

FREE October 17-30, 2012

Fall/Winter Car Care & Halloween Edition

FREE

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

# THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER  
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4. **SECURE** make, model, license numbers of all cars involved.
5. **MAKE** rough drawing of scene, showing position of cars & other details.
6. **DON'T** hastily accept claim settlement at scene of accident.
7. **REMAIN** calm, courteous & consistent in your version of accident.
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## WELCOME TO OUR FALL/WINTER CAR CARE & HALLOWEEN 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!

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)

December 12 – Christmas Edition  
(Deadline 12/7)

December 26 – Fitness/Health Edition  
(Deadline 12/21)

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

### ONLINE CLASSIFIEDS

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

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## The Cortland Area Tribune

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# COMMUNITY CALENDAR



### October 17 – Vestal Elks Free Chicken Dinner

The Vestal Elks Lodge at 2072 Vestal Parkway West in Vestal NY, is hosting a free chicken dinner, Wednesday October 17th 6:30 p.m. for Boy Scouting alumni in the Broome and Tioga county areas served by the Baden Powell Council, BSA. The Elks Lodge is saluting Scouting alumni that were in Cub Scouting, Boy Scouting, Venturing or Exploring and may want to reconnect with the Scouting movement. Several active Scouts and Scout Leaders will speak about their Scouting experiences at the event. For more information or to make a reservation for a meal, please call 607-754-7931 by October 4th, 2012. Members of the Hiawatha District Committee and local units in the District area will be on hand to provide details of the ways volunteers serve the local youth in the Baden Powell Council. College Students away from their home units and alumni from other Scout Councils can sign-up for the free dinner.

### October 18 – Asperger's Support Group Meeting

Asperger's affects not only the individual with the syndrome, but everyone in the family. Come together with other family members to share practical help and

emotional support. Parents, siblings and significant others are all welcome. We meet the third Thursday of each month in the basement of St. Luke Lutheran Church at 109 Oak Avenue in Collegetown (directly behind Collegetown Bagels and across from the Cornell Performing Arts Center). Our next meeting will be Thursday, October 18th at 7 PM. Adults with Aspergers (18+) are invited to a separate group to discuss their experiences and needs. If you have questions, please contact Robin L. Booth at rlmbooth@gmail.com.

### October 20 – Spirits in the Castle

7 to 9:30pm, The 1890 House Museum, 37 Tompkins Street in Cortland. Join Medium Anne Knight on a thrilling ghost walk through The 1890 House Museum, followed by a sance on the Third Floor Ballroom. \$20 per guest. Call The 1890 House Museum at (607) 756-7551 or email the1890house@gmail.com to reserve tickets. For more information call (607) 756-7551, e-mail the1890house@gmail.com or visit www.the1890house.org.

### October 20 – Guided Nature Hike

9am at Lime Hollow Center, 338 McLean Road in Cortland. Bundle up and take a stroll with our Senior Naturalist, Peter Harrity. Ask about anything from the tracks

on the ground to the birds perched in the trees. Don't forget binoculars, field guides and a water bottle. Hikes will typically last an hour and a half. For more information call (607) 662-4632, e-mail info@limehollow.org or visit www.limehollow.org.

### October 20 – McLean Community Bazaar

The annual McLean Community Bazaar will be held on Saturday October 20 at the McLean Fire Station from 9 am until 2 pm. Luncheon will start at 11:30. There will be attic treasures, crafts, holiday items, baked and canned goods, Rada cutlery, a free blood pressure clinic and more! The bazaar benefits various McLean non-profit organizations. Questions call 607-838-9918.

### October 21 – Leaf Peeper Half Marathon

Start 9:30 am sharp, Yaman Park. Registration begins 8 am. \$25/person pre-race, \$30 day of race. Please, no dogs or strollers! For more information, call (607) 756-2893 or visit www.cortlandymca.org.

### October 22 – Uncommon Plants for Experienced Gardeners

6:30-8:30 pm Looking for something different? This class will cover little-known trees, shrubs, perennials, and bulbs that are easy to grow despite being uncommon. Pest, disease,

and deer resistance will all be considered. Uncommon Plants for Experienced Gardeners will take place Mon. Oct. 22, 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.

### October 22 – Dryden Seniors to Meet

The Dryden Senior Citizens will meet on Monday, October 22, 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 beef stroganoff on noodles, tossed salad, mixed vegetables, bread and apple crisp. Entertainment to be John Storie who will play country and gospel music. Please Note: There will NOT BE A LUNCH on November 12, due to Veterans Day. Our next lunch in November will be on Monday, November 26, 2012. 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.

