

FREE

April 17-30, 2013

Pre-Mother's Day 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 PRE-MOTHER'S DAY 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!

**May 1** - "Pamper Me - Warmer Weather", Mother's Day & Lawn/Garden Edition  
(Deadline 4/26)

**May 15** - Memorial Day & Restaurants with "Outdoor Dining" Edition  
(Deadline 5/10)

**May 29** - Camping, Dairy Days & Pre-Dad/Grad Edition  
(Deadline 5/24)

**June 12** - Graduation & Father's Day Edition  
(Deadline 6/7)

**June 26** - Bed & Breakfast, 4th of July & Taste of Downtown Edition  
(Deadline 6/21)

**July 24** - BBQ, Outdoor Recreation & Ice Cream Month Edition  
(Deadline 7/19)

### 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)!



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# COMMUNITY CALENDAR

**April 18 – Asperger’s Support Group Meeting**

Asperger’s affects not only the individual with the syndrome, but everyone in the family. Come together with other family members to share practical help and emotional support. Parents, siblings and significant others are all welcome. We meet the third Thursday of each month in the basement of St. Luke Lutheran Church at 109 Oak Avenue in Collegetown (directly behind Collegetown Bagels and across from the Cornell Performing Arts Center)> Our next meeting will be Thursday, April 18th at 7 PM. Adults with Aspergers (18+) are invited to a separate group to discuss their experiences and needs. If you have questions, please contact Robin L. Booth at rlmbooth@gmail.com.

**April 19 – Weather or Not: The Effects of Changing Weather Patterns on Local Agriculture**

8 to 9am Breakfast. 9 am to 12 noon, NYS Grange, 100 Grange Place, Cortland. Area experts Larry Klotz (SUNY Cortland), Dave Eichorn (ESF) & David Wolfe (Cornell) explain how extreme weather associated with climate

change is impacting our area - especially agriculture - and offer tips for dealing with it. Amanda Barber (SWCD) moderates. Part of Climate Smart & Climate Ready Conference April 18-21. Breakfast and Presentation FREE. Optional Lunch 12 to 1 pm, \$5 with informal discussion & remarks by local producers: Mike McMahon, Kathie Arnold & Allan Gandelman. To purchase tickets, call Soil & Water Conservation District at 607-756-5991. For more information call 607-756-5991, e-mail climatesmartcortland@gmail.com or visit climatesmartclimateready.org.

**April 19 – The Hobbit**

Free Movie Night at the Groton Public Library 7:30 p.m. Free Popcorn and Water. Seating limited to first come, first serve For more information call 898-5055 or email director@grotonpubliclibrary.org

**April 20 – Guided Nature Hike “Vernal Voices”**

9am, Lime Hollow Visitor Center on McLean Road, Cortland. Bundle up and take a stroll with our

Senior Naturalist, Peter Harrity. April is vernal pool time. During April’s hike we’ll creep to the edges of vernal pools and eavesdrop on recently awakened amphibians. Plus we’ll explore the Hollow for other early spring life. Don’t forget binoculars, field guides and a water bottle. Hikes typically last an hour and a half. Free, donations appreciated. For more information call 607-662-4632 or visit limehollow.org.

**April 20 – Drive-Thru Chicken BBQ**

Varna United Methodist Church (965 Dryden Rd./Rte. 366). Halves ready for roadside sale around noon (\$5). With Chips and a beverage \$7.00.

**April 20 – Access to Independence Bowl-a-Thon**

11am to 3pm, Cort-Lanes. Raise funds to help support ATI programming and advocacy efforts. Bowlers bowl for free, teams welcome. Food and drinks, door prizes. Sign up by calling 607-753-7363. Handicap accommodations available upon request. All proceeds benefit Access to Independence.

**April 20 – Kidsville – Caring for Today and for Tomorrow!**

10am to 1pm, County Office Building Gym, 60 Central Avenue in Cortland. Celebrate the Week of the Young Child at Kidsville, the place where Cortland County comes together with hands-on fun and information for young children and their families. This event is free and sponsored by the Child Development Council. Call 607-753-0106 for more information.

**April 21 – Earth Day Clean-Up**

1 to 4 pm, Lime Hollow Visitor Center on McLean Road in Cortland. Join us as we prepare trails for the spring and summer season. This is a wonderful volunteer opportunity for all ages! Bring your helping hands (with gloves) and we’ll bring the refreshments! For more information call 607-662-4632 or visit limehollow.org.

**April 21 – Cortland YMCA Spring 5k Race**

9am, 22 Tompkins Street, Cortland. Lace up those running shoes! Part of the 2013 YMCA Race Series. Pre-register \$18 Adults, \$13 Youth. For more information visit cortlandymca.org or call 607-756-2893.

**April 21 – Cortland Blooms Green Fair**

County Office Building gymnasium and the Cortland Corset Building. These two locations, two blocks apart, will be connected with an Art and Bike Trail, acting as a connective corridor. Local businesses and organizations will showcase the important work they do and services/products they provide at the County Office Building gymnasium. The Cortland Blooms Festival showcasing the unique work of artisans, vendors of local products, musicians and artists, will take place at the Cortland Corset Building. This event is free and open to all ages. For more information, to volunteer or participate, please contact Sara Watrous at cortlandblooms@gmail.com or (607)753-2253. Cortland Blooms is part of Sustainability Week, sponsored by SUNY Cortland. Sustainability Week encompasses numerous events, both on and off campus. For more information as it becomes available, visit sustainablecortland.org.

