

FREE

September 5-18, 2012

Fall is for Planting & Hunting Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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Est. 2002

607-844-8228
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Do You Know Where This Is?
SEE PAGE 3 FOR CONTEST



THE GUY IN 2-A IS LEARNING TO FLAMBE



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Birthdays • Showers • Weddings • Anniversaries
Reunions or any larger gathering of friends, family
clients or co-workers



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131 Port Watson Street • Cortland, NY 13045

KLEIN'S ARCHERY

Sunday
Sept. 9th, 12-5pm

Travis T-Bone Turner
From the
Bone Collector Series



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10-5, Fri 10-6,
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WELCOME TO OUR FALL IS FOR PLANTING & HUNTING 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!

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)

November 14 – Thanksgiving Edition
(Deadline 11/9)

November 28 – Winter Sports Enthusiats & "For Kids" Holiday Edition
(Deadline 11/23)

December 5 – Last Minute Gift Guide Edition
(Deadline 11/30)

Wedding day photo request! Would you like to show off your wedding day photo in our Fall Bridal Issue?

Please email your wedding photo with your names, date of your wedding and we will print it in the Sept. 19th issue! Email your photos to tcatribune@gmail.com or mail your photo THE CAT, PO BOX 67, DRYDEN, NY 13053 before the deadline, Friday, Sept. 14th. Be sure to include your return mailing address so we may mail your photo back!

Watch for the next edition for your wedding photo picture printed in the paper! And on-line cortlandareatribune.com

Sept. 19th is the 10th Anniversary Edition of The Cortland Area Tribune! Find out who is behind putting the bi-weekly paper together in the Sept. 19th issue!



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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!

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.

September 5 - Kitchen Garden Tour at Kendal

6:00-dusk Tour the Kendal community kitchen garden, 2230 North Triphammer Rd., Ithaca, Wed. Sept. 5, 6pm until dusk. Thirty Kendall residents share the garden, with plots ranging from veggies to herbs to grapes to flowers. Andy Oliver, garden

organizer/manager and retired wheat farmer, will be on hand to answer questions. Take the lane across from the community center parking lot, drive across the bridge, and park near the mulch piles. Pre-registration is preferred, and space is limited. Fee: \$5. Please call Tompkins County Cornell Cooperative Extension at 272-2292 for more information or registration.

September 6 - Survivors Of a Loved One's Suicide (SOLOS) to Meet

Survivors Of a Loved One's Suicide support group provides a safe, supportive environment for you to talk about your lost loved one. The group meets every first Thursday of the month. The September meeting will be held September 6 at 7:00pm in the conference room of the Cortland Youth Bureau (35 Port Watson St in Cortland). Please note, this is a new location for the meetings. Please contact Cecile at 753-3021 ex 26 or at Cecile@cortland.org for more information. The group is facilitated by peers who have survived a loved one's suicide.

September 7 - JM McDonald Sports Complex Ice Skating Open House

6:30 to 8 pm, JM McDonald Sports Complex in Cortland. Free admission and \$2 skate rental. For more information call (607) 753-8100 or visit www.jmmcomplex.com.

September 8 - Blues, Beer, and BBQ

5-9 pm, The 1890 House Museum, 37 Tompkins Street in Cortland. Concert FUNdraiser for The Cortland County Historical Society and The 1890 House Museum! Live blues music by Unreal City. Cortland Beer Company beer and BBQ pulled pork will be available for purchase. All proceeds benefit both organizations! \$10.00 per ticket. To purchase tickets call the Cortland County Historical Society at (607) 756-6071, or The 1890 House Museum at (607) 756-7551. For more information call (607) 756-7551, e-mail the1890house@gmail.com or visit www.the1890house.org.

September 8 - 33rd Annual Freeville UMC Harvest Festival

From 9am to 3pm. BBQ Chicken Dinners, Farmers Market, Pie by the Slice, White Elephant, Coin Toss, Fishing Pond, The Grill, Bake Sale, Crafters, Games, Entertainment and Lots More! Come and enjoy the day!!!

September 8 - Out of the Darkness/ American Foundation for Suicide Prevention Community Walk

Out of The Darkness is holding a community walk on Sept. 8th @ Cass Park in Ithaca, NY. Registration begins at 10 am Walk is from 11 am to 1:30 pm. Besides the walk there will be Food, An Auction, White Dove Release, Music (Singer and DJ), Additional Information, etc. Still adding. For more info. contact me at cindyc92297@yahoo.com

September 9 - November 13 - Sounding Through Grief

Tuesdays, 10/9 - 11/13, 5:30 - 7:00 p.m. (register by 10/1) Nina K. Miller Hospicare Center (172 East King Road, Ithaca) Borrowing from various traditions where music is an integral part of expressing grief, we will explore song and sound with an emphasis on simple emotional expression. Songs are simple and will be taught and sung in sessions. Additional singers will be present to support members of the group. Members need not be practiced singers or musically experienced; all welcome. Led by bereavement counselor Kira Lallas, LMSW, and Hospicare's music coordinator, Jayne Demakos,

CTHP. Free and open to the public, but please register by October 1. For more information or to register, contact Kira at 607-272-0212 or klallas@hospicare.org.

