

FREE November 28 - December 11, 2012

Winter Sports Enthusiasts & "For Kids" Holiday 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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**WELCOME TO OUR WINTER SPORTS ENTHUSIASTS
& "FOR KIDS" HOLIDAY 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!

December 12 – Christmas Edition (Deadline 12/7)

December 26 – Fitness/Health Edition (**EARLY** Deadline 12/19)

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)

HOLIDAY PET PICTURES



Send us a picture of your pet dressed up for the holidays! (Example: Santa hat, antlers, etc.). Email the picture of your pet to tcatribune@gmail.com before Dec. 7th for our Annual Christmas Issue and your pet's picture will be printed in the 12/12/12 issue for all to see! Or mail us a picture to The CAT, PO Box 67, Dryden, NY 13053.

Don't miss out – dress up your pets today and take a picture and email it to us! Include your pet's NAME!

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/.

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COMMUNITY CALENDAR



November 28 – First Earth Day Ithaca 2013 Planning Meeting

Earth Day planning for the 2013 celebration will kick-off with a meeting will be held on Wednesday, November 28th from 6-8pm at the Sustainable Tompkins office at 109 S. Albany St. in Ithaca. Earth Day Ithaca 2013 will be held Sunday April 21st, 2013 from Noon-5pm at the Ithaca Farmers' Market Pavilion and will include exhibits by local organizations, food, activities and entertainment. Everyone is invited. For more information, please email Joey at solkitchen1@gmail.com or call (607) 387-7799.

December 1 – Tax Talk

1-2 pm, Cortland Free Library, 32 Church Street, Cortland. A tax professional from H&R Block will be giving a Tax Talk, focusing on the IRS short form—which is also known as the 1040EZ. The presentation will last about an hour with a Q&A session to follow. For more information call 607-753-1042, e-mail cortlandlib-ref@twcny.rr.com or visit <http://www.flis.org/cortlandlib/events.htm>.

December 1 – Wreath Making Workshop
1pm to 3pm, Lime Hollow Center, 338 McLean Road in Cortland. 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 1 – Holiday Cookie Walk

Habitat for Humanity of Tompkins and Cortland counties presents the 1st annual holiday cookie walk. Homemade holiday cookies make the best gifts for friends and families while supporting a great cause. Choose the cookies you want from a large selection. Saturday, Dec. 1st. Doors open at 10am until sold out at the Center Ithaca on the Commons (just follow the signs). Cookies will be priced from \$7/lb. All proceeds benefit Habitat for Humanity of TCC. Interested in being a part of the cookie walk by baking a special holiday cookie recipe – check at www.tchabitat.com/cookiewalk or

call 607-898-4148. Thank you or your support.

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 Grievors 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 visit SUNY Cortland Performing Arts Dept. or 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 7-8 – The Nutcracker

Friday 6 pm, Saturday 1 pm and 6 pm, Bonne Auditorium at Homer Intermediate School. This classic ballet is

produced in cooperation with the Cortland Performing Arts Institute and the Performing Arts Department of SUNY Cortland. Directed and choreographed by Kevin and Cynthia Halpin, this holiday favorite features a cast of more than 100 in each performance. Tickets are \$10 for children and students, \$14 for seniors, and \$17 for general admission. For more information visit SUNY Cortland Performing Arts Dept. or call 607-753-2811.

December 9 – Gerald Wolfe Concert (The Arts at Grace)

3pm, former United Community Church, 19 Church Street in Cortland. Prominent Ithaca-Elmira musician Gerald Wolfe will present an organ recital, playing works tailored for the Moeller four-manual pipe organ in the building once known as the United Community Church. It is now owned by McNeil Development Company. The Company is refurbishing the organ especially for December 9 event. There is no charge for admission, but donations are welcome. A reception for the audience and performer will follow the performance. For more information call (607) 753-3073 or e-mail wickman@twcny.rr.com.



HAVE A COMMUNITY EVENT TO SHARE?

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

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

MYSTERY PHOTO CONTEST



Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, December 7th 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:

**Cheryl Rejman
of Dryden**

Answer from the Previous Edition:

Homer Baptist Church in Homer

The winner of last issue is Cheryl Rejman. Cheryl won a gift certificate from Toad's Diner located on Route 38 in Freeville. The winner from this issue will win a gift certificate from Treeforms Amish Furniture & Gifts located at Routes 13 & 366 in Ithaca! 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!



happy to carry the best of the best: Can-Am ATVs and Spyders, Sea-Doo personal watercraft and Ski-Doo snowmobiles. And Doug isn't the only one happy with the brands, so are the customers. "Customer satisfaction is great with the Can-Am ATVs," states Doug Clark, owner of Doug's Powersports Unlimited. "We haven't had anyone yet who has purchased an ATV return to our store and want to switch brands. And people who purchase Sea-Doo personal watercraft like them so much that they simply upgrade to the latest Sea-Doos the following season."



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

So if you are feeling the need for the speed and fun of a snowmobile this winter, or are in the

DOUG'S POWERSPORTS UNLIMITED ATVS, PERSONAL WATERCRAFT, SNOWMOBILES, SPYDERS AND THE EXCITING SIDE BY SIDE COMMANDER!

WHAT BETTER WAY TO GET through the winter than to enjoy it?! Doug's Powersports Unlimited has all the toys to help get you through this coming winter. Their experienced staff and extensive line of Ski-Doo snowmobiles make for the perfect combination to set you up for a winter of motorized fun!

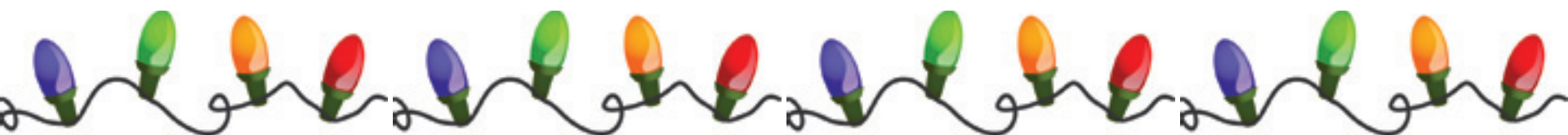
Located at 4019 Route 281 in Cortland, Doug's Powersports has been open at their current location for 11 years this month. The store has grown substantially since it first opened in 1980 as Doug's Speed and Automotive, on Route 11 in Cortland. The store originally carried parts, accessories and used units, and provided service and repairs. Since making the move, Doug's Powersports has been



To compliment the full line of powersport vehicles at Doug's Powersports is an extensive amount of trailers, parts and accessories. From aftermarket parts to accessories, Doug's Powersports has almost anything you could want for the Ski-Doo, Sea-Doo and Can-Am lines as well as other brands such as Suzuki, Yamaha, Polaris, etc. Todd Lyndaker is Doug's Powersports' Service Manager, capable of meeting all your service needs. Todd was already a certified technician with ten to twelve years experience when he first started working here.