**April 22 – Grief 101: For Grievors**

TIME: 5:30-7:00 p.m. LOCATION: Nina K. Miller Hospicare Center, 172 East

King Road, Ithaca PLEASE REGISTER BY: Friday, April 19 (event is free and open to the public) This one-time educational presentation is for bereaved adults, those who are anticipating the loss of a loved one, and anyone interested in more information about the grieving process: what can be expected, how to know if you need more support, and a perspective on helpful ways to cope with grief. Hospicare’s bereavement counselors will present information about grief in general, as well as provide time for questions and discussion. Free and open to the public, but please register by April 19 with Donna George, LMSW, FT, (dgeorge@hospicare.org) or Kira Lallas, LMSW, (klallas@hospicare.org), or call 272-0212.

**April 24 – Reducing Stress: The Secret to Health and Wellness Naturally!**

7pm, Corey Union Exhibition Lounge. Wellness Wednesdays. One of the key factors in sickness and disease is the body’s inability to manage stress. Find out how to better manage stress and gain a lifetime of better health! Free and open to public. For more information call 607-753-2066.

**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, April 26th for this edition. By entering, you give us permission to print your name in our next issue. Each contest generates hundreds of entries!



**Answer from the Previous Edition:**

Frost Service Station & Oil Co. plus Frost Dry Goods – Marathon, NY

The winner of last issue is Kathy Matson. Kathy won a gift card from Toad’s Too Ice Cream Oasis located on Route 38 in Freeville! The winner from this issue will win a gift certificate from Brain Freeze Madness Ice Cream Shoppe located at 123 S. Main Street in Homer! Enter your guess today!

Our answer to in previous issue was incorrect. Pictured was the Marathon Presbyterian Church in Marathon, NY not the Marathon Methodist Church.

**DO YOU KNOW WHERE THIS IS?**

See what you can WIN  
if you know WHERE this picture is!  
Congratulations to our latest contest winner:

**Kathy Matson  
of Marathon**



## ALL TIRES ON SALE AT WILLCOX TIRES & SERVICE CENTER!

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## LET US HELP YOU MOVE MOUNTAINS!



## RABIES CLINICS

THE CORTLAND COUNTY SPCA IS working with the Cortland County Health Department in hosting Rabies Vaccination clinics on Mondays, June 3, June 10, and July 15, from 7:00pm-9:00pm p.m. June 3 & July 16 will be at the Armory, 25 Wheeler Ave. Cortland, and June 10 will be at the County Office Building. Cat owners: Please bring your cats in carriers. \$10 donation suggested.

## XYLITOL WANT TO IMPROVE YOUR NEXT DENTAL VISIT?

ONE OF THE THEMES OF this CAT is Dental Health Month. I have had wonderful success using our Nature's Sunshine Products containing Xylitol. We have Xylitol in mints, gum, toothpaste and in bulk to use in place of sugar.

What is xylitol? It is a healthy sugar substitute, not like aspartame or splenda! It is a white crystalline substance that looks and tastes like sugar. No bitter aftertaste. It is a naturally occurring 5-carbon sugar found in woody plant parts in many fruits and vegetables and is produced in small amounts by the human body. It has the sweetness of sugar (sucrose) but with 40% fewer calories and none of the negative tooth decay or insulin release effects of sugar. Xylitol is safe for diabetics and hypoglycemics with a Glycemic Index of only seven.

There have been over 25 years of clinical testing worldwide on xylitol proving it is the best sweetener for teeth. That will save lots of dental bills! Xylitol is one of bacteria's natural enemies. When certain harmful bacteria enter the body, they attach to the membranes of the nose and throat. They begin to culture and grow, causing infection and sickness. When xylitol is introduced to the harmful bacteria, the bacteria lose their ability to adhere to those membranes and are flushed from the body.

Xylitol is endorsed by the national dental association, health organizations and medical professionals worldwide.

Dr. Hugo Rodier said: "When it comes to sweeteners, only two of them have been shown to be 100% safe. Xylitol is one of these safe sweeteners. Xylitol, AKA "wood or birch sugar", is a 5 carbon sugar alcohol found in birch, raspberries, plums and corn. It is widely used in a variety of products."

Here are the benefits of using xylitol: It helps reduce calories and insulin resistance. In chewing the gum it reduces cavities. It helps suppress the appetite and helps prevent gingivitis. It helps to strengthen bones. It can help reduce dry mouth. It helps to reduce asthma, allergies and ear/sinus infections.

Some information taken from Dr. Rodier's book, Sweet Death. I have this book on hand if you are interested in reading the rest of the story!

Dr. John Peldyack has been in private practice since 1980 and works with the Health Board of the Saginaw Chippewa Tribe. They were trying to address a very severe tooth decay problem with children of their tribe. They had already tried all the conventional approaches to reduce the risk of tooth decay, including education and fluoride programs, but they only had limited success and still desperately needed additional improvement. They contacted the prevention experts at the University of Michigan Dental School to ask for help. The world's leading expert on xylitol, Professor Kauko Makinen agreed to set up and monitor a xylitol prevention pilot program. They found dramatic and rapid decline in the harmful bacteria that causes tooth decay simply by using xylitol chewing gum three times a day. Suppressing mouth bacteria that produces acid is the key to preventing tooth decay.

Since that time subsequent research has shown that early intervention with xylitol establishes the conditions for a lifetime of clean, confident and healthy teeth. He said "Dentists like me love xylitol because it works! Many trials conducted around the world conclusively show that xylitol use can reduce tooth decay by more than 80 percent. Xylitol is safe to use because it is a natural food ingredient. It tastes just like sugar but provides dental protection instead of harm."

Dry mouth and lack of saliva aren't the only reasons for dental damage. Many Americans are guilty of eating or drinking sugary or acidic foods before bed or before taking a nap. They are the ones with the most dental problems. The key is acidity + dry mouth = cavities.