September 9 - Pancake Breakfast

Varna Community Center (943 Dryden Rd./Rte. 366) Includes Pancakes, French Toast, Ham, Bacon, Sausage, Scrambled Eggs, Hash Brown Potatoes, Fresh Fruit, Breakfast Breads & Beverages. \$6.50 - Adults, \$6 - Seniors, \$5 - ages 5 - 12, under 5 free. 50/50 Raffle Tickets also available.

September 10 - Dryden Seniors to Meet

The Dryden Senior Citizens will meet on Monday, September 10, 2012 at the Dryden Fire Hall. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Please bring your own table service. The meal cost for members is \$6.00 and \$8.00 for non-members. The menu will be macaroni and cheese, applesauce, tossed salad, beets, broccoli, and cherry cobbler. Entertainment to be announced. Are you new to the area? Want to join a great group? Then consider joining the Dryden Senior

Citizens for only \$5.00 a year. Anyone over 55 may join our group. We have great programs, wonderful fellowship, and bus trips. Bring a friend to our next meeting.

September 12 - The Path to Home Energy Savings

Wednesday @ 6:30 p.m. Presented by Kevin Posman, Energy Corps coordinator from Cornell Cooperative Extension of Tompkins Co. Are you interested in creating a more energy efficient home? The Energy Corps, a community outreach group, will focus on home energy efficiency education and action! Kevin will provide information on how to make living spaces more comfortable, safer, and healthier! In partnership with local contractors, they have created the Path to Home Energy Efficiency to help people upgrade their living space. They can help you get a low or no cost home energy assessment. This event is FREE and open to the public. To Register: Call Cornell Cooperative Extension @ (607) 272-2292 OR Groton Public Library @ (607) 898-5055 or sign-up at library or director@grotonpubliclibrary.org

HAVE A COMMUNITY EVENT TO SHARE?

Please send all pertinent information, including a date, location, time, price, and a brief description to us at tcatribune@gmail.com, and we'll be happy to help inform the public!



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

MYSTERY PHOTO CONTEST



Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, September 14th 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:

**Ruth Phelps
 of Cortland**

Answer from the Previous Edition:

Cortland Credit Service, Inc. of 131 Main St., Cortland

The winner of last issue is Ruth Phelps. Ruth won a gift certificate Toad's Diner located on Route 38 in Freeville. The winner from this issue will win a gift certificate from Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point! 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!



TRAVIS T-BONE AT KLEIN'S ARCHERY!

THE TIME IS ALMOST HERE!!!!!! Travis T-Bone Turner will be at Klein's Archery on Sunday, September 9th from 12noon to 5:00pm. Come out and meet one of the greatest TV. personality's to date. Day long sale will be going on to help everyone get ready for the upcoming bow season. Don't miss this opportunity to meet T-Bone at your local archery PRO-SHOP - Klein's Archery at 119 Dryden Road in Dryden, NY. Questions - please call owner, Joe Guernsey at 607-844-3474.



PORT WATSON MINI-CONFERENCE CENTER

131 Port Watson Street
(607) 753 1447

WHETHER YOU ARE LOOKING FOR a place to hold a small business meeting or a wedding come and visit us at the Port Watson Mini-Conference Center. The Port Watson Mini-Conference Center is located at 131 Port Watson Street in Cortland New York. Our Facilities were set up to accommodate all Family or Business functions.

Douglas and Marian Withey, Owners of the Conference Center, began this venture to fill a void in the Cortland Area. A location suitable for Family Functions (Reunions, Baby Showers, Weddings, Birthdays, Graduations and more) or Business purposes (Trainings, Seminars, Meetings and Company Parties).

Two years after purchasing the property, that previously housed Potter Trucking, the Conference Center was born. Douglas Withey built the entire Center himself with the help of his ambitious wife and kids (Marian, Brian, Dereck and Jenae). It was a lot of hard work and sweat that is now paying off.

The Port Watson Mini-Conference Center has four rooms available for rent. A reception hall that currently can accommodate approximately 100 people, another room that holds approximately 80 people comfortably, and Two more rooms that each will hold approximately 50 each. All

Four rooms are equipped with projectors ready to accept your computer and project your presentation for the entire room to view. We also have two laptop computers to use if your presentation is already on a portable device. There are two refrigerators on site to keep your refreshments in. We have a variety of tables (8 foot and 6 foot rectangular and also 5 foot round tables) and enough chairs for over 200 people. The projectors, Computers, Refrigerators, Tables and Chairs are all included for your event.

In the very near future, look for our outdoor event location. Behind the current building we will be constructing a pavilion, volleyball courts, horseshoe pits, barbeque grills and more. This will provide a place for your outdoor Company Picnics and Family Reunions.

Stop by and see what we have to offer. Even if you don't have an event in mind we would be glad to show you around. Stop in Monday-Friday from 8-4 or give us a call at 607-753-1447. Brian, Douglas or Kathy would love to help you out.