### October 22 – Grief 101: Supporting Another in Loss

12:00 - 1:30 p.m. (register by October 17) Nina K. Miller Hospicare Center (172 East King Road, Ithaca) This one-session event is for adults who are supporting a bereaved loved one. Hospicare's bereavement counselors will share general grief information and ways to offer support to a bereaved adult. There will be time for questions and discussion. Free and open to the public, but please register by October 17. For more information or to register, contact Donna George at 607.272.0212 or dgeorge@hospicare.org. This is the second installment in the "Grief 101" series of educational presentations providing specific information about the bereavement process. Other sessions include "For Grievers" (September 24), "For Grievers Coping with the Holidays" (December 3) and "Supporting Another in Loss - Coping with the Holidays" (December 10). Announcements of upcoming events will be forthcoming. Visit www.hospicare.org/events/ for online and downloadable calendars featuring all upcoming Hospicare events and programs.

### October 23 – How to Skype

5:30pm at the Groton Public Library Skype is a program that you can use to make video calls over the Internet. You will get to view a live demonstration of Skype, learn how to download the program, and learn how to make a Skype call. Brought to you by the Cortland Free Library Public Computer Center! To attend please call the Library at (607) 898-5055 or email director@grotonpubliclibrary.org

### October 22-24 – Healing Fire with Pat Pritchard

7 PM at Reach Out for Christ Church, 318 Johnson Road, Freeville, NY. Prophetic teaching and releasing of God's healing power. Pat Pritchard has been ministering God's Word and power for over 40 years and has taught many people to learn and understand God's Word. Meetings will focus primarily on releasing an anointing for healing.

### October 24 – Spooktacular Stories at the Groton Public Library

Read and told by Marilyn Levine and Lauren Jastremski Wednesday - October 24 ~ 6:30 to 7:30 p.m. Guaranteed to rattle your Bones! For more information call the Library at (607) 898-5055 or email 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**  
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# MYSTERY PHOTO CONTEST



Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave 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, October 26th 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:

**Dennis Priest**  
 of Moravia

### Answer from the Previous Edition:

Bill Bros. Dairy of West Road in Cortland

The winner of last issue is Dennis Priest. Dennis won a gift certificate Toad's Diner located on Route 38 in Freeville. The winner from this issue will win a gift certificate from Back to Basics Bulk Foods Store located at 2207 Dryden Road (Rt. 13) in Dryden! Enter your guess today!

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



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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.



## 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 13 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

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## CUTTING'S GARAGE

IS IT TIME FOR AN oil change? How about those tires? Are the treads on them poor? If you answered yes to one or both of these questions, it's time to call Cutting's Garage! Cutting's Garage has been a family owned business for over 50 years. James Cutting opened Cutting's Garage back in 1954. James took pride in his work in the garage and often spent time showing his two sons how to repair the cars in his shop. Before you knew it, the boys had tons of hands on experience. In 1993, his sons, Jim and Mike, inherited the business from their father. Mike, who currently manages the garage, is pleased to bring his customers the same quality work that they are accustomed to. Mike has over 25 years experience in the automobile repairing business. Cutting's Garage provides a friendly atmosphere and excellent workmanship!

Cutting's Garage is a New York State licensed Insured Station, which specializes in brake repair, exhaust repair, oil changes, inspections and more. If old man winter has you worried about your car battery, the garage will be happy to install a new Interstate Battery to be sure your car starts on those cold mornings! In addition, Cutting's Garage is an authorized dealer of Cooper Tires. "Cooper Tires are comparable to other name brands and are better priced," stated Mike. If you need to have your vehicle towed to the garage, Cutting's Garage has a tow truck and will be happy to tow the vehicle for a nominal fee. The sign on the front of the building say "your complete auto repair center", which is exactly what Cutting's Garage

is! Besides NY State Inspections - Mike is experienced in exhaust repair, tune-ups, brake repair, tire repair, lubrication, struts and more.

For over 50 years, Cutting's Garage has been providing customers with dependable and quality serve, at the same location. So if you're looking for new tires or in need of an oil change or need to have any other service done on your vehicle, call Mike at Cutting's Garage. Cutting's Garage is conveniently located at 1834 Dryden Road (Route 13) in Freeville. Minutes from Cortland or Ithaca. To schedule you next appointment call 607-347-4873.



