

FREE

November 14-27, 2012

Thanksgiving Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
CORTLAND • ITHACA • DRYDEN • HOMER • GROTON • MARATHON • WHITNEY POINT • MORAVIA • TULLY • LAFAYETTE
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SEE PAGE 3 FOR CONTEST



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MARCH 10 ... Sunday ... 10-4pm

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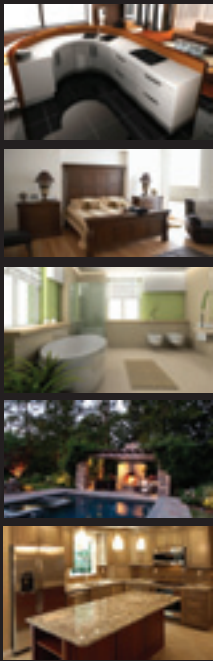
\$5 Admission ~ Kids under 17 Free!
(\$1 is donated to our local Habitat for Humanity!)

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See page #9 for article inside

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WELCOME TO OUR THANKSGIVING 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!

- November 28** - Winter Sports Enthusiats & "For Kids" Holiday Edition (Deadline 11/23)
- November 28** - Last Minute Gift Guide Insert (Deadline 11/23)
- December 12** - Christmas Edition (Deadline 12/7)
- December 26** - Fitness/Health Edition (Deadline 12/21)
- January 9** - Go Green!! "Pamper Me" & Tax Time! Edition (Deadline 1/4)
- January 23** - Bridal & Super Bowl Edition (Deadline 1/18)
- February 6** - Valentine's Day Edition (Deadline 2/1)

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!*

CORTLANDAREATRIBUNE.COM

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

ONLINE CLASSIFIEDS

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

FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to tcatribune@gmail.com, or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, November 23rd for the next Edition.

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The Cortland Area Tribune

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COMMUNITY CALENDAR



November 15 – 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, November 15th 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.

of St. Luke Lutheran Church in Collegetown, Ithaca. The next meeting is Thursday, November 15th. St. Luke is located at 109 Oak Avenue, off of College Avenue, just behind Collegetown Bagels. For more information, contact Douglas at movieguy@twcnv.rr.com or (607) 592 0510.

November 15 – Book Reading of Loon by Susan Vande Griek

When: 3:30 p.m.

Where: Cornell Lab of Ornithology, Adelson Library, 159 Sapsucker Woods Road, Ithaca (second floor)
 Title: Loon by Susan Vande Griek, illustrated by Karen Reczuch
 Description: Join us for the reading of this lyrical story following two loon chicks from early life on their parents’ backs, to years spent on the open ocean, and finally to lakes of their own. Hands-on activities follow the reading. Admission: Free
 Contact: (800) 843-2473, cornellbirds@cornell.edu

November 16 – Hospicare Bereavement/ Good Grief Program: Memory Pots (Collaboration with Earth Arts)

- 5:30 p.m. - 7:00 p.m. - Please register by November 14 - Contact: Kira Lallas (607-272-0212, klallas@hospicare.org) - Location: Nina K. Miller Hospicare Center (172 East King Road, Ithaca) - Free and open to the public
 Hospicare Bereavement Counselor Kira Lallas and Earth Arts Director

Julie Kulik will co-facilitate this evening of remembrance for bereaved children and their caregivers. Participants will create a memory pot in memory of a deceased loved one. The evening will also include time to share about the loved one who died and enjoy a light supper together. All are welcome whether or not their loved ones were on hospice services. The Good Grief Program offers free bereavement support services and workshops for children, ages 5-12, teens, and their families. For more information, visit <http://www.hospicare.org/grieving-children-and-teens/>. For information about all of Hospicare’s bereavement support services, visit <http://www.hospicare.org/are-you-grieving/>. For online and downloadable calendars featuring all upcoming Hospicare events and programs, visit <http://www.hospicare.org/events/>.

November 16-17 – The Homer Thespian Society Presents You Can’t Take It With You

The George Kaufman/Moss Hart 1930s screwball comedy gives us the inner workings of a large, lovable family playing with a half-deck.

Tickets are \$5-\$7 and are available at the door. Homer High School Auditorium.

November 17 – The Helmsmen Gospel Concert

6:30pm, Cornerstone Church, 236 South Main Street, Cortland. Doors open at 6. Cornerstone Gospel Concert Series. Refreshments served after the concert. Freewill offering. For more information call (607) 756-8396, e-mail office@ccocny.org or visit www.cococny.org.

November 17-18 – 2012 NYSPHSAA Girls Soccer Championships

9:30am to 5 pm, SUNY Cortland/Homer High School/Tompkins CC/Cortland High School. Tickets \$8 at door or online. For more information call 518-690-0771, e-mail marketing@nysphsaa.org, or visit www.nysphsaa.org.

November 18 – Annual Community Pre-Thanksgiving Dinner

12:30 pm, Christian Assembly of God, 175 Port Watson St., invites everyone in the community to their annual, free Pre-Thanksgiving Dinner. Bring your family and friends to a complete Thanksgiving dinner with all the trimmings. Everything is homemade. Maybe you know someone who would be alone for Thanksgiving dinner, bring them or tell them so they can join in on the festivities. You don’t have to attend church to come to the dinner, but if you would like too, worship service starts

at 10:30 am. We invite all the churches in the community to join us too.

November 18 – College Singers

3pm, Interfaith Center, adjoining the SUNY Cortland campus. The music of Leonard Bernstein will be presented under the direction of Stephen B. Wilson. Selections from West Side Story, Candide, Mass, and 1600 Pennsylvania Ave., and others. Free admission. For more information call 607-753-2811.

November 19 – “Engaging People in Bird and Habitat Conservation,” Ashley Dayer

When: 7:30 PM to 9:00 PM
 Where: Cornell Lab of Ornithology, 159 Sapsucker Woods Road, Ithaca
 Title/Speaker: “Engaging People in Bird and Habitat Conservation,” Ashley Dayer, Cornell Lab of Ornithology
 Description: How do we close the gap between knowing and doing? Dayer proposes that there is an “implementation crisis” because what science has learned about threats to birds is not being translated into steps that could halt species declines. What’s needed, Dayer argues, is a new focus on people. She will introduce this new way of thinking about bird conservation and provide examples nationally and locally of

where people are effectively engaging in bird and habitat conservation. Admission: Free
 Contact: (800) 843-2473, cornellbirds@cornell.edu

November 20 – Contemporary Singles Open Meeting/Dinner

Endicott Visitors Center, 300 Lincoln Avenue, November 20th, 6:00 PM. All singles welcome. Bring a dish to pass. 748-1860.

November 22 – Turkey Trot 5K Run

9am, Cortland YMCA, 22 Tompkins Street, Cortland. A 6-Pack Race. Pre-registration \$17, youth \$12. At race registration \$20, youth \$15. For more information, call (607) 756-2893, e-mail peggy@cortlandymca.org, or visit www.cortlandymca.org/YMCARuns.htm.

November 24 – Jacksonville Community Church Annual Winter Bazaar

Jacksonville Community Church will be holding their annual Winter Bazaar on Saturday, November 24th 2012 from 9 AM to 3 PM. Shop in the church and schoolhouse. Located between Ithaca & Trumansburg. Local Crafters, The Church Craft Boutique, Delicious Baked Goods, Silent Auctions, The Attic(good quality used gift items), Clothes & Toys, Hot Fresh Baked Cinnamon Buns, Luncheon at church starting at 11:30AM

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, November 23rd 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:

**June Leopardi
 of Cortland**



Answer from the Previous Edition:

Veterans of Foreign Wars of 76 Main Street in Cortland

The winner of last issue is June Leopardi. June won a gift certificate from The Second Knob Gifts & Antiques located at 128 W. Main Street in Dryden. The winner from this issue will win a gift certificate from Toad’s Diner located on Route 38 in Freeville! Enter your guess today!

