

FREE

August 8-21, 2012

Need for Speed Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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SEE PAGE 3 FOR CONTEST



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WELCOME TO OUR ANNUAL "NEED FOR SPEED" 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!

August 22 – Pamper Your Pets, Welcome Back Students & 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!*

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HAVE A BEAUTIFUL PET?!

Would you like to show it off in our PAMPER YOUR PETS Issue?

Please email your pet's picture and their name and we will print it in the August 22nd issue! Email your photos to tcatribune@gmail.com

Or mail your photo along with your pet's name to THE CAT, PO BOX 67, DRYDEN, NY 13053 before the deadline, August 17th.

Be sure to include your return mailing address so we may mail your photo back!

Dress up your pet and send in your pictures! The Pamper Your Pets issue was a big hit last year – we had a great response for pet photos!

This year will be bigger and better – don't miss out – send in the picture of your Pampered Pet!

DON'T FORGET TO tell us your pet's name!

Watch for next edition for your pet's picture printed in the paper!

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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.

August 9 - Unreal City (Summer Music Series)

7pm, Courthouse Park, Cortland. Bring a lawn chair or blanket and enjoy the show. For more information call the Youth Bureau at (607) 753-3021.

August 9-10 - Once On This Island

Highly original Caribbean adaptation of The Little Mermaid. Featuring high school and college actors in the Cortland Youth Bureau Summer Drama Program. A peasant girl rescues and falls in love with a wealthy boy from the other side of the island. The fantastical gods who rule the island guide her on a quest to test the strength of her love against the powerful forces of prejudice, hatred and death. For more information call the Youth Bureau at (607) 753-3021. Tickets are available at Jodi's Hallmark on Main St. Cortland (\$5) and can be purchased at the door (\$6). For more information call (607) 753-3021, e-mail bwells@cortlandschools.org or visit <http://www.facebook.com/events/335729019834479/>.

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August 9-12 - Brockway Truck Show in Cortland

Celebrating 100 years of Brockway (1912 -2012). Thursday, 11am, Husky Drive Road Rally, starting at the Central New York Living History Center and the Brockway Museum (4386 US Route 11). Friday, 5-8 pm, fundraiser dinner at the Museum, Pork Roast buffet by Bob's BBQ, \$25.00 per person (reservations required). 8 pm, Brockway auction, 9 pm fireworks. Saturday, 8:30 am, parade of Brockway trucks from the museum site to Main Street Cortland, where they will remain parked for the day. Brockway exhibit by the CortlandCounty Historical Society 9 am to 3:30 pm. Diamond Someday Bluegrass Band 11 am to 2 pm in front of Alliance Bank. Awards 3 pm on the stage in front of Alliance Bank.

Then the trucks head back to the Museum for a chicken bbq and recognition of the former Brockway employees. \$20.00 (reservations are required). Sunday 7-11 am, Pancake breakfast at the museum. NEW THIS YEAR: The Central New York Living History Center will be open and there will be a charge to view the Brockway Exhibit. The Tractors of Yesteryear (TOYS Club) will be open during the entire Brockway Truck Show in the barn on the museum site (4386 US Route 11). For more information call (607) 299-4185 or visit www.brockwaytrucks.org.

August 11 - 10th Annual Newfield Community Garage Sales

9 am--Till. Maps available morning of sale @ 363 Main St. Also chicken bar-b-que @ Masonic Temple and library book sale.

August 12 - Southern Tier Antique Truck Show

Cortland County Junior Fairgrounds, Fairgrounds Dr, off Rt. 11 North. Antique trucks on display.

August 15 - Snake Night

6-8pm, Lime Hollow Visitor Center, 338 McLean Rd. Join

Dan the Snake Man at the VisitorCenter at 338 McLean Road for an entertaining evening of reptile fun! Listen as Dan introduces several of his snakes; then enjoy the rest of the evening getting hands-on experience with snakes, spiders, millipedes, lizards and more! Members \$3, non-members \$5, children 3 and under - free. For more information call (607) 662-4632 or visit www.limehollow.org.

August 16 - Identifying Summer Diseases of Vegetables in Your Garden

affecting vegetables can be difficult to identify, especially when nonbiotic issues like drought and nutritional deficiencies occur. Fresh samples or color images will lead into a discussion of detection and identification, with possible control measures addressed. Dr. Tom Zitter, plant pathologist at Cornell, will teach this class for the home gardener. Identifying Summer Diseases will take place Thurs. Aug. 16, 6:30-8:30 pm at the Tompkins County Cornell Cooperative Extension Education Center, 615 Willow Avenue, Ithaca. Fee: \$5; pre-registration requested. Please call 272-

2292 for more information or registration.

August 15-25 - The Drawer Boy (CRT)

Set in 1972, this surprisingly funny, tender but tough play tells the story of two aging Canadian dairy farmers, both WWII veterans, who have their quiet lives disturbed when a young actor appears on their farm, asking to study the rituals and chores of the world of farming. Unwittingly, the young man reveals the truth behind one of the farmer's memory loss and learns how storytelling can interpret reality and transform lives. Since its premiere, this play has won countless awards, including Canada's Governor General's Literary Award and The Helen Hayes Award. It also made Time Magazine's top ten list as "a new classic" and in 2004 became the most produced play in American regional theatres. For more information visit www.cortlandrep.org or call 1-800-427-6160.

August 18 - Chicken BBQ

The Varna United Methodist Church located on Route 366 will put on another chicken barbecue on August 18th starting at noon with chicken halves only. Only doing 200 halves again this time selling at \$5.00 for each half.



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 us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, August 17th 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:

Bill Short

Answer from the Previous Edition:

Skyliner Diner of 141-1/2 Main Street in Cortland

The winner of last issue is Bill Short. Bill won a gift certificate from Barn House Antiques located at 308 Peruville Rd (Rt 34B) in Lansing. 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!



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**THE GO GREEN BICYCLE SALE
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COME CHECK OUT THE Go Green Bicycle Sale at Action Sports! We are located at 85 Main Street in beautiful downtown Cortland! All 2012 Specialized and Jamis mountain and road bikes will be marked down!

The Go Green Bicycle Sale is Thursday, August 16th 10:00-5:30; Friday, August 17th 10:00-5:30 and Saturday, August 18th 10:00-3:00. Look for the green balloons that mean savings for you!

Our everyday prices on these quality bikes are already below the suggested manufacturer's price. With our Go Green Bicycle Sale, the prices are even lower yet! Help us move out the 2012's to make room for the new 2013's, which will be arriving by September. Also, we are celebrating over 12 years

of business! And cycling has been (and continues to be) an excellent form of exercise. Many fitness-oriented individuals have discovered the benefits of cycling and have become enthusiastic about the sport.

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Willcox Tire Center and Service Center is located at 233 Elmira Road in Ithaca and is open Monday thru Friday from 8 am to 5:30 pm and on Saturday from 8 am to noon. Stop by and say HI to the team at the front desk - Kelly and Tom! Check us out on the web - www.willcoxtirecenter.com.



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ROBINSON'S REPAIR SHOP A HIGH STANDARD OF AUTOMOTIVE SERVICE

By Shannon R. Noble

JIM ROBINSON, OWNER OF ROBINSON'S Repair Shop, was born and raised in Marathon, NY. His father had his own automotive business in the area in the 1960s. Always interested in the automotive field and automobile repair, Jim followed in his father's footsteps, opening his own automotive repair business at his home in 1995. He eventually bought and renovated the building located at 3 Cortland Street, hired three additional people, and opened Robinson's Repair Shop in June, 2001.

Though there have been ups and downs, as with any business, Jim is happy with the way Robinson's Repair Shop has progressed. "I really enjoy the customers," he said. "We try to give the best quality service possible."

Jim strives for excellence in by maintaining high standards in his business. "My shop is AAA and NAPA accredited," he said. "Both have very stringent approval guidelines. I am also ASE certified. ASE has testing facilities that employ eight different fields in which you are tested; if you pass all eight, you become a Master Tech. I am a Master Tech; there are two Master certified techs that work here." These certifications assure the knowledge of automobiles necessary to provide quality service.

Jim believes strongly in diagnostic ability. "I am well-invested in the most up-to-date diagnostic equipment," he explained.

"It is important to be able to correctly diagnose the problem and fix it right the first time. We don't just throw parts at the problem in a haphazard, trial-and-error way; we know what's wrong with the vehicle before we replace any parts."