By eating 6 to 10 grams of xylitol each day for about six months research has shown a reduction of 95 percent of harmful bacteria. Besides reducing dental problems it has been proven that regular use of xylitol also results in 42 percent less ear infections.

Pets especially dogs are not ever to have xylitol. It is fatal to them. It is perfectly safe for humans but deadly for dogs. So please do not use for your dogs.

Till next time,



Diane L. Toombs, CNHC  
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The information in this article is for educational purposes only and is not meant for diagnosing or prescribing.

## HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING BLACK WALNUT

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Phone/Fax: 607-842-6863  
E-mail: bethsnaturalway@yahoo.com

WALNUT HUSKS AND LEAVES, in the early 20th century was the main source for brown dyes for hair, wool and material. This herb was listed in the U.S. Pharmacopoeia (1820-1905) and to this day is still used for the same problems. Putting the nuts with the green husk around animal bedding, your carpets and floors throughout the house will be very effective against fleas and ticks. Be sure the nuts are dry and have not gotten wet from a rain storm.

FOLK NAMES: Carya, caucasian walnut, tree of evil, walnoot.

LATIN NAME: Juglans regia.

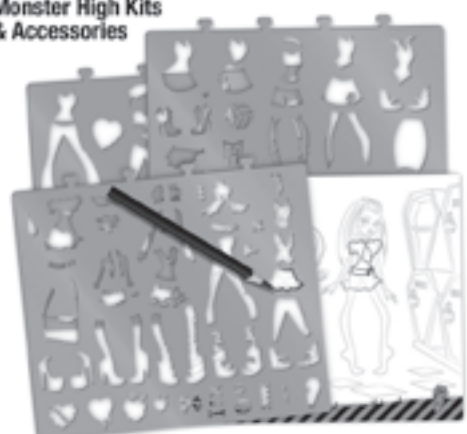
ELEMENT: Fire.

POWERS: Health, mental powers, infertility, and wishes.

## RTR Hobbies: Fresh Ideas for SPRINGTIME!

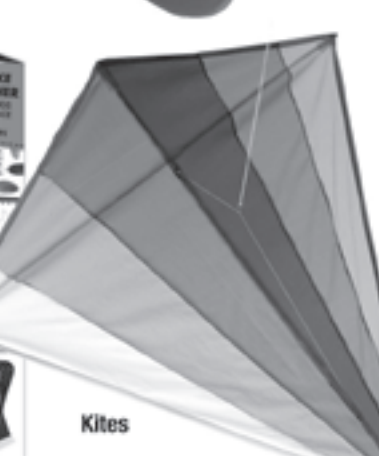
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26 **BILLY BRAGG**

27 **3RD ANNUAL  
BENEFIT MY STATE**

### MAY

16 **THE NATIONAL**

17 **HOT RIZE**

18 **DAVID BROMBERG**

30 **TOOTS & THE  
MAYTALS**

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**MEDICINAL PARTS:** The outside of the nut, the husks.

**CONSTITUTES:** Tannins, flavonoids, iron and naphthalene derivatives such as juglone that is converted from 1,4,5-trihydroxynaphthalene-4-beta-D-glucoside. Juglone has antifungal properties.

**PROPERTIES:** Antifungal, astringent, blood purifier, bitter, expectorant, laxative, demulcent, vermifuge and anticancer properties.

**MAGICAL USES:** Carry the walnut to stop rheumatic pain and to strengthen the heart Do not carry them or pick them during a lightening storm as they attract it. Walnut leaves will prevent sunstroke and headaches if worn around the head. The number of roasted walnuts put into your bosom on your wedding day will give you that number of years childless.

**INTERNAL USES:** Destroys parasites, constipation, chronic coughs, asthma, diarrhea, and anemia.

**EXTERNAL USES:** Externally for eczema, herpes, eruptive skin conditions, eye inflammations and hair loss. This makes a great hair dye and use the extract or powder to brush your teeth for extra whitening results. They will stain a false tooth or teeth.

**EDIBLE:** The inside nut is edible.

**HARVEST:** Pick as soon as the nuts start to fall on a dry day. Lay them out to dry whole, first or peel the outside rind and lay to dry right away.

**USE AS:** Extracts, powders, poultices.

**PRECAUTIONS:** None known.

*Vibrantly,  
Beth Hill*

## QUACK! QUACK! THE DUCKS ARE BACK!

**T**HE DUCKIES ARE GETTING READY to race in just 3 weeks. All they need is a \$5 chance to enter the race that could win you \$500!

Tompkins County 4-H along with CCETC Compost Fair prepare for the 13th Annual Cascadilla Duck Race and Color Splash Race on Sunday, April 28, 2013 from 10 a.m. - 4 p.m.!

At 2 p.m., 3,400 bright yellow rubber ducks will tumble over the falls and float down Cascadilla Creek to the finish line at the Cooperative Extension, on 615 Willow Avenue, Ithaca. The first 45 or more ducks to cross the finish line will win one of over \$12,000 worth of prizes. At the finish line there will be a festival with food, games, prizes, and live entertainment! All proceeds benefit the Tompkins County 4-H Youth Development Program, including 4-H Clubs, Rural Youth Services, 4-H Urban Outreach and Primitive Pursuits.

For the third year- stop in at the Compost Fair, in conjunction with the 4-H Duck Race to see and experience all aspects of composting. Teams of Master Composters will be on hand to answer your questions. There will be music, food, interactive displays, and activities for kids and continuous tours of our composting demonstration site. Prize drawings will be held at 3:30 pm for all attendees. See you at the fair!