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

STATE

NOVEMBER

16 **JOHN HIATT & THE COMBO**
18 **PAUL TAYLOR 2 DANCE CO.**
30 **AFRICAN CHILDREN'S CHOIR**

DECEMBER

02 **TREASURED STORIES OF ERIC CARLE**
03 **JIM BRICKMAN**
7-9 **THE NUTCRACKER**

JUST ADDED!
FEB. 13 **JEFF MANGUM** (ON SALE FRI.)
FEB. 25 **PENTATONIX** (ON SALE NOW)
APR. 9 **DAVID SEDARIS** (ON SALE NOW)

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V & V FURNITURE SALES CELEBRATES 3RD ANNIVERSARY

V&V IS THANKFUL FOR THEIR customer's support and patronage over the last 3 years and is celebrating their 3 year anniversary by paying the sales tax on any item purchased in the store! Owner Bill Vogt with 25 years of experience in selling and buying furniture opened V&V Furniture located at 113 Port Watson Street, Cortland, NY on November 2, 2009 to offer good used quality furniture for retail. Located directly across the street from the Port Watson Street Hess Gas Station, V&V Furniture is celebrating their anniversary the entire month of November - buy any item in the store and they will pay the sales tax! Just in time for the holidays! Don't wait till the guests arrive - shop early for couches, recliners, chairs, dining rooms sets, hutches, end tables, chest of drawers, lamps, rockers, bedroom sets including new mattresses and more! Inventory changes often so stop in and shop often!

Good NY checks, VISA, MASTERCARD or Discover cards accepted. Don't miss this rare opportunity store wide sale for the month of November! V&V Furniture Sales is open Monday thru Friday from 10am to 5pm and Saturdays from 10am to 4pm - V&V carries new and used furniture for your home, office or dorm. Stop by or call them at 607-753-7930. Good used furniture for your home! Come peek in our drawers! Wishing everyone a safe and happy Thanksgiving.



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Sat 8:30-2:00



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

Please come to see why a customer said, "I love this store because you have things that I can't find anywhere else!" Treeforms wishes everyone a safe and happy Thanksgiving and hopes to see you during the holiday season!

TREEFORMS FURNITURE AND GIFTS PLAN AHEAD FOR THE HOLIDAYS!

TREEFORMS FURNITURE AND GIFTS STORE located at 1302 Dryden Road in Ithaca is having a sale - just in time for the holidays! Having guests coming for Thanksgiving? Shop now for a new furniture to impress your guests! Treeforms 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 Maryanne 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

Shop for the fun and funky, as well as the rare and unusual!

Primitives, linens, Flax clothing, books, jewelry, glassware, art glass, collectibles, Santas, Pyrex, and antiques of every kind.

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RIDING THE STORM OUT...

By Shana Karn, Co-Owner of The Second Knob Gifts & Antiques

A CURRENT FACEBOOK TREND IS Thirty Days of Being Thankful. For the month of November, people post daily about things for which they are thankful. It is, by far, my favorite social media trend because the posts are thought-provoking, heart-warming and inspiring.

As I sit down to write this, I am thinking about what I am thankful for. It doesn't take me long to check off health, family, love—things I am always thankful for. Given the events of the last week including Hurricane Sandy, I find myself mentally adding to my “what I am grateful/thankful for” list... my home, not being flooded, having power, and clean drinking water. Many folks along the east coast weren't so lucky. Closer to home, in New York City and Long Island, fellow New Yorkers are still without power, still awaiting help.

As the storm rolled in, I watched horrific news footage; I monitored facebook posts from out of town friends and family—many of whom were worried about friends and family in the affected areas. When it was clear the storm would swing around Central New York and spare us any terrible damage, I breathed a sigh of relief but, immediately, my heart went out to those who were not going to be as lucky. The following day, news footage showed more and more damage to the south east of us—New York City was underwater and much of the coastline on Long Island and other nearby areas was washed away. Today, I read that the grocery store shelves on Long Island are empty, there are long lines at the gas stations and there are reports of looting as fear runs rampant and desperation sets in.

I have friends and family from Long Island. My sister-in-law's family resides in Levittown. Yesterday, one of her sisters was

allowed to return to work in the city. She commented that she was relieved—she had hot water, a hot cup of coffee and electricity (things she didn't have at home). Another friend Elke Wright, who is a Long Island native and currently resides in Homer, and whose father and brother still live down there, was relieved to finally hear from her family on Tuesday evening. Since then, Elke has sprung to action- organizing a local collection of items for Long Island hurricane victims. I received an invitation to participate in her “Hurricane Sandy Collection,” which she is running out of her home. Elke has asked friends to donate money (by check), C & D size batteries, toothbrushes, combs, hair brushes, toothpaste, light blankets, hats, gloves, mittens and scarves (these are the only items of clothing being accepted).

Springing into action is nothing new for Elke, her husband John, and their three children, Gracie 9, Sophia and Kyle 6. Nine year old, Grace, with some assistance from her parents, organizes an annual can drive for St. Jude's.

This morning, when I asked her about her efforts, Elke replied, “I am from Long Island. My heart is aching because I can't do more. This [collection] is all I can do...this and pray. The shore where I grew up was hit hard; beaches I played on as a child, hung out at as a teenager and went back to visit as an adult, were devastated. It feels like memories were swept away with the storm. I feel so sad for my family and high school friends. My friend, Mary, has a house on the south shore in Babylon; there is still three feet of standing water in it. She went home yesterday to try to pump some water out but the water had fuel in it from the boats that had washed ashore into people's yards and the streets. Mary's boys keep asking when they can go home and she has to find a way to tell them they won't be going home again.”

Items that are donated will be collected by Elke's father, Herbert Bauer on November 9th and then again two weeks later. He will bring the items directly to their church, Cross of Christ Lutheran Church in Babylon and to the local Red Cross. Elke spoke briefly with the pastor and told her that she was attempting to organize a collection for them. Her pastor was overwhelmed; they were without power and weren't even sure of the extent of damage beyond their immediate community.

I am putting together some items for Elke's collection and, on behalf of The Second Knob Gifts and Antiques, a monetary donation. I've shared her invite with friends and, in hopes of encouraging others to get involved, am writing this article. If you would like to donate items to the collection, you may drop them off at her home. 54

Center St. Homer NY 13077. Checks may be made out to Cross of Christ Church (with “Sandy” noted in the memo line) and may be mailed to Elke Wright at home. Additionally, if you reside closer to Dryden, we welcome you to leave donations at our shop, The Second Knob, 128 W. Main St. in Dryden and we will deliver them to Elke. The collection will run through November 19th.

So, as I kick off Thirty Days of Being Thankful, I have this to say...

Today, I am thankful for rescue workers, for volunteers, for compassionate people who can come together in a time of crisis. I am thankful for people like Elke and her family.

JOIN US FOR OUR “TRADITIONAL WINE TASTING” AND HORS D'OEUVRES

Wednesday Afternoon November 21st from 2pm-5pm

DRYDEN WINE & SPIRITS ON 23 West Main Street in Dryden will be hosting their Traditional Wine Tasting on the day before Thanksgiving, Wednesday, November 21st from 2pm to 5pm. Several great wines will be featured to taste plus complimentary Hors d'oeuvres will be served to celebrate their 17th year! Find the perfect bottle of wine to compliment your Thanksgiving Dinner! FREE gift wrapping! Having a party?! 15% discount on wine case buys – mixed or solid (1.5 liter is considered 2 bottles). Dryden Wine & Spirits will be open Thanksgiving Day, November 22nd from 9am to 3pm.

Gift Packs have arrived – shop early for best selection! Gift certificates available. Open 7 days a week including Sundays from Noon to 5pm. Dryden Wine & Spirits is always expanding their lines of wines and spirits! Questions, call 607-844-8135. Dryden Wine & Spirits: A wine and spirits store and so much more – we are service driven! Owner Valle Vasse and staff are celebrating their 17th anniversary serving the community – come help them celebrate on Wednesday, November 21st from 2pm to 5pm! Please 21 and over only.