Besides the high-quality product offered at Doug's Powersports, one of the most appealing

market for an ATV, Spyder, the new Side by Side Commander or personal watercraft next summer, or have one that needs to be serviced, stop in at Doug's Powersports Unlimited and see what Doug has to offer. The next time you are looking to upgrade or improve your ride, remember Doug's Powersports carries a full line of aftermarket parts and accessories for Ski-Doo and most makes and models of powersport vehicles. You can reach Doug's Powersports at (607) 753-1263. Or stop in the store for a glimpse of what you are missing out on, located at 4019 Route 281 in Cortland, open from 9-6 Monday, Wednesday and Friday, and from 9-7 Tuesdays and Thursdays. On the weekend, Doug's Powersports is open from 9-3 on Saturday. Come join the fun! We make fun affordable!



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SHAW AND BOEHLER FLORIST & GIFTS HOLIDAY OPEN HOUSE SUNDAY, DEC. 2ND!

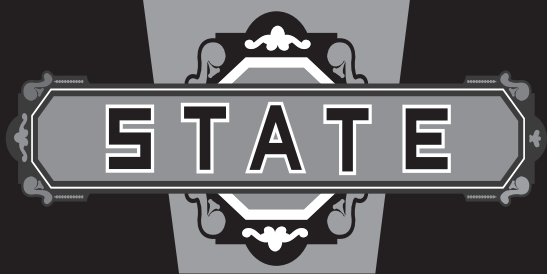
CHRISTMAS IS A TIME OF tradition and hope. A time of giving to family and friends. For over thirty five years, Cortland's first and finest florist, Shaw and Boehler Florist and Gift Shop has been hosting its annual holiday open house! This year, the florist and gift shop cordially invites you to their annual Holiday Open House on Sunday, December 2nd from 11am to 4pm. They have a very special day planned! Enjoy punch, cookies and live music as you browse. Snowman and gifts galore – with a spectacular array of floral and gift items to choose from! Plus, free drawings and a 20% discount on all Christmas items. The stockings have been hung and the trees are all twinkling and adorned with beautiful ornaments at Shaw and Boehler and you can't help but to get into the holiday spirit!

One can only expect the finest in floral arrangements, home decorations and unique gifts from Shaw and Boehler! Walking into Shaw and Boehler is like walking into a winter wonderland. Their beautiful showroom is decorated with magnificent wreaths, beautiful center pieces and arrangements, home decorations, candles, jewelry, antiques and much more! The Christmas trees add to the festive ambiance of the room, offering unique ornaments to buy for your own tree or as a treasured gift including candy canes and gingerbread men! Snowmen, reindeer and Santa's are displayed on tabletops and shelves! Whether you are looking for yourself or for someone on your Christmas list, you will be thrilled with the selection in the shop!

Shaw and Boehler Florist & Gifts is owned by Steven and Vicki Besler of Cortland. Steve and Vicki enjoy hosting the annual event

that gets folks into the holiday spirit – their slogan is "There is nothing like a HOLIDAY OPEN HOUSE to ring in the Christmas season!" Remember to stop in at Shaw and Boehler's on Sunday, December 2nd for their annual holiday open house! Bring a friend who has never been before and receive a free ornament! Shaw and Boehler Florist & Gifts is located on 31 Clinton Street in Cortland. For more inquires call 607-756-2879. Floral arrangements are available for pick-up or delivery.

Shaw and Boehler Florist & Gifts is the winner of Cortland County Chamber of Commerce 2012 Small Business of the Year award! The Besler's and the staff at Shaw and Boehler's would like to wish all their customers and friends a very happy holiday and best wishes in the New Year!



NOVEMBER

30 **AFRICAN CHILDREN'S CHOIR**

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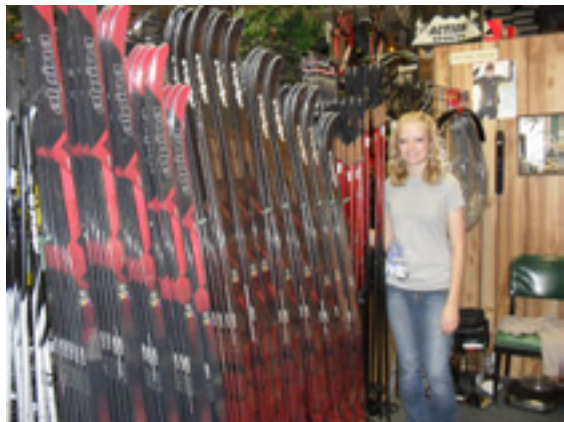
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ACTION SPORTS THINK SNOW!

YES, THINK SNOW! If you're a winter sports enthusiast, then you need snow! Get your cross-country skis ready for the white stuff! If you have back-country skis with metal edges, bring them in and we can sharpen them. We sharpen and wax downhill skis and snowboards as well. With the anticipated snowfall, get ready for a season of exercise and scenic outdoor fun!

Action Sports is Cortland's only bike and ski shop, located at 85 Main Street in downtown Cortland, across from the Cortland Post Office. We sell Alpina cross-country touring and back-country ski packages. We offer Madshus skate and classic cross-country skis and cross-country ski packages for the kids. We have some skis marked down from the previous year. Stop in and check out the savings!

Action Sports also sells snowshoes! Made in America, Northern Lites snowshoes are the lightest snowshoes, which is a real plus when trekking through the snow. Louis Garneau snowshoes are a great shoe for the recreational snowshoer, with a lower price point. Snowshoeing, like cross-country skiing, is a vigorous workout and will help you burn calories.

Stay fueled and hydrated when exercising. Action Sports stocks hydration packs and an assortment of water bottles, CytoMax products and powdered electrolytes. We stock Hammer gels and gu's, energy chews and waffles, helping you

keep fueled with good nutrients for your trek through the snow.

Other snow-related merchandise Action Sports offers includes Toko ski wax including Klistor, ski irons, scrapers, thermo polishing pads, Toko grip spray, gaiters, snowshoe totes, telescoping ski poles, jackets, long-sleeved jerseys, men and women's tights, gloves, mittens, wool trainer socks and balaclavas. Come in and see what we offer for snow sports enthusiasts!

