor (1,400-1,800 GSF),
- design circulation routes throughout the home and outside with few or no stairs (where stairs are necessary, stair risers are often 7” or less in height by 10” tread width (current maximum residential riser height is 8-1/4” and minimum tread width is 9”),
- a garage attached to the main residence to include automatic overhead garage doors for protection from the elements and increased occupant security when leaving or returning to their home,
- access to all rooms via wider corridors and doorways (minimum 36” wide doors and 42” wide corridors to accommodate a future wheelchair),
- all doors in the home to have ADA compliant lever-style handles,
- bathroom layouts to have larger free space for use by occupants in wheel chairs/walkers,
- select ADA compliant water closets (higher rim height toilet with elongated bowl),
- design of HC adaptable bathroom and kitchen cabinets and counters to accommodate changes in the occupant’s high and low reach distance over time (kitchen designs may also include ADA recommended appliances such as refrigerators with bottom mounted freezers or side-by-side refrigerator/freezer compartments; safe, low temp magnetic resonance cook tops, side-swing oven doors, etc)
- design of larger shower compartments and walk-in bathtubs with grab bars and accessible hand-held shower attachments for use by all members of the household,

- plumbing fixtures and faucets with lever-style handles,
- long lasting, maintenance-free exterior siding and finishes,
- design of exterior building envelope (walls, roof and foundation) to include higher value insulation and state of the art windows and sealants for maximum energy efficiency (and reduced fuel consumption when the boomers raise the thermostat to compensate for declining body circulation),
- high efficiency heating systems such as electric or hot water in-floor radiant heating for maximum room-to-room flexibility and draft-free comfort. Efficient ventilation and air conditioning packages with energy saver smart modules to prevent simultaneous heating/cooling functions,
- energy saving light fixtures and motion sensors at specific fixture locations to provide higher levels of lighting where safety is a concern and reduce energy consumption when occupants have exited the space,
- smoke/CO2 detectors with built-in strobe lights in the event an occupant is hearing impaired
- auto-dial features for smoke detection and security systems, where available, to alert relatives, monitor company and local police/fire dispatch in the event of an emergency

STANDARD PROPERTY MAINTENANCE VS RESTORATION IMPROVEMENTS AND NEW CONSTRUCTION

I WAS RECENTLY ASKED to clarify when a building permit was needed and when it was not. Most homeowners comprehend the need for a building permit when constructing a new home, an addition, or when embarking upon a substantial renovation within their current residence. Determining when a maintenance related repair or home improvement project justifies a visit to the local code enforcement office and issuance of a building permit can often be more challenging.

In general, both State Building Codes and local Land Use Regulations specify that “a building permit is required for any work, including, but not limited to, the construction, enlargement, alteration, improvement, removal, relocation or demolition of any building or structure, or any portion thereof, as well as the installation of solid fuel burning heating appliance, chimney or flue in any dwelling unit.” A building permit shall also be required for any work or activity that must conform to the Uniform Building Code. While such statements cover a vast majority of construction projects, interpretation of the nature and scope of a specific project is often left to the local code enforcement officer, so a homeowner is advised to seek the CEO’s counsel before commencing any work. Several examples of work that does or does not normally require a building permit follow:

A PERMIT IS GENERALLY NOT REQUIRED WHEN:

- Replacing broken glass in a window (sash repair and glazing materials can match original)
- Replacing an old window with a new window unit of the same size (while a permit is generally not required, the replacement window must now comply with current energy standards for that type of window)
- Tearing off old weathered roof shingles and installing new building paper and shingles
- Replacing the old, worn treads on an exterior stair (repair materials to match original, however the homeowner is encouraged to add slip resistant pads, silicate or other surface treatment to assure safe passage. Note: most new composite deck boards are designed with a slip resistant surface texture, whereas traditional pressure treated lumber can be slippery when wet)
- Removing old paint or wall paper and making minor repairs to existing interior drywall surfaces prior to repainting or installing other surface finishes
- (for homes older than 1978, homeowners are urged to have paint chips inspected for lead

content and thereafter remove any known hazardous materials in a legal manner)