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The Ramada Hotel & Conference Center Cortland, a full-service hotel affiliated with the Wyndham portfolio of branded hotels, has named Marty Harrington as its new director of sales.

Ms. Harrington, who had been the corporate events coordinator at The CBORD Group and school programs director at Greek Peak Mountain Resort, will court associations and corporations for their conferences, annual conventions, trade shows, board meetings and other events.

“Marty's notable past experience, along with her excellent negotiation and decision-making skills, set her apart and will be a significant addition to the Cortland Ramada as we continue to coordinate weddings and major social and corporate events,” says Tanya Maggs, general manager of the Ramada Hotel & Conference Center Cortland.

Harrington holds a degree in hotel food & beverage management from Johnson & Wales University, Providence, RI and is currently enrolled in George Washington University's event management certificate program.

Marty lives with her 2 sons in Virgil, NY.

ABOUT RAMADA HOTEL & CONFERENCE CENTER CORTLAND
The Ramada Hotel & Conference Center Cortland, is a full-service hotel affiliated with the Wyndham Worldwide portfolio of branded hotels. The hotel features 145 guest rooms, over 6,000 square feet of event space, an independent destination restaurant and lounge, fitness center and pool, which is available for pool parties. For more information, call 607-756-4431, or visit www.crowncitysteakhouse.com



Jalapeños

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In photo (left to right): Cortland High student Lyndsay Cunningham, Cortland City Police Department Officer Rob Reyngoudt, Shirley Eizember of Pinckney Allstate Agency and Cortland High student Mallory Kinney.

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®.



JAZZERCISE "WORKOUT BEFORE YOU PIG OUT"

AT 9 AM ON THANKSGIVING morning, November 22nd, we will have our annual Jazzercise "Workout Before You Pig Out." This will be held at the Cortland County Office Bldg. gym, Greenbush St., Cortland. Everyone is welcome whether you currently take Jazzercise classes or if you have never taken any Jazzercise. THIS IS A FREE CLASS TO EVERYONE.

Sue Karn, Certified Jazzercise Instructor will be leading the 60 minute class of some of our favorite routines from the past year starting with a warm up, then a 35 minute cardio, ending with 20 minutes of toning of upper torso and arms, abdominals and legs and ending with total body stretch. Jazzercise always offers a modified version of all steps and toning moves to accommodate all levels of fitness.

New people are welcome to Jazzercise classes at any time with no contracts to sign and passes available to meet all schedules at a reasonable price. Freeville/Dryden classes are available at the Holy Cross Church on George Road in Freeville on Mondays and Wednesdays at 5:45 pm and at TC3 Multipurpose room on Fridays at 4:30 pm and Saturdays at 8:30 am. For more information about any of these Jazzercise classes, please call Sue Karn at 279-6131 or sko1@cornell.edu.

Please join us on Thanksgiving morning, November 22nd at 9 am for our Annual Workout Before You Pig Out. THIS CLASS IS FREE.

ALLSTATE BRINGS "ALIVE AT 25" DEFENSIVE DRIVING PROGRAM TO CORTLAND HIGH SCHOOL

STUDENTS AT CORTLAND JUNIOR SENIOR High School will have the chance to learn some important driver safety tips, thanks to the Allstate Insurance Company's sponsorship of the "Alive at 25" defensive driving program.

"Alive at 25" is a four-hour class Defensive Driving Course produced by the National Safety Council and is designed to teach students how to recognize the many typical driving hazards facing young motorists and then how to react appropriately to hazards in time. Cortland Police Officer Rob Reyngoudt, who's headed and taught the program since its inception 7 years ago, explained, "The partnership between Allstate and our youth has been incredible. Over 430 students have taken the class and every one of them has reported that they are a better driver now because they have taken the course. "Beyond funding, Allstate also provides our classes with Auto accident Report Folders and other Teen Driving information. In order to receive a school parking pass, the students must take the Alive 25 course".

"It is an honor to be able to support a youth program that could potentially save so many lives," said Allstate Agent Shirley Eizember, whose Pinckney Allstate Agency is located on 41 Port Watson Street in Cortland.

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



DAZZLING DOGS GROOMING

NOW OPEN AND BOOKING APPOINTMENTS! Dazzling Dogs Grooming at 15 W. Main Street in Dryden, NY 13053. Entrance out back between Dryden Wine & Spirits, and First National Bank drive thru. Owner/groomer - Amber Pinkoski has a passion for animals, and helping them feel and look their best! Amber has experience with all breeds!! And loves making them feel good, look good, as well as honoring the owner's requests!! Dazzling Dogs specializes in grooming, baths, trims, nail trims, teeth brushing, flea dips and more! Give Dazzling Dogs Grooming a call to schedule in your furry friends 607-844-9661. Dazzling Dogs is open Monday through Saturday 9-6 and Sunday by appointment only.



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- * Chicken Tenders (6 ct.)
- * BLT - 3 decker
- * Fish sandwich

Happy Thanksgiving

Toad's will be closed Thurs. & Fri. Nov. 22-23 to spend time with family.

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Fresh Baked PIES
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BUILD YOUR IMMUNE SYSTEM TO RESIST COLDS AND FLU

ELDERBERRY HAS BEEN KNOWN FOR years to be a bitter and some people make wine out of it. But elderberry has many health benefits too. It strengthens the immune system to fight viral infections. Isn't that great! It also stimulates the skin, kidneys and lymph system to eliminate toxic stagnation which serve as a happy home for infectious bacteria. Dr. Madeline Mumcuoglu, a virologist in Israel, discovered how ingredients of elderberry disarms the flu virus by binding to and chemically neutralizing the "spikes" the virus uses to invade host cells. This activity of elderberry protects against all types of flu viruses. It can be used during flu season for prevention or at the first sign of flu to reduce the course of the infection to just a day or two. Some have reported that elderberry extract is also effective against colds, Epstein-Barr and herpes simplex. So at the first sign of feeling ill take Elderberry and it will prevent the cell replication of viruses.

Echinacea purpurea has a well-known reputation as an immune/lymphatic building herb. At least 2 polysaccharides in Echinacea purpurea effectively stimulate the production of T-cell activity 20-30 times more than a pharmaceutical stimulator. It is especially helpful to the respiratory system. It helps with both viral and bacterial infections. It has antitumor activities and anti-inflammatory cortisone-like effects as well. It is an expedient treatment for infectious diseases as it protects the cell-bonding tissues in the body that protect cells from infection.


Olive leaf extract adds to this immune system stimulation. It helps with viral, bacterial, fungal and protozoan infections. The tree has been referred to for generations as the "tree of life". Its oil and fruit are commonly used as food and the leaves are a potent medicine. Used in the 18th and 19th centuries, the physicians in Europe found olive to be more effective in its fever-lowering properties than quinine. It proved to be extremely effective in reducing fevers and fatalities with malaria.

Besides having antibiotic properties, royal jelly, a bee product fed to the queen, is a rich source of nutrients that promote energy and vitality. It is nutritionally complete. It is one third protein, containing 22 amino acids and 27 mineral salts as well as many vitamins. The amino acid aspartic acid, promotes a youthful feeling, healing and immunity. This helps when recovering from illness or debility.

Silver Shield has been employed as a germicide and an antibiotic long before modern antibiotics were developed. This product is patented and has been approved as non-toxic by the EPA. It is antibacterial, antifungal, antimicrobial, anti-parasitic, antiviral and antiseptic and has been tested against numerous micro-organisms in doses of only 10 parts per million. One great thing about this product is that it doesn't destroy the body's natural flora in the colon like antibiotics do and is safe to use in any orifice in the body. I even use it on my dog. I have used it in the eyes, ears, nose, mouth and topically. You don't need a prescription for it either.