Robinson's Repair Shop offers a pick-up and delivery shuttle service in the Marathon area, as well as a 5% Senior Discount and a 10% Veterans and Active Servicemen Discount. You can also enter a monthly drawing to win a free oil change (up to \$45). There is one winner per month, drawn on the first day of each month; winners are posted at Robinson's Repair Shop.

In addition to providing automobile repair services to the Marathon area, Robinson's Repair Shop is also active in the community. Jim is the Vice President of the Marathon Business Organization and a member of the Marathon Lions Club. He also donates to the local scholarship fund and organizations such as D.A.R.E. "I like to contribute to those organizations that involve and benefit the town locally, he said."

Robinson's Repair Shop is open Monday through Friday 8 a.m. to 5 p.m. and Saturday, 8 a.m. to 12 p.m. "If you need repairs done on your automobile, you should give us a try," Jim said. "You will be pleased with the way I run my business." If you have questions about auto repairs, call Robinson's Repair Shop at (607) 849-6410.



MIKE'S FISH TANK KOI AND POND FISH

A LOT OF PEOPLE STILL looking for koi and pond fish. It's getting a little harder to get them in now. Pond season starts to wind down when you hit August.

The summer heat is always tough on goldfish. They really suffer in the heat of summer. They much prefer those cooler Spring and Autumn temperatures.

During the summer, it becomes very difficult to get in the small fancy goldfish. Things such as small fantails, orandas, ryukins, telescopes, lionheads, moors and bubble eyes do not ship well in the summer heat and it becomes hard for Pet Stores to ship them in. I did get some nice fantails in this week, only \$2.99

Just remember if your goldfish are doing bad in this heat, do not add ice cubes. Some people do this and it is not a good idea. The fish farms have told me the when your goldfish tank is too hot, just blow a fan onto it or wrap the tank with cool towels.

I've also had several phone calls from people that lost their power for 10 to 12 hours. They wanted to know if this is bad. It can be. A lot depends on how many fish and how big the tank is. The fish farms say there is normally about 8 hours of oxygen in a fish tank. If you go over that amount, you can stir the water in your aquarium with a big net every 30 minutes or so and that will incorporate oxygen into your tank. They also make battery operated air pumps. They are not that expensive and they might be a good thing to have around especially in the Summer months when there is the chance of thunder storms.

Another common question is about feeding fish when you go away on vacation. They make 3 day, 7 day, 10 day and 14 day vacation feeders. It's a block of calcium with food in it, as the block dissolves it releases the food. Just remember it's better to underfeed the fish when you are gone then to overfeed. Overfeeding can lead to problems as the water quality will go down and the fish could get sick from that. Decaying fish food causes ammonia and fish do not like ammonia. If you are only going to be gone 3 days, you could feed the fish just before you leave and immediately when you get back and your fish will be fine.

Pets A Plenty is located in the Blockbuster Video Plaza, Rte. 281 Cortland, 753-9213. Open 7 days a week. We now have a website. WWW.PETSAPLENTY.BIZ check it out. I post care sheets, coupons, new animal arrivals, contests and more. Any questions, email me at friskyy@hotmail.com



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IF YOUR SUMMER RECREATIONAL ACTIVITIES include making waves with a personal watercraft, exploring the countryside on an ATV or the all new Commander or cruising the roads on a Can-Am SPYDER, Doug's Powersports Unlimited has the ride for you!

Doug's Powersports carries Can-Am ATVs, SPYDERS and Sea-Doo personal watercraft, as well as trailers, parts, and accessories. You can also find a full line of aftermarket parts and accessories for most makes and models, including Suzuki and Yamaha. Doug's Powersports also provides service and repair for most makes and models.

So how do Can-Am ATVs and Sea-Doo watercraft rate with respect to customer satisfaction? "Customer satisfaction is great with the Can-Am ATVs," states Doug Clark, owner of Doug's Powersports Unlimited. "We haven't had anyone yet who has purchased an ATV return to our store and want to switch brands. And people who purchase Sea-Doo personal watercrafts like them so much that they simply upgrade to the latest Sea-Doos and the Can-Am SPYDERS speak for themselves!"

Doug Clark first started his business in 1980. At that time, the store was located on Route 11, near A.B. Brown's, and was called Doug's Speed and Automotive. The store originally carried parts and accessories and used units, and provided service and repairs. Doug moved his business to its current

location at 4019 Route 281, Cortland, in October, 2001. Since making the move, Doug's Powersports has been happy to carry the best of the best: Can-Am ATVs and Can-Am SPYDERS, Sea-Doo personal watercraft, and Ski-Doo snowmobiles.

"We have a very good track record with our customers," Doug says. "I estimate that about 90% of our customers leave here satisfied with our repair and service work. The other 10% are usually customers that come in with older units and request specific repairs or service work. These older units often need additional repairs or service that the customer does not request or cannot afford. In these cases, our mechanic, Todd Lyndaker, will execute the requested work, but will also explain to the customer the additional service or repairs that would be necessary to bring the unit back to optimum working order." Todd Lyndaker is Doug's Powersports' Service Manager. "Todd was already a certified technician with ten to twelve years experience when he first started working here," Doug explains. "Having fewer mechanics is sometimes better than having many," he continues. "This way, Todd knows exactly what work has been done to a particular unit. There are no guessing games as to what work has been done to a unit by other mechanics."

And what about pricing? "We take advantage of rebates and discounts in order to try to stay competitive with pricing," Doug says, "But the bottom line is that we provide a good product. People may buy here, regardless of pricing, due to our good reputation, and customers know we will take good care of them."



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So if you are in the market for an ATV, Can-Am SPYDER or personal watercraft for "your need for speed", or have one that needs to be serviced, stop in at Doug's Powersports and see what Doug has to offer. And if you are thinking ahead to fun in the snow next winter, don't forget that Doug's carries Ski-Doo snowmobiles and a full line of aftermarket parts and accessories for Ski-Doo and most makes and models of snowmobiles, and offers repairs and service for most makes and models, as well. You can also reach Doug's Powersports at (607) 753-1263, or check out Doug's web site at dougpowersports.net. Enjoy your summer - get outside with Doug's Powersports Unlimited! Doug's hours are Monday through Friday 9-6, Tuesday and Thursday 9-7 and Saturday 9-3.



NEW MOTORCYCLE RIDERS

IT SEEMS THE HIGHER THE gas prices go, the more people are buying motorcycles. Why not?. They are fun, and a very economical way to travel. Thousands of people have decided to purchase motorcycles for the first time. Motorcycle sales are booming at a record rate. With all these new motorcycle riders hitting the road, accident rates are on the rise. In single vehicle motorcycle accidents, motorcycle rider error is the cause of accidents in about two-thirds of the cases, with the typical error being a slide-out and fall due to over braking or running wide on a curve or under-cornering.

Newbie riders need to understand about this new mode of transportation to avoid accidents.

Turning: You do not drive a motorcycle, you ride it. Most new riders do not understand that in order to turn left you not only lean into the turn but gently turn the handlebars to the right and vice versa. This action should be mastered by anyone who wishes to ride a bike safely. It's called counter steering, and it's the easiest way to get a bike to turn. Pull on the right handgrip & the bike will turn left. If that sounds confusing, think: Push left handgrip/Go left. You can really SNAP the Bike over doing this, so don't overdo it. Practice in an area with little traffic. It only works at speeds above about 12mph.

Vision: It's your biggest asset. Don't stay focused right in front of your bike, that's how you get surprised by things. Look as far down the road as you can, spot things early. Above all drive defensively.

Learn from an expert! Take the safety course but do not assume that because you take and pass the course that that you are an experienced rider ready for the various road conditions that you will find yourself in. Get lots of practice on low traffic back roads. Practice maneuvers in parking lots at night. Don't just get your license and hit 81.

The center of most lanes can be slick from a build-up of oil and grease. Use the sides where car tires go to get the most traction.

In most accidents with two vehicles, the four wheel driver says "I never saw him". Make yourself visible. Wear fluorescent clothing, a light colored helmet. Add extra lights front and back to your bike.

Buy the best DOT name brand helmet that you can. Remember "If you have a \$20 head, then buy a \$20 helmet".

Watch out for sudden left turners. It's the leading cause of death for motorcycle riders. Back to the previous, you are not easily seen unless you make it a point to be!

Any motorcycle rider will tell you it's the wind in your face and the freedom of the road that makes riding one of the most stress relieving things you can do. When you drive a car, you are looking at a picture. When you ride a motorcycle, you are in the picture. So put your knees to the breeze and you will forget what you do for a living!