- Repairing minor cracks and surface spalls in concrete, masonry or stone foundations that do not involve structural changes or repairs
- Replacing and repainting a few old or missing balusters in an existing porch railing

A PERMIT IS REQUIRED WHEN:

- Replacing an old window with a new window or door unit that is larger than the original opening requiring removal and installation of new structural framing and header above the unit opening (whenever structural changes are part of a repair or improvement project, a building permit is required along with the CEO's site inspection)
- Repairing or replacing exterior trim and siding on an older residence (new regulations require testing of all painted surfaces on homes built prior to 1978 for lead-based products. (Specific testing, removal and disposal procedures for hazardous materials are required through certified contractors)
- Tearing off of old roof shingles and wood panel substrate and/or some rafters affected by dry rot, then rebuilding the roof system and installing new building paper and shingles (partial or complete removal of substrate roof panels and/or any part of a rafter system constitutes a structural repair requiring a building permit and the CEO's site inspection)
- Removing interior plaster, drywall and other panel products that expose stud walls, insulation where present, wiring and plumbing pipes (classified as a Level 2 Alteration), then installing new drywall or other panel finishes. (older homes may have asbestos fiber based plaster or hardboard products requiring special demolition and disposal procedures)

- Repairing, upgrading, relocating or extending any permanent electrical wiring in the home (this does not include repairing a wire or plug on a corded appliance or fixture)
- Extending, relocating or repairing any part of the potable water and/or sanitary drain system in the home (this does not include minor repairs to a leaky faucet and replacing exposed tailpipes where the primary potable water system has not been disturbed)
- Rebuilding failed foundation walls and footings that may include temporary shoring and bracing to transfer the structural load of the home above while a portion or all of the foundation is rebuilt.
- Enclosing and converting an open porch into a four season, habitable space
- Finishing off an unfinished attic space as habitable rooms in compliance with the current State Building Code and local Land Use Regulations
- Finishing off an unfinished utility basement into added habitable space (Note: there are specific minimum standards for habitable spaces whether they be in a former attic or a basement area. Such requirements include a secondary emergency egress route, adequate natural light, ventilation and heat, adequate envelope insulation to comply with the Energy Code, minimum headroom clearances for rooms and access stairs, minimum tread and riser dimensions for access stairs, possible radon mitigation protection, etc.)
- Removing an old railing system from an existing stair, porch or deck and replacing it with a new railing system will require a building permit (while CEOs in some jurisdictions and preservation zones may permit a homeowner to install the new railing to original height and spacing standards, current code requirements urge construction of new higher railings and narrowly spaced balusters to protect occupants and visitors from potential falls.

New railing systems are also designed to higher horizontal impact loads to minimize the potential for lateral failure)

ENJOY SUMMER ON A NEW FRONT PORCH!

By Kevin McMahon, President
Tompkins Cortland Builders & Remodelers Association (TCBRA)

OUTDOOR LIVING SPACES ARE ONE of the most popular design trends of the past few years in both new home construction and remodeling, and it's a trend that looks like it's going to be around for many years to come. Judges for the 2012 Best in American Living Awards, an annual National Association of Home Builders competition, noted outdoor spaces as an essential design trend that has expanded to homes nationwide and is at the top of many home buyer and renters' must-have lists.

Whether you're remodeling to make your home better-suited to your family's current lifestyle or to spruce it up to be more attractive to potential buyers, adding a front porch can be a great option.

Here are some considerations you should think about when planning your new front porch, whether you plan to construct it yourself or hire an experienced contractor:

Size

The porch is an accessory, so it shouldn't overwhelm the main structure of the house. It should, however, be large enough to look like part of your home instead of an afterthought.

Think about what you want to use your porch for. If you envision dining al fresco with your family during the warm weather months, you'll want a porch that's at least eight to 10 feet deep to accommodate a good-sized table and chairs. Six feet or so should be sufficient if you just want to place a loveseat or a couple of chairs outside.