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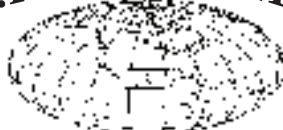
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Locally owned and operated, Willcox offers high-quality automobile repair and great tires at affordable prices. From brakes to air-conditioning to tires to fuel pumps, Willcox is your vehicle's one stop automotive supercenter. Whether your vehicle is foreign or domestic, it doesn't matter to us - we can fix it! Stop by and see us today!

Looking for an odd size tire?! They specialize in the hard to find sizes and tires for ATV's, boat trailers, tractor trailers, dump trucks or even hand cart tires! Call 607-273-6310 for a quote!

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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. Check us out on the web - www.willcoxtirecenter.com. Like us on facebook

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Tues & Thurs Dinner 5:30-6:30

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STATE

SEPTEMBER

09 MARY CHAPIN CARPENTER
14 COLIN MOCHRIE & BRAD SHERWOOD
15 JOSH RITTER & THE ROYAL CITY BAND
26 CAROLINA CHOC. DROPS
29 PUNCH BROTHERS
30 THE LITTLE FARM SHOW

OCTOBER

04 JUDY COLLINS
05 SWINGLE SINGERS
06 RSC'S AMERICA
11 CRAIG FERGUSON
18 CAT POWER
25 GLEN CAMPBELL
30 INDIGO GIRLS

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DEPENDING ON THE STAGE OF this plants growth cycle, it can be edible, medicinal or have the ability to teach us valuable lessons. I guess you can compare the herbal world to human life and the ages we also go through. Goldenrod is one of those herbs that when young, it is wonderful in a salad. If you pick this plant just before it flowers, it is strongly medicinal. Should it have already flowered, those with allergies will feel its effect. The stages of our lives can be the same way. When we are young, we are full of life. When we are middle-aged, we work hard and accomplish many wonderful deeds. When we are old, we can be tough on those we love.

FOLK NAMES: Aaron's rod, blue mountain tea, sweet scented goldenrod, woundwort.

LATIN NAME: Solidago virgaurea.

ELEMENT: Air.

POWERS: Money and divination.

MEDICINAL PARTS: Leaves before it flowers.

CONSTITUTES: Triterpine saponins, volatile oils, water soluble acid polysaccharides (glycogen), carotinoids, flavonoids, phenol glucosides, caffeic acid derivatives.

PROPERTIES: Bitter, astringent, diuretic, relaxant, stimulates the liver and kidneys, reduces inflammation, expectorant, improves digestion and promotes healing. Cleansing to the urinary tract.

MAGICAL USES: If you wish to see your future love by the next day, wear goldenrod. Good fortune shows its face when goldenrod starts to grow near you door.

INTERNAL USES: Urinary infections, chronic excess mucus of the kidneys, uterus, lymph nodes, skin, lungs, sinus and throat, skin diseases, influenza, whooping cough, kidney stones, gas upset from stomach acid reflex associated with nervous tension, helps the liver to produce more glycogens, helps the kidneys to expel more water, and opens and tones the nasal passages.

EXTERNAL USES: Stops wounds from infecting, insect bites, ulcers, and sore throat.

HARVEST: Pick the whole plant just before it flowers and hang to dry. Then strip the leaves for use.

USE AS: Extracts, teas, oils, poultices, a throat wash and powders.

PRECAUTIONS; None known but those with renal diseases should use sparingly as it could irritate the tissues.

The intention of Beth's Natural Way and the wild weed shop is to teach herbs that are so common that most herbal books will not even talk about them. Why? Mainly because they are so common and easy to find that they seem too much of a weed to truly be a haling plant. But learning the weeds that are outside of your doorstep is like being sure you use your own local foods or honey.

In college before I even knew I was going to be working with wild crafted herbs, I took classes on plant physiology. Learning what a plant needs in nutrition and how each element worked in the plant. My thesis was about the reaction of music on plants. Playing different tones and seeing the results. Classical music made plants thrive whereas hard rock killed the plants. With learning the knowledge of what most people called weeds and how to destroy them was even more interesting as now even a weed-wacker bothers me.

As I started to learn about the common medicinal plants, I learned that many people believed only in herbs they did not know or even how to pronounce their names. They had to come from a different country so someone else still had control over their healing not themselves. But as I learned even back in high school, you can not go on with chemistry or math unless you learned the basics first. With herbs that is so true, learning the basic of how to use an herb and when and then making combinations is the direction of learning this field.

At the wild weed shop, we have herbs for you to use that are very common but very healing. Staying close to home and using what you can get yourselves or buy at our store with a reasonable price is the up coming future for our healings. Golden rod is so common and so taking over our fields that there is no reason why anyone should have problems with mucus with this plant so close. God is answering our prayers, are we listening?