## HILLTOP AUTO

HILLTOP AUTO, LOCATED AT 193 Homer Ave., Cortland, New York, the former location of Planck Motors; Mark D. Smith, owner, serving Cortland and Tompkins County since 1992. Hilltop Auto opened in 1992 with its owner, Mark Smith working from his home in Virgil, New York doing repairs for local folks and selling quality used vehicles. As his business grew he moved down into the Village of Dryden where he remained for several years. Purchasing the former Planck Motors Building and lots in 2006, Hilltop Auto has continued to give quality service to its loyal customers, along with increasing its customer base: new customers are always welcome! Hilltop Auto specializes in complete auto service including struts, shocks, brakes, oil changes, front end repair, tune-ups, tires, computer diagnostics, A/C, exhausts for both domestic and imports.

Hilltop Auto handles complete service for repairs, from diagnostics to customer satisfaction. If it's not right, Hilltop will do his best to make it right. Mark strives to satisfy his customers stating that "it's important to work personally with your customers. Without customer satisfaction, you're putting your business in jeopardy. In these tough economic times, everyone is looking for affordable service and quality vehicles that will fit into any budget, and I have that. Some of my customers are coming to me from the 3rd generation. I handled repairs and sold vehicles to the parents, then their children, and now their grandchildren."

Bottom line, if you're looking for quality cars and trucks, at affordable prices, or service from someone you can talk with personally and trust, check out Hilltop Auto, Mark D. Smith, at 193 Homer Ave., Cortland or call 607-753-0316.

## 3 EVERY DAY



OCTOBER IS HERE WITH ITS beautiful colors, pumpkins and cooler temperatures. Did you know that October is also Cheese Month? Hi, I'm Hannah Baker, the Tompkins County Dairy Princess. Cheese is a great way to get your daily 3 servings of dairy. All cheese is made from milk, but different manufacturing and aging processes produce different kinds of cheese. There are all kinds of cheese from soft cheeses like ricotta or cottage cheese, semi-soft cheeses like mozzarella and Monterey Jack, hard cheeses like cheddar and Swiss to very hard cheeses like parmesan and Romano. You may also see processed cheeses which are made by combing one or more natural cheeses, heating them and adding emulsifying salts. These cheeses contain more moisture than natural cheese. Cheese is a nutrient dense food. It takes about 10 pounds, or 5 quarts, of milk to make 1 pound of cheese. Cheese provides protein, calcium, phosphorus, and vitamins such as A, B12 and riboflavin. You can also get most cheeses in low fat or fat free varieties if you are watching your calories. Another unique health benefit to cheese is that it can help reduce tooth decay if eaten after or between meals. Calcium, phosphorus in milk helps contribute to this benefit. There are also cheese options for those of you who are lactose intolerant. Aged cheeses like cheddar and Swiss have little or no lactose, so enjoy. So the next time you are looking for a quick snack, why not grab some wonderful cheese.



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## PICCADILLY LANE COUNTRY & PRIMITIVE STORE OCTOBERFEST - SATURDAY, OCTOBER 27TH

LOOKING FOR A SPOOKTACULAR SHOPPING experience?! Join us on Saturday, October 27 from 10 to 3 and enjoy 30 to 40% OFF ALL ORANGE ITEMS! Lots of specials! Plus that day with each purchase, your name is entered for a special drawing for a piece of furniture valued at over \$100! It will be a ghoulish fun day - to shop the Piccadilly way! At Piccadilly Lane Country & Primitive Store in Whitney Point there are 8 rooms in a quaint 2 story house overflowing with new one of a kind merchandise including framed prints, furniture, linens, rugs, soy candles, cards, jewelry, swags, garlands, tin ware, signs, pottery, curtains, and many more distinctive items to adorn every room.

With the holidays almost here, shop now to adorn your home with a new look your guests will envy or pick out that perfect gift for your loved one! Piccadilly Lane has an array of new fall and holiday items, including snowmen, beautiful wreaths, furniture, curtains, delightful holiday scented candles and more. Plus some antiques and a Christmas room for your shopping extravaganza!

Decided to redo a room for the holidays? Let Piccadilly help you redecorate! Choose from Starbridge, York, Park and many other curtain designs in a variety of colors and patterns - plus Piccadilly now has curtain swatches for special order - bring in your paint

samples or fabric swatches and they will help you match them by appointment for or better yet, visit the store.

Interested in earning credit towards your favorite items at Piccadilly Lane for holiday gift giving?! Now is the perfect time to host a "Piccadilly Party"! Invite some friends over for some cider and pumpkin cookies 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! A fun way to kick off your shopping season!