If you are interested in any of these wonderful products, please feel free to contact me.


Till next time,

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The information in this article is for educational purposes only and is not meant for diagnosing or prescribing.

MIKE'S FISH TANK BLACK MOOR

THE BLACK MOOR IS A telescope-eyed variety of fancy goldfish that has a characteristic pair of protruding eyes. It is also referred to as popeye, telescope and dragon eye in China. Black Moors have deep bodies with long, flowing finnage, along with characteristic protruding eyes. They are veiltailed and possess metallic scales with a velvet like appearance. Young Moors resemble bronze fantails. Their black coloration and eye protrusion develop with age. They can grow up to a length of 10 inches and do not lose that velvet like appearance with age. The lifespan of a moor is 6 to 25 years. The fish can range in coloring anywhere from a lighter grey to a dark black, but most Black Moor goldfish don't stay pure black forever and many of them change colors from a rust color underbelly to orange splotches. Although their eyes are large, their vision is generally poor. Black moor goldfish are popular because their black color sets them apart from the more common gold color. Goldfish are typically easy to care for. Black moors do well with other fancy goldfish varieties. Other colors of the telescope family, red, red-white, calico, chocolate, brown, blue, bronze, lavender, chocolate-blue, and tricolored. Black and white moors are called panda moors. It was once thought that only goldfish with protruding eyes were black, however now we have things like black orandas, black lionheads, and black pearlscales. Black moors do sometimes throw normal-eye offsprings, and they are black also. One variation of the moor is the black butterflyfish. They look like a moor but have a longer triple tail.

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



"HOME SWEET HOME DAYS" AT "THE CINNAMON APPLE COTTAGE GIFT SHOPPE"!

BRRRR! THE NIP IN THE air and the occasional snow flurry can mean only one thing: Christmas is just around the corner—and so is "The Cinnamon Apple Cottage Gift Shoppe"! "The Cinnamon Apple Cottage Gift Shoppe" is a unique gift shop conveniently located in

the center of Cortland on Luker Road, just around the corner from many other shopping destinations along Route 281. The Cinnamon Apple Cottage Gift Shoppe is adjacent to Valley View Gardens Retail Nursery and opposite "Builders Best Do-It Center"!

What is new at The Cinnamon Apple Cottage? The Cinnamon Apple Cottage will be offering its special brand of hospitality to our neighbors in Cortland and the surrounding community by hosting "Home Sweet Home" days every Saturday until Christmas. During "Home Sweet Home" days, special sales and discounts will be available. Drawings for gift certificates and door prizes will take place. To warm you inside, our famous mulled cider, cookies, Amish jams and salsas will be served for your refreshment!

Join us at The Cinnamon Apple Cottage each Saturday from 9 o'clock a.m. until 4 o'clock p.m. for a shopping experience filled with holiday spirit. Enchanting music of holidays past recorded by Scott Adams, a native son, born and raised in Groton, NY, will fill you with holiday cheer as you explore our charming gift shop filled with unique gifts for your loved ones.

Alas, our wonderful Santa "Dick" Claus will be not be visiting The Cinnamon Apple Cottage since he has gone home to be with the Lord. We will miss his cheerful presence and his jolly laugh which brought cheer to children and parents alike. Though Dick will not be in his usual chair, waiting for the children, or roaming the through the store with other shoppers, I'm sure he will be with us in spirit. Thank you, Dick, for your giving nature and loving ways!

This is a great time to stock up on gifts for those "difficult to shop for" people in your life! At The Cinnamon Apple Cottage you will find a gift for everyone on your list. Peruse our charming ten rooms filled with décor, figurines and artwork, Peruse the linen department, the children's toy/game section (non-electronic games, that is!), the outdoor lovers sanctuary, the general store stocked with Amish jam, pie fillings, soup mixes and more! Follow the scent of our candles, potpourri and reed diffusers to the "rose room" filled with fragrances like "Buttered Maple Syrup", "Lemon Cookie and "Banana Nut Bread. We are stocked with potpourri that conjures holiday days of yore with fragrances like "The Smell of the Tree", "The Scent of Christmas" and "Cinnamon Cider"; or candles "Balsam Fir", "Woodland Pines" and "Mulled Cider"! Decorate your home with our wonderful selections of home décor or give your loved one that unique item to add the finishing touch to their home! Our Fall décor is now 20% off. Christmas decor, scented candles, 2013 Lang calendars, garden pottery and lawn ornaments, garden hats and fragrant Aromatique Potpourri are now 10% off.

During this holiday shopping season, The Cinnamon Apple Cottage will be open from Monday through Thursday, 10 a.m. to 5:30 p.m.; Friday, from 10 a.m. to 6 p.m.; and Saturday, from 9 a.m. to 4 p.m. We are closed on Sunday, however, beginning December 2th and continuing on December 9th and December 16th, and December 23. The Cinnamon Apple Cottage will open on Sundays between 11 a.m. and 4 p.m. for your Christmas shopping convenience. On Christmas Eve, Monday, December 24th, we will be open from 9:00 - 3:00



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Have a Safe & Happy Thanksgiving!



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p.m. for those last minute gifts! If you have any questions, please do not hesitate to call us at (607) 749-3130.

Hurry down to "The Cinnamon Apple Cottage", an easy drive from almost anywhere, on Luker Road in Cortland! We look forward to seeing you during this holiday season!



PICCADILLY LANE COUNTRY AND PRIMITIVE STORE HOLIDAY OPEN HOUSE

THE FIRST 50 PEOPLE WILL receive a free gift that attends Piccadilly Lane Country and Primitive Store Annual Holiday Open House on Saturday, November 17 from 10-4. With every purchase from now till the open house, your name is entered into a drawing for a cupboard on the day of the open house! Located on 2643 Main Street in Whitney Point, owner Joyce Ballard and her friendly, courteous staff invite you to come in and discover the numerous treasures that fill the eight rooms, 2 story shop. Every nook and cranny is adorned with the spirit of the holiday season! Many new and one of a kind items have just arrived so be sure to get there early for the best selection. The Christmas Room is ready with all the sights and colors of the season. Country decor, linens, furniture, pictures, candles, jewelry, linens, swags, tine ware, signs, pottery, antiques, and more are overflowing in the other rooms. Whether you need that special gift for your mother, daughter, aunt, friend, or teacher - you can find it at Piccadilly Lane. And don't forget those stocking stuffers! There will be lots of specials and drawings and of course refreshments including Bruschetta, salsa tastings, Christmas cookies and more! Enjoy 5 minute free massages or \$15 for a 20 minute massage! And while you are there, go ahead and treat yourself to something special. Spend \$75.00 and receive a free Piccadilly Lane T-shirt of tote! 25% off winter prints, wreaths and lots other winter items! 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!

The CHOW tree is up - bring in a can good item and take something off the tree - lots of items and ornaments with % off gifts galore!

Looking for a fun way to kick off your shopping season and earn credit towards your favorite items at Piccadilly Lane for holiday gift giving - host a "Piccadilly Party"! Invite your friends and family for some punch and cookies and receive 20% in sales credit towards merchandise in the store! Plus for every party booked from your party, you will receive 1 item at 40% off!

Can't make up your mind - gift certificates available in any amount! Black Friday specials too! And we have a "wish list" just for you at the store! With a "men's night" on December

13th! The Piccadilly ladies can assist anyone looking for that special gift.

So make your list and check it twice and head to Piccadilly Lane this Saturday, November 17th for their Annual Holiday Open House! Can't make it this weekend - don't fret - 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 now on face book!



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TIPS TO HELP SAFELY PREVENT FROZEN PIPES



IF THE OUTSIDE TEMPERATURE APPROACHES freezing, exposure to subzero air presents the greatest risk of pipe freezing.

If you have lost power below are prevention tips to help safely prevent frozen pipes:

Turn off or unplug electrical appliances and lights to prevent a circuit overload when power is restored.