ONE YEAR AFTER HURRICANE IRENE: MANY NORTHEASTERERS STILL UNPREPARED FOR NATURAL DISASTERS SURVEY HIGHLIGHTS NEED FOR EVACUATION PLANS AND DISASTER PREPAREDNESS AS NUMBER OF NATURAL DISASTERS INCREASES



NEARLY ONE YEAR AFTER HURRICANE Irene struck the Northeast, many Northeasterners may not be as prepared as they should be. Over the past few years, the U. S. has experienced a record number of natural disasters that have destroyed neighborhoods and cost lives. In fact, the Federal Emergency Management

Agency made 99 major disaster declarations in 2011, the most mega catastrophes declared since 1953.

However, this elevated level of disasters and property damage have not been a call to action for many.

Northeasterners' lack of evacuation plans and procedures are a cause for concern. More than half (52 percent) of survey respondents say they have not thought about or even discussed an evacuation plan or meeting place away from the home for their family. These plans are crucial and should be discussed with relatives and neighbors in advance of a catastrophe.

The majority of Northeasterners (64 percent) also say they have not prepared an emergency kit. Families should consider putting together a well-stocked first-aid kit as well as a disaster-supply kit and keeping them in easy-to-access places. The disaster-supply kit should contain a supply of water and ready-to-eat, non-perishable foods, a weather radio, traveler's checks or cash, important papers, personal hygiene items, blankets, extra clothes and shoes.

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Sixty-one percent of homeowners and renters in the Northeast say they have not made a home inventory list of their personal belongings. Having a room-by-room inventory, as well as photographs of personal belongings can save a lot of headaches – or heartaches – should a catastrophe strike. The list can also help make the process of filing an insurance claim easier.

“There is a clear opportunity for people in New York to understand the importance of focusing on safety and preparedness,” said Jaclyn Darrohn, Allstate Insurance Company spokesperson. “Preparation is a family’s best defense against a natural disaster.”

Today’s survey release is part of a comprehensive effort by Allstate to encourage residents to become better prepared for natural disasters, including hurricanes, tornadoes, floods and, when the season hits, winter blizzards. Allstate has valuable tools and resources available that are easily accessible, including disaster preparation guides, home inventory check lists, and property protection and insurance coverage information. This information and more can be found on the “Be Aware and Prepare” section of Allstate’s website at <http://www.allstate.com/be-aware-and-prepare.aspx>.

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

The study was based on telephone interviews with a nationally representative sample of 1,000 residents with homeowners or renter’s insurance, age 18 years and older across the United States. Interviews were conducted May 16-17 & 19, 2012, and the survey has a margin of error of + 3.1% at the 95% confidence interval. The survey investigates Americans attitudes, opinions and experiences about how well prepared and covered they are in the case of a natural disaster striking. The survey was conducted by FTI Consulting for Allstate.

The Northeast region comprises nine states: the New England states of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island and Vermont; and the Mid-Atlantic states of New Jersey, New York and Pennsylvania.

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®.

TAKING CARE OF YOUR PET’S HEALTH CHALLENGES NATURALLY PART TWO

I HOPE YOU ENJOYED THE last column on helping our pets with their health challenges so let’s get started on some more issues. I will start with Bad Breath: Animals do not brush their teeth. So a mild odor is not uncommon. To help keep the odor to a minimum you might want to try the following: Give them a diet of hard food, which helps scrape plaque off the teeth. Give them raw veggies such as carrots which will help as well. Give them chew toys. Use liquid Chlorophyll water or put a minute dab of peppermint oil on their tongue. I said minute meaning teeny tiny). Give them a good calcium supplement again Skeletal Strength is my favorite. Brush their teeth. I use a soft finger- tip brush and instead of doggie toothpaste I use our Silver Shield Gel which they love or you can pay to get them cleaned at the vet. Chronic and strong bad breath can be an indication that there is a problem with the dog’s gums, teeth, infections (sinus or ear) or digestion. For sinus or ear infections I use Silver Shield liquid or you could use Lymph Gland Cleanse or All Cell Detox which you could open up the capsules and put in their dog food. For gums I suggest White Oak Bark. For digestion I suggest a small teeny dab of peppermint oil or Anti-Gas Formula. Bad breath could be a symptom of a health problem. It should not just be tolerated.

Body Odor: I believe a dog is a great companion but the smell is a byproduct not an asset. Well the good news is you can have your cake and eat it too. Or in this case your dog and your odor free home too. The answer is... Liquid Chlorophyll. You can put liquid chlorophyll in your dog’s water. At first make it very diluted then increase as they get used to it. Guess what? No more doggy odor. There are other benefits as well. Their skin seems healthier, and it will help alkalize their body so they are less likely to get arthritis or cancers. But if you rather smell the roses rather than a pungent pooch... Liquid Chlorophyll is for you.

Bowel Problems: Constipation: Admit it. A pet can become like one of the family. We often like to spoil them. But I am afraid to say most constipation problems happen because of our love for our pets. Most

animals in the wild do not have bowel problems. But they also do not eat table scraps. Yep, that is it. The most common cause of constipation problems and cancer as well is from your dog eating table scraps. A dog cannot fully break down any food which is cooked over 130 degrees. So cheap dog food or food off the table can be the main culprit. A lack of water and a lack of exercise are probably the number two cause of constipation and the number three common problem is him having to hold it for long period of time. A good treat for animals especially dogs are raw vegetables. It is also good for their teeth and satisfies the need to chew and adds fiber to their diet.