Location

If your home has the flexibility, what side of your home your porch is on can also be an important factor. A south-facing porch will take advantage of the sun's heat, but could also get uncomfortable during the summer in hot climates. If the idea of cocktails at sunset is appealing, place your porch facing west. Early risers may want maximum light to read the paper and sip coffee with eastern exposure.

Don't forget about accessing the porch from the home, and what design impact that may have on the interior rooms. For example, you may want to install French or sliding glass doors from the living room or kitchen create an entrance to the porch.

Features

In order to ensure aesthetic continuity, try to use the same materials to build your porch as are used in the home, especially the exterior surfaces. This includes coordinating millwork and other design motifs so that your new porch integrates smoothly with the rest of your home.

Also take into account other factors that could affect your enjoyment of your new porch. Consider installing screens if you live in an insect-friendly area, or glass windows so you can extend the days of the year you can use the porch in cooler climates. If you plan to use the porch during the night hours, make sure you install either sufficient lighting or outlets for lamps. A ceiling fan is a good idea to make the space more comfortable in warm temperatures.

Before you know it, you and your family can begin to relax and enjoy the summer season from the comfort of your new porch—or have an attractive feature to offer to would-be buyers.

For more information on home additions or to find a home builder or remodeler in Tompkins or Cortland County, visit www.tcbra.com or info@tcbra.com

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TIME TO BUY TOMPKINS & CORTLAND HOUSING MARKET SHOWS CONSISTENT IMPROVEMENT

By Kevin McMahon, President
Tompkins Cortland Builders & Remodelers Association
(TCBRA)

FOR ANYONE IN TOMPKINS & Cortland Counties waiting on the sidelines for the housing market to show signs of recovery before buying a new home, that time has come. According to the National Association of Home Builders/First American Improving Markets Index (IMI), economic indicators show that Tompkins & Cortland area has been steadily improving for at least six months.

The IMI is designed to track housing markets throughout the country that are showing signs of improving economic health. It measures three sets of independent monthly data—employment growth from the Bureau of Labor Statistics, house price appreciation from Freddie Mac, and single-family housing permit growth from the U.S. Census Bureau—to get a mark on the top improving Metropolitan Statistical Areas.

While tough conditions continue to prevail across much of the country, momentum is building in communities such as Ithaca & Cortland that are showing consistent, measurable improvements in economic conditions.

These steadily improving economic indicators should give potential home buyers more confidence, but they are far from the only reason to buy a home.

Owning a home is the foundation of the American Dream. The emotional benefits should be considered just as much, if not more than, the potential financial advantages. A home is a place to create family memories and build a sense of stability, pride and accomplishment. At the same time, it serves as a long-term investment that can provide for children's education and a home owner's retirement.

Not even the most well-connected, smartest economic experts can time the market to make sure they buy at the lowest point and sell at the top. Ithaca & Cortland housing prospects is on the upswing. With competitive prices, interest rates at record low levels, and plenty of banks willing to make loans to qualified borrowers, if you've been thinking about making a move, now is the time.

To find out more about home buying in Tompkins and Cortland Counties visit www.tcbra.com or www.protecthomeownership.com.

WHY THE 30-YEAR FIXED-RATE MORTGAGE IS IMPORTANT

By Kevin McMahon, President
Tompkins Cortland Builders & Remodelers Association
(TCBRA)

TODAY'S HISTORICALLY-LOW MORTGAGE INTEREST RATES are good news for both prospective and current home owners. Families looking to buy can afford more home for their money, and home owners may be able to refinance their mortgages and lower their monthly payments or tap into their home's equity to pay for expenses such as school tuition for their children or a major renovation.

But the 30-year, fixed rate mortgage — the primary housing financing tool for most Americans — is being threatened. Some members of Congress are pushing to end the federal backstop for housing. Without a federal role to absorb market risk, private lenders would increase interest rates and fees on all types of available financing options, including the 30-year, fixed-rate mortgage.