Action Sports also stocks Specialized and Jamis bicycles and accessories. The new 2013's are in! Come in and see the latest in over-rocks-and-tree-roots mountain bike 29ers! Becoming more and more popular, these two-wheeled beasts are designed to roll over the protruding rocks and gnarly roots you find out on a trail through the woods. The Specialized Rockhoppers and Stumpjumper come only with 29-inch wheels this year instead of also offering 26-inch wheels, attesting to the increased popularity of the 29er. Road bikes continue to be a favorite, especially with an increased participation in triathlons. Get a road bike that fits you, with the right size frame and components you want. We also sell children's bikes. Come see our selection of 12, 16, 20 and 24-inch kid's bikes!

So, think snow! And hopefully we'll have a snowier winter than last winter! (everywhere but our driveways, that is!)

Action Sports, owned and operated by Matt and Lisa Belknap, would like to wish you a Merry Christmas and a Happy New Year! May your holiday season be joyous and bright!



CHRISTMAS CHEER AND VALUE AT "THE CINNAMON APPLE COTTAGE GIFT SHOPPE"!

BRRRR! THE NIP IN THE air and the occasional snow flurry can mean only one thing: oodles of savings at the Cinnamon Apple Cottage! "The Cinnamon Apple Cottage Gift Shoppe" is a unique gift shop conveniently located "just around the corner" in the center of Cortland on Luker Road, close to 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"!

"Cinnamon Apple Bucks" are back! With each purchasing visit you will receive a "Cinnamon Apple Buck", a voucher to be used on your next visit, during which you can apply an additional 10% off any one item (sales items too)! A great way to compound the values available at "The Cinnamon Apple Cottage". 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 décor is now 10% off.

"The Cinnamon Apple Cottage" will be offering its special brand of hospitality to our neighbors in Cortland and the surrounding community by hosting an "Open House" every Saturday until Christmas. During "Open House" days, special sales and discounts will be available. To warm you inside,

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

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our fresh apple 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.

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"!

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 will be open on Sundays, beginning November 25th and continuing on December 2, December 9th and December 16th, and December 23rd 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 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!



CORTLAND PICTURE FRAME CO. INVITES YOU TO OUR ANNUAL HOLIDAY OPEN HOUSE

CORTLAND PICTURE FRAME CO. IS very pleased to have a special guest joining us for this year's annual HOLIDAY OPEN HOUSE. We will be open Friday evening, December 7 from 5pm to 8pm in conjunction with the First Friday Art Walk, and we have invited Bobbi Lamb, ceramic artists from LaFayette to be here to meet you and share some of her fabulous ideas for ways to use her gorgeous and functional hand thrown pottery. On both Friday evening and Saturday, December 8 from 10am to 4pm we will have special sales on pottery, gifts and antiques and you can enjoy some tasty refreshments as you look around. The shop is filled with delights from antiques and locally made fine crafts to a colorful selection of gifts from around the world. Cortland Picture Frame Co. is now on FACEBOOK where you can see nearly everything we carry in the store and get updates as new merchandise arrives.

We have been searching all year for unusual finds at auctions such as vintage pedestal cake plates for your favorite holiday desserts, and ironstone, transfer ware, depression glass, and unusual candlesticks for your holiday table. Now that it is getting cooler, it is scarf weather again, and we have several new styles of colorful scarves, wild socks, and a variety of purses and bags.

We have been featuring "repurposed" things for several years and have architectural salvage; recycled silk sari scarves, yarn, mittens, and hats; jewelry from antique typewriter keys and antique buttons; dolls made out of old bisque doll parts, blocks, vintage jewelry, and all sorts of bits and pieces of things. We also have an always changing collection of reasonably priced vintage and antique furniture.



The GARDEN ROOM is filled with interesting containers, pedestals, baskets from Ghana, bulbs for forcing, Don Hull has brought in a new selection of bonsai jade plants in his handmade stoneware pots, and who knows what we will find before you get here.

We love the antiques and gifts, but custom framing is still our main job, and Cortland Picture Frame Co. is the perfect solution for getting anything framed you could imagine in a frame. We especially love building shadowboxes and framing needlework, and we have a fabulous collection of moulding to choose from along with antique and vintage frames. We have many years of experience working with archival materials and helping you create something you can enjoy for many years. We also have a slide show of our work where you can get ideas of what we can do with whatever you have.

Please visit us at Cortland Picture Frame Co., 9 N. Main Street, Cortland, NY 13045 (607) 756-6499. For the holidays we are open Monday-Friday from 10am-5:30pm and Saturday from 10am-4pm.

MIKE'S FISH TANK WATER DRAGONS

I KNOW THIS IS CALLED Mike's fish tank but sometimes I like to talk about other animals. One of the more popular reptiles we carry is the Water Dragon. The Chinese water dragon is native to East and Southeast Asia. It is also known as the Asian water dragon, Thai Water Dragon, and the Green Water Dragon. Colourations range from dark to light green. Diagonal stripes of green or turquoise are found on the body, while the tail is banded from the middle to the end with green and dark brown. Their undersides range from white, off white, very pale green, or pale yellow. But more attractive are their throats which can be orange or peach, but generally yellow.

Adult males have larger, more triangular heads than females, and develop larger crests on their head, neck and tail and are larger in general. The tail, slightly over two thirds of the entire body length, can be used as a weapon, for balance, and to assist swimming.

Like many other reptiles the Chinese water dragon possesses a small, iridescent, photosensitive spot between their eyes referred to as "the third eye". It is thought to help thermoregulate their bodies by sensing differences in light to assist with basking and seeking shelter after sunset. Chinese water dragons are most commonly found along the banks of freshwater lakes and streams. They are active during the day and spend most of their time in the trees or plants. Though they will eat some vegetation, the diet of a water dragon consists mainly of insects, supplemented with an occasional small fish or even a small reptile. Water dragons are very friendly reptiles and some say they are friendlier than iguanas. It is important that any lizard be handled at least once a day for it to not become aggressive. Water dragons will eat mealworms and waxworms but remember waxworms have a lower nutritional value. Generally water dragons are not that expensive and they do make great pets.