Diarrhea: There are many causes of diarrhea. The three most common are parasites, change in food and a PH imbalance. Change in dog food. Dogs do not need a variety in their food. If you change types of dog food, I suggest you do it gradually, by mixing some of the old with the new. Changing their portion as you go to the dominate old food to dominate new food. When you buy a puppy or kitten ask the breeder to give you some of the food the puppy is accustomed to. A PH imbalance often develops because of the terrible table scraps. Since the animal cannot digest cooked food the food will ferment causing gas and acid. This acid can cause diarrhea as well as arthritis and cancer. For chronic diarrhea I suggest Slippery Elm or Psyllium Hulls. For diarrhea after an antibiotic I suggest Bifidophilus Flora Force.

Blood or mucus in the stool: Most often it is parasites. I suggest you try a parasite cleanse and if that doesn’t work, work with your vet. I have a wonderful recipe for Dog Worm Balls that cats like also to prevent parasites and it works. Slippery Elm is great for soothing the bowel. It also absorbs moisture to help with inflammation.

Well I guess there will be a Part Three where I should be able to finish up this theme.

Diane L. Toombs, CNHC
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MIKE'S FISH TANK FEEDING CRICKETS

GET A LOT OF people asking about crickets that they feed to their lizards. Some people have trouble keeping them alive. I always tell people to keep them in a clean container with air holes. I know people who use a coffee can and that smell of coffee that lingers in the can probably isn't too good for the . Crickets are susceptible to smells and odors. Things like kerosene, smoke, or even a fry ing pan burning can cause cricket death.

They are also very sensitive to heat and cold. If the crickets are in a place in the upper 80's ,that could be a problem. If the temperature gets down in the 40's or lower, then that might be a problem. Keep them away from windows, registers or stoves in the winter and you may not want them right next to the a/c in the summer. If you buy crickets in the summer and leave them in the car on a hot day, they'll be dead in just minutes. Same thing if you leave them in a freezing car in the winter.

I feed our crickets the Nature Zone cricket food. It's a hard gel that is their food and water. If you feed that, then you do not need to give the crickets water. If you are not feeding the Nature Zone food, then make sure you give your crickets a tiny dish of water daily. They need water too. Some people feed their crickets a potato. That may work as some moisture but it's not very nutritious. Remember what you feed your crickets is what you are feeding your lizard.

The Lizard gets what is in the crickets stomach. If you are dusting your crickets with calcium or vitamin powder, be sure to do it just before you feed them to your reptile. Once the cricket is dusted, the lifespan is short as the powder clogs the crickets breathing. So only dust the ones you are going to feed at that time.

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FLEA MARKET AT BARN HOUSE ANTIQUES

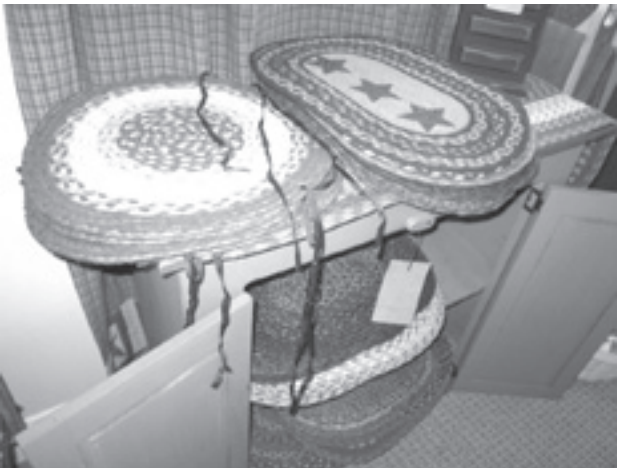
Karen Hewitt

FLEA MARKETS ARE FUN to attend because of the wide variety of items offered for sale. Barn House Antiques, 308 Peruville Rd., Rt. 34B will hold a Flea Market on Saturday, September 8, from 9-3. This is in conjunction with Rt. 34 B sales day. The garage, yard, church, and business sales run from Lansing to Fleming.

This is the last seasonal event for miles-long sales in this area, and the last Flea Market for Barn House Antiques for this year. Everything is priced to sell quickly, with many items in the Bargain Barn selling at half price.

The Flea Market will be held rain or shine. There is plenty of on-site parking. Please do not park on the street. It's too busy a highway!

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TOM FARMER JOHN, OF FARMER JOHN'S Fresh produce. My family has been growing produce since 1968 when my parents purchased our farm on West Creek Rd, in Newark Valley. We started as an organic farm, then quickly transitioned into the Asian market, supplying a Japanese steakhouse on the Vestal Parkway. The restaurant was looking for fresh, local produce that would enhance their unique menu, and set them apart from their competition. We furnished them, and many other restaurants with produce, for thirty years. Eventually, the local labor pool diminished to the point that it was no longer feasible. We moved into growing more general produce from there, and this is our first year offering our produce in the Dryden area. We have been very fortunate to have such a great location at the VanPelt farm on route 13 next to the VFW.