The event also includes a color splash (similar to a color run so come prepared to get covered with colors) fun run starting at Stewart Park, racing along the Cayuga Waterfront Trail, food, game booths, face painting, and fun family activities from 10:00 a.m. to 4:00 p.m. at the

Cooperative Extension Education Center, 615 Willow Avenue off Rt. 13 in Ithaca.

These little ducks can win you big prizes! Top-finishing ducks win great prizes donated by local businesses and individuals. Grand Prize is \$500 cash "Nest Egg". This year's prizes will include a KitchenAid Artisan Series 5-Quart Mixer, a one-week, 6 Person Hot Tub Rental from CNY Tubs, 1 night mid-week stay at Inn on Columbia, 1 night-midweek stay and \$95 spa credit and breakfast for 2 at La Tourelle Resort and August Moon Spa, a Coleman LXE grill, Hangar Theater certificates 1 night stay at Homewood Suites by Hilton, chocolates from Life's So Sweet Chocolates, 1 night stay and continental breakfast at Benn Conger Inn, a High Sierra AT656 Carry On Expandable Wheeled Duffel, 3 yards of double ground mulch from Land Maintenance Systems, tool kits, restaurant and store gift certificates, gift baskets, a Sciencenter family level membership, and much more!

This event would not be possible without our wonderful sponsors: Major Sponsors: Cayuga Radio Group, East Hill Car Wash, Friends of Rob LaHood, Holiday Inn Downtown Ithaca and Max's Grill and Ithaca College. For a complete listing of our sponsors, prizes and event details, please visit: <http://ccetompkins.org/4h/4h-activities-events/4h-duck-race-5k-run>

CCE does not endorse or recommend any specific product or service

For more information about the event, call: 4-H Duck Race Coordinator or Megan Tiftt, 4-H Youth Development Team Coordinator at Cornell Cooperative Extension of Tompkins County's 4-H Office (607) 272-2292, [megan.tiftt@cornell.edu](mailto:megan.tiftt@cornell.edu). You can also e-mail Laura Pulito at [lbp39@cornell.edu](mailto:lbp39@cornell.edu).

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## APRIL IS ORAL HEALTH MONTH!

APRIL IS ORAL HEALTH MONTH and a chance to remind us all that a healthy lifestyle includes a trip to the dentist.

A smile can reveal more than just your mood; your mouth can provide insight into your overall health.

Research indicates that poor oral health and gum disease are linked to many serious conditions such as diabetes and heart disease.

Likewise, tobacco and alcohol use may lead to various medical conditions, including oral cancers.

During Oral Health Month, it is a reminder to us of the importance of oral health to our general well-being.

Maintaining good oral health includes keeping teeth free from cavities and preventing gum disease. Cavities and gum disease may contribute to many serious conditions, such as diabetes and respiratory diseases.

Oral health problems can also reduce a person's quality of life by affecting their physical, mental and social well-being, and can also indicate some very serious conditions such as periodontal disease and oral cancers.

Fortunately, the majority of oral diseases are preventable. To keep your teeth and gums healthy, brush at least twice daily and floss every day.

A dentist sees things you can't, so regular visits for dental exams are key. It's also important to avoid smoking and chewing tobacco.

Make oral health part of a healthy lifestyle, which includes staying active and enjoying a healthy diet.



## LOCAL FOOD & BEVERAGE SHOWCASE & TOOTS & THE MAYTALS CONCERT THIS MAY 30TH IN ITHACA

THE ITHACA FESTIVAL IS PROUD to announce the inaugural, "Heart of the Finger Lakes: Tasting & Tapas Showcase" welcoming local food and beverage producers to present tastes of signature dishes and products Thursday evening May 30th on the streets of downtown Ithaca. The same evening, as the food fest winds down, reggae legends Toots & the Maytals return to The State Theatre on their 50th anniversary tour... a co-presentation of Dan Smalls Presents and the festival.

The "Heart of the Finger Lakes: Tasting & Tapas Showcase" welcomes food producers to create a signature appetizer or tapas sized dish crafted from locally grown products. Wineries, breweries, cider makers and other beverage producers are asked to bring samples of a selection of their products. Other food producers like bakers, chocolatiers and dairies are welcomed to apply as well. Additionally, farm advocacy groups, and other organizations promoting local food are invited to table at the event.

Local food producers, artists and musicians, community residents, and out of town guests will join together in celebration of the region's unique features highlighting much of what makes Tompkins County exceptional. Musical performances will take place as a community art project is launched. To apply as a food or beverage producer, advocacy

group, or learn more visit [www.ithacafestival.org](http://www.ithacafestival.org). Contact Emma Hewitt, Program Director, [emma@ithacafestival.org](mailto:emma@ithacafestival.org) for additional information.

The night will cap off with a concert by reggae greats Toots & The Maytals, presented in collaboration with Dan Smalls Presents and the State Theatre. Local favorites the Blind Spots, who recently sold out the Haunt in advance, will open. The concert brings together three of Ithaca's most reliable sources for live entertainment, united to highlight the city's most beautiful venue while bringing beloved artists to our community. All three organizations are excited about this new and hopefully yearly venture.

It has been 50 years since the Maytal's debut album "Never Grow Old" was released. Since then, the group, lead by charismatic frontman Toots Hibbert, has produced countless hits including "Pressure Drop," "Reggae Got Soul," "Sweet and Dandy," "Monkey Man" and "Time Tough." Credited with singlehandedly naming an entire musical genre with 1968 hit "Do the Reggay", Toots & the Maytals stands as one of Jamaica's most influential groups. Their legendary ska and rocksteady style features soulful three-part harmonies, continuing to garner them fans across the globe.