• PetsAPlenty 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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PICCADILLY LANE COUNTRY AND PRIMITIVE STORE

TRIM THE TREE AND HANG those stockings! And hurry into Piccadilly Lane Country and Primitive Store! Piccadilly reminds you to SHOP LOCAL and is having "Black Friday Specials" every week from now through Christmas! Each corner of this unique shopping experience is filled with a gift idea for your grandmother, aunt, sister, teacher, postal carrier or yourself! Many new and one of a kind items have just arrived so be sure to shop early for the best selection to beautify your home or someone you love. Or buy them a gift certificate to enjoy the shopping experience themselves! Located on 2643 Main Street in Whitney Point, owner Joyce Ballard and her friendly, warm staff invite you to come in and discover the numerous treasures that fill the eight rooms, 2 story gift shop. Be sure to visit the Christmas Room - adorned with all the sights and colors of the season. Country decor, linens, furniture, pictures, candles, jewelry, linens, swags, tin ware, signs, pottery, antiques, cards and more are overflow in the other rooms. And don't forget those stocking stuffers! Shop now to garnish 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!

Have paint samples or fabric swatches for a new room for your holiday hosting?! The helpful staff at Piccadilly will help you match them to new curtains for a way to perk up your home and redecorate - choose from Starbridge, York, Park and many other curtain designs in a variety of colors and patterns - they also have curtain swatches for special



order. Or make an appointment for a personal consult. Picture the Christmas tree in a room updated with new curtains!

Invite your neighbors, friends or family for eggnog and cookies and receive 20% in sales credit towards merchandise in the store when you host a "Piccadilly Party"! A festive way to earn credit towards your favorite items at Piccadilly Lane! You will receive 1 item at 40% off for every party booked from your party!

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 - 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 Facebook!



BAILEYS KARATE KIDS!

BAILEYS KARATE SCHOOL IS A place where ordinary kids display extraordinary determination, achieve what once seemed unachievable; build positive and confident attitudes, while having fun in a safe, friendly atmosphere.

Active Learning. Baileys Karate kids are actively learning skills and building confidence. They move around, make noise, hit pads, and work in a patient and creative setting. Instructors at Baileys Karate work hard to keep kids engaged through stations, circuits, drills, games, competition, and use of instruction tools, like heavy bags and kick shields. Concentration is a by-product of Baileys Karate training. Movements against imaginary opponents are lessons in self-control. Development of flexibility is standard; promoting less injury in our students and more flexibility later in life. There is no sitting or standing around in Baileys Karate classes!

Bully Proofing/Self-Defense. Ernest Hemingway said "courage is grace under pressure". Contrary to common thought, karate training does not prepare a student for a showdown with a bully. A bully usually has low self-esteem and seeks out power by focusing on others weaker than themselves. Of course, Baileys Karate kids learn self-defense through the physical actions of punching, blocking, and kicking. They also work on increasing awareness of their surroundings, developing the ability to avoid dangerous situations, and by experiencing artificial displays of aggression in a safe, fun environment that applies small amounts of pressure, teaching them how to handle it, and then applying a little more and so on. Sparring teaches breathing control and solid stances; integral to improved balance, power and rapid movement. Baileys Karate kids learn responsibility and acquire certainty in their newfound skills. Their confidence begins to expand to assertiveness beyond the karate school and into their everyday lives. Bullies are defeated, not by combat, but your child's calm and assured demeanor.



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- Custom Programming

Make New Friends. Baileys Karate kids train together and achieve together. Classmates and instructors are networks of support, helping kids accomplish their goals, and satisfying a need to belong. They begin to feel unique and part of something out of the ordinary. Baileys Karate kids are often leaders in their peer group. They have an investment in their value system essential to helping them stay on the positive path.

Take the First Step. Start with a free Baileys Karate School introductory lesson to help address specific needs or goals. Introductory lessons offer a way to begin formal classes with confidence, maximize personal abilities, self-esteem, and self-confidence from the start. We want students anxious to train!

Baileys Karate School has been providing quality martial arts training for children and adults in the Cortland/Homer area for 18 years. Conveniently located at 108 Homer Avenue, about 1 block from Cortland Memorial Hospital, Baileys Karate is open year round. You can start any time by calling 607-756-4202 to schedule a free introductory lesson for any family member, age 4 or over. Ask about our introductory special, \$49 for 1 month of classes and a free uniform!

IS TEI FU FOR YOU?

“TEI-FU ESSENTIAL OILS” IS A formula revised and perfected by a noted Chinese Herbalist some fifty years ago, based on an ancient formula dating back more than one thousand years to the era of The Tong Dynasty. For years, this Herbalist used his own concoction of essential oils obtained from a variety of herbs, including a few rare herbs known only to him. This blend of oils was not for sale. It was one of his secret formulas for those who journeyed to him for help. The keeping of secret formulas within families and the unwillingness to commercialize a popular formula are typical traits of the Chinese of the older generations.

Nature’s Sunshine Products first became aware of the essential oils formula through a Chinese employee on its research staff. Initially, fellow workers were skeptical of the mysterious blend of oils. But the researcher persisted, continually stressing the immense value of the product. One by one, employees began to try the essential oils for themselves and it wasn’t long before everyone at Nature’s Sunshine was using the product and enthusiastically telling their friends about it. The potential for essential oils seemed so promising that the President of Nature’s Sunshine made a special trip to Taiwan to investigate the matter. Together with the Chinese researcher, he was successful in negotiating the exclusive rights to market the oils in the United States. And, this is how little known Tei-Fu Essential Oils found its way to Nature’s Sunshine Products. **DON’T GO ANYWHERE WITHOUT IT!** (I always keep a bottle in my purse) This is an oil essence from rare herbs that works fast. It is a small bottle. Use your finger to put on area of the pain. It is used for pain anywhere on the body. The following is a list of some of the uses for this wonderful little gem in a bottle. It is faster than aspirin for headaches, and pain. It relieves pain, not heals it. For larger areas we have it also in lotion form which is what I call Natural Ben Gay. It smells wonderful and feels good too. Just make sure to wash your hands well after applying. Don’t get it into your eyes.

Historically, the following amounts have been used for the following conditions, most of the time used only externally:

Burns and scalds: 2 or 3 drops Cuts, Wounds, Bleeding: 2 or 3 drops
 Insect Bites or Stings: 2 or 3 drops on area
 Headache, including Migraine: 2-3 drops to temple area and massage and 2-3 drops on back of neck. Muscle Pain or sprain: rub 2-3 drops into area

Arthritis: 2-3 drops rubbed in hard on pain area Toothache 1-2 drops on cotton ball put in painful area Itch, Swelling, Poison Ivy: 2 or more drops on affected area Stiff neck: 1 or more drops in shoulder area Stomach Pain: adults: 1-4 drops internally with water; children 12 and under: 1-2 drops internally with water. Also 1 or 2 drops to stomach area, rub.

Allergies, sinus, stuffy nose: smell or put on nose or a few drops in a stainless steel bowl of boiling water put towel over head and inhale deeply.