During the Great Depression, the national homeownership rate was well under 50 percent and buyers were often forced to finance their homes with a 50 percent downpayment on a five-year balloon mortgage. The 30-year, fixed-rate mortgage came about as a result of President Franklin Roosevelt's New Deal policies and played a pivotal role in helping to increase the national homeownership rate so that today two out of three Americans own a home.

The 30-year loan is the most popular and sustainable mortgage in the marketplace for many reasons, including:

- **Affordability.** Thirty year terms lock in low monthly payments, allowing households with average incomes to comfortably budget for their home loan.
- **Inflation protection.** Knowing their monthly housing costs will remain the same year in and year out regardless of whether interest rates rise provides households with a sense of financial security and also acts as a hedge against inflation.
- **Long-term planning.** Many young buyers know that as their incomes rise, their mortgage payment will stay constant and take up less of their monthly budget, which will enable them to save for other costs like their children's school tuitions and retirement.
- **Tax advantages.** In most instances, all of the interest and property taxes a home owner pays in a given year can be deducted from their gross income, reducing their taxable

income. This can result in thousands of dollars of tax savings, especially in the early years of a 30-year mortgage when interest makes up most of the payment.

Economists agree that there can be no sustainable economic recovery until the housing market rebounds. A sound housing finance system that provides a stable and affordable supply of credit for home buyers and rental housing is essential to ensure a healthy housing market, to keep standard 30-year fixed-rate loans and adjustable rate mortgages readily accessible and affordable, to spur job creation and to maintain a strong and durable economy.

To learn more about the threats to homeownership and how to take action to protect it, contact us at www.tcbra.com or go to www.protecthomeownership.com.

NEPTUNE HOSE COMPANY 4TH ANNUAL JUNIOR FIRE ACADEMY

Sponsored by The Dryden Fire Department with assistance from our Area Departments.

For Dryden School District ages 10-14 on July 16-20, 2012 from 9am to 1pm

Registration can be made at the Village Office Attn: Abby Homer-Village Clerk 607-844-8122 or drop off your application at: Village of Dryden, 16 South Street, Dryden, NY

CALENDAR OF EVENTS

June 29, East Coast Pro Wrestling 7:30pm, Cortland County Jr. Fairgrounds. Ticket prices: \$12 in Advance, \$15 at the door. For more information call (973) 402-9599, e-mail keithzimmer@yahoo.com or visit ecpw1.com.

June 30 - July 3, Fetch Gate Farm Sheep Dog Trials 8am - 4pm, 1804 Babcock Hollow, Virgil. Watch these wonderful sheep dogs at work. A trial is the ultimate test of a dog and its training. It is designed to test all of the skills necessary to perform its daily work on the farm or ranch. This is a free event. Donations are accepted to help us offset the many costs. Concessions and cold drinks available (Sat-Sun). Spectators are encouraged to attend and dogs are welcome (on leash and under control). Bring a picnic blanket or a chair and come watch the trial! For more information call (607) 835-6584 or visit www.fetchgatefarm.com

July 1, Cincinnati Car Show 9am, Rt. 26 in Cincinnati. Car Show in conjunction with the Annual Fire Department Field Days with spectacular fireworks display on Sunday night. Live entertainment daily, inspirational sing Sunday morning, good food, pie auction, tractor pulls. No admission charge. For more information call (607) 345-0001, e-mail dotandron@frontiernet.net or visit cincyjams.com.

Community fireworks return to Ithaca! Monday, July 2, 2012 at dusk - celebrate Independence Day with a bang! Community picnic and music in Stewart Park at 6pm. Overflow parking will be available at Boynton Middle School and Ithaca High School. Other great locations for viewing the fireworks are Cass Park, the Ithaca Farmers Market and along the lake. Parking along Route 13 is dangerous and illegal. Violators will be asked to move and/or will be towed to protect everyone's safety. Motorists and pedestrians are asked to use extreme caution in the area.