Mark your calendars! Holiday Open House is Saturday, November 17. There will be sales galore and door prizes and refreshments to nibble to help you shop till you drop! More details to follow.

Take the short drive to 2643 Main Street in Whitney Point to beat the rush and start your holiday shopping! The store is open Monday, Tuesday, Wednesday & Friday 10-6, Thursday 10-7, Saturday 11-3 and Sunday 10-2. Questions or looking for something special - 607-692-7418 or email piccadillylane1@aol.com and on Facebook!



It's FALL...Now is the time to start thinking about your holiday shopping and we can help! Call today to book a hosted party to earn store credit toward your holiday shopping!!! Evening/Weekend times available.

It's also time to think about holiday pictures! Call today for portrait package prices! Natural light and studio packages available! Shots by Shana at The Second Knob

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## HALLOWEEN: TOP 10 SAFETY TIPS FOR PET PARENTS

ATTENTION, ANIMAL LOVERS, IT'S ALMOST the spookiest night of the year!

Keep your pet safe with these simple tips.

1. No tricks, no treats: That bowl of candy is for trick-or-treaters, not for Scruffy and Fluffy. Chocolate in all forms—especially dark or baking chocolate—can be very dangerous for dogs and cats. Candies containing the artificial sweetener xylitol can also cause problems. If you do suspect your pet has ingested something toxic, please call your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435.
2. Popular Halloween plants such as pumpkins and decorative corn are considered to be relatively nontoxic, but they can produce stomach upset in pets who nibble on them.
3. Wires and cords from electric lights and other decorations should be kept out of reach of your pets. If chewed, your pet might suffer cuts or burns, or receive a possibly life-threatening electrical shock.
4. A carved pumpkin certainly is festive, but use caution if you choose to add a candle. Pets can easily knock a lit pumpkin over and cause a fire. Curious kittens especially run the risk of getting burned or singed by candle flames.
5. Dress-up can be a big mess-up for some pets. Please don't put your dog or cat in a costume UNLESS you know he or she loves it (yup, a few pets are real hams!). For pets who prefer their "birthday suits," however, wearing a costume may cause undue stress.
6. If you do dress up your pet, make sure the costume isn't annoying or unsafe. It should not constrict the animal's movement or hearing, or impede his ability to breathe, bark or meow. Also, be sure to try on costumes before the big night. If your pet seems distressed, allergic or shows abnormal behavior, consider letting him go au naturale or donning a festive bandana.
7. Take a closer look at your pet's costume and make sure it does not have small, dangling or easily chewed-off pieces that

he could choke on. Also, ill-fitting outfits can get twisted on external objects or your pet, leading to injury.

8. All but the most social dogs and cats should be kept in a separate room away from the front door during peak trick-or-treating hours. Too many strangers can be scary and stressful for pets.

9. When opening the door for trick-or-treaters, take care that your cat or dog doesn't dart outside.

10. IDs, please! Always make sure your dog or cat has proper identification. If for any reason your pet escapes and becomes lost, a collar and tags and/or a microchip can be a lifesaver, increasing the chances that he or she will be returned to you

## WHY BOTHER TO VOTE?

ARE YOU ONE OF THE citizens who doesn't think your vote counts? One vote can make a difference in who wins an election. President Kennedy became president with an average of one vote per precinct. Are you one of those who say they don't like either presidential candidate so they aren't going to vote! You still have federal, state and local candidates to choose from when you go to the poll on November 6. Your vote is your voice and your choice in the election.

Our right to vote is our most basic freedom as Americans. Consider the hundreds of thousands who have been killed and wounded throughout our history to preserve this right. In some countries, people are not given a choice when they vote. In some countries, people are fined for not voting! In some countries people don't have the right or opportunity to vote for their "leaders."

Become an informed voter by learning what the views of candidates are on various issues. Videos of candidate forums can be viewed on Channel two. If you have access to the internet, go to the League Of Women/Men Voters site, VOTE411.org for extensive information about the election and federal and state candidates. The site includes candidates responses to questions. You can even ask questions of the candidates.

Carry out your responsibility as an American citizen. Use your right to voice your choices. VOTE!