I rent 8 acres of creek bottom land from Bucky VanPelt, on which grows 1000 tomatoes, 300 peppers, 13,000 onions, a half acre of red potatoes, and 5 acres of pumpkins. I use drip irrigation on all but the potatoes, and have had good results, even with the bad weather this season.

NEWS FROM THE FIELD

The 1,000 tomato plants are starting to ripen. I have Beefsteak, Roma and canning tomatoes available. Green peppers are large and starting to turn red. White, Red and Spanish Onions are in good supply, as are the Red Potatoes. The pumpkins are looking good too, so the folks who like the first pick at this year's selection don't be afraid to stop

in and check them out. The varieties include: large, extra large, warty and small bi-colored Batwings.

Apples and pears have started to produce. The heat has made this years apples sweeter. A variety of Winter Squash is available now as well, including Acorn, Butternut and Spaghetti.

Farmer John's will be open through Halloween, and possibly into the first couple weeks of November, depending on supply.

I would like to thank the VanPelt family for giving me the opportunity to grow and sell produce here. The creek flat and the stand location have been top notch. Also to all the neighbors that have been helping with planting and now the harvest, Diane, Nicole, Jordan, Justin, Devan, Britany, Taylor, Derrick and Janelle. Thank you, and well done.

Farmer John



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JOIN HUNDREDS OF AREA DOG lovers and dog rescue supporters at the Museum of the Earth on September 22, 2012 from 7-11 pm. Sim Redmond and Men of Kent will each perform a set of inspired music, wine will be provided by Red Newt Cellars, and delicious desserts will be provided by Much Ado About Cake, Purity, and Greenstar.

In between musical sets, Cayuga Dog Rescue will be giving away dozens of fabulous door prizes and raffling off a handful of exciting higher-value items. Raffle tickets may be purchased at the event, with cash or check only.

Cayuga Dog Rescue (CDR) is a locally based, 501(c)(3) nonprofit dedicated to the rescue and rehabilitation of stray, abandoned, and abused dogs. We function as a safety net for overstretched and underfunded regional shelters, rescuing friendly, loving, adoptable dogs who otherwise would be euthanized due to lack of shelter space. Since we began in late 2005, we have made miracles happen for 382 wonderful, deserving dogs.

Our rescue dogs live in individual foster homes where they are treated as valued family members, receive basic training, and are introduced to what fun life can be. All dogs receive top quality veterinary care, insuring that they are both healthy and happy as they await their forever adoptive placement.

All staff and volunteers of Cayuga Dog Rescue do 100% of their work for free, allowing all funds raised to be used for the care and placement of the rescue dogs. We are a 501(c)(3) nonprofit organization.

Event Location: Museum of the Earth, 1259 Rte 96, Ithaca, NY 14850

Event Date: September 22nd 2012, 7 pm -11 pm

Event Details: Musical Guests: Sim Redmond and Men of Kent

Wine provided by Red Newt Cellars

Desserts by Much Ado About Cake, Grenstar, and Purity

Tickets are \$30 and are on sale at Ithaca Grain and Pet Supply, Northstar, F. Oliver's (on the Commons) and at the door

For additional information, Contact:
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Cayuga Dog Rescue
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<http://www.cayugadogrescue.org>

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LINCOLN AND THE CIVIL WAR – FREE READING & DISCUSSION PROGRAM FOR ADULTS OFFERED AT SOUTHWORTH LIBRARY, DRYDEN, NY

IN A UNIQUE COLLABORATION, THE New York Council for the Humanities has joined forces with the Southworth Library to offer “Lincoln on the Civil War” a semimonthly reading and discussion series to occur this October and November, with an introductory presentation on Thursday, September 6 at 7:00 p.m.

“With its thematic focus, this reading and discussion program offers an unusual twist on the standard book group format by making time for thinking deeply about one idea, over time, from a variety of perspectives,” says Sara Ogger, executive director of the Council.

At Southworth Library, participants will come together for an introductory presentation and then four 90 minutes discussion sessions to explore the issues of freedom, civic duty, slavery, and the Constitution through Lincoln’s own words with Dr. Fred Antil, local Lincoln historian. Over the last two decades Dr. Antil has devoted himself to studying the 16th president - sharing this knowledge with many audiences, often attired as Mr. Lincoln. The text for this program, Lincoln on the Civil War: Selected Speeches, is a volume of nine addresses made over the course of his political career. This series is made possible by support from Penguin Books.

“We are excited to celebrate our local connection with Abraham Lincoln and the impact he continues to have on our nation as we examine these speeches,” says Diane Pamel, Library Director. The Southworth Library Lincoln Center Addition, opened in June 2011, was funded in part through the sale of an original copy of the speech given by President Lincoln after his re-election in 1864 that had been bequeathed to the library.

The program is free and open to the public, although pre-registration is required, and attendance is limited. For more information about the series dates and acquiring books, please contact Diane Pamel at 607-844-4782 during library open hours or at southworth@twcnry.com.