Tickets will cost \$26.50 and 29.50 with a very limited amount of gold circle seating available for \$36.50 and will go on sale Friday, March 15th. They will be available without service charge at the Stage Theatre Box office, located at 105 West State Street. Tickets will also be available online at [Stateofithaca.com](http://Stateofithaca.com), or by calling 800.919.6272. For detailed information please visit [dansmallspresents.com](http://dansmallspresents.com). Doors will open at 7pm, with the show starting at 8pm.

## RURAL LANDOWNER WORKSHOPS: HOMESTEADING SERIES

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Woodlands and areas around your house can help you become more self sufficient as well as provide food. Topics to be covered include starting a small livestock operation, growing mushrooms on logs and an overview of permaculture principles. Presenters include: Heather Birdsall from Cornell Cooperative Extension of Cortland County, Jared Popoli of Cortland County Soil and Water Conservation District along with an expert on permaculture.

"Pond Management"  
Saturday, June 15, 9am-12, NYS Grange.

Do you have a pond? Have you had problems with algae, aquatic weeds or don't know what fish to stock? Topics to be covered include pond construction, alternative pond uses, algae/nutrient issues and pond stocking. Presenters include: a representative from Hickling's Fish Farm and Jim Kennedy from National Pond Service, a private consulting firm.

Pre-registration is required at least a week prior to workshop. To register or for more information call our office at 607-756-5991. Workshops are in partnership with Sustainable Cortland & Cornell Cooperative Extension of Cortland County and are free and open to the public.

Weather or Not: Effects of Changing Weather on Local Agriculture  
Friday April 19th, 2013 9am-12 - NYS Grange Building Auditorium

This will be a presentation for local agriculture professionals and the agricultural community on how climate change may effect agriculture in our region and what we can do to mitigate the effects. Presenters include, David Wolfe from Cornell University, with more to be confirmed. This is one of many events taking place in Ithaca and Cortland during the Climate Smart and Climate Ready Conference. For more information, e-mail [climatesmartcortland@gmail.com](mailto:climatesmartcortland@gmail.com)

3rd Annual Cortland Blooms: Earth Day Celebration  
Sunday April 21, 2013, 11-3pm - Cortland County Office Building & Old Corset Company

Cortland Blooms is a free Earth Day celebration event featuring a "green fair", educational displays/activities, local artists and musicians, farmers market, craft fair and fun for all ages.

Agri-Economic Development Mini Conference (Part 2: Small Scale Enterprises)  
Friday, March 22, 2013 NYS Grange 4:30-9pm, dinner will be provided  
(Event is free and open to the public)  
Pre-registration is required, to register call 607-756-5005 or email [info@cortlandbusiness.com](mailto:info@cortlandbusiness.com)

Emerging Opportunities and Challenges: crop diversification, irrigation/drainage, and season extension

Beyond Produce, the Next Step: insurance, programs and grants, GAP, labels/containers

Marketing: How to Make Your Product More Sellable: networking, funding opportunities, connecting eaters and growers

Nomination forms are available on line at [www.lwvcortland.org](http://www.lwvcortland.org) and at public libraries in the county, SUNY Downtown on Main Street, RSVP, Office for the Aging, the YWCA and the YMCA. Nominations can be returned to: Alice Walker Nomination c/o Shelley Ingraham, 6 Otter Creek Place, Cortland, NY 13045. The deadline for receiving nominations is April 23, 2013. The award is scheduled to be presented at the League's annual meeting in early June, 2013.



BATTER UP! It's SPRING TIME so that means baseball and softball are in full swing! Hi, I am Hannah Baker the Tompkins County Dairy Princess. If you're an athlete whether it is baseball, softball or any other sport what drink do you drink to replenish your body after a practice or a game? Do you grab a Gatorade or bottle of water? Did you know that you should be drinking a glass of chocolate milk?

When your body is exercising it loses important nutrients that it needs and can be replenished with chocolate milk. Low fat chocolate milk has the key electrolytes, protein, carbs and fluid that your body needs after a workout. Electrolytes help to replenish what is lost in sweat, protein helps to build muscles, carbs are to refuel muscles and fluids are to help rehydrate the body. With nine essential nutrients that help athletes recover better and the delicious taste, it seems that chocolate milk should be the number one choice. So remember after a game or practice to drink chocolate milk for a better recovery, and it counts as a part of your three servings of dairy a day!

## Alice A. Walker Award

THE CORTLAND COUNTY LEAGUE OF Women Voters is accepting nominations for its annual Alice A. Walker Award. Walker was a member of the league, active in community service and a faculty member of SUNY Cortland. As an ongoing tribute to her contributions in all areas, the league honors a member of the Cortland County community who exemplifies Walker's commitment to service and her independent spirit, sense of justice and ability to focus on a need in society. Nominations can include a description of the candidate's background, current activities in the community, and a statement of how the individual demonstrates some or all of the characteristics mentioned above.

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FALCON OPTICAL IS A FULL service optical providing frames, lenses, contacts and eye exams. Independent Optician and Owner William Rich brings a personal and professional feeling to his patients when it comes to their eye-wear. He has been in the optical business for over 25 years in Tompkins County. "Rich" has an eye for creativity and a heart for personal attention. Rich's wife Cindy Feint and daughter Celina, who were born and raised in Dryden, both work alongside Rich at the Optical. Celina is under an approved New York State Apprenticeship program to become a licensed optician like her father. Falcon Optical strives to make your optical needs comfortable and personal.