Colds, coughs: 1-4 drops internally with water for adults; for children 1-2 drops internally with water or 2 or more drops on chest.

Vomiting: adults: 1-4 drops internally with water; children 12 and under 1-2 drops internally with waster, 2 drops in throat area

Motion sickness: same as above. Externally 1-4 drops on back of neck. Long distance driving: 1-2 drops with water or directly on back of tongue

I never leave home without it and there is even a little black pouch that contains one little bottle of Tei Fu and one of pure peppermint oil. You can keep one in your purse and one in your glove compartment of your car.

Till next time,



Diane L. Toombs, CNHC
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HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING CLUBMOSS

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A WALK OR CROSS-COUNTRY SKI run during the winter months can even revel medicinal herbs so do not just think of winter as a dormant and dry season. Dig through the snow and you will see tiny pine trees just as green and alive as ever. This Genus consists of about 450 species of evergreen trailing perennials. The spores of this herb date back as early as the 17th century. Club moss spores are now being used in sound experiments because they vibrate patterns of sound waves. They are also flammable making them useful in fire works and stage effects. Winter is not a time of

dormancy for us but pulsating life energy if we only know where to look.

FOLK NAMES: Stags horn, witch meal, wolfs claw, vegetable sulfur, foxtail.

LATIN NAME: *Lycopodium clavatum*.

ELEMENT: Water.

POWERS: Protection and power.

MEDICINAL PARTS: Spores and the arial parts.

CONSTITUTES: Alkaloids including nicotine, flavonoids.

PROPERTIES: Antibacterial, diuretic, sedative.

MAGICAL USES: Gathering this herb properly by using gentleness and cutting each tree individually will guarantee the picker, power, protection and blessings.

INTERNAL USES: Urinary and kidney disorders, cystitis, rheumatic arthritis, traumatic injuries, all bacterial infections, gastritis, lowers fevers, helps cleanse the digestive tract, stimulates the uterus.

EXTERNAL USES: Use in tea form for skin disorders and irritations.

HARVEST: In the early spring, pick the whole upper plant. If using in a power form, be sure it is ground very fine. In the fall when the plant has a powdery look, pick and let dry onto a surface that you can sweep the dust when dried. Do not store power next to open flame and keep in a dry area.

USE AS: Tea, power, extract, poultice.

PRECAUTIONS: Not to be used by women who are pregnant.

MY HUSBAND’S AND MY FAVORITE pastime when we first met in 1988, was to drive and walk through the state land. I never knew there was so much land that was out there for all of us to use before I came to the area of Cortland and Chenango Counties. There are literally thousands of acres there for you to walk, camp, pick wild berries and meet God again. But best of all, the land is also filled with healing medicinal plants.

One day, we came up to a huge patch of clubmoss. Not finding many books on this herb but going to classes and learning about vibrations and talking to plants, helped me to understand this plant. At the time, Staph infections was on the rise and knowing God would direct me to a plant that would help and in the process make a combination that would be healing if I would only listen, would be there for me. So with God’s guidance we created the combination, you bottom out. Not sure how the combination would react on the problem, my husband gladly volunteered to take the herb and see the results. To this day, it is his favorite combination of herbs with clubmoss being the powerhouse of the combination. John works city construction and is many times in the sewage of the city repairing and putting in new pipes.

In homeopathy, clubmoss is used for the male energy so very interesting that John felt that right away and was very excited to try the herb.

Working with vibration is called muscle testing or kinesiology. This is like the electricity in your home. If a mouse chewed through a wire the electricity would not continue. There is no more energy moving. The same is in your body. If you have an infection and the energy is blocked, kinesiology helps to find what will unblock the energy so the body can start healing itself. Checking the energy of herbs on the body helps us to understand how they work and what they can do.

God has put these herbs on the earth with the intention of us using them, no different then a juicy wild blackberry waiting for you to sample.

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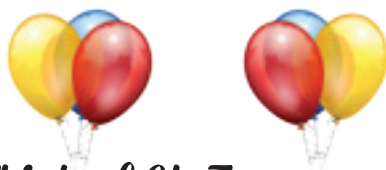
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For your interior design needs, we have items for every room in the house. We offer quality dining room tables and chairs, coffee tables, hutches, entertainment centers, bookcases, bed frames, dressers, rocking chairs, sofas, chairs, gun racks, mailboxes, red wagons, and last but not least, children's furniture.

Some popular gift giving ideas might include a jewelry box or armoire, hand-made table runners, wind chimes, spiced hot pads, or laundry drying racks. We also offer a large selection of framed pictures and the ever popular Donna Sharp hand bags.

We have provided just a snapshot of what is available for your shopping experience. Visit a piece of Lancaster County, PA without making the trip! For your unique shopping experience, come visit us at 3106 Route 11, one mile north of Whitney Point, NY. Our friendly, professional service has allowed our business to be the success it is today.



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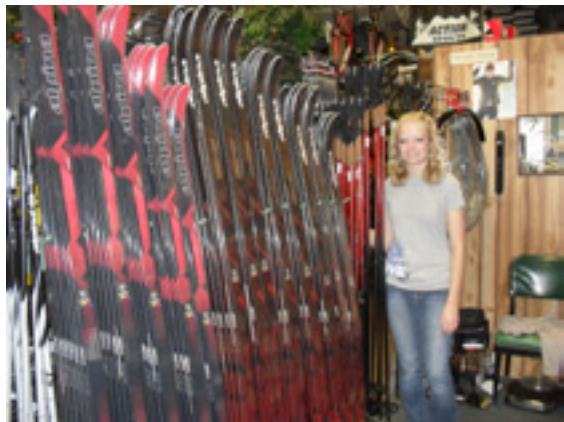
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YES, THINK SNOW! IF YOU'RE a winter sports enthusiast, then you need snow! Get your cross-country skis ready for the white stuff! If you have back-country skis with metal edges, bring them in and we can sharpen them. We sharpen and wax downhill skis and snowboards as well. With the anticipated snowfall, get ready for a season of exercise and scenic outdoor fun!

Action Sports is Cortland's only bike and ski shop, located at 85 Main Street in downtown Cortland, across from the Cortland Post Office. We sell Alpina cross-country touring and back-country ski packages. We offer Madshus skate and classic cross-country skis and cross-country ski packages for the kids.

We have some skis marked down from the previous year. Stop in and check out the savings!

Action Sports also sells snowshoes! Made in America, Northern Lites snowshoes are the lightest snowshoes, which is a real plus when trekking through the snow. Louis Garneau snowshoes are a great shoe for the recreational snowshoer, with a lower price point. Snowshoeing, like cross-country skiing, is a vigorous workout and will help you burn calories.