Charlotte Farris, Co-chair, LWVCC

## MIKE'S FISH TANK DWARF GOURAMI

THIS ISSUE WE'LL DISCUSS THE dwarf gourami. Most dwarf gourami live for about 4 years, but with proper care can live longer. Dwarf gouramis are peaceful fish and do well in most community aquariums. They require a tank of at least 10 gallons. They are usually found swimming on the middle to top regions of the aquaria. This is not a surprise since, like all gouramis, the dwarf is a labyrinth fish. That is, dwarf gouramis can breathe oxygen from the air through their labyrinth organ {like a betta} if necessary. It is important, therefore that the surface of the water be exposed to fresh air. Dwarf gouramis are so docile that they will allow themselves to be bullied to death before fighting back. Despite their shy, and docile nature they are aggressive towards fellow dwarf gourami. Each fish tends to establish a territory, and hiding places are a must. Loud noises often scare them, so the tank should be in a quiet area. Regular water changes are necessary, as this gourami can be susceptible to disease. The dwarf gourami is tolerant of fairly high temperatures. A temp of low 80's is easily tolerated. The dwarf is an omnivore that prefers both algae-based foods and meaty foods. Feed them a vegetable flake, along with freeze dried blood worms, tubifex, and brine shrimp for a balanced diet.

Breeders have created different color variations, varying the red/blue colouring. The flame red is mostly red with a strip of bright blue at the top. The neon red is mostly a solid orange, the neon or powder blue is a pale sky blue and the rainbow is about a 50/50 mix of red and blue. They are all beautiful and they are all male as the female does not exhibit the colors that the males do.

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



Any questions, email me at frisky@hotmail.com



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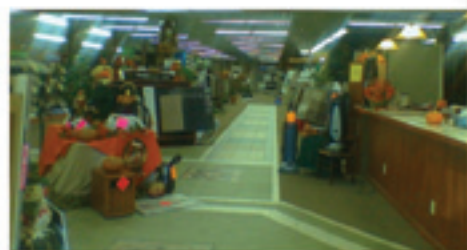


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## THE DAMAGE YOU DO TO YOURSELF BY NOT DRINKING ENOUGH WATER

Now that summer is over and you don't feel as thirsty, don't let up on drinking enough water and I will tell you why. Most of us know it and commit to do it but don't follow through. I'm not talking about exercise or getting more sleep. No, it's even more simple than that. It's getting enough water, pure water.

It seems people like to think that regular tea, green tea, coffee, soda, energy drinks, alcohol and juice count as water. They don't. As a matter of fact most non-water drinks function exactly the opposite. They have diuretic functions in the human body. The best beverage for hydrating the body is clean, pure water.

So how do you know if you are dehydrated and need more water? Here are a couple of clues. 1. Your urine is very yellow even if you aren't taking B vitamins. 2. If you had to collect your spit in a bottle it would take you much longer than it should. Just creating saliva takes between 2-5 cups of water per day. More on saliva later.

Starting with your brain – when it's dehydrated you don't transport nutrients as well as you should. Your concentration decreases by up to 13% and your short term memory decreases by up to 7%. I've seen people whose dizziness, light-headedness and headache disappear simply by increasing their water intake.

By the time you think you are thirsty you are probably down by a quart. You wouldn't let the oil in your car get down a quart – why do you let your body get that low? Being dehydrated can also affect your overall energy. If you are dragging, drink a couple of glasses of water.

Saliva protects your teeth. When you are dehydrated, you don't make enough saliva to rinse bacteria off your teeth, let alone help with digesting carbohydrates. Minerals dissolved in saliva help with repairing your enamel. Can you see that not drinking enough water might be contributing to dental and digestive problems? Washing food down with water or other fluids does not help digestion or dental health.

Water is critical in maintain blood volume and keeping heart cells healthy. Research has shown that drinking more than 5 glasses of water per day can reduce the risk of coronary heart disease.

It's equally important to not get too much water. Endurance athletes who drink too much water without replacing important electrolytes have died. Sodium, potassium, calcium and magnesium need to be diluted properly in the body for them to do their jobs with nerve impulse transmission and muscle contraction and relaxation. Waste products need to be diluted to make it easier to sort them out from fluid that the kidneys need to recycle. Proper hydration is also key in preventing kidney stones, bladder and kidney infections. When the toxins are too concentrated, you are dehydrated and they can't keep up. Your kidneys play an important role in fluid balance and blood pressure regulation.

You lose water with every breath you take. Keeping the lining of the lungs moist helps oxygen/carbon dioxide exchange.