Falcon Optical has over 800 name brand frames and the newest lens technologies around, all offered at reasonable prices. We specialize in making people feel comfortable when it comes to their eye-wear, and being family owned we can do just that. You get step by step guidance with the health care of your eyes from start to finish. Here at Falcon Optical we take our time to figure out who you are and what kind of eye wear would work the best with your lifestyle. We accept most common insurance and provide affordable prices to those who are uninsured. The frames available at Falcon Optical are like no others! We have frames to meet every personality, from outgoing colorful frames to more traditional frames. Anything you are looking for Falcon Optical can fit, or find for you!

Not only do we have the best frames around, we will repair almost anything. We have a wide variety of parts and pieces that can fix your favorite frames. With a lab on the premise we can stock single vision and sun-glass lenses that can help you out if you need glasses fast. Next-day service is also available. And being a family owned business, service is quick and always spot on. The showroom itself is handcrafted and has a home-like appeal to it. If you are out and about and spot a frame you love, I am sure they will say they got it at Falcon Optical! We strive to make the process of getting eyeglasses relaxing and fun!

Falcon Optical is located at 88 North Street in Dryden. Hours of operation are Tuesday-Friday: 10-7pm and Saturdays: 10-2pm. Stop in anytime or call 607-844-9477 for any further questions.



## KLEIN'S ARCHERY WEEK LONG SALE-A-BRATION

KLEIN'S ARCHERY HAS JUST STARTED its seventh year under new ownership. Joe would 1st and foremost like to thank all the area bow hunters for their continued support. Klein's Archery is a full service bow shop. Working on all and any brands of bows, Joe has started to increase his inventory to include a full line of Cherokee turkey decoys, full line of Predator camouflage and Vortex Optics. Joe also continues to expand his league shooting opportunities to include several area colleges and also adult and youth leagues. Klein's also offers private birthday parties on Saturday afternoons.

Klein's will be holding its 23rd Annual Spring Sale-A-Bration the entire week of April 22nd through April 27th, 9am to 7pm on Monday thru Friday and Saturday from 9am to 3pm. All inventory in stock will be on sale and Klein's will have great deals on new and used bows! There will be free range use the entire week. Klein's Archery is located at 119 Freeville Road (Rt. 38) across from the Dryden High School. The normal store hours are Monday thru Friday 11am - 7pm and Saturday 9am - 3pm. If you have any questions give Joe a call at 607-844-3474, or better yet stop out and see Joe for yourself. We are sure you won't be disappointed. So remember the entire week of April 22nd through April 27th - stop out and shoot one of the new PSE, Parker, Hoyt or Elite bows. Be sure to "Like" Klein's Archery facebook page!

Joe is looking forward to continuing the long tradition of excellence Klein's Archery has been known for.



## PAWS TO TASTE RAFFLES, MUSIC & FUN!

COME JOIN THE FUN AND support the homeless animals of Cortland County! All proceeds will go to the Cortland Community SPCA. The fundraiser is to help purchase much needed cat cages for the shelter. The shelter desperately is in need new ones the old ones have just come to the end of the line. The cats have gone along time without and are in need of new and updated cages while there stay at the Cortland Community SPCA waiting for their forever homes.

Enjoy great food from area businesses! Plus experience wine from the Finger Lakes region paired with gourmet appetizers, entrees, chocolates, desserts, local beer and more!

Additional information is posted on facebook (Cortland SPCA) and info is also on the Cortland SPCA website cortlandspca.org. Many items will be available on the raffle table, gift certificates and many gift baskets to bid on for the silent auction. The location of SUNY Alumni House located at 29 Tompkins Street, Cortland is a beautiful setting for such a fantastic fundraiser event for the Cortland Community SPCA on Saturday, April 27 from 4:00 PM - 7:00 PM. Visit CCSPCA at 879 McLean Road in Cortland for tickets or 607-753-9386. You can also go online to their facebook page or through PayPal. \$40 each or \$70 a couple. Donations accepted. Tickets will also be available at the door - same price!

Saturday, April 27, 4:00 PM - 7:00 PM

Alumni House, 29 Tompkins Street, Cortland

\$40 each \$70 a couple

Finger Lakes Wines, gourmet appetizers, entrees, chocolates, desserts

>>> Music & Silent Auction <<<

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All proceeds will go to the Cortland Community SPCA

Tickets available at the shelter or through PayPal. Tickets will also be available at the door - same price!



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## HIGHLIGHT YOUR LIFE EMILY PERINE



**H**I- My name is Emily Perine and I'm now starting at Highlight Your Life Hair Salon in Dryden, N.Y. I Graduated from Ann Marie's World of Beauty, a private cosmetology school in Binghamton, N.Y. I participated in a one year rigorous program where I did ten hour days in a full functioning salon all the way up to graduation. I specialize

in haircuts (men, women, and children), hair color, highlights, lowlights, up-dos, relaxers, perms; facial waxing and much more - just call and ask! I'm available almost every day - preferably in the afternoons and also will take Saturday clients as well! Highlight Your Life is located at 2315 Dryden Road (Route 13) in Dryden and their phone number is 607-844-4111. Call to book your appointment today!

## BRAIN FREEZE MADNESS NOW OPEN FOR THE SEASON!

**B**RAIN FREEZE MADNESS, IS AN ice cream shoppe that opened last year on May 18th located at 123 S. Main Street in Homer (next to Little Italy). Brian and Teresa Wallace of Homer are life long residents and decided to open the shop since it was a dream that we had had for awhile. They wanted to give back to the community as well as a rewarding adventure for them both and to leave their children a life long future. Brian owns other businesses, including Wallace Landscaping LLC., Izzi's Custom Cuts, Super Clean Powerwash and a topsoil company. Teresa does the books for all of Brian's companies, volunteers for St. Mary's School where their daughter Isabella attends. They had been considering the idea for years but finally decided to go ahead with opening the ice cream shoppe.