If you use a fuel space heater or generator, be aware of the risk of carbon monoxide poisoning.

Make sure the space heater is used with proper ventilation.

Never run a generator inside. Set the generator up outside and down wind from the living area.

Keep refrigerator and freezer doors closed as much as possible to help reduce food spoilage.

If your home will remain unoccupied:

Shut off the water supply and drain the water supply system.

Consider draining the water heater and boiler.

If you intend to occupy your home:

Water pipes located adjacent to exterior walls or within base-cabinets or in closets are susceptible to freezing. Leave the cabinet/closet doors open to allow air circulation around those pipes.

Let all faucets drip to prevent freezing of the water inside the pipe and if freezing does occur, to relieve pressure buildup in the pipes between the ice blockage and the faucet. The pressure buildup is the actual cause of bursting pipes.

Cracks or holes in outside walls should be sealed or otherwise blocked.

Exposed pipes, especially those on outside walls should be wrapped and insulated in some manner. If building insulation is unavailable, consider other materials.

If your house has a crawl space located under it, close all of the air vents located on the foundation wall. This will help protect the pipes located in that area.

Detach all hoses and shut off the water supply to outside faucets.

For more information on Catastrophe Response and Claim Reporting Information, visit www.allstate.com/catastrophe.

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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DRESSING UP THE HOLIDAY TABLE

By Karen Hewitt

THE TRADITIONAL THANKSGIVING TABLE LOOKS like a Norman Rockwell painting: white linen tablecloth, damask napkins, and candles in pretty candleholders. Tureens and serving bowls and platters hold savory offerings. Setting the table for Thanksgiving or any holiday party, can be inexpensive, as well as fun.

If you don't have your own heirloom linens to use, then it's time you started. At Barn House Antiques in Lansing one can find lovely damask tablecloths for as little as \$10.00. Vintage damask napkins run \$1.00 each. One may not find 10 of the same pattern, but who ever looks at the pattern on white napkins? If you or a guest seriously stains a napkin, just come back for another one. At \$1.00, one can't go wrong.

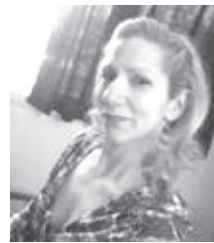
Barn House Antiques carries fine Irish linen tablecloths, as well. These are more costly, but are truly beautiful. One can also find crystal candlesticks, transferware serving dishes, and large platters for your turkey or ham.

Barn house Antiques also has a large selection of crocheted doilies. Use these stacked, or singly, as hot pads for the table. They range in price from twenty five cents to two dollars.

Have fun during the holidays setting a table that will be memorable.

Karen Hewitt is the owner of Barn House Antiques at 308 Peruville Rd. Rt. 34B, on Lansing. Call 607-533-8636 for more info.

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We do this at great expense, about \$2600 last year. Last year we depleted a lot of our resources, so we are a bit worried about having enough money this year. Every single penny we spend comes from our local community. We are asking for cash donations and donations of items like candy, snacks, toiletries, playing cards, bandanas, washcloths, baby wipes, batteries. We encourage families to bring in items that can be included in these bags to the Dryden Veterans Memorial Home on Rt. 13 in Dryden during regular business hours.

We do need your help to identify soldiers who are overseas. Please email me or drop me a note with a full military address the names of your loved ones and friends who are overseas. If you have an email address that is very helpful.

Our goal is to be finished soon after Thanksgiving. Please help if you can.

Teachers, have your class write letters, include a class email address, you just might get a pen pal out of the experience.

Your donations written to AMERICAN LEGION CHRISTMAS FUND can be sent to Jill Ferguson, 9 2nd St. Dryden, N.Y. 13053 or dropped off at the DVMH. Email is jfergus9@twcny.rr.com.

Call Jill at 607 844 4473 or Monica at 607 319 4623 with your questions.

Thanks so much in advance for helping this worthy cause.



GIVE THANKS

Happy Thanksgiving! My name is Julia Fouts and I am a Dairy Princess Ambassador for Tompkins County. Americans celebrate Thanksgiving on the fourth Thursday of every November in order to honor the early settlers' harvest feast. The first Thanksgiving took place in Plymouth, Massachusetts in 1621. Native Americans, known as the Wampanoag Indians, and English colonists came together for a big feast and a harvest celebration. Over two hundred years later, in 1863, President Abraham Lincoln proclaimed a national Thanksgiving Day in November. This is a holiday reserved for Americans to come to together and be thankful for everything they have.

The purpose of Thanksgiving is to give thanks. Dairy farmers contribute to the environment and the community, so it is important to be grateful for their hard work. Farmers share the responsibility of caring for the land, air, and water. They commit themselves to protecting the health of their cows and to ensure the best quality milk for local production. This Thanksgiving Day, give thanks to dairy farmers.

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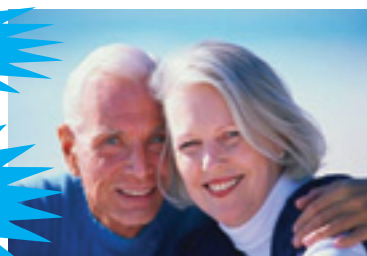
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CALENDAR OF EVENTS

November 24 – Lime Hollow’s Holiday Tree Sale

M-F 10am to 7pm, Saturday 9am - 5pm, and Sunday 11am - 5pm. Lime Hollow Center, 338 McLean Road. There will be more than 450 from which to choose, including Balsam, Fraser, White Pine and Blue Spruce. You’ll be sure to find that special tree. Handmade wreaths and centerpieces made in Cortland, New York will be available for purchase. Lime Hollow staff will assist with your tree and wreath selections! The Visitor Center and gift shop will be open extended hours just for the sale. Warm-up inside and browse the gift shop. Special gift packages will be available. All sales support your NatureCenter. For more information call (607) 662-4632, e-mail info@limehollow.org or visit www.limehollow.org.

December 1 – Wreath Making Workshop

1 pm - 3 pm, Lime Hollow Center, 338 McLean Road. Embrace the holiday spirit as you make your own traditional holiday wreath at our Visitor Center. Use fresh evergreen boughs and other natural materials to create a one-of-a-kind wreath to complement your holiday decor. Please bring pruning shears, work gloves, wire-cutters and ornamental additions. Admission fee includes boughs, wire, ribbon and instruction. Pre-register by Nov. 28. Members \$10, Non-members \$12. For more information call (607) 662-4632, e-mail info@limehollow.org or visit www.limehollow.org.

December 2 – Trip to See Charles Dickens’ “A Christmas Carol”

The Cortland County Historical Society is planning a trip on Sunday, December 2, 2012 to Rochester, NY to see Charles Dickens’ “A Christmas Carol” at the Geva Theatre with a preshow lecture by the director and actors. After the show, we will visit the National Museum of Play. The Museum provides educational, entertaining and unforgettable intergenerational fun for all ages. After departing Rochester, we will enjoy dinner at the Springside Inn in Auburn. It is a historic family owned inn located on the north end of Oswasco Lake. For more information and reservations, please contact the Cortland County Historical Society at 607-756-6017.

December 3 – Grief 101: For Grievers Coping with the Holidays

1:00 - 2:30 p.m. & 5:30 - 7:00 p.m. (choose either time)
Free and open to the public, but please register by November 26
Contact: Kira Lallas, LMSW (607-272-0212, klallas@hospicare.org)
Location: Nina K. Miller Hospicare Center (172 East King Road, Ithaca)

Grief is a very individualized response to the loss of a loved one. It is often misunderstood and at times confusing, which can leave the bereaved feeling very isolated and alone. This event will provide an opportunity to look more closely at this unique process, to gain a better understanding and insight into the experience. For bereaved adults, those anticipating the loss of a loved one, and anyone seeking more information about the grieving process: what can be expected, how to know if you need more support, and perspective on helpful ways to cope with grief, specifically focusing on the holidays. Hospicare’s bereavement counselors will present information about grief in general and provide time for questions and discussion. Please register by November 26 with Kira Lallas, LMSW, at 607-272-0212 or klallas@hospicare.org. The program will be offered twice on Monday, December 3, from 1:00 to 2:30 pm and from 5:30 to 7:00 pm. Attendees are welcome to choose either time.