Digestion requires water – but this one is tricky because consuming water with your meals dilutes digestive juices which makes them less effective. For water to help with digestion it needs to be consumed 15-30 minutes before the meal. Possibly the most important water you drink on a daily basis is the water you drink first thing in the morning, when you get up well before you eat breakfast. After fasting all night your body is dehydrated. That means you don't have fluid for the stomach to put its digestive enzymes into, which means you won't have enough digestive juices to adequately digest breakfast. Try drinking 2 cups first thing in the morning and see what kind of changes it makes throughout your body. Lack of water intake also leads to constipation. Think of it, if healthy poop is 75% water and you are dehydrated you are actually making bricks not poop. So many cases of constipation have been corrected not with laxatives but by drinking more water.

Your skin does so much more than hold you together. The natural oils on your skin help to preserve your body's water level. When your oils are gone you and your skin dries out. You will dehydrate even more as your skin leaks more fluid out. Try pinching the skin on the back of your hand. When you release the pinch what does the pinched skin do? If it stays pinched you are dehydrated. If it retracts to normal quickly you are hydrated.

What does this all mean for you? You probably need to drink more water. Ditch the diuretic fluids. They are only sucking water out of you not to mention the B Vitamins and Vitamin C that are in the water. Most adults need a base of 1/2oz. to 1oz. of water for every pound of body weight. If you weigh 100 lbs. you need 50-75 oz. of water. If you are active you need to add 4-8 oz. of water for every half hour of moderate energy output.

Start drinking the right amount of water. Watch how your body responds and you will begin to really understand the importance of pure water.

Diane L. Toombs, CNHC

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## HALLOWEEN SAFETY TIPS

### VALUABLE TIPS FOR A FUN AND SAFE SPOOKY HOLIDAY



HALLOWEEN IS JUST AROUND THE corner. Statistics show that vandalism and property damage account for a greater proportion of crime compared to other days of the year. Even though it's a fun holiday with costumes and candy, there are some special considerations you should make with regard to decorations, costumes, props and more.

Here are some simple tips to help you protect your property, you and your trick or treaters from Halloween hazards.

Stay away from using paper or dried plant decorations – they are easily ignitable.

Always remove masks/costumes that may impair your ability to see while driving.

Flashlights, glow sticks or battery powered candles are safer alternatives to regular candles.

Extinguish any candles after the trick or treating is finished and before going to sleep.

Have a fire extinguisher handy in case of accidental fire.

Avoid costumes and decorations/props that are not flame resistant

Labels on decorative props and paints should be checked to make sure they will not create permanent damage to your home or property.

Lock up or put away any outdoor valuables (car, grills, motorcycle, etc).

Only use electrical decoration that have been tested by an independent lab

Work with your neighbors to keep an eye out for potential vandalism or criminal activity.

Eggs can cause permanent damage to painted surfaces (cars, siding) and worsen the longer they remain – check surfaces before going to bed, just in case!

Electronic props are fun and effective, but be careful not to overload your outlets which may have the potential to cause a fire.

Nightfall brings on the pranksters. Consider putting away your decorations at the end of the night to protect them from vandalism.

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

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## CRT HOSTS HALLOWEEN-THEME TRIVIA NIGHT AND COSTUME CONTEST

WHO SAT IN THE PUMPKIN patch waiting for the Great Pumpkin? Which actor played the Frankenstein monster in Mel Brooks' "Young Frankenstein"? Who haunted Ichabod Crane?

Do you know your ghosts and ghouls? Then mark your calendars for Cortland Repertory Theatre's Halloween themed Trivia Night and Costume Contest! This fund raiser, in support of CRT's Youth Programs, will be held on Wednesday, October 24th, upstairs at the Dark Horse Tavern, 96 Main Street in Cortland. The doors will open at 6:30 PM, with the contest beginning at 7:00 PM. This fund raiser will support CRT's youth programs, including the 2013 summer children's show, the "Showstoppers and Superstars" and "Stars of Tomorrow" summer camps and our performing/technical intern program.

Trivia Night is fun and easy for anyone to play. Teams are made up of four members each, with the contest comprised of 10 questions, 10 minutes, 10 rounds. Teams receive a sheet of 10 questions, and will have 10 minutes to fill in the correct answers. There will be 10 rounds with prizes at the end of each round and a cash prize to the overall winners of the night. Tie breaker questions will be given in the event of a tie. Electronic resources (cell phones, iPads, etc) are strictly forbidden. Questions will include pop culture, television, movies, literature, history and more, all with a "spooky, scary" theme of Halloween monsters and ghouls. Prizes will also be given to the best costumes of the night.