They built the shop on the original foundation which was a dilapidated old body shop and expanded the building slightly. The shoppe also has the first Drive-thru window for ice cream in the community for all of the on-the-go-people, as well as outdoor seating and plenty of parking. Brain Freeze is open seven days a week from 11AM to 10PM.

New this year are many new items including low fat Greek yogurt and a new "Hot Dog Shack"! Plus they offer Turkey Hill soft serve ice cream, as well as Gifford's Premium Hard ice cream. They also carry gluten free cones and a variety of no sugar added hard ice creams, which many people have been grateful for. The community seems very happy to see the building renovated into something wonderful, and have had great opinions on their product. The ice cream shoppe is walking distance from the village, and the only place where you can hop off Interstate 81, get some ice cream and get back on very quickly. Stop in a get your "Brain Freeze" going and try one of the new hard or soft serve ice cream flavors! Watch for weekly specials and soon Brain Freeze will have a facebook page! Questions - give them a call 607-299-4879. Gift certificates available - treat mom for Mother's Day with a gift certificate from Brain Freeze Madness!

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999 Rt. 13, Cortland  
**Cincinnati Fire Dept.**  
5722 Telephone Road Ext.  
Cincinnati

**Saturday April 27th**

**Cortlandville:**  
9 A.M.—1 P.M.

**Cincinnati:**  
9 A.M.—NOON



**Questions?**  
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kimberly@cortlandprevention.org  
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**CALENDAR OF EVENTS**

**April 24 - Classical Guitar Concert**

7 to 9 pm, United Presbyterian Church, 25 Church Street, Cortland. Music students of the Guitar Studio at Ithaca College, headed by Professor Pablo Cohen, will be performing the works of Bach, Villa Lobos, Barrios, Diabelli, Turina, Brower and others. If you love the guitar, don't miss this chance to open your ears and experience some of the greatest music written for the guitar and the wonderful variety and magic of this instrument. Free admission (donations accepted). For more information call (607) 745-6707, e-mail mail@cortlandmusic.org or visit guitar.cortlandmusic.org.

**April 24 - Family Matters: Project Adventure**

5:30 to 7:30pm, SUNY Cortland Park Center. Enjoy a free, interactive, family fun night that includes a meal, emphasis on family quality time, and a climbing wall! Space limited, pre-registration required at 607-423-3437 or e-mail alma.johnson@dfa.state.ny.us.

**April 24 - Prom Closet Giveaway**

3pm to 8 pm, Youth Center, 35 Port Watson Street in Cortland. Free formalwear and accessories. (Our supply of men's formalwear is limited - call ahead for availability.) Bring your student ID. If you are unable to attend please call for an appointment. This program is made possible thanks to

community donations. For more information call 607-753-3021 x26.

**April 25 - Dryden Grange Open House**

Dryden Grange announces its annual open house to honor the recipients of 2013 Community Service Awards. This years volunteers being honored are Aiden Payne for her work with the WEB program (weekend backpacks for Dryden area school children), the Kitchen Cupboard, SWL volunteer and works with Cornell Legacy Program. Dawn Potter for her work with the Varna Community Center, the Garden of Eatin project. This will take place Thursday, April 25th at 7 P.M. at Dryden Fire Hall, North Street in Dryden. Public is invited as the Grange once again honors those devoted to making our community a better place to live.

**April 27 - Sneaker Ball**

6pm, JM McDonald Sports Complex, 4292 Fairgrounds Drive in Cortland. An entertaining, adult party created to give our adult patrons a night out with friends while supporting an important community resource. Tickets are \$30 each and include: one adult admission, a chance to WIN cash prizes up to \$2500, dinner buffet by Central City, a sports memorabilia auction, contests, games and entertainment by the master of ceremonies, DJ Philly C. Because of the individuals and families who support us, our local children have the opportunity to play in a safe environment, learn to be part of a team, have a place to go after school and exercise regularly. You can purchase your Sneaker Ball tickets on our website at jmmcomplex.com or visit our office at your convenience.

**April 27 - Wings & Things Taking Flight**

10am to 1pm, Children's Museum, SUNY Childcare Center on Prospect Terrace. Build your own Hoop Glider Straw Rocket! Free. For more information call 607-753-5525.

**April 27 - McLean Community Church Lasagna Dinner**

McLean Fire Hall. 5 pm until gone. All you can eat lasagna varieties, salad, bread, homemade desserts, and drinks. Adults-\$8, Seniors-\$7, Kids 5-12-\$5, and under 5 free. Sponsored by McLean Community Church Women's Fellowship.

**April 27 - Drug Take Back**

9am to 1pm, Drive thru location, parking lot of the Cortlandville Fire Station, 999 Route 13 in Cortland. Dispose of your unwanted prescription and over-the-counter medications. For more information call Kimberly at 607-756-8970.

**April 27 - Fishing Festival**

8am to 12 noon, Lime Hollow Visitor Center on McLean Road, Cortland. This fun-filled program is focused on all things fishy! Come learn about water, aquatic life, and fishing at this all-ages event! Children ages 3-12 may try to catch and take home their very own luncker! Pre-Registration is highly recommended! Pre-registered \$4 per person, walk-ins \$5

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per person. The Fishing Festival is held in conjunction with the USGS Tunison Laboratory of Aquatic Science and the BOCES New Vision Environmental Science Class. For more information call 607-662-4632 or visit limehollow.org.