Something special happens when we talk about what we read with others in our community. The New York Council for the Humanities’ Adult Reading & Discussion programs are designed to foster active reading and thinking, incorporating texts that serve as catalysts for civic engagement and cultural understanding, as well as personal reflection

For more information about “Lincoln in the Civil War” visit www.nyhumanities.org/discussion-groups/adults. The New York Council for the Humanities is a private, non-profit organization that helps all New Yorkers to lead vibrant intellectual lives by strengthening traditions of cultural literacy, critical inquiry, and civic participation. To find out more about the Council, visit www.nyhumanities.org.

Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of either the Council or the National Endowment for the Humanities.



BACK TO SCHOOL SAFELY AND “IN STYLE”

ATTENTION PARENTS! A NEW SCHOOL year is right around the corner! The Cortland Community Center is helping parents get ready by hosting “Back to School Safely, and In Style!” This fun family event will be held at the Cortland Youth Center (35 Port Watson St) on Saturday, September 22 from 10am to 5pm.

Parents will find lots of good quality “gently worn” clothing at very low prices, as well as an opportunity to have their children fingerprinted for the Child ID program through the Cortland Police Department. The Cortland Fire Department will also be on hand to demonstrate CPR techniques and share other safety information. A visit from Mighty Molar will be a hit with children who attend between 10 am and 1pm. The Cortland Health Department will be at the event to assist people with Facilitated Health Enrollment, and car seat checks (the car seat checks will take place from 10am to 1pm). Information on the new “211” phone referral service will be available.

Be sure to bring the whole family to this fun informative event on Saturday, September 22 from 10am to 3pm. For more information, please call the Youth Bureau at (607) 753-3021.

CINCINNATUS CORN FEST SEPTEMBER 15TH

THIS YEAR’S THEME FOR THE Cincinnatus Corn Fest will be “Take STALK in America”.

The Corn Fest will be held on Saturday, September 15th from 10 AM to 6 PM at the Cincinnatus high school. Last year the original Cincinnatus Corn Fest committee, after many many years of dedication, drive, and hard work regrettably canceled this long-standing event because of lack of volunteers. It was a very difficult decision for the committee to let the Corn Fest end but with a lack of help they had no other choice, so last year’s event almost didn’t happen.

The Cincinnatus Fire Department’s Fourth of July committee voted to take over the Corn Fest and try to ensure that this long-standing community event continues for many years. The new Corn Fest committee luckily had a lot of enthusiasm and support for the event

and to make things even better most of the original Corn Fest committee joined or offer to help the new committee in its daunting task of producing last year’s event in only four weeks as opposed to prior years which took 8 to 10 months to plan!

Michael Aiken, chairman of the entertainment committee, thought that the theme last

year “Keeping Cawfield” was very fitting indeed as did the rest of the committee. This year’s theme “Take STALK in America” will be in support of all the American Patriots.

So moving forward the new team is committed to making this event a success year after year with all of the old favorites like corn chowder, corn fritters, the parade of course, and live entertainment plus adding some new attractions.

This year’s corn Fest, as was last years, will have a big focus on the children and children’s events and demonstrations, arts and crafts, and lots of attractions for kids of all ages (even the retired ones).

Some of the events attractions and entertainment scheduled to appear are...

Steve Southworth and the Rockabilly Rays, Alderhollow, The Brothers MacRea, Thelma and Louise, Magical John, fire truck and tractor displays, hay wagon rides, arts and crafts, karate demonstrations, The Old-timers Band, a chicken barbecue, corn chowder, corn fritters, corn dogs, the Corn Fest Parade, scarecrow contest, corn dish contest, bicycle rodeo with FREE bicycle helmets (bring you own bike), face painting, and a coloring Cawfield contest plus much much more!

So bring the entire family down to the Cincinnatus Corn Fest this year and help support this nearing 20 year community event.

For more information contact cincycornfest.com or call 607-745-5400

CALENDAR OF EVENTS

September 13 – Retiring From Driving - It isn’t the end! FREE Workshop

Thursday @ 6:30 p.m. Way2Go offers FREE informative workshops that educate participants on the transportation options available that would assist them in retiring from driving, and maintaining their independence. Topics covered include:

- Tips on how to be “road safe” while driving
- When to consider driver retirement
- How to stay active, even without a vehicle
- Medical transportation information
- This event is FREE and open to the public

This is the first of two parts with the 2nd part on October 11 which will be for the caregivers To Register call or email Groton Public Library (607) 898-5055 or director@grotonpubliclibrary.org

September 15 – Cincinnatus Corn Fest

10 am to 6 pm, Cincinnatus High School. Steve Southworth and the Rockabilly Rays, Alderhollow, The Brothers MacRea, Thelma and Louise, Magical John, fire truck and tractor displays, hay wagon rides, arts and crafts, karate demonstrations, The Old-timers Band, a chicken barbecue, corn chowder, corn fritters, corn dogs, the Corn Fest Parade, scarecrow contest, corn dish contest, bicycle rodeo with FREE bicycle helmets (bring you own bike), face painting, and a coloring Cawfield contest plus much much more! For more information contact cincycornfest.com or call (607) 745-5400.