Stay fueled and hydrated when exercising. Action Sports stocks hydration packs and an assortment of water bottles, Cytomax products and powdered electrolytes. We stock Hammer gels and gu's, energy chews and waffles, helping you keep fueled with good nutrients for your trek through the snow.

Other snow-related merchandise Action Sports offers includes Toko ski wax including Klister, ski irons, scrapers, thermo polishing pads, Toko grip spray, gaitors, snowshoe totes, telescoping ski poles, jackets, long-sleeved jerseys, men and women's tights, gloves, mittens, wool trainer socks and balaclavas. Come in and see what we offer for snow sports enthusiasts!

Action Sports also stocks Specialized and Jamis bicycles and accessories. The new 2013's are in! Come in and see the latest in over-rocks-and-tree-roots mountain bike 29rs! Becoming more and more popular, these two-wheeled beasts are designed to roll over the protruding rocks and gnarly roots you find out on a trail through the woods. The Specialized Rockhoppers and Stumpjumpers come only with 29-inch wheels this year instead of also offering 26-inch wheels, attesting to the increased popularity of the 29r. Road bikes continue to be a favorite, especially with an increased participation in triathlons. Get a road bike that fits you, with the right size frame and components

you want. We also sell children's bikes. Come see our selection of 12, 16, 20 and 24-inch kid's bikes!

So, think snow! And hopefully we'll have a snowier winter than last winter! (everywhere but our driveways, that is!)

Action Sports, owned and operated by Matt and Lisa Belknap, would like to wish you a Merry Christmas and a Happy New Year! May your holiday season be joyous and bright!

Business hours are Monday, Wednesday, Thursday, Friday 10:00-5:30, Saturday 10:00-3:00. Closed Sundays and Tuesdays.

Call 607.753.9612 for more information. Gift certificates available!

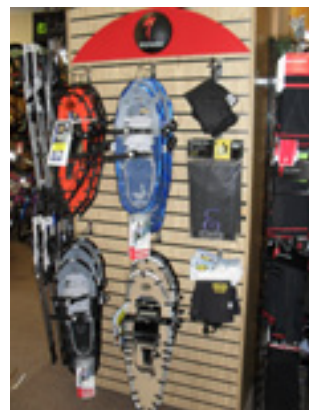


Photo 1 - Malin with touring and back-country skis
Photo 2 - Northern Lites and Louis Garneau snowshoes
Photo 3 - Bicycle trainer and accessories

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JUST SAY CHEESE

CORTLAND BULK MILK, A DAIRY farm co-op has opened, Just Say Cheese at 3819 Rt. 11, Cortland. The store features dairy products made from local farmers milk.

The co-op has 70 dairy farms that ship milk that is used to make Chobani Greek Yogurt. The farms include Stuart Young's Spruce Eden Dairy in East Homer, Martin and Mary Ann Young's Whey St. Dairy in Cuyler and Calvin and Matthew Wood's Woodstead Farms in DeRuyter.

Just Say Cheese will offer yogurt and cheeses from the businesses that buy the co-op's milk.

Brenda Sprouse, manager of Cortland Bulk Milk, says that Chobani is going to be their big one. She said that they put 10 millions pounds of milk into Chobani a month. The store opened as a way to promote the co-op and local products. Local is very important!!

The store hours are Monday through Friday 10 to 6 and Saturday until 1.

The store will also offer quilts made by the wives of dairy farmers in the co-op. The store will also stock pancake flour from New Hope Mills, and jellies from Fruit deVine in Munnsville, in Madison County, cheese curds from Stolzhus Dairy LLC in Vernon Center, Oneida County. The store will also carry goat cheese.



SNOWMOBILE SAFETY TIPS DURING HARSH WINTER MONTHS



THANKS TO SNOWMOBILING, POWDERY WINTER storms and the deep chill are often something to look forward to. Snowmobile enthusiasts welcome the low temperatures and high snowfalls!

"Nothing beats cruising through fresh powder on your sled, until something unexpected happens," said Allstate spokeswoman for New York, Krista Conte. "Allstate offers affordable coverage that helps protect you, your passengers and your snowmobile,

including: Liability Coverage, Medical Payments Coverage, and Physical Damage Coverage."

Here are some tips from Allstate's power sports insurance brochure to help you have a worry-free snowmobiling season.

Plan for Success

- Create a kit of essentials (driver's license, money, medications, insurance forms, cell phone, water, high-energy food) to carry with you.
- Create a plan using detailed maps.
- Before you head out, make sure someone knows your plans.

Chill out on Ice

- You have far less traction for starting, turning, and stopping on ice than on snow, so always travel at low speeds.
- Be absolutely certain that any ice you ride on is safely frozen.

Remember the Basics

- Always wear a helmet and insist any passengers do the same.
- Never drink and sled.

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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SEND HOLIDAY GREETINGS TO AMERICA'S HEROES

"HOLIDAY MAIL FOR HEROES" SIGNINGS AT KMART AND WALMART IN CORTLAND

WHILE MILITARY DEPLOYMENTS AND HOSPITAL stays may keep many of our nation's heroes away from their families this holiday season, the American Red Cross is collecting and distributing holiday greeting cards that send words of encouragement, gratitude and cheer.

Cortland County and Tompkins County residents can send a card of thanks and support to members of the Armed Forces, veterans and their families through the American Red Cross "Holiday Mail for Heroes" campaign. Holiday card signings will be held from 5 to 8 p.m. Thursday, Nov. 29, and 11 a.m. to 2 p.m. Saturday, Dec. 1, at Kmart in the Cortlandville Mall, 854 Route 13, Cortland.

A signing will also be held from 5 to 8 p.m. Friday, Nov. 30, at Walmart, 819 Bennie Road, Cortland.

The public is encouraged to bring holiday cards to donate for the signing. Organizations, schools, businesses and houses of worship are also encouraged to sign and bring cards to the holiday card signings.

"It just takes a moment to sign a holiday card in order to show your appreciation of the sacrifices members of the military and their families make," said Barry Stein, Community Chapter Executive of the Cortland County and Tompkins County chapters of the American Red Cross. "You say thanks, we'll do the rest."

For people unable to attend the card signings, messages of thanks and holiday cheer will be accepted until Dec. 7 and may be mailed to:

Holiday Mail for Heroes
P. O. Box 5456
Capitol Heights, MD 20791-5456

The cards are received at the special "Holiday Mail for Heroes" P.O. Box by Pitney Bowes, Inc. which screens them for hazardous materials. Pitney Bowes packages and ships the cards free of charge.