Linda Jones, owner, DOUBLE "J" BIKER SHOP





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MULLEN'S BODY AND PAINT SHOP has been in business in the Dryden area for over 30 years. Owner and Dryden resident, Gary Mullen is proud to bring the community quality and professional, reliable work at a reasonable price to ensure customer satisfaction. If it's paintable – they will paint it. Along with body and fender repairs, expert refinishing and used car sales, Mullen's will sand and paint a bicycle frame, trailer, or motorcycle tank! Mullen's has a knowledgeable and experienced staff, which are able to provide his customers with quality work within a timely manner. Working along side with Gary at Mullen's Body Shop for over 30 years as body technician is Nelson Stull. Nelson started shortly after the shop opened on January 1st, 1982.

Mullen's Body Shop specializes in buff, brush touches and welding. If you are in the need of having body work done on your vehicle or fix that scratch on your car, customer satisfaction is their priority. They will answer any questions you might have and provide free estimates on the work that needs to be done. If you involved in an accident, Mullen's will walk you through the process. They can handle all types of collision and insurance claims. Mullen's has rental cars available for your convenience and will also arrange to pick up and deliver the vehicle for their customers. Mullen's will also help you with any old car restoration needs. Whether it is welding, body work or body paint, they will provide you with quality work that is guaranteed.

Mullen's also has towing available through Brecht's and Stupke's. Any of these towing businesses will gladly tow your car to Mullen's Body Shop.

Mullen's is conveniently located on Route 13 (290 Cortland Road) in Dryden, only 10 minutes from Cortland. For hours or if you have any questions or need a free quote call Gary Mullen at 607-844-9336.



FARM CITY DAY CELEBRATES 15TH YEAR WITH A RETURN TO SWEYOLAKAN FARMS

By Debbie Teeter, Agricultural Educator, CCE-Tompkins

JUST TWO YEARS AGO THE Baker family of Sweyolakan Farms in the Town of Ithaca hosted Tompkins County Farm City Day. This is not the first time the event has been hosted more than once by the same farm, but in the past there has been nearly ten years between visits. Why the rapid return? Because Jamie and Jenny Baker's youngest daughter, Hannah, was just crowned the 2012 Tompkins County Dairy Princess, and they want to celebrate by once again inviting the public to visit their dairy farm!

This delightful family-oriented event will occur on Saturday, August 18th, from 11:00 a.m. to 4:00 p.m. at 380 Bostwick Road in Ithaca. Spending the day on a dairy farm is an unusual experience for most folks, as there are no dairy farms in the area that regularly host guests. This will be a wonderful opportunity to learn about the many facets of dairying, including care and feeding of livestock at different life stages, barns and other farm structures designed for specific farm needs, land management and crop production, and the types of equipment needed all around the farm.

Jamie Baker, a nutrition consultant for many dairy farms in addition to managing his own farm, once told me the first

question he asks a dairy farmer having trouble is, "What's the most important thing on your farm?". If the answer isn't "The cows.", he knows where to start. Farm City Day visitors will see how the Baker family's operation is based on what they think is best for their cows. For one thing, Baker's operate a "closed herd", which means they don't buy-in any calves or cows; all their cows are born on the farm. This helps maintain herd health by preventing the introduction of illness or disease and has allowed them to grow slowly, thereby avoiding debt. Growing the herd slowly also provided the time needed to construct new buildings, acquire additional water resources, and develop a larger land base to support herd growth.

Visitors from 2010 will be surprised by the new machine and hay storage facility on the farm, as well as the expanded bunk silo. The Bakers have also introduced a new method of calf care. Traditionally, young stock (calves) are housed in individual "hutches" with separate, attached pens. This is a proven method of preventing the exchange of illness and disease between calves, which are, essentially babies – even though they seem pretty big to us. A new approach is to place calves together in a communal area, where they can have free-choice or on-demand feeding, rather than the twice-a-day feeding associated with individual hutches. The Bakers are finding that by keeping the calves together with on-going access to food, the calves eat 7-8 times per day - less at each feeding, but more overall. As a result, they grow at their own rate, which is faster on average. The Bakers report the calves remain healthy and they benefit from the interaction.

Farm City Day will offer in-depth information on many of Sweyolakan Farm's practices, often from the farm's consultants and agencies and businesses they work with. You'll also be able to meet three generations of the Baker family, all of whom are involved with the farm in some way. Plan to spend the learning about the farm: from exploring the different barns, milk house and other farm structures to taking a wagon ride through the farm fields. There's a lot to see and do, since the Bakers have a herd of just under 200 cows and work over 1000 acres.

So, why not, take a drive up Bostwick Road between Seven Mile Drive and Sheffield Road in Ithaca On Saturday, August 18th? You'll have the chance to appreciate close-up a view many area residents have enjoyed for years from the other side of the valley. The Baker family, a terrific example of the excellent stewardship farmers provide for the land and animals, invites visitors to come on out and experience the farm first-hand at this year's Farm City Day!

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12TH ANNUAL CORTLAND CELTIC FESTIVAL

JOIN THE FUN & EXCITEMENT on August 18th and 19th as the Cortland Celtic Cultural Association proudly presents our 12th Annual Cortland Celtic Festival to be held rain or shine at Dwyer Memorial Park in Little York! It's our great new location and new home for the Annual Cortland Celtic Festival featuring over 55 acres of beautiful lake park setting. A perfect family friendly fun and educational weekend getaway event! The park setting will let us grow to include a future Renaissance Faire theme as well, with medieval knights, jousting, mock battles and more! This year we will have Irish Dancers perform from across NYS, Celtic Food & Gift Vendors, Gaelic & Irish Tongue Musicians plus Gaelic & Irish language class workshops, Traditional Celtic Musicians, Pub Tent featuring Irish and Scottish brews, Animals, Bagpipers, Clans, Viking & Medieval Battle Reenactments Saturday & Sunday, Kids Games and Crafts, British Car & Bike Exhibit, and of course the famous muscles and brawn of a Class A Championship Heavy Athletic Competition of the Cortland Highland Games! Listen to musicians such as Kyle Carey, Deirdre McCarthy, Irish Marty, Quigley and the Bird, Falls Road and Callanach! Festival starts 10am Saturday, August 18 until 6pm, 10am until 3pm Sunday, August 19. Be sure to Like us on our facebook page for updated performers, events, clans, bands and vendors!

(<https://www.facebook.com/CortlandCelticFestival>) Visit our website at cortlandcelticfestival.com! Adults \$10 donation Saturday, \$8 Sunday (Sr. Citizen/Military discount at gate \$8) Weekend Pass \$12...children under 17 free with paying adult!

Join us Sunday morning for a unique Celtic Worship Service at the park!

MUSTANG, CHALLENGER, CAMARO... LOVE, HATE OR PERHAPS ENVY!

THE DOOR OPENS AND THE driver enters.... sitting squarely in the seat, the key is placed into the ignition and the motor comes to life. The smell of spent fuel mixed with the morning air makes you smile. The clutch is depressed, the gas is applied and you put the shifter in first. You know that as soon as the clutch is released... it will be the start of a great day.

Is it a Mustang?? Camaro... or perhaps a Challenger? Does it really matter? It feels like the 1970's once again.... proving that history does in fact repeat itself.

Looking back at the 3 American Muscle Car offerings from the 60's and 70's (Pony Cars if you will) you can clearly relate them to the Ford Mustang, the Dodge Challenger and the Chevrolet Camaro that the plants are building today. It is very easy to see the lines and the heritage. Sculpted Quarters... A dash with a purpose, hoods that contain power and in most every area you look and compare... you see it... a reminder of yesteryear and the feelings of what it was to pay 59 cents for gas and have your best girl hold on tight while you changed lanes, shifted gears and drove out to your favorite place.. to be alone for just a few hours.

Numbers and magic... 289, 302, 351, 390, 427 and 428. Or perhaps you like 427, 454's? Hey, is there a Hemi in there? All of the engines that some how made it to the engine bay of the early American Muscle cars were engines that made magic.... and those legends will live forever. Cubic inches... not liters. Horsepower... not fuel economy. You met at the light and you settled the score when your best girl dropped her scarf and you gave it all she had. You were young, ready to take on the world and nobody could tell you otherwise.

Well today the pony wars continue and the battle may be reaching its peak. The only veteran who has stayed the entire time is the Mustang. The Camaro name faded from history when the glory was gone and Challenger receded when the power dried up. Only the Mustang continued to battle all the contenders (and a few pretenders) when it came to offering the American public a car that they could call their own, and while some years the battle was hard to win, the name "Mustang" never left the roads of America.