Contestants should register with CRT by calling 607-753-6161 by Tuesday, October 23rd. Space is limited; interested parties are encouraged to reserve their spot early. Walk-in teams will be allowed only if space permits. The Dark Horse will offer a limited, light bar appetizer menu of fries, calamari, etc. A cash bar will be available. A \$10.00 playing fee will be charged for each team member.

Come out for a night of fun, scares and brain teasers while supporting Cortland's professional live theatre at the same time! For more information, call 607-753-6161.



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many colorful sculptures, the brass leaping horse and the giant moose by the roadside. Inside are many more unique things for home and garden.

As you walk around the grounds and inside you will find a whole barn full of one of a kind unusual pieces, blue herons, flamingos, roosters, frogs, and more! If you don't see what you want, they will gladly make it. Commissions are welcome. The gallery will be open weekends until Christmas, then close until May. But, you may contact them by phone: Selinda at 607-423-5276 and Carole at 607-749-6056 or email: [cferro2598@aol.com](mailto:cferro2598@aol.com)

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

wrench • tires • brakes • ghouls • goblins • engine • inspection • pumpkins  
 potion • scary • haunted • frightening • crypt • costume • creepy • coffin  
 cemetery • ghost • mummy • monster • repair • mechanic • jack • bolts  
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3				4				
8			2			9		5
						6	8	
	2		5					8
	6						1	
4					6		2	
	3	1						
9		4			8			7
				9				1

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

### WORD FIND

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



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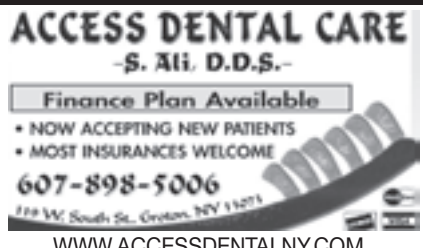
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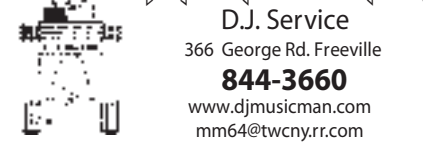


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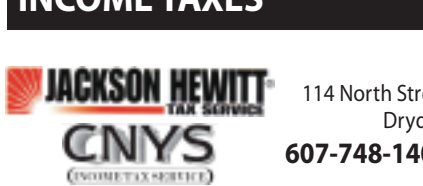
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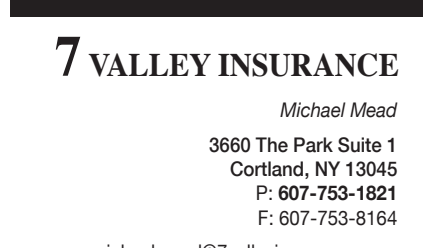