Red Cross Volunteers across the United States and on military installations overseas sort and deliver the cards throughout the holiday season. The Red Cross and Pitney Bowes have received and distributed more than 4.7 million cards for members of the U.S. Armed Forces, veterans and their families since the inception of the program in 2006.

The public can connect with fellow card senders through Facebook at facebook.com/redcross and Twitter.com/redcross using the hashtag #holidaymail.

The Red Cross relies on the generosity and support of the American people to carry out its mission of service to the 2 million members of the U.S. Armed Forces and 24 million veterans and their families. During this holiday season people can support all Red Cross services by making a financial donation at redcross.org or by calling 1-800-Red Cross (1-800-733-2757).

TCBRA NEWS

Applications now being accepted for 2013 College Scholarships through the William Morehouse Scholarship Fund and Tompkins Cortland Builders & Remodelers Association for area students in the Construction Trades in 1, 2 or 4 year college programs in NYS! Contact us for more information at info@tcbra.com or visit our website tcbra.com. Apply today!

OSHA 10 TRAINING COURSE will be offered in Cortland New York on January 10-11! Sign up now-space is limited! This 10 hour class cost is \$235. Presented by Tompkins Cortland Builders & Remodelers Association (TCBRA) and NYSBA. Contact us for more information or an application: info@tcbra.com or tcbra.com. Deadline to apply January 3rd!

The 25th Annual Tompkins Cortland Builders & Remodelers Association Spring 2013 Home & Garden Show will be held at TC3 on March 9-10! Come meet and talk to the experts in home construction, remodeling, pole barn building, financing, insurance, solar and wind energy, painting, interior design and much more! Saturday 10-6 and Sunday 10-4! Come enjoy local restaurant food tastings, live radio remotes, homeowner seminars & demos and fantastic giveaways all weekend! \$5 admission good for the weekend with \$1 being donated to our local Habitat for Humanity! visit tcbra.com or info@tcbra.com for more information.

SNOW SHOVELERS NEEDED TO ASSIST SENIOR CITIZENS

IT'S NOT TOO EARLY TO think about snow! With winter weather coming upon us, the Tompkins County Office for the Aging is updating its listing of snow shovelers. Deep snow and icy sidewalks are dangerous for everyone but especially for senior citizens. Many seniors are not able to remove the snow from their sidewalks without assistance. If you are interested in assisting seniors by shoveling or plowing, on either a paid or volunteer basis, please call the Tompkins County Office for the Aging at 274-5482. If your name was listed last year, and would like to be listed again, please notify us.

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LIGHT THE LANDSCAPE: AN EVENING OF REMEMBRANCE

- Tuesday, December 4, 5:30 p.m.
- Please RSVP by November 30
- Location: Nina K. Miller Hospicare Center (172 East King Road, Ithaca)
- Free and open to the public

EACH YEAR THE WINTER GARDENS at the Nina K. Miller Hospicare Center glow with shimmering lights. These lights represent loved ones and reflect a shared sense of hope as we enter the winter months.

Please join us for Light the Landscape the evening of Tuesday, December 4. The event will feature music, refreshments, a candle-lighting ceremony, and a special display of the names of those being remembered.

Refreshments will be served at 5:30 p.m. and the program will begin at 6:00 p.m. Please note that this is an indoor event, although guests are welcome to stroll the garden paths and experience the light displays.

The event is free to attend and open to the entire community, not only to those who have had loved ones on Hospicare's services, but contributions are welcome and appreciated.

To make a donation in memory or honor of a loved one, visit <http://www.hospicare.org/donate/> (specifying "Light the Landscape," and if applicable, the name(s) of the person(s) you are honoring) or call 607-272-0212.

We hope you can join us to celebrate and remember during this season of light!

To RSVP, please call 607-272-0212 or stop by the office. To be sure the names of any loves you may be honoring are included in our remembrance display, please respond by Friday, November 30.

Visit <http://www.hospicare.org/events/> for online and downloadable calendars featuring all upcoming Hospicare events and programs.

CALENDAR OF EVENTS

December 9 – Singing Boys of Pennsylvania Christmas Concert
3pm, United Presbyterian Church, 25 Church Street in 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 – 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 or 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 – Dryden Senior Citizens Lunch
The Dryden Senior Citizens will meet on Monday, December 10, 2012 at the Dryden Fire Hall. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Please bring your own table service. The meal cost for members is \$6.00 and \$8.00 for non-members. The menu will be roast pork, mashed potatoes, gravy, green beans, carrots, applesauce, rolls, and gingerbread with whipped cream. Our entertainment will be Gabe Jerome who will sing Christmas Songs. Please Note: In December there will only be one lunch and that will be on Monday December 10. There will not be a lunch on December 24 due to Christmas. The first lunch in 2013 will be on Monday, January 14. 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.

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 home-made 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@twcnv.rr.com.

December 22 – Miracle on 34th Street
8pm, Center for the Arts, 72 S. Main Street in Homer. Holiday Radio Play with Jim Green's Scarlet Rat Entertainment. Tickets \$25, discounts for seniors and students, under 18 free. Tickets can be purchased at Bev's Fashions in Homer, Jodi's Hallmark and Sheridan's Fine Jewelry in Cortland, Ithaca Guitarworks in Ithaca, at www.center4art.org or by calling (607) 749-4900. If available, tickets will be sold at the door. The Center Social Hour begins at 7 pm offering desserts, coffee, tea, wine and beer for purchase. For more information or to sample music visit www.center4art.org or call (607) 749-4900.

December 24 – Christmas Eve Candlelight Service
Celebrate the birth of Christ at Dryden Presbyterian Church. Our Christmas Eve service begins at 7pm on Monday, December 24. Look for the lighted cross on "The Brick Church on the Village Green" in Dryden, at 6 North St. (Rts. 13 and 38). Children welcome. Parking available behind the church. See our web page at www.drydenpres.org.

December 31 – First Light Celebration
Celebrate New Year's Eve in Downtown Cortland! Fireworks, ball drop, live DJ, Times Square countdown show projected onto a Funficks inflatable screen, and more. Promotions Committee meetings take place Tuesdays at 4 pm at 9 Main Street. Anyone interested in helping to plan, volunteer or sponsor the event is encouraged to attend. For more information please contact Adam Megivern, Cortland Downtown Partnership, at (607) 753-4928 or adam@cortlanddowntown.com.