Be it 1964, 1970 or 2012... These Modern Muscle cars are a new generation of street smart cars that everyone knows. From the 10 year old and up... it is part of our Heritage and our culture. Steve McQueen showed movie goers that bad guys can't escape from the Mustang, but the Challenger held our attention in Vanishing Point while the New Camaro "transformed" from old to new as well.

Everyone loved the General Lee, a bright orange showy kind of hero who flew through the air... a hard Charger if you will. Or how about a dark beauty driven by Burt Reynolds... a Trans Am he drove while he told the proudly told the world he was the "Bandit!" Do you remember the Corvette from Corvette Summer... or the "Vette" Suzanne Summers drove in American Grafitti while the "boys" drove a 55 Chevy and the Old Yellow Ford all over town and the "Wolfman" shifted records around... (records are a whole other story.)

Nothing plugged in to an outlet. The sky did not re-charge the battery. It was the internal combustion engine... a pump if you will, where air came in... exploded and was sent out the tailpipe. The question was... how can we do that faster with a "bigger" explosion... creating more speed!

Jack Rousch, Richard Petty, Steve Saleen and others have taken these cars to the next level and brought heat the road and track. While we see the competition heating up, the Mustang seems to stay ahead of some very stiff competition... but this Pony will bow it's head as it will surely miss the input of the late Carroll Shelby, who took what he claimed was a "secretary's car" and created a winning legend.

As you drive... look around. Mustangs, Challengers and Camaros (old and new) are everywhere and there is no end in sight! Collectible American Muscle cars are still reasonable and great investments that can be driven and enjoyed. And while the new Mustangs, Challengers and Camaro's are affordable and plentiful... perhaps they will be tomorrows collectibles that you too can say..."I used to have"... or perhaps still will!

So... Drop the clutch, hit the gas and shift those gears! Get out and enjoy the feel of the road and the wind in your hair. Take your best girl (and the kids) out for a drive and remember to wave and smile back at those who watch you. They feel good seeing how much fun you're having and regardless of whether you are driving a time "machine" from the early years... or you just left the dealers lot... smile, nod and wave, because you may be making a memory for someone else that will last for years to come and keep the desire to drive just for the fun of it.... Alive!

Take your "time machine" old or new out to the Cort-Lanes Bowling Center on Tompkins Street for the Tuesday Nite Cruise in (see website for a schedule of events)... or Join us for Movie nite! All years, All Brands and of course all Models are welcome to attend... it's free & fun for the entire family!

For more information about joining the CNY Mustang - All Ford Club or perhaps to view our activities and schedule of events...go to: www.cnymustang-allford.com

This article was written and contributed by guest writer, Bill O'Gorman, Cortland NY.

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GROTON OLDE HOME DAYS AUGUST 17TH & 18TH

Groton is the place to be in August!

THE 3RD & 4TH WAS the Groton Alumni Weekend, the second weekend will be the "bigger and better" Groton Carnival held on the 9th thru the 11th this year, and the Groton Olde Home Days Celebration will be Friday the 17th & Saturday the 18th to finish out an event packed month for Groton.

This years Groton Olde Home Days event, held on the third weekend of August will have a variety of attractions featuring Ten Man Push, The "Official Band of Motocross", a Statewide Country Music Association HALL of FAME Music Show featuring Alder Hollow with Hall of Fame Guest Performers and Much More! There will be a Car & Bike show, Magic Acts, Craft & Food vendors, the largest Parade in the area & Fireworks on Saturday night. The festivities will take place throughout downtown Groton as well as on Conger Blvd. Outside vendors are also welcome to participate in this years event.

For more info log onto grotonoldhomedays.com or call Scott @ 607-745-5400



4TH ANNUAL VERNE MORTON MEMORIAL PHOTOGRAPHY SHOW & CONTEST

THE 4TH ANNUAL VERNE MORTON Memorial Photography Show & Contest has scheduled their Gala Opening for Friday, August 17 from 7:00 pm to 8:00 pm and an all-day show on Saturday, August 18 from 11:00 am to 5:00 pm at the Groton Town Hall, 101 Conger Boulevard, Groton, New York. Taking place during Groton Olde Home Days, this annual event gives local photographers, both amateur and professional, the chance to show off their unique views of life in the Town of Groton.

Verne Morton, a truly exceptional photographer, was born in Groton in 1868 and lived here all his life. Taking over twelve thousand photographs during his lifetime, he created a treasure trove of photos, mostly taken in Groton, depicting what it was like to live at the end of the 19th Century and the early 20th Century. The purpose of the Verne Morton Memorial Photography Show & Contest is to continue the Verne Morton legacy of appreciating the grace, beauty, and art that surrounds us every day, to document life in Groton during our time, and to preserve a pictorial history that will be enjoyed by future generations. Verne Morton photos can be viewed at the History Center in Ithaca and online at www.thehistorycenter.net. Photos from previous Verne Morton Memorial Photography Shows can be viewed online at the Town of Groton website at www.townofgrotonny.org.

Anyone interested in entering the photo show can get information from the Groton Town Clerk's Office by calling 607-898-5035 or going online to the Town of Groton website. Please remember, all photos must be taken within either the Town or Village of Groton.

Organizers, April Scheffler and Robin Cargian, say that the photos keep getting better every year and they are expecting that it will continue this year. They are also hoping for a larger turnout as they continue to encourage everyone to enter. "You don't have to be a great photographer to win, just have a great photo."

The Verne Morton Memorial Photography Show is sponsored by the Town of Groton and by grant support from the Community Arts Partnership.



"Red, White & Blooms" by John Sincerbeaux. "My flowering pear was in full bloom, the sun was just right and there was just enough wind to unfurl Old Glory, so I got creative with my telephoto lens." This picture won Best of Show as well as first place in the Botanical Category.



"Contrast" by Debra Lucas. "I had filled my car up with \$4 a gallon gas and was walking my dog with my ipod phone and digital camera when I was passed by this gentleman with his horse and buggy." This photo won the Verne Morton Legacy Award as well as first place in the People Category.



"Rainbow Barn" by Steven Gallow. "This was taken from the Groton Cemetery looking East. While driving to town, I saw this incredible rainbow." This photo won the People's Choice Award.



"Prom" by Sonya McCormick. "Taken at my home on Old Stage Road (in Groton) before the couple left for the Homer Senior Prom." This photo took second place in the People Category.

2012 GROTON OLDE HOME DAYS

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4th Annual Verne Morton Memorial Photography Show & Contest
During Groton Olde Home Days - Groton Town Hall, 101 Conger Boulevard
Fri, August 17, 7pm - 8pm
Sat, August 18, 11am - 5pm



Photographers of all ages from any community are invited to submit up to 2 original photographs. Photos **MUST** be taken within Groton, NY

Info: 607-898-5035, townclerk@grotontown.com, or www.townofgrotonny.org

Sponsored by the Town of Groton in conjunction with grant support from the Community Arts Partnership



sale to begin! Get there early for best selection! Lots of prizes and surprises all day and new items brought out to the porch every hour for even more shopping fun! Specials all day inside and out!

The famous once-a-year sale means it's time to make room for new fall and holiday merchandise to fill the rooms at Piccadilly Lane for your holiday shopping! All the rooms, upstairs and down, are overflowing with new one of a kind merchandise. There are framed prints, furniture, linens, rugs, soy candles, cards, jewelry, swags, garlands, tinware, signs, pottery, curtains and many more distinctive items to adorn every room in your home or cottage. And remember, Joyce has added some antiques to go along with the country décor!

Did you know Piccadilly offers a Bridal Registry?! Brides and grooms to be – stop by! How about hosting a “Piccadilly Party”?! For a girl's night out – invite some friends over and receive 20% in sales credit towards merchandise in the store! And for every party booked from your party, you will receive 1 item at 40% off!

Redoing a room? Let us help you redecorate! We now have curtain swatches for special order – bring us your paint samples or fabric swatches and we will help you match them! Call to make an appointment for or visit the store.

Take the short drive to Whitney Point and check out the 8 rooms of giftware to beautify your living space! Liven up your home, office, porch, patio or cottage and/or start your holiday shopping early! Mark your calendar for Piccadilly

Lane's “WEEDING OUT” 3rd Annual PORCH SALE on Saturday, August 11th.

For your shopping convenience the store is also open Monday, Tuesday & Friday 10-6, Wednesday 10-2, Thursday 10-7, Saturday 11-3 and call ahead on Saturday or Sunday morning for Sunday hours. Questions or looking for something special - 607-692-7418 or email piccadillylane1@aol.com and now on Facebook!