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14717	2010	Chevy Aveo LT White	\$10,900	43,204	\$202	93977	2012	Chevy Cruze LT Sedan White	\$16,900	21,657	\$272
93992	2010	Chevy Aveo LT Gray	\$11,600	38,775	\$215	93938	2012	Chevy Cruze LT Sedan Gold	\$16,900	22,597	\$272
93993	2008	Pontiac GT 2Dr Black	\$12,100	52,366	\$230	93940	2008	Chevy Trailblazer SUV Dare	\$17,400	53,903	\$330
93958	2009	Smart Passion Co 2Dr Red	\$12,500	14,234	\$232	93925	2012	Chevy Impala LT Sedan Gold	\$17,600	20,420	\$283
C1238A	2010	Chevy HHR LT Wagon Silver	\$12,500	52,098	\$232	93937	2012	Chevy Impala LT Sedan Black	\$17,600	21,751	\$283
93990	2009	Pontiac G6 GT Sedan Silver	\$12,900	48,088	\$239	93926	2012	Chevy Impala LT Sedan Gold	\$17,600	24,255	\$283
14715	2009	Nissan Cube Wagon Red	\$13,400	30,392	\$248	C2449A	2010	Chevy C1500 Reg PU 4x2 Green	\$17,700	37,535	\$328
93928	2011	Chevy HHR LS Wagon White	\$13,700	33,790	\$221	93961	2012	Chevy Impala LT Sedan Silver	\$18,200	18,670	\$293
93918	2011	Chevy HHR LT Wagon Red	\$13,700	31,416	\$221	14710	2011	Nissan Rogue SUV Gray	\$18,400	23,360	\$296
93929	2011	Chevy HHR LT Wagon Gray	\$13,800	35,210	\$222	93910	2011	Jeep Liberty SP SUV Black	\$18,900	17,641	\$304
14679	2011	Nissan Versa S Wagon Gray	\$13,800	33,131	\$222	94004	2012	Chevy Captiva SP SUV Black	\$18,900	8,797	\$304
14700	2011	Nissan Versa 1.8S Wagon BI	\$13,800	26,578	\$222	94005	2012	Chevy Captiva SP SUV Black	\$18,900	17,440	\$304
93919	2011	Chevy HHR LT Subn Blue	\$13,900	30,322	\$224	93934	2012	Hyundai Sonata GLS Sedan BI	\$18,900	13,669	\$304
93907	2011	Chevy Impala LT Sedan Black	\$14,700	30,937	\$237	93971	2012	Chevy Impala LTZ Sedan White	\$19,600	25,877	\$316
93937	2011	Nissan Sentra 2.0 Sedan BI	\$14,800	39,302	\$238	93904	2011	Ford Escape XLT SUV White	\$19,800	25,890	\$319
14693	2010	Nissan Sentra 2.0 Sedan BI	\$14,999	39,916	\$278	94000	2012	Dodge Grand Cara Minivan	\$19,800	25,347	\$319
C3454A	2011	Nissan Sentra 4Dr Sdn I4	\$15,200	3,880	\$245	14696	2012	Kia Sedona Minivan Red	\$19,900	14,156	\$320
C3486A	2009	Subaru IM 4DSD Orange	\$15,600	14,575	\$289	D4311A	2011	Subaru Outback 4Dr Wgn H4	\$20,400	53,541	\$329
93963A	2009	Dodge Journey SX SUV Silver	\$15,700	31,147	\$291	14701	2011	Subaru Legacy 2.5 Sedan BI	\$20,800	11,767	\$335
93965A	2011	Chevy Impala LT Sedan White	\$15,700	21,032	\$253	14666	2011	Hyundai Santa Fe G SUV Blue	\$21,100	20,069	\$340
14716	2009	Subaru Legacy SE Sedan Brown	\$15,900	32,848	\$295	D2314A	2011	Volkswagen Tiguan S 4 SUV Silver	\$21,700	24,212	\$349
93939	2010	Dodge Ram 1500 S PU 4x2	\$16,400	5,554	\$304	14677	2011	Volkswagen Tiguan SEL SUV Blue	\$21,700	14,429	\$349
93974	2011	Chevy Malibu LS Sedan Gold	\$16,400	17,426	\$264	93877A	2011	Subaru Forester 2 Wagon Green	\$22,600	13,370	\$364
14713	2011	Subaru Impreza 2. Sedan BI	\$16,400	44,137	\$264	93932	2011	Buick Lucerne CX Sedan BI	\$22,800	27,364	\$367
14704	2009	Nissan Rogue SUV Gray	\$16,700	36,148	\$309	93988	2012	Buick Regal Sedan Silver	\$22,800	21,907	\$367
93985	2012	Chevy Malibu LS 4DSD Gold	\$16,700	10,942	\$269	93970	2012	Buick Regal Sedan Black	\$23,900	10,500	\$385
93984	2012	Chevy Malibu LS 4DSD GY	\$16,700	18,285	\$269	93980	2012	Chevy Traverse L SUV Black	\$26,300	21,765	\$424
93975	2011	Chevy Malibu 2LT Sedan Green	\$16,800	30,495	\$271	93933	2012	Chevy Traverse L SUV Blue	\$26,300	23,200	\$424
93936	2011	Chevy Malibu 2LT Sedan Silver	\$16,800	34,294	\$271	93981	2012	Chevy Equinox 2L SUV White	\$26,700	26,933	\$430
14685	2011	Nissan Altima 2.5 Sedan BI	\$16,800	17,945	\$271	14707	2012	Nissan Titan Crew PU 4x4	\$26,800	10,940	\$432
C4261A	2008	Jeep Wrangler X SUV Green	\$16,900	86,491	\$321	14712	2012	BMW X3 30i SUV Gray	\$32,999	22,100	\$611
93943	2009	Toyota Rav4 SUV Gray	\$16,900	41,530	\$313	93982	2012	Buick Enclave SUV Silver	\$34,600	28,639	\$557
94001	2011	Jeep Patriot SP SUV White	\$16,900	28,700	\$272	93882	2011	Chevy Tahoe LT2 SUV Silver	\$34,900	21,349	\$562
						93989	2012	Chevy K2500 LT C Pick White	\$38,900	820	\$626

2007-2010 60 Months to qualified buyers. 2011-2012 72 Months to qualified buyers. Tax and Tags Extra

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