July 4, Seventeenth Annual Public Reading of the United States Declaration of Independence 10am, Homer Congregational Church, Homer Green. Charles W. Jermy, Jr. and Charles W. Jermy III will present the historical background of the events that led up to its adoption in 1776. Those who desire to do so will be invited to read a short portion of the Declaration itself. Following the reading, the bells in the churches and other buildings surrounding the Green will be rung 50 times, and signal cannons will be fired in front of the Bandstand. All are welcome, families in particular, and there is no charge. For more information, please call Bud or Chip at 607/749-4365 or send an e-mail message to cwj1@cornell.edu.

July 5, Steve Daniels Jazz Quartet (Summer Music Series) 7:00, Courthouse Park. Bring a lawn chair or blanket and enjoy the show. For more information call the Youth Bureau at (607) 753-3021.

July 8, Flower Garden Tour 1-4pm. Visit 7+ area flower gardens. Rain date July 15. Plein aire painters will be present at some locations. Garden owners will sell seeds and plants. \$10 per ticket. Purchase tickets at The Picture House Frame Shop, 85 Homer Ave, Cortland, and Oh My Goodness Health Food, 1 N. Main St., Homer. Proceeds to benefit Cultural Council of Cortland County and Sustainable Cortland.

July 10, Arts in the Parks 10:30am, Courthouse Park. Merry Go Round Theatre. For more information call the Youth Bureau at (607) 753-3021.

July 12-13, The Magical Pied Piper Performance by junior high and elementary school actors from the Cortland Youth Bureau Summer Drama Program. The village is overrun with rats and the mayor offers a great reward for anyone who can rid the town of the rodents. This play is faithful to the original legend of the Pied Piper, with the addition of entertaining new characters and songs. For more information call the Youth Bureau at (607) 753-3021.

Lighthouse Landing Campground

1st Annual Auto Show



When: June 30th (12:00pm-6:00pm)

*judging @ 2:00pm

Location: 3781 US. Highway Rt. 11

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Trophies for 1st, 2nd, 3rd place per class

- ❖ Do you want your car in the show: \$5.00 per car
- ❖ Spectators: \$3.00 per person (kids under 12 free)
- ❖ Camping: \$20.00 (includes entry fee for car owner or spectator)
- ❖ Vendors: \$10.00

Car Owners/Vendors reserve your place by phone or email: Martin Williams (607) 423-5639, martinwilliams1105@gmail.com

*See webpage for more details (vendors, food, etc.):
www.lighthouselandings.org*



PUZZLES & GAMES

WORD FIND

Find the '4th of July' related words below! Can you find them all?
Good luck! Check our next edition for the solution!

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

- july • independence • patriotic • freedom • liberty • streamers
- whistlers • boom • sparklers • fireworks • sparklers • bbq • grill
- cooler • tongs • hamburgers • hotdogs • salads • marinade • parties
- vacation • celebrate • flag • holiday • parade • united • stars • picnic

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

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- Riverside Plaza • Colonial Laundromat • Ramada Inn
- Main Street Downtown Homer • Back to Basics
- Natoli's Market • Dryden Food Market • Express Mart
- Ithaca Wegman's • Rite Aid Dryden/Cortland
- Gregg's Market Marathon/Whitney Point • Dryden Agway
- Elite Dental • Pinckney Allstate Insurance Agency
- Tompkins Trust Company Banks • Toad's Diner
- Queen Diner Dryden • Clarks Dryden Food Mkt
- Country Kitchen - Whitney Point • Country Kitchen II - Cortland
- Hope Lake Lodge • Tully Kinney Drugs • Triphammer Mall
- Cortland Seafood • Piccadilly Lane Country & Primitive Store
- The Second Knob Gifts & Antiques • Cortland Ramada

LAST EDITION'S PUZZLES

SUDOKU

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

WORD FIND

e	i	t	r	l	o	r	c	g	n	a	e	s	l	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	l	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
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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

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