PICCADILLY LANE COUNTRY & PRIMITIVE STORE ANNUAL PORCH SALE - SATURDAY, AUGUST 11

READY - SET - GO! To the 3rd Annual “Porch Sale” for one day only at Piccadilly Lane Country & Primitive Store on 2634 Main Street in Whitney Point! Saturday, August 11th from 9am to 4pm! All items “On the Porch” are 50% OFF! That's half off! Some items have been in the store for only a few weeks! Owner Joyce Ballard said it's time to “Weed Out” so Joyce and her friendly staff have been marking items down getting ready for the upcoming holiday shopping season! For you lucky folks that visited the Porch Sale last year know that there will be a line of anxious thrifty buyers waiting for the



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a summer. Looking back years later, my fondest memories are of the time my parents spent with me doing things together. The Finger Lakes Microd Club offers a picturesque setting with all of its beautiful shade trees, lush landscaped lawn, and well kept buildings. A fine setting for you to spend time with your family & friends.

Little Wheels Speedways located just off the corners of Rts. of 38 & 34B, is the spot of Microding's Premiere Facility. The Track has microds families can rent, as well as classes where club members can own their own cars & motors. Recently the members made a decision to go with Honda motors for our own your own car & motor classes, Because of this we have seen tremendous groth in these classes. For costs and schedules see our Web Site: www.littlewheels.org. The club owns Microds with hand controls, to accommodate children with disabilities. Read more about our Club Goals and program for special needs kids on our web pages www.littlewheels.org. Racing is for both Boys & Girls ages 5-17. We also offer opportunities to try a microd before deciding to join our club. To schedule a try-out call (Sue or A.J.) at 607-898-

3313. During the course of the last 30 years, our club has given 558 kids a chance to race a microd with our club. Another unique thing about this club is "it not about winning" like so.... many racing organizations are these days. The emphasis is on parents spending time with their children, interacting & helping other families, in a nice atmosphere doing an activity everyone enjoys! With a secondary emphasis on learning how to deal with break downs and disappointments, which is part of life let alone, Microd Racing!



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GENERATIONS CORVETTE CLUB OF CNY

THE GENERATIONS CORVETTE CLUB OF Central New York (GCCNY) was started in the year 2000 by a small group of Corvette owners in the Groton area who wanted to get together in the summer months to drive their cars and in the winter months for socializing. The group's stated goals were, "to promote unity among Corvette enthusiasts for social, recreational and community events". They crafted a set of by laws, created a club logo, opened a bank account and started collecting annual dues (\$20). As the club members began talking to other Corvette owners and the word got around, more and more local enthusiasts joined the ranks of the new club. Today, the club includes over 40 members and their spouses, significant others or in some cases the whole family from throughout the Central New York/Finger Lakes region, and about 50 Corvettes.



The club name, "Generations" refers to what are now six major design versions, or generations, of the Corvette, beginning with the "C-1" generation in 1953 when the car was first introduced to the public by Chevrolet. Only 300 Corvettes were produced in that year and they were quite primitive by today's standards. Over the years since 1953, Chevrolet has made many design changes in the car but only five major changes, which were basically complete new designs. These

major redesigns occurred in 1963, 1968, 1984, 1997 and 2005 and those cars carry the subsequent designations, "C-2", "C-3" and so on. Today's "C-6" version is a highly sophisticated, very powerful, extremely fast sports car with performance that rivals and, in some cases, exceeds the capabilities of the far more expensive European sports cars.

On summer weekends, the club members travel together (in what is referred to as a "caravan") to a variety of events such as car shows, parades, wine tours, horse races, dinners, brunches, pancake breakfasts, car museums, laps at Watkins Glen and picnics to name just a few. In the winter, members usually drive their "other" vehicles to monthly get togethers such as group dinners, brunches, holiday parties and so on. Once a month, on the second Monday, the members meet at the Ithaca Ramada Inn on Triphammer Road at 6 PM for dinner and to carry on the club's business and make plans for future events. If you are a Corvette enthusiast feel free to stop into any of your meetings or events. Typically, one member volunteers to lead each event, which includes making plans and reservations, selecting a starting time and place, planning the route and then leading the caravan. Driving a Corvette is certainly a fun experience in itself but joining with others who share your interest and enthusiasm for "America's sports car" enhances that enjoyment greatly.

Most, if not all of the hundreds of Corvette clubs around the country also choose to involve themselves in community service projects and the Generations Corvette Club is no different. Each spring, the club offers two \$250 scholarships to graduating high school students who are in the auto mechanics or auto body programs at the Cortland or Ithaca BOCES and are going on to advanced training at other institutions. Recipients are selected by the club on the basis of their academic achievements, their performance in their vocational classes and recommendations from their teachers and other school administrators. In addition, any money raised by the club or collected membership fees are donated to charitable organizations. Coming up to the holiday season the club always collects for Toys for Tots.



HILLCREST SPEEDWAY FRIDAY NIGHT IS RACE NIGHT

By Connie Neff

THE HILLCREST SPEEDWAY IS GENUINELY a diamond in the rough for the young racer. This family oriented racing experience is open for kids of ages 5-18 years old. Our racing is divided up into age appropriate and experience levels. This year, our new and younger racers in the Jr. Novice and Novice classes have really stepped up and given the spectators some excitement. We have our kids in the Limited class that is a bumper to bumper contested race from start to finish and our stock class has always proved to be one of the must see events of the night.

This year we had our track sealed by Ruston Paving, it was a major improvement for our club but has proven to be beneficial to our drivers. We are also working on the electronic scoring and hoping to have this up and going soon.

We have also been out and about in our community. Several club members and families worked together and held a buffet breakfast in February at Denny's Mountainview in Preble. We had the time to spend talking about our track stories over a wonderful breakfast. It was a great time had by all. We also got our cars polished up for a couple of parades this year. Starting off was the McGraw memorial day parade, then Cortland County June Dairy Parade and the other was the Dryden Dairy Days. The kids had a great time driving their cars and we were happy and proud to be in the parades for our club. Our club families have also worked at a couple of chicken barbeque's at Clarke's in Dryden and are also doing a food drive every week for a local church's food pantry.

Come on up and watch us race every Friday night with the green flag being thrown at 7:00. The admission is free, we do have lots to eat at our concession stand and we do a 50/50 raffle. We will be having our State Race on August 26&27. At this weekend of competitive racing, there are many classes with up to 12 cars in each race! Come and see what all the fun is about "up on the hill" at the corner of Elm St. Ext and Wood road. Thanks to Steve Cinquanti you can also visit our web-site at www.microd.com to see our full race schedule and up coming events. This informational web-site also features driver profiles, alumni as well as contact numbers for any questions you may have. You can even get your aspiring driver a free test drive!

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BLIMP RISES OVER DRYDEN LAKE; FESTIVAL A HUGE SUCCESS

JULY, 28, 2012. It's 5:30 am. I roll into the parking lot at the north end of Dryden Lake Park as it starts to reveal itself in the increasing light of a day that is forecast to have thunderstorms of high intensity and rain.

The truck is loaded with registration supplies, tents and I'm hauling six canoes on a trailer. I get out and stretch my legs and I will observe several other athletes do the same in short order.

As I pull out one of the pop-up tents my number three son and daughter-in-law pull in. They will begin their day directing the sign in and late registration for the Triathlon I have planned. But they will also participate in the 5K that they have trained for a year. By the time we have unloaded the truck and brought tables and chairs the parking lot is filling up with vehicles with arrays of bikes, Kayaks and canoes strapped to the tops of their cars.

Immediately the stretching begins; the most common performance at this stage is the grabbing of their feet behind their backs and pulling in an upward motion, with a couple of head tilts, a quick bend at the waist and a couple of leg pumps they are ready to unload their equipment. The warm ups are cursory as there is still four hours before the start of the kayak and canoe leg of the tri.

I hear someone yell that food and coffee have arrived and a small contingency of coffee addicts, myself included, line up to see that we have brought Starbuck's and bagels from the Ithaca Bakery and Dunkin' Donuts. A complete table under one of the pop-ups is covered with fresh fruit and vegetables from Tops and Wegman's; fresh cut and displayed in high stacks. By this morning's event end a few pieces of melon are all that remained.

The lines are getting longer and athletes are pouring in from all over; Winston-Salem North Carolina has brought a three-man team with kayak and returning for a third year are some of the Cutter Klan from Delaware. Philadelphia is represented as well as Igor, who decided just the day before to drive up from New Jersey and camp out in the park.