December 4 – Choral Union

8pm, Interfaith Center, adjoining the SUNY Cortland campus. Music from or about Great Britain will be presented under the direction of Stephen B. Wilson. Works by Orlando Gibbons, Arthur Sullivan, Edward Elgar, Percy Grainger, and Gerald Finzi. Free admission. For more information call 607-753-2811.

December 7 – Studio Snowfall

The Picture House, 85 Homer Avenue in Cortland. This is a fundraiser for the Cultural Council. A gallery wall filled with 6 inch by 6 inch paintings is displayed. Each painting is sold for \$20, and all paintings are donated by local artists. The recipient of this Year’s Lifetime Achievement Award for a visual artist will be announced during the evening, and the painting purchased by the Cultural Council will be unveiled. If you are an artist and interested in donating pieces to this fundraiser, please contact staff@cortlandarts.com.

December 7-9 – The Nutcracker

Times and location to be announced. Biannual staging of the full classic ballet. This holiday favorite is produced in cooperation with the Cortland Performing Arts Institute, directed and choreographed by Kevin and Cynthia Halpin, and brings a cast of over 100 to the stage for each performance. For more information call 607-753-2811.

December 9 – Singing Boys of Pennsylvania Christmas Concert

3pm, United Presbyterian Church, 25 Church Street, Cortland. Christmas selections by the Singing Boys of Pennsylvania, to be followed by meat loaf supper in the Church Fellowship Hall. Freewill offering, no charge for dinner. For more information call 607-849-4680, e-mail pifry48@frontier.com or visit unitedpresbyterian.net.

December 9 – Holiday at the Hollow

1pm to 3pm, Lime Hollow Center, 338 McLean Road. Share the spirit of the holiday season as we gather and learn about cultures from around the world at our Visitor Center. Stations will be set up so children can wander and learn about multiple holidays and customs. At each station, you will enjoy a sample of traditional food or create a craft oriented to that culture’s history. Old Saint Nicholas will be wandering around handing

out treats to all the kids. Listen to live holiday music, warm-up with a cup of hot chocolate and browse the gift shop for that special gift. Enjoy discounts on select store items. If you haven’t already, you can purchase your tree and wreaths too! Free admission. Donations appreciated. For more information call (607) 662-4632, e-mail info@limehollow.org visit www.limehollow.org.

December 9 – Free Concert

3:00 PM. United Presbyterian Church of Cortland (25 Church St. Cortland, NY) The Singing Boys of Pennsylvania, on a tour through NY state, present their Christmas program. Concert will be followed by a free meat loaf dinner with a chance to visit with the boys (and girls!) Church is fully accessible.

December 10 – Grief 101: Supporting Another in Loss Coping with the Holidays

Monday, December 10, 1:00 - 2:30 p.m. & 5:30 - 7:00 p.m. (choose either time)
Free and open to the public, but please register by December 3
Contact: Kira Lallas, LMSW (607-272-0212, klallas@hospicare.org)

Location: Nina K. Miller Hospicare Center (172 East King Road, Ithaca)

For adults supporting a bereaved loved one, specifically through the holiday season. 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. The program will be offered twice on Monday, December 10, from 1:00 to 2:30 pm and from 5:30 to 7:00 pm. Attendees are welcome to choose either time. Please register by December 3 with Kira Lallas, LMSW, at 607-272-0212 or klallas@hospicare.org. This is the 4th installment in the Grief 101 Series of educational presentations providing specific information about the bereavement process. Other sessions include “For Grievers,” “Supporting Another in Loss,” and “For Grievers Coping with the Holidays.”

December 15 – A “Christmas Cookie Cafe”

Christmas Cookie Cafe - A “Christmas Cookie Cafe” will be held on Sat. Dec. 15, 9:30am-12noon, at the Columbian Presbyterian Church (corner rtes. 11 & 20, LaFayette). Guests will be able to create custom cookie trays from dozens of homemade varieties. You may bring your own tray or purchase one; you will then be charged by the pound for your goodies. Cookie trays make the perfect hostess gift, or can be shared at an office party. Visit this event, then serve home-made treats without all of the effort. Questions: 677-3293, or cpresbyt@twcny.rr.com.

CROWN CITY ROLLERZ PRESENT “DERBY, BABY!”

ROLLER DERBY HAS BEEN a growing sport since its renaissance in 2001, but why? The Crown City Rollerz are bringing a much-anticipated documentary about the resurgence of the sport to Cortland on Nov. 17. “Derby, Baby!” is a story of love, rink rash, and addiction narrated by actress and “Whip It” star, Juliette Lewis. If you’ve ever wondered why scores of women willingly put themselves in a position to get slammed around on concrete, you can’t miss this screening.

“Derby is a fast paced, full contact, smart team sport,” said Iva Secret, coach. “But more than that it’s allowed me to meet and grow to love some of the most interesting, smartest and most wonderful people in the world. I’ve formed bonds and friendship like no others I’ve ever experienced. I keep coming back for those people and the many more I know I will meet and love along the way.”

The Crown City Rollerz began in 2010 with 19 skaters, two coaches, and one volunteer. In just two seasons the league has grown from within and established a strong place in the community. The roller derby culture promotes a community-focused attitude and the league works to maintain this standard. The Crown City Rollerz have not only come to the aid of their own members at a moment’s notice in times of need, but have given back to the Cortland community through fundraising efforts, and community action.

“Derby, Baby!” highlights why the roller derby community has become such a force to reckon with and why skaters, fans, and volunteers keep coming back for more. The film presents the story of women’s roller derby from both a national and international perspective. Filmmakers Robin Bond and Dave Wruck explore the drama, friendships, and the

addictive nature of women’s flat-track roller derby in this feature-length documentary.

“Derby has changed my entire college experience,” said Helluva Mess, captain and senior at SUNY Cortland. “It has made me a stronger leader, communicator and advocate for myself and others. The friends I have made through derby are some of the most accepting, genuine people I know who love without judgment.”

CCR’s screening will be on Nov. 17 at 4 p.m. at Easy Street, 185 Homer Ave., Cortland. Pre-sale tickets are on sale now through CCR’s website (www.crowncityrollerz.com) or at Easy Street. Tickets are \$7/pre-sale or \$10/door. Ticket price includes screening and snacks.

Come and support your favorite roller girls as they show you what their crazy world is all about!

Crown City Rollerz (CCR) is a skater-owned and -operated organization operating a competitive roller derby league out of Cortland, NY. The members of CCR are strong and motivated women who train hard, respect their teammates and love the sport of roller derby as well as community-based philanthropy. Our skaters work to increase their power through discipline, hard work and focus. CCR strives to create a full-contact sport that inspires girls and women and appeals to all of our fans.

CORTLAND COUNTY’S NEW YEAR’S EVE CELEBRATION “FIRST LIGHT”

OVER THE YEARS CORTLAND COUNTY’S New Year’s Eve celebration “First Light” has seen several iterations including the recent name change from First Night to First Light and various planners. Despite the event being cancelled in the past, the public’s continued interest in First Light is a testament to this community’s desire to gather and celebrate the New Year in the heart of Cortland County.

This year’s event will feature new components to enhance its appeal to a wider demographic with a specific emphasis on family friendly programming. Tradition continues with fireworks and the ball drop in Historic Downtown Cortland. Also, this year the Times Square countdown show, a live DJ, and more will be projected onto a Funflicks (<http://www.funflicks.com/>) inflatable screen to entertain guests from throughout the county. Sponsorship minimums have been confirmed, and opportunities to contribute to the event and make it even better still exist.