September 22 – SPCA Dog Walk

The Cortland Community SPCA is holding its first dog walk “Bark in the Park” to help the Cortland Community SPCA raise money for its much needed programs and services. The walk will take place at Little York (Dwyer Memorial Park) on Saturday 22nd of September from 10am to noon (rain date of 23rd). Every Participant will receive a free goodie bag and lunch after the walk. Our goal is to have local businesses, schools organizations within Cortland County to join us as we promote a healthy lifestyle with their forever friend(s). The walk is designed to help us raise, \$15,000 so the SPCA can purchase a new Animal Response Vehicle. These vehicles are the heart and soul of our organization, operating in our county 24/7. They are on call continually rescuing lost and abused cats and dogs. They are especially equipped to deal with animal emergencies no matter what the weather or location. For more information go to our website www.cortlandspca.org and print off a sponsorship form and ask your friends, family, neighbors and co-workers to sponsor you. So grab the leash and tell your dog you’re going for a walk. Hope to see you there.

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TREEFORMS FURNITURE AND GIFTS STORE is located at 1302 Dryden Road in Ithaca. Opened in 1964 by Anne Watson and was first located in Dryden, Treeforms has been at its present location since 1975 and is now run by Anne's daughter Marianne and her husband. With several large showrooms, Treeforms Furniture and Gifts carries one of the finest selections of Amish made furniture in the area. Treeforms offers solid wood fine furnishings specializing in furniture for every room in a home or office. Treeforms' strength is being able to custom order.

Looking for dining room furniture? One can find solid top farm tables and extension tables as well as chairs, hutches and sideboards in oak, maple, cherry, pine and elm. One can design one's own table. Choose from tables for a small family or a table that can seat large groups of

up to 22 people! Trestle and pedestal tables are available along with many other leg options accommodating different styles. There are gathering tables of oak, cherry and red cedar too.

Need new bedroom furniture? Treeforms has bedroom furniture in contemporary, mission, shaker and traditional styles. There are many choices of beds, ranging from mission style to pencil posts. You can find cedar log beds also. Dressers vary as well from mule chests and lingerie dressers to chest on chest and 6 drawer 63" wide dressers. Armoires are also available with a selection of night stands. There are accessories for the bedroom including quilts, throw rugs, table lamps, benches, cedar chests, wall pictures, doilies, mirrors, candles and aromatherapy.

For living room furniture, Treeforms has coffee tables, end tables, sofa tables, hall consoles, bookcases in different woods with a selection of stains and hardware choices.

How about a futon? Treeforms has quality wood futon frames, platform beds, futon mattresses and sofas. Futons are great for students, dormitories apartments, dens, living rooms and offices. Futons are ideal for maintaining a bed option if converting a bedroom to an office. Futons have come a long way in comfort, design and versatility for today's busy and changing lifestyles. Futon mattresses come in different thicknesses from 4" cotton batting to 12" wool wrapped coils in cot size up to king size.

Check out the selection of TV entertainment stands in oak, cherry, maple, pine or cedar. Treeforms has TV Stands to accommodate small and large TV's. Home theatre wall units are available too. All units include room for DVD player and storage. One can find cedar and log TV stands as well.

Treeforms can supply wooden office furniture for your place of business, office, school or home. Our specialty - desks of all kinds. One can purchase rolltop desks, computer desks, student's desks, work stations, wall units and secretaries. We carry a selection of file cabinets - both lateral files or horizontal in many different woods. Also available are printer stands, CD storage units and office armoires. Contemporary, shaker and mission styles are the most popular in stock items.

Shopping for occasional furniture? There are a variety of coffee tables, end tables, bar stools, rockers and more. Jelly cupboards, deacon benches, hall trees and clothes drying racks are also available.

Outdoor furniture welcomes you to sit in comfort on Treeforms porch. Hickory/oak rockers are built with lower lumbar support plus there are Adirondack style chairs and sassafras benches, a great addition to gardens or summer homes.

But, there is more at Treeforms! The gift shop has so many items - including Yankee candles, pottery, wind chimes, dish sets, heritage lace, placements, candy, wall paintings, Old World Christmas ornaments and purses. Come in to pick out the perfect gift.

We have delivery, layaway and gift certificates available. Remember if you don't see what you want, please ask as Treeforms can find it for you! We are located at the intersection of Routes 13 & 366 between Dryden and Ithaca. Treeforms is open Monday through Saturday 10am to 5:30pm and Sunday from 12 noon to 4pm. Phone 607-272-2913. www.treeformsfurniture.com

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PUZZLES & GAMES

WORD FIND

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

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

- foliage • grasses • garden • potting soil • sod • shrubbery
- perennials • landscape • harvest • trees • shrubs • plant • duck stem
- seed • leaf • herb • camouflage • treestand • deer • antlers
- turkey • hunt • gear • archery • fourwheeler • waterfowl • camp • tent

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!

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

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LAST EDITION'S PUZZLES

SUDOKU

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

WORD FIND

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

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