The stretches of New York are represented from Buffalo, Rochester and many communities in the Syracuse and Binghamton area. Locally Ithaca, Trumansburg, Lansing, Groton, Cortland, Freeville and Dryden have several each. I also notice that there is a large contingency from the Cornell community as evidenced by the "@cornell.edu" extension on their email addresses. All tolled 120 stalwart individuals and teams show up even though there are thunder storm warnings that are about to arrive as someone with an I-phone yells out, "The storm will arrive in three minutes." My number four son confirms this as he shows a live radar that has Dryden Lake clearly about to receive red bands of rain and as we look the thunder starts to roll.

It poured and most of the 120 and staff fit under the four pop ups as I yell down to the other end, tongue-in-cheek: "Could someone pass me a coffee with cream and sugar."

The rain is steady and in a mini confab, as race time approaches, we discuss cancelling the canoe/kayak portion and only running the bike and run, "if" the thundering and lightning stops for at least 20 minutes. I make the announcement that we may make that decision.

My son tells me that the rain will stop soon, according to the radar we are on the southern edge. 20 minutes later at just the time I scheduled the race instructions to begin the rain stops and a cheer goes up from the crowd.

I hear a rumble; no it's just people shuffling kayaks on the gravel.

I announce staging of the first wave of 35 kayaks and begin the race instructions with microphone in hand I describe the lake course and then the PA system loses its charge.

After finishing descriptions of the 14 mile bike course and the cautions with steel deck bridges, hills and curves I continue to loudly describe the 5 k course. A few questions answered about exchanging timing chips and the use of the timing mats and we are about to get into the water.

35 kayakers were all the outlet channel would fit. Jockeying aside they organized into a fair skirmish line. The horn sounded long and loud. It was a very good start with water flying at every paddle stroke for everyone involved. No one was unscathed with the flume of water that was generated.

I wasn't sure how much air I had used so I warned the next group of about 38 boats including some older canoes and a two-seater wooden kayak and true to form for that morning a little burp was expelled and I yelled: "Go!", through my own and probably 50 onlookers laughs behind me.

But the skies were clearing and remained so through most of the day. Isolated clouds in the afternoon brought little showers and the crowd was steady and upbeat.

The music of the day including Pete Panek, the Blind Spots and Steve Southworth each brought a number of the crowd faithful. Vicki Wilkins and volunteers from Cortland State were kept busy with kids' games and activities. The bounce house and creative

playground were very near and kept kids of varying ages quite busy, throughout the afternoon. A myriad of animals were on hand in the menagerie with displays of natural fauna as well. The eagle that has habituated through the Spring had been seen early in the morning during the staging of the triathlon, resting on one of the dead trees that persist along the lake's edge. But a closer sighting by several of the kayak safety team had an exhilarating effect when the bird swooped down and scooped up a sizable fish right in their midst.

There was at least one less fish that could be claimed by the several fishers that participated in the fishing contest.

Cruisers came in on schedule to show off the vintage cars that become the pride and joy of several local enthusiasts. The numbers of participants were held down due to the threat of rain and possible thunderstorms. But for those that showed up they provided much conversation and ogling of cars and drivers alike and on schedule as precise as the pin striping on their cars they filed out of the park to be replaced by onlookers for the Firemen's hose demonstration.

Now you can call it what you want but it looked like an oversized squirt gun fight. There was this ball suspended from a 100 foot wire over the opposing firemen team's heads and the object was to push the ball with a stream of water past the opponents end mark.

I'm not going to say who won or lost but everyone got soaked including most of the spectators. Several fire companies were involved and it looks like this is one demo that will be expanded and on next year's menu.

Speaking of which, the food... it was great and very diversified. Crepes to die for, Salmon, chicken and beef Lo Mein, cheese steak sandwiches, hot dogs of course, Smokin' BBQ, and many of the carnival foods that one would expect from the Dryden Lake Festival.

This year's displays included several speakers on the Civil War era including period clothing and armaments. There were some different animal activities including agility courses and obedience. The water dogs were wonderful ... in the water.

Which brings us to the Great Goose Drop. I digress.

When you first came into the Park there were among the fire trucks, ambulance and Sheriff's cars, the Tents with displays, political party activities, and lecture tents there was a huge blimp. The Blimp was the acknowledgment that you had arrived at the Dryden Lake Festival as attested by the signs on either side of the airship. It waivered in the air so gently about 75 feet over the welcome tent at the entrance to the park. The plan was to garner donations by choosing a baby goose (a plastic duck painted to look like a goose and pretty cute to boot) The goose had a number on the base and it, along with all the others, would be placed in a bag that would be hoisted to the blimp. A rip cord would be pulled and the "geese, geese, w.e.," would be dropped to the front lawn and a waiting retriever dog would do just that; retrieve a goose and the contributor would garner a prize. The Goose Drop was to occur at 7 pm as a warm up to the fireworks.

Threatening rain clouds were moving in around 6 pm. A little catch of breeze the blimp danced around with more vigor. Balloons were being filled with helium and it seemed that every third balloon was getting away and floating away across the tree tops at the front of the park. And yes the rope that held the blimp moved to and fro across the rough edge of the cinder block tethering it to the earth. And yes the blimp gained its freedom.

The difference between small 10 inch balloons and a blimp some 10 to 12 feet long is that little balloons float back and forth lazily rising and blimps go straight up very fast and as I first realized what was happening the blimp began to get smaller until it look the same size as the balloons it was passing and then it got foggier to see as it entered a low flying rain cloud until it disappeared.

We figure that because it had Dryden Lake Festival printed on both sides and that it was guaranteed to float for 5 days that it may fall somewhere between North Carolina and Georgia if it floats in the general course it started. So maybe by Friday if all goes well and someone finds it and they look up Dryden lake Festival and find our website at www.drydenlakefestival.com and send us an email, we might get it back one day.

What do you think?

Now that's only the first part of the Goose drop. We place all of the geese in a tarp and toss them up in the air and our water dog is waiting, healed at his master's side who has a whistle poised to give to the command to "fetch."

The dog starts off right for the geese with his noose to the ground and runs right past them. A whistle brings him back and he starts over again. Eventually but not the second or third time the dog brings back the winning goose and the winner and everyone else had a fun filled Goose Drop. Except one person who shall remain anonymous unless you see a man hunched over; that occasionally glances skyward with a forlorn look.

It's at this time that attendance at the park and activity on Lake Road increases to a feverish pitch as Festival goers pack the park and surrounding hillsides around the Lake to observe the second largest fireworks in Tompkins County.

We want to thank all of the businesses and individuals who contributed in time and money to the festival. Some 3,500- 4,000 visitors enjoyed all or part of this event and by comments had a great time.

We encourage everyone to email us with your suggestions and comments on how we can make the festival better and how you might participate in its development.

Also if you have any pictures that you would like to have possibly included on our website email them to drydenlakefestival@gmail.com

A perspective of Dan Schmohe, Triathlon Director; not to be construed as the collective opinion of the corporation.

Dryden Lake Festival, Inc. is a not for profit corporation that is solely responsible for its operations. Its permanent members include Dr. Bob Jacobson, Randy Sterling, Elsie Gutches, Vicki Wilkins, Monika Knight, Ralph Shortell, Don Scutt & Dan Schmohe.



SPEEDSVILLE ENDURO - AUGUST 19, 2012

IN THE EARLY 1970's, a small group of local off-road motorcycle enthusiasts came together to form the Ithaca Dirt Riders (IDR). It was their vision to provide some local trails and events for their club members and other to enjoy. A year later, the club chartered with the American Motorcyclist Association (AMA).

With many of its member interested in the AMA sport of Enduros, the club sanctioned its first event. Enduros are a cross-country event, which not only requires speed and ability, but also endurance, (hence "Enduro"), with the courses taking at least five hours to complete. The rider must also stay on time. A route is laid out for the riders to follow and a speed is set for them to maintain. Small groups of riders, (usually four), are started every minute. The rider must then try to maintain the speed scheduled for any given area. To score the riders, the promoter has secret "check points" along the route. If he/she is not on time, they are given 1 point for every minute they are late. Being early is much worse, with 2 points for the first 2 minutes that you are early and 5 points for every minute earlier than that and disqualification if you are more than 15 minutes early. Like golf, at the end of the event the scores are added up and the rider with the lowest score wins.

The Ithaca Dirt Riders have promoted the "Speedsville Enduro" for 39 years. It is held every year in August and starts at the Speedsville Sports Field on West Creek Road in Berkshire. With the help of many volunteers and supporters they have not only been able to host this local event, but many AMA national events over the years. Those national events have brought rider from all over the USA, Canada, Europe and even Australia. The Ithaca Dirt Riders not only promote the sport of off-road riding, but also help the local communities, especially the local volunteer fire departments and emergency squads, who provide great meals and bike washes at the events, along with their services when necessary.