The Promotions Committee is planning other attractions at their weekly meetings. If you are interested in investing in Cortland County’s New Year’s Eve celebration please contact Director of Promotions Stephanie Plude: stephanie@cortlanddowntown.com to learn more ways to promote your business or organization. Also, if anyone is interested in vending at the event, contact us.

Promotions Committee meetings take place Tuesdays at 4pm at 9 Main Street. Anyone interested in the planning of First Light for the betterment of the community, or volunteering at the event, is encouraged to attend. If anyone is interested in assisting in organizing or sponsoring future “First Light” celebrations please contact Adam Megivern the Executive Director of the Cortland Downtown Partnership at 607.753.4928 or adam@cortlanddowntown.com to join the organization’s Promotion Committee.



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CORTLAND COUNTY FARM BUREAU RECEIVES NATIONAL RECOGNITION FOR INNOVATIVE SAFETY PROGRAM

NEW YORK FARM BUREAU IS proud to announce Cortland County Farm Bureau has received this year's County Activities of Excellence Award for its project on farm vehicle safety. The honor was awarded by our national organization, American Farm Bureau Federation. Cortland is one of only 25 counties in the country to receive this high recognition.

"New York Farm Bureau congratulates Cortland County Farm Bureau on the important work it is doing to make the roads safer for farmers and the general public. The Board of Directors has exhibited great leadership to raise much needed awareness on this serious issue. The work at the county level is critical to the success of the state organization, and this honor is well deserved," said NYFB President Dean Norton.

The award-winning safety program shined attention on the critical issue of farm vehicle accidents, more than 15-thousand happen each year, often with the farm vehicles being hit from behind. The Cortland County Rural Road Safety Initiative (CCRRSI) was created to address this growing problem. CCRRSI held an informational seminar in March for farmers and other interested parties who use agricultural vehicles. The New York State Police joined the coalition's effort by providing an overview of the applicable transportation laws and regulations that will help keep people both safe and compliant on state and local roads. More than 70 farmers took part in the program. Other coalition organizations included the Cortland County Sheriff's Department, Cortland County Cornell Cooperative Extension, the Cortland County Soil and Water Conservation District and Nationwide Insurance.

"Farm vehicle safety is an important topic, and we are proud of the work we are doing to bring more attention to the issue. Certainly, we could have not done it without the support of so many other coalition groups who contributed to the success of the effort. We also would like to thank American Farm Bureau Federation for the nice recognition," said Paul Fouts, Cortland County Farm Bureau President.

The County Activities of Excellence program will allow Cortland County FB to share its initiative with counterparts from across the country during AFBF's 94th Annual Meeting, Jan. 13-16, 2013, in Nashville. The award is also based on county Farm Bureau membership.

"Winners will display their programs at the AFBF Annual Meeting trade show, allowing Farm Bureau members from across the country to learn about successful programs and activities that promote agriculture within farming communities," said AFBF President Bob Stallman.

New York Farm Bureau is the State's largest agricultural lobbying/trade organization. Its members and the public know the organization as "The Voice of New York Agriculture." New York Farm Bureau is dedicated to solving the economic and public policy issues challenging the agricultural community.

TWENTIETH ANNUAL WINTER FLY TYING WORKSHOP

January 5-March 2, 2013

STILL SPACE AVAILABLE AND TIME TO REGISTER

THE LEON CHANDLER CHAPTER OF Trout Unlimited and Tompkins County Cooperative Extension 4-H Program are proud to offer you (youth and adults) the finest in fly fishing education, featuring some of the most talented angler/tiers in the state! The Introduction to Fly Tying features nine two-hour sessions with several different instructors who will teach you the basics of tying the dry fly, wet fly, nymph and streamer patterns that are the most effective in our area. Dates for the training-1/5-3/2/2013.

All classes are held at the Tompkins County Cooperative Extension Education Center, 615 Willow Avenue Ithaca, NY. There is a limited enrollment and classes get filled earlier every year. A 50% tuition deposit must accompany your application in order for us to hold your place.

All classes will be from 6-8 p.m. on Saturdays. Tuition includes nine weeks of instruction, all tools, hooks and tying materials. All students receive: complete tying kits (including vises, scissors and related tools); all tying materials necessary to complete the course and practice tying outside of the class (feathers, dubbing, hooks and related materials); as well as a comprehensive introductory text on Fly Tying. Tuition fees are \$150 for adults (19 and up), \$120 for children

(between the ages of 13 and 18) and \$225 for a child and adult combination. There are a limited number of partial scholarships available for children between the ages of 13 and 18. For more information, please visit: <http://ccetompkins.org/calendar/10/11/08/winter-fly-tying-workshop>

Space is limited so sign up now.

To register contact Megan Tiftt at:

Winter Fly Tying Workshop
c/o Tompkins County CCE
615 Willow Avenue
Ithaca, NY 14850
MORE INFO: 607-272-2292 (extension 138)
megan.tiftt@cornell.edu

NOVEMBER & DECEMBER EVENTS FROM CCE-TOMPKINS

Finger Lakes Cheese Trail Open House
Saturday November 17, 10:00am-5:00pm
Various locations in the Finger Lakes

Learn about the wonderful variety of cheeses produced here in the Finger Lakes by visiting local cheese producers and sampling their products. The Finger Lakes Cheese Trail is an organization of cheese producers from throughout the Finger Lakes who make artisan cheeses from milk produced at their family farms. Great cheeses are being made, ranging from English style raw milk cheddars, cheese curd, gouda and swiss types from dairy cow milk, to blue cheeses, chevre and feta from goats and sheep milk. Free! Learn more at: <http://flicheesetrail.com/>. For more information, call Monika Roth at 272-2292 or email mr55@cornell.edu.

Lunch & Learn - NEW SERIES!
Thursday November 29, 11:00am-12:00pm
at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca

In this FREE 6-week class series, you'll make and share a healthy group lunch while you learn how to plan, shop and prepare healthy low-cost meals for your family. Learn how to get your children involved and get them to eat more fruits and vegetables. This class is for people who are eligible for WIC, Medicaid, Food Stamps or similar programs. Join any time, classes are ongoing and topics are repeated in the next set of workshops! Please call Stacy at (607) 272-2292 or email ssn6@cornell.edu to let her know you will attend the first time.

Garden Season Extension Class
Thursday, November 29, 7:00-8:30pm
at Cornell Cooperative Extension, 615 Willow Avenue, Ithaca

Josh Dolan of Gardens 4 Humanity will lead this class covering the basic principles, techniques and technology of season extension, a crucial strategy in our northern climate. Participants also will have an opportunity to construct a functional cold frame from local lumber. Fee for the class is \$5. Please call Cooperative Extension at (607) 272-2292 to sign up! Note: students may purchase a finished cold frame for \$150, but will need to place an order before the class.

Evergreen Wreath-Making
Friday, November 30, 6:30-8:30pm OR Saturday, December 1, 10:00am-NOON
at Cornell Cooperative Extension, 615 Willow Avenue, Ithaca

Make a beautiful evergreen wreath to decorate your home for the holidays! Fresh-cut greens, ring, wires, and ribbons are supplied. Bring any special decorating materials you would like to use to personalize your wreath. Wear casual clothes and bring pruning shears and gloves. 2 DATES from which to choose! Friday's session will oriented toward those who have taken this class before, and offers less instruction. Saturday's class includes how-to instructions by Master Gardener volunteers. Fee: \$18/person. Pre-registration and prepayment are required. Space is limited to 15 per class! Call (607) 272-2292 to sign up.

Nature's Gifts for Winter Solstice
Saturday, December 1, 1:00-5:00pm
at Cornell Cooperative Extension, 615 Willow Avenue, Ithaca

Do your own holiday shopping list while your children make unique and beautiful holiday gifts for family and friends at this Ithaca Children's Garden workshop. Bring a gift list for up to 10 people. All materials and supplies are provided.