Tompkins Cortland Home Builders & Remodelers Association
present their **25th Annual TCBRA Spring**
HOME & GARDEN Show
MARCH 9 ... Saturday ... 10-6pm
MARCH 10 ... Sunday ... 10-4pm
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DECEMBER 1-9, 2012**

**ARTS EVENTS, RESTAURANT
WEEK, CHOWDER COOK-OFF,
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VISIT DOWNTOWN ITHACA'S WINTER FESTIVAL with special culinary events including Restaurant Week and a Chowder Cook-off, plus artists markets and gallery night, a film festival, and the 3rd Annual Ice Wars Ice Carving Competition.

December 1 - Santa's Arrival to Downtown. Santa will visit Downtown Ithaca at Noon on Saturday, December 1st. The elves and Santa arrive from the sky and rappel onto the Ithaca Commons. This is followed by photos with Santa, games, music and dance in Center Ithaca. 12noon to 3pm.

December 1 - Habitat for Humanity Cookie Sale - Center Ithaca

December 1 - Wing Walk Benefit for Ithaca Youth Bureau - 11:30 to 4pm - This new event will feature wings from Thai to traditional Buffalo. Patrons will be able to visit restaurant locations and vote for their favorites. \$7 for 10 tickets, \$10 for 15 tickets. Each ticket gets you one wing.

December 1 - 9 - Restaurant Week in Ithaca. Ithaca's Second Annual Restaurant Week will take place from Saturday, December 1st to Sunday, December 9. Restaurants will offer specials, fixed price menus and events including tastings and classes so you can try out new locations and your favorites. Check out www.restaurantweekithaca.com.

December 2 - Temple Beth El's Chanukah Festival & Jewish Book Fair (Cnr. Court & Tioga St.) 9am to 3pm - Arts & crafts,

books, latkes and fritters, wandering Klezmer musicians, sing-a-long. Free and open to the public.

December 2 - A Brown Bear, a Moon, and a Caterpillar: Treasured Stories by Eric Carle by the Mermaid Theatre of Nova Scotia - State Theatre - 12noon and 3pm Performances. www.Stateofithaca.com

December 6-8 - Ice Wars Ice Carving Competition - Ithaca Commons. Ithaca's Ice Wars Ice Carving Competition is a National Ice Carving Association sanctioned event and will take place from December 6-8. Sixteen acclaimed ice carvers will compete in three competitions to win the prize money. Ice Carving Schedule: Thursday, Dec. 6th: Carving of the Large Display Sculptures including the Throne. Friday Dec. 7th - Speed Carving 5 to 9pm

Saturday Dec. 8th - 9am - 12pm. One block carve and deliver competition (Sanctioned), Saturday 2 p.m. to 6.m. Two block showpiece (sanctioned)

December 7 - Special Holiday Gallery Night - A walkable tour of downtown galleries with special events and giveaways for the holidays. 5-8pm Locations: Art and Found, Benjamin Peter, CAP, CSMA, CTB, Decorum-too, Fibers, Ink Shop, The History Center, Ithaca Hemp Co., Ithacamade, Ithacamade (Holiday Store), Jon Reis, New Roots, Oasis/Greenstar, State of the Art, Titus Gallery, & Crow's Nest Cafe

December 7 - 5-8pm - Bool's Flower Shop Annual Holiday Open House. 209 N. Aurora St. Refreshments and 10% off in store purchases, drawings and complimentary rose to the first 25 guests.

December 8 - 3rd Annual Downtown Ithaca Chowder Cook-off - 12noon to 5pm - Ithaca Commons - Twenty restaurants will compete for the coveted Chowder Cup. Tickets are \$10 for 10 tastings and include vegetarian, seafood, and meat chowders.

December 7-9 - Ithaca Ballet presents the Nutcracker Suite at the State Theatre

Friday Dec. 7th Performance with the Finger Lakes Symphony Orchestra 7:30pm, Saturday and Sunday at 3pm

Saturday, December 8 - Holiday Artists Market at the Holiday Inn - Holiday Artists Market - Saturday, December 8, 11am to 5pm - A juried fine art market featuring local painters, photographers, printmakers, sculptors, and more! Free admission. Bring your holiday shopping list!! A program of the Community Arts Partnership. For more information, visit www.artspartner.org or call 273-5072, ext. 20

Sunday, December 9 - 4pm - Cayuga Chamber Orchestra and the Cayuga Vocal Ensemble present Handel's Messiah - First Presbyterian Church

For more information on Winter Festival events, contact Patty Clark at the Downtown Ithaca Alliance at 607-277-8679 or patty@downtownithaca.com.

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FINGER LAKES ReUSE, INC. INVITES local high school-aged students to join the Computer Technology Program. This free 10-week after-school program is a collaboration with the Ithaca Youth Bureau's Computer All Stars program and provides high school students with training in technical and leadership skills. Students aged 16-18 are immersed in an intensive, hands-on educational environment where they are trained to repair and refurbish donated computers by local professionals, gain knowledge of the basics of Information Technology and learn valuable leadership skills by presenting a project that they worked on throughout the course of the program. The next session begins January 8, 2013. Interested students must complete an application, found online at

<http://fingerlakesreuse.org/TALP.shtml> or picked up at Finger Lakes ReUse (2255 N Triphammer Road Ithaca, the Triphammer Marketplace) or the Ithaca Youth Bureau (1 James L Gibbs Drive, Ithaca).

This program has been developed and administered in collaboration with the Ithaca Youth Bureau Computer All Stars, with support from the Triad Foundation, the Social Service League of Ithaca and the Helen Thomas Howland Foundation as administered by the Community Foundation of Tompkins County. Please call (607) 257-9699 or email nina@fingerlakesreuse.org or martys@cityofithaca.org for more information.

December 7-8 - Mountainfilm: Telluride Mountain Film Festival - Cinemapolis - Mountainfilm is dedicated to educating and inspiring audiences about issues that matter, cultures worth exploring, environments worth preserving and conversations worth sustaining.



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PUZZLES & GAMES

WORD FIND

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

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

ski • winter • snowmobile • snowgloves • shovel • ride • downhill • sled • storm
toboggan • snowman • mittens • skiing • ski poles • snowshoes • scarf
parka • jacket • fireplace • snowball • snowboard • bindings • lessons
ice • boots • trails • cabin • hills • skates • snowpants • snowflake • frost

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It's easy to play Sudoku! Simply fill every column, row and 3x3 box so they contain every number between 1 and 9. Don't go too fast! The game is easy to play but difficult to master!

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

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LAST EDITION'S PUZZLES

SUDOKU

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

WORD FIND

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

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