To get a better understanding on Enduros, go to: <http://www.americanmotorcyclist.com/Racing/Rules.aspx> and click on the AMA Racing Amateur Competition Rulebook, link and scroll to page 52-53, Enduro, to check out the complexity of this sport. You will be amazed at how much the riders have to do (and remember!) as they ride the course.

For other local and national off-road motorcycling activities go to www.americanmotorcyclist.com, www.wnyoa.net, www.ecea.org or go to the Ithaca Dirt Riders site: www.ithacadirtiders.com.

DIRTWISE ACADEMY OF OFFROAD RIDING

OFFROAD MOTORCYCLE RACING LEGEND, AND renowned skills instructor, Shane Watts has announced the confirmation of one of his wildly popular two day "DirtWise with Shane Watts" Academy of Offroad Riding Schools to be conducted in Palermo, NY on August 18/19 (Sat/Sun).

Watts will continue to travel all over the US during 2012 conducting these very informative two day, World Championship winning Instructional classes that continue to receive rave reviews from attending students, reinforcing the fact that the DirtWise Offroad schools and Instructional DVDs are the premier learning programs available. More than 2,600 students have graduated from the Academy since it officially began in June 2007.

Watts stated, "The DirtWise with Shane Watts Academy of Offroad Riding is an excellent opportunity to gain experience and improve your skill level with offroad riding situations, whilst in a controlled environment and under expert guidance. The DirtWise Academy of Offroad Riding school is an exceptional learning institution that focuses on offroad specific riding situations and instruction, however the skills we teach apply to both offroad and motocross riding/racing."

"The majority of our students are of the novice and intermediate skill level, however what we teach applies to

all skill levels right from the beginner all the way through to the Pro level. We just set up the skills exercises with varying degrees of difficulty according to the skill levels present at each individual school."

"Our school focuses on increasing bike control which results in a safer, more confident and skilled rider. Ultimately this allows each student, if they desire, to easily ride faster without greatly overstepping their skill limits. Having greater bike control and confidence are key ingredients to achieve this!"

Cost for this two day school will be \$390 per person, with discounts available for previous students and extra family members. Each student and DirtWise DVD customer will gain access to some great discounted prices from the companies associated with DirtWise.

For those interested in attending this upcoming school please email dirtwise@shanewatts.com for more info and to receive the Event flyer. Be sure to pass this information on to any of your mates, fellow club members, and riding buddies who might be interested in a valued weekend of riding, instruction, and heaps of fun!

A portion of each student's tuition fee is donated to the Blue Ribbon Coalition and the RiderDown Foundation.

Visit www.shanewatts.com for more information on the DirtWise Academy of Offroad Riding schools and to sign up for the periodical "Watts Happening" Newsletter, or to purchase the DirtWise with Shane Watts Instructional DVD series. If you purchase 3 or more DVDs at one time, you will receive Free shipping. Along with our DVD titles, there is also additional merchandise available to purchase at www.shanewatts.com such as DirtBaby "track ready" infant and toddler apparel, bargain pricing on Flexx handlebars, plus more!

Shane Watts and the DirtWise Academy of Offroad Riding schools and Instructional DVDs are supported by Cyclehutt.com, DirtBaby, KLIM Technical Riding Gear, GPR Stabilizer, POC Goggles, Fun Mart Cycles, IMS fuel tanks and footpegs, Fasst Co. Flexx Handlebars, Maxxis, Dirt Tricks Sprockets and brake rotors, Domino Grips from Offroadchampions.com, DeCal Works, TCX Boots, FMF, Motorex, and No-Toil Airfilters.



TOYS FOR TOTS MOTORCYCLE POKER RUN AUGUST 18, 2012

ON AUGUST 18TH, 2012, HISTORIC Downtown Cortland will host the second Annual Toys for Tots Motorcycle Poker Run. This unique event will allow motorcycle enthusiasts an opportunity to enjoy a scenic ride that supports the Toys for Tots' mission of ensuring a brighter more joyful Christmas for the children of Cortland County less fortunate than ourselves.

What is a "Poker Run"?

A "Poker Run" combines a scenic motorcycle tour with a poker game. The event begins at a registration location where each rider receives a sheet with a map of the tour and space to track your playing cards, as well as the first playing card. The playing card is verified and marked down on the sheet before the rider embarks on the Poker Run. Each rider then travels to four other locations marked on the map, and draws a playing card, to be verified and marked down, at each destination. At the last stop a fifth and final card is drawn and sheets are submitted to determine who has the best "hand."

The Toys for Tots Poker Run group will leave from Edward Jones Investments, located at 21 Main St. in Historic Downtown Cortland, at 9:30 a.m. and make stops throughout the scenic central NY countryside, concluding in the City of Cortland at the American Legion, Post 489 at 212 Tompkins Street. Day-of registration will be from 8:30-9:30 a.m. on the morning of the 18th.

This year's Toys for Tots Poker Run will include a 50/50 raffle, door prizes, BBQ lunch and music. Prizes for top three hands will be awarded during lunch. Registration on the day of the event on August 18th starts at 8:30 a.m. and hands will cost \$30.

The Toys for Tots Poker Run Committee is proud to work with the Cortland County Marine Corps League and the U.S. Marine Corps Reserve to assist in their mission of

ensuring a brighter, more joyful Christmas for children of Cortland County that are less fortunate through the Toys for Tots Cortland County program. Last year the Toys for Tots program supplied toys to 1,500 children in Cortland County. Locally the Toys for Tots Foundation's cause-to-support ratio is 93% to 7%. This ratio is one of the highest performance levels of any charities with 93% of funds used to put new toys in the hands of Cortland County children and only 7% of funds spent on support of that effort.

To participate, sponsor, volunteer or assist in the planning and staffing of the event please email toysfortotspokerrun@yahoo.com or call 607.745.8583. For more information on the event visit pokerruntoysfortots.com or on Facebook, search and visit Toys for Tots Poker Run.

We would like to thank all our current sponsors; Edward Jones Investments: Jason D. Cicioni, Bonarti & Winters CPA's PLLC, Little Pumpkin, Anderson's Farm Market, MAB Roofing & Siding, First Niagara, CFCU Community Credit Union, George B. Bailey Agency INC, Sun Auto Warehouse of Cortland, Cinquanti Real Estate, Riehlman, Shafer & Shafer, and (CVDS) Cortland Valley Dairy Service. If you would like to be a sponsor please e-mail toysfortotspokerrun.com.

HORSERADISH ROOT NOT THE PESKY WEED I THOUGHT IT WAS

THE SPICY ROOT OF HORSEADISH can be used as a natural treatment against rheumatic disorders and respiratory disorders. It is very beneficial with a high amount of vitamin C and B complex, nutritive minerals (potassium, calcium, iron), natural antibiotics, enzymes etc.

As a medicine horseradish root has many health benefits: strong antibiotic, expectorant, bronchodilator, antibacterial, coronary vasodilatation, it increases the blood pressure, it heats up the body, stimulates the body's immune system, anti-inflammatory, anti-parasitic, anti-anemic, anti-scorbutic and diuretic. It can stimulate the appetite. It has a cardio tonic effect and is recommended to the people that suffer from high blood pressure. It is known that horseradish has aphrodisiacal properties.

The glucosinolates in the root are thought to increase human resistance to cancer. Glucosinolates are plant compounds that occur only in the plants from the mustard family (horseradish, mustard, broccoli, cauliflower etc.) They have powerful antioxidant properties and can also be used to reduce thyroid function and to relieve aching joints. Glucosinolates also act as natural antibiotics against different types of infections because they increase blood flow in the infected area and remove the waste products from that region of the body.

Glucosinolates are responsible for the characteristic hot taste of horseradish, wasabi, and mustard, and two of the most abundant compounds in the horseradish root are sinigrin and gluconasturtiin. Once inside the body, glucosinolates are broken down into powerful derivatives called isothiocyanates and indoles, which are believed to be the main cancer-preventive contributors of horseradish and cruciferous vegetables.