**April 28 – An Artistic Exploration of Psalm 139**

3pm, United Presbyterian Church, 25 Church Street in Cortland. Experience Psalm 139 in images created by local artists, photographers, musicians, writers. Part performance, part demonstration, part “encounter.” Free and open to the public. For more information call 607-849-4680, e-mail pifry48@frontier.com or visit www.unitedpresbyterian.net.

**April 28 – 13th Annual Color Splash Run to Support 4-H**

Tompkins County 4-H will hold the 13th Annual 5K Fun Run on Sunday April 28, 2013, and this year’s race will be more colorful than ever! The race will begin at 10:00 a.m. Participants will enjoy a flat, fast and fun 5k, with a twist. This year, participants will be showered with colored powder as they travel from Stewart Park and up the Cayuga Waterfront Trail. This environmentally-safe colored corn-starch will tie-dye our runners from head to toe, making this year’s fun run extra bright! Water will be provided along the route, with fruit and refreshments post-race. The course will be staffed by volunteers as well as by Ithaca College Professor Craig Paiement’s Sport Event and Facility Management students. Prizes donated by local businesses will be awarded to the first several runners to finish in each age category. Runners/walkers of all abilities are welcome! (Adults, children, strollers, wheelchairs, etc.) Pre-Register (\$20) until April

14 or \$25 on race day. All pre-registrants get a free t-shirt. To register, visit our website at <http://tinyurl.com/4hcolor> And don’t forget to purchase your duck chance for the annual 4-H Duck Race for more chances to win great prizes, including a \$500 “Nest Egg”! This event would not be possible without our major sponsors.

**April 28 – An Artistic Interpretation of Psalm 139**

3 PM at United Presbyterian Church of Cortland; 25 Church Street; Cortland – Free; Reception following; Fully Accessible.

Experience Psalm 139 in images created by local artists, photographers, musicians, writers. Part performance, part demonstration, part “dramatic encounter.” Participating visual artists: Tom Cain, Sandy Cowan, Marian Davie, Doug Hatch, Jane Newman, Joan Niswender, Marilyn Palmer, Linda Ruthig, Marian Strang, Lolita White, Jane Zogg. Music by the Choirs of the United Presbyterian Church, Judie Murphy, and Organist Paulette Fry.

**April 29 – May 4 – Paint the Town Purple Week**

Paint the Town Purple (PTTP) Week is a celebration to bring awareness of the impact that cancer has on our community and the Cortland County Relay for Life (American Cancer Society). The mayor of Cortland has proclaimed the week of April 29 thru May 5 Paint the Town Purple Week in the City of Cortland. PTTP will culminate on Saturday, May 4 with a vendor fair and entertainment in the parking area adjacent to the MarketPlace Mall on Main Street in Cortland.

**May 4 – Richford Church Annual Spring Smorgasbord**

The Richford Congregational Church will hold it’s annual Spring Smorgasbord on Saturday, May 4th from 4 to 7 PM. Lasagna, meatballs, macaroni and potato salads, baked beans, rolls, pies and drink for \$8 per adult, \$4 children, under 5 free.

**May 10-11 – Homer Yard Sale**

St Margaret’s Church, 14 Copeland Ave Homer. Huge Lawn Sale. Large selection of household & kitchen items, collectibles, books, toys, games, sports equipment,, furniture and plants (flowers & veggies) and lots more. Also there will be a bake sale! Friday, May 10 from 8:00 - 4:00 and Saturday, May 11 from 8:00 - 1:00.

**May 21 – Contemporary Singles Open Meeting**

Endicott Visitors Center, 300 Lincoln Ave, May 21, 6:00PM. All singles welcome. 748-1860


**May 27 – Memorial Day Benefit for LaFayette Outreach**

The Columbian Presbyterian Church in LaFayette will be hosting a Memorial Day Benefit for LaFayette Outreach, Inc. (our local food pantry and service-referral agency) on Monday May 27, from 8:00 am- 12:00 noon, on the church grounds at the corner of routes 11 & 20, LaFayette. The event will consist of a silent auction, bake sale, plant sale, “Red, White & Blue Ice Cream Sundaes”, and free Kid’s Craft Area. There will be some new and exciting activities for this year’s event, so plan on attending (...and bring your camera!) . For more information or to help out: 315-677-3293, or cpresbyt@twcnr.com.

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# PUZZLES & GAMES

## WORD FIND

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

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

apple • breakfast • brush • cavity • chewing • chip • decay • dental  
dentist • digest • dinner • enamel • floss • fluoride • gums • health  
healthy • hygiene • lunch • molar • nutrients • paste • plaque • sealant  
smile • smoking • sugar • teeth • toothtooth • brush • white • xray • braces

## 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!

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

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Riverside Plaza • Colonial Laundromat • Ramada Inn

Main Street Downtown Homer • Back to Basics

Natoli's Market • Express Mart

Ithaca Wegman's • Rite Aid Dryden/Cortland

Gregg's Market Marathon/Whitney Point • Dryden Agway

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Queen Diner Dryden • Clarks Dryden Food Mkt

Country Kitchen - Whitney Point • Country Kitchen II - Cortland

Hope Lake Lodge • Tully Kinney Drugs • Triphammer Mall

Cortland Seafood • Piccadilly Lane Country & Primitive Store

The Second Knob Gifts & Antiques • Cortland Ramada

Price Chopper - Cortland • Reakes Country Goods - Truxton

Charlie Browns Gas Station - Truxton

## LAST EDITION'S PUZZLES

### SUDOKU

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

### WORD FIND

a	t	s	c	p	i	s	c	l	n	a	i	r	t	b	g	d	l	t
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a	h	s	h	p	o	w	a	t	l	w	t	g	r	o	b	t	g	



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16k miles



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18k miles



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40k miles



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44k miles



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5k miles



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8500 miles



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