Cider, popcorn, and ginger cookies will be served. Ages 3-15 welcome. Self-determined sliding scale of \$30-\$100 - a great value no matter what you choose to pay! ICG members receive 20% off lowest price. Pre-registration required. Spaces limited; register early to avoid disappointment. Call (607) 272-2292 or email ithacachildrengarden@cornell.edu.

Who Gets Grandma's Yellow Pie Plate? NEW WORKSHOP!
Monday December 3, 6:30-08:30pm
at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca

Estate planning discussions often focus on land, houses, cars, stocks, bonds, and savings accounts. Often, non-titled property doesn't get discussed but for many people personal items carry more meaning and IMPORTANCE than titled property. How does a family begin to discuss these sensitive issues and what are the components of a solid plan for passing on treasured items? We'll address these topics and more during the "Who Gets Grandma's Yellow Pie Plate?" workshop. Cost is \$15/person or \$20/couple. Each household receives a workbook plus helpful handouts for at home follow up. Pre-registration is required, with payment due at the time of registration. A few scholarships are available for households with limited resources. To sign up or to learn more, please call CCE Tompkins at (607) 272-2292.

Lunch & Learn - NEW SERIES!
Thursday December 6, 11:00am-12:00pm
at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca

In this FREE 6-week class series, you'll make and share a healthy group lunch while you learn how to plan, shop and prepare healthy low-cost meals for your family. Learn how to get your children involved and get them to eat more fruits and vegetables. This class is for people who are eligible for WIC, Medicaid, Food Stamps or similar programs. Join any time, classes are ongoing and topics are repeated in the next set of workshops! Please call Stacy at (607) 272-2292 or email ssn6@cornell.edu to let her know you will attend the first time.

GARDENS 4 HUMANITY Winter Gardening Network Meeting
Friday, December 7, 5:30-7:30 pm
at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca

Celebrate the end of gardening season and look forward to next year! This session is open to all those interested in finding common cause and forming a coalition to strengthen our local gardening community including school gardeners, farm-to-school activists, community garden enthusiasts, urban farmers and allies. Gardens 4 Humanity will be distributing the 3rd edition of our School and Community Gardening Resource Guide. For more information, contact Josh at (607) 272-2292 or email sapsquatch7@gmail.com.

Parents Apart
Saturday December 8, 9:00am-4:00pm
Confidential location; TBA before 1st session

Parents Apart is a six-hour workshop for parents who want to learn how to help their child(ren) cope during their separation and divorce. The workshop is taught by therapists and attorneys and focuses on how children react emotionally to their parents' divorce and/or separation, and what parents can do to help them adjust. Registration is confidential and parents of the same child(ren) are placed in different workshops. Fee: \$60-\$120, self-determined sliding scale; scholarships are available For information, to pay by credit card, to request a reduced fee, or to discuss concerns about safety or other special circumstances, please call Anna Steinkraus at (607) 272-2292 ext 145 or email ams69@cornell.edu.

Avoiding Consumer Problems on the Internet
Thursday, December 13, 11:00am-1:00pm
at Cooperative Extension Education Center, 615 Willow Avenue, Ithaca

A NY State Attorney General's Office representative will make a brief presentation, then consult with individuals on unresolved consumer problems until 1:00 pm. Free and open to the public. No appointment is needed. Presentations are taped and broadcast on Cable Access Channel 15 on Mondays at 7:00 am, 1:00 pm & 7:00 pm. For information about this or other Consumer Issues programs, contact Carole Fisher at 607-272-2292 or crf11@cornell.edu or visit <http://ccetompkins.org/money>



PURE COUNTRY CAMPGROUND

PURE COUNTRY CAMPGROUND IN New Berlin New York ended the year with the last Cowboy Race on September 22 with a double. The Finals immediately following the Race. All the Cowboy races were well attended at the Campground, as local and not so local riders came to try their horses at Jims' obstacles. Each month obstacles varied, so no one knew what to expect. If you camped, you had an edge and could take a look at the obstacles on Friday night.

Photographer Liz Thompson from Smyrna, NY did an outstanding job keeping up with the fast pace, and offered pictures to everyone as well as posting them on the facebook page and website. Jim Weidman, owner of Pure Country, cooked amazing meals each race, from the full kitchen the Pure Country boasts about. Everyone was kept running scores, obstacles, food, water, pictures, as the events were carried out with professionalism and talent. 2013 Pure Country anticipates Cowboy Races, ACTHA, TRAIL PACE (not ACTHA) already booked the NYS Horse Council Spring Pleasure RIDE IN June, Ladies Ride, Kids Camps, and a Clinic as of now.

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OFFICE FOR THE AGING'S NEEDS ASSESSMENT COMPLETED

THE TOMPKINS COUNTY OFFICE FOR the Aging has completed a needs assessment survey of residents over the age of sixty to identify current trends, needs and resources. The needs assessment is a rich source of information about the status of older adults in Tompkins County, and will be used for planning not only by the Office for the Aging, but also by other private and public entities.

The survey was administered to a randomly selected sample of Tompkins County residents age 60+, and included questions regarding age, income, employment, housing, transportation, isolation, activities, health conditions, caregiving, awareness of services, health insurance coverage, prescription drug use, use of technology and food security.

Among the results revealed in the 2012 needs assessment:

- Since the last survey, there is an increase in the number of Tompkins County older adults who are employed, with the largest increase among those working full-time.
- Thirty-three percent of older homeowners have a need for major home repairs, and 38% of these individuals cite cost as the reason for not doing the repair.
- Since the last survey, there is a decrease in older adults with high housing cost burdens, which is a positive indicator for Tompkins County seniors.
- Eighty-two percent of Tompkins County older adults have computers with internet access in their homes. This figure compares to 53% nationally.
- Forty percent of Tompkins County older adults spend at least an hour a week volunteering.

Overall, Tompkins County has seen a 34% increase in population of people age 60 and older between 2000 and 2010.

This group represents 15.8% of the total County population. Baby boomers account for the largest part of this growth: between 2000 and 2010 there was an 88.7% increase in persons age 60-64 in Tompkins County.

The needs assessment survey is available on the Office for the Aging's website at www.tompkins-co.org/cofa

THANKSGIVING STUFFING

- Two 6 oz. bags stuffing
- 1 cup (2 sticks) melted butter or margarine
- 1 1/2 cups chopped celery
- 1 cup chopped onion
- 1 1/2 cups broth, fruit juice or water

Combine dressing with butter or margarine and vegetables. Stir liquid in gradually. Spoon into 2 1/2 or 3-quart greased casserole dish. Bake covered 30 minutes at 350 degrees F. Remove cover and bake 5 to 10 minutes longer for a crispier top. Makes 12 (1/2 cup) servings.

TRADITIONAL CRANBERRY SAUCE

- 1 pound fresh or frozen cranberries (4 cups)
- 2 cups water
- 2 cups sugar

Rinse cranberries with cool water, and remove any stems or blemished berries. Heat water and sugar to boiling in 3-quart saucepan over medium heat, stirring occasionally. Continue boiling 5 minutes longer, stirring occasionally. Stir in cranberries and heat to boiling over medium heat, stirring occasionally. Continue boiling about 5 minutes longer, stirring occasionally, until cranberries begin to pop. Pour sauce into bowl or container. Refrigerate about 3 hours or until chilled. A Thanksgiving favorite!

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PUZZLES & GAMES

WORD FIND

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

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rolls • cider • colony • corn • cranberries • dressing • family • friends • feast turkey • gravy • indians • leftovers • mayflower • nap • november • pilgrims plymouth • grace • pumpkin pie • thankful • thursday • wishbone • yams sweet potatoes • pie • pumpkin • settlers • squash • blessing • whipped cream

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!

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