A recent study from the University of Illinois indicates that the substantial quantities of glucosinolates in horseradish can increase human resistance to cancer. Mosbah Kushad, one of the study's coauthors says, "glucosinolates increase the liver's ability to detoxify carcinogens and they may actually suppress the growth of existing cancerous tumors. Our analysis of various horseradish varieties shows they are a rich source of these compounds." Kushad's study also reveals that horseradish is one of the few medicinal vegetables whereby processing actually improves its anticancer benefits, making it easier for us to benefit from its therapeutic powers. He says, "horseradish contains an enzyme that breaks down glucosinolates into the compounds that produce the anticancer benefits. So processing horseradish actually helps. It releases this enzyme and, when it comes into contact with the glucosinolates, they break down into the compounds that are nutritionally beneficial."

According to Cornell University's Department of Animal Science, vegetables containing glucosinolates and their derivatives appear to help protect against rectal and colon cancer, while also enhancing the activity of several liver enzymes used in detoxification processes.

Due to its antibiotic properties, horseradish can also be used to treat urinary tract infections (UTI) and destroy bacteria in the throat that can cause bronchitis, coughs and related problems. The German Commission E (the German equivalent of the FDA) has approved horseradish as an adjunct treatment to prescription drugs for UTIs. It is believed that chemicals in horseradish concentrate in the urine, and therefore deliver antibiotic effects to the bladder. They may also activate specific enzymes that help to keep toxins from accumulating in the bladder. Additionally, horseradish stimulates the body to eliminate urine, so bacteria or other inflammatory agents in the bladder may be flushed out sooner than they normally would be eliminated.

Although broccoli, Brussels sprouts, and other cruciferous vegetables also contain these compounds, horseradish has up to 10 times more glucosinolates than broccoli. One of the most powerful glycosides

found in horseradish, sinigrin has been found to relieve the symptoms of water retention, due to its stimulating effect on the blood capillaries.

In addition to their potential uses as an anti-cancer drug, the glucosinolate compounds derived from horseradish may have another very interesting health benefit. In botanical physiology, the glucosinolates protect the plant from toxic or harsh environments. Recent studies have indicated that they may have the same potential to protect humans from the effects of exposure to toxic chemicals in our environment. A Russian study set out to test the anti-mutagenic properties of a plant extract derived from horseradish. The studied plant extracts and their mixture demonstrate the ability to decrease the genotoxicity of environmental mutagens.

Glucosinolates also act as natural antibiotics against different types of infections because of their known toxicity to specific bacteria and fungi, as well as their ability to increase blood flow to the infected area and more rapidly remove the waste products from that region of the body.

A scientific study performed in 2005 showed that glucosinolates increase the liver's ability to detoxify and eliminate carcinogens that may cause the appearance of malignant tumors in this area. But not only do they help prevent tumors, they proved also to help block the growth of already existing tumors.

Traditionally, horseradish root was used for treating respiratory problems. The plant is ideal because it works to clear breathing passages and because it is an expectorant that helps the body to remove extra mucous. Conditions the root treats include: Bronchitis, Sinus infections, Colds, Congestion, Coughing and Asthma. The pungent root naturally clears breathing passageways but it also has strong antibacterial properties as well. This makes the natural remedy ideal for treating some mild infections. Horseradish root may keep some illnesses at bay because of its natural antibacterial properties. People who are prone to getting sinus infections and people who have asthma or other respiratory problems can benefit from horseradish.

Other benefits of horseradish root include but are not limited to: Arthritis treatment, Anti-inflammatory, Gum and tooth disease treatment, Urinary tract infection treatment, Liver support, Dissolve kidney stone and Improve immune function.

Children under 4 years of age, women who are pregnant or nursing, and people with underlying health problems (especially in the digestive system) should not take horseradish without approval from their doctors. Nature's Sunshine Products has several products containing horseradish including Combination Potassium, ALJ, LIV-J, THIM-J, HY-A and PBS. So while I have been upset that my garden in the backyard has been overrun with horseradish, maybe I won't dig it all up and get rid of it. Maybe I will harvest it and use it for all the beneficial reasons I have told you about.



Diane L. Toombs, CNHC
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DID YOU KNOW THAT AFTER you exercise whether training for a marathon, a long bike ride or any sports practice the best way to replenish your body is with chocolate milk? Hi, I am Hannah Baker and I am the Tompkins County Dairy Princess. Yes, it's true the best way to refuel your body after exercise is chocolate milk. Compared to plain milk, water, or sports drinks, chocolate milk has double the carbohydrate and protein content that is needed to help your body recover. The high amount of carbohydrates help your muscles refuel and rebuild after strenuous exercise. Chocolate milk has a high water content that helps replace the fluids lost from sweat, but it also contains calcium, protein, vitamins A, B12, and D, riboflavin, potassium, niacin, and phosphorus. These nutrients are essential for your body to function normally. Calcium, phosphorus and Vitamin D help build strong bones. Vitamin A helps your vision, skin, and immune system. Vitamin B12 gives your body energy and helps your brain and nervous system. Potassium helps regulate blood pressure and body fluids. Riboflavin helps your body process other nutrients for energy. Niacin helps rid your body of toxins and maintain good cholesterol levels. Chocolate milk also contains smaller amounts of sodium and sugar compared to sports drinks. But the most important reason to have chocolate milk after exercise is that it tastes so good! After the next time you exercise make sure you remember to grab a delicious and very nutritious glass of chocolate milk!!



THE TRACK IS READY AND THE GREEK PEAK RACE IS ON!

GREEK PEAK MOUNTAIN RESORT WILL hold its second hare scramble cross country motorcycle and ATV race on Sunday, August 26th. This race is round #12 of the WNYOA hare scramble championship series. This series has riders from ages 4 to 75 and the riders come from several states including New York, New Jersey, Vermont and Ohio. All skills from beginner to professional. The track is 9 miles long for adult riders, 4.5 for youth and for the pee wee riders its 2 miles long.

Some of the top riders in the country including 2011 AMA Racing East Hare Scrambles national dirtbike rider champion, Kevin Kilmer will be racing. Kevin finished 1st in the 201-250cc A class in 2011 and is racing in the Double A class this year!

The gate fee is only \$10 a person which includes free primitive camping. Gates open at 8am on Saturday, August 25th which gives everyone a chance to explore the outdoor adventure center at Greek Peak and the waterpark at Hope Lake Lodge! Wear your admissions wristband and receive 25% off on all outdoor adventure center activities and the indoor waterpark. Please visit the websites WNYOA.net or greekpeak.net for more details. 25% off all hotel rooms at Greek Peak Mountain Resorts for this event – use code: SCRAMBLE.

This is an excellent value at \$10 for a fun filled family entertainment weekend. Food available Saturday noon to 7pm and Sunday 7am to 6pm plus a FREE DJ on Saturday night! Bring your motorhome, camper or tent and be a part of the fun.

Photos: Kevin Kilmer (dirtbike) Marty Christofferson (quad).



American Red Cross

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Ken Rose – 585-297-2742

Email: fullactioncycles@yahoo.com

RACE FEES:

200% payback cash purse for AA bike & AA quad classes

PeeWee, 50 & 70 Quads -- \$10

Youth Quad & Mini's -- \$15

Adult Bikes & Quads -- \$25

AA Bikes & Quads -- \$40

(Pro AA Bike & Quads) guaranteed purse

All Pee Wee & Youth Class Riders receive a prize.

GATES OPEN SATURDAY 8am

REGISTRATION TIMES:

Saturday 4pm – 8pm

Sunday 7am – 2pm

RACE TIMES

PeeWee Quad	8:00 (45 min)
Mini Bike	8:00 (45 min)
Mini Quad	9:30 (45 min)
Pee Wee Bikes	9:30 (45 min)
Bikes	11:00 (2 hrs)
Quad	2:30 (1.5 hrs)

Gate Fee - \$10
10 and under Free

No Fireworks Allowed!!!

**WRISTBAND MUST BE
WORN AT ALL TIMES**



PUZZLES & GAMES

WORD FIND

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

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

race • fast • jet ski • racetrack • plaque • trophy • finish
laps • course • jumps • berms • motor • engine • tires • atv
motocross • pitstop • throttle • brake • shift • first place
mud • helmet • gloves • checkered flag • dirtbike • quad • moto

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!

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

LOCAL DROP OFFS

Please visit these fine establishments, a small selection of the hundreds of businesses that receive our papers, for a copy of The Cortland Area Tribune:

McLean Gas Station

- McMobile Gas Station Dryden • Cortland Kmart
- CNY Powersports • Main Street in Downtown Cortland
- The Marketplace Mall • Doug's Powersports
- Valley View Gardens • Action Sports • Doug's Fish Fry
- Pets-A-Plenty Pet Store • Ithaca TOPS • Cortland TOPS
- 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

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LAST EDITION'S PUZZLES

SUDOKU

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

WORD FIND

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



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