

FREE

February 9-22, 2011

Valentine's Day Edition

FREE

# THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER  
CORTLAND • ITHACA • DRYDEN • HOMER • GROTON • MARATHON • MORAVIA • TULLY • LAFAYETTE  
Est. 2002

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AWDI5083NYX The cancer insurance is provided by Limited Benefit policy CBP2PNY. The Cancer Screening benefit is provided by Rider WBR3NY. Policies issued by Allstate Life Insurance Company of New York. This material is valid as long as information remains current, but in no event later than August 1, 2012. Allstate is a marketing name used by Allstate Life Insurance Company of New York (Home Office, Huppauge, NY). ©2009 Allstate Insurance Company. www.allstate.com

**Cancer can cost you more than just your good health!**

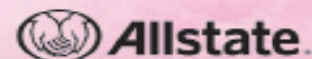
For just pennies a day, many people own a Cancer insurance policy to supplement other medical insurance they may have. These policies will pay benefits to you, the insured (unless assigned), and can be used to help your family pay for expenses you would most likely incur when undergoing treatment.

And you can get a benefit each year if you have one of several potentially life saving cancer screenings including:

- Mammography
- Cervical Cancer Screening (Pap Smear)

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**Welcome to the Valentine'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!

**February 23** – Senior Citizen Edition  
 (Deadline 2/18)

**March 9** – Spring Antiques & St. Patrick's Day Edition  
 (Deadline 3/4)

**March 23** – Home Improvement & Real Estate Edition  
 (Deadline 3/18)

**April 6** – Spring Motorcycle & Car Care Edition  
 (Deadline 4/1)

**April 20** – Prom, Golf Enthusiasts & Easter Edition  
 (Deadline 4/15)

**May 4** – "Pamper Me - Warmer Weather," Mother's Day & Lawn and Garden Edition  
 (Deadline 4/29)

**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!*

**HAVE SOMETHING TO SELL?**

Take advantage of our FREE CAT CLASSIFIED ADS! Make some extra money – clean out that attic or garage! Free classifieds are for "articles for sale" or "garage sales" only, non-commercial, no real estate. Deadline is 6 pm on Friday, February 18th. Email your classified to tcatribune@gmail.com or use the mail-in form in this Edition. Only emailed, mailed or faxed classifieds accepted. Fax to 607-330-8012. *Remember your unwanted items may be someone else's treasures!*

**FREE HAPPY ADS!**

Share a birthday or anniversary wish for free, include a photo! Email to tcatribune@gmail.com, or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, February 18th for the next Edition.

**CAT KITCHEN RECIPE CORNER!**

Share your tasty recipe with our readers! To have your special recipe published, please email it to tcatribune@gmail.com or mail it to The CAT, PO Box 67, Dryden, NY 13053! Deadline is 6 pm on Friday, February 18th for the next Edition.

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# COMMUNITY CALENDAR



## Sundays - Varna Community Center Pancake Breakfast

943 Dryden Rd., Ithaca. Pancakes, French Toast. Eggs, Sausage, am, Bacon, Fresh Fruit, Breakfast Breads, OJ, Coffee, Tea & Milk. 50/50 Raffle Tickets available. Future Breakfasts scheduled for 03/13/11 & 04/10/11 (bring your Mother and Celebrate Mother's Day!).

## On-going - UPL Clubs

Spanish Conversation Group- Mondays, 11:30 a.m. UPL

Lit Lunches Book Club- last Wednesday of the Month, 12 noon-1 p.m. February-Tainted Love Stories

Spinniters- A active, friendly camaraderie of stitch savvy knitters. Open to all skill levels, beginning knitters welcome. Every Thursday at 1 p.m.

UPL Piano Club- First Meeting...February 12th, 2 p.m.

The piano club will meet once a month in the evening or on Saturday afternoon to share and expand their knowledge and love of piano repertoire, We will discuss future meeting times at the first meeting.

## February - TBurg Library Events

Thursday, February 10th. 7:00 p.m. French Conversation Group. Ulysses Philomathic Library (2nd Thursday of the month)

Mondays, 12:00 p.m. Spanish Conversation Group. Ulysses Philomathic Library

Saturday, February 12, 2:00 p.m. Piano Club. New piano

group for amateur pianists. Ulysses Philomathic Library

Wednesday, February 23rd, 12:00 p.m. Lit Lunch. Book discussion group. Theme for February: Love gone wrong. Terribly wrong. Ulysses Philomathic Library

## Feb 11 - Lincoln Dinner

2011 Lincoln Dinner at the Dryden United Methodist Church on Friday, February 11th at 6pm. Speaker Mike Lane. Everyone is Welcome! Covered Dish Buffer - 35 cents a place - No Joke! Prices from a century ago! A kick off event of the 180th anniversary celebration of the founding of the Dryden United Methodist Church and the 135th anniversary of the opening of the current sanctuary.

## Feb 11 - Oldies Night

Oldies Night will be held on Feb. 11, Friday at 6 PM and will feature music, dancing, and the monthly fish fry at Reach Out for Christ Church. Come and enjoy the \$9.50 dinner of either fried or broiled haddock, homemade french fries or baked potato, coleslaw, roll and dessert. The \$5 fish sandwich includes fries and dessert and the \$1 kids meal includes a hot dog, fries, carrots and dessert. Take out is also available. Call 844-3000 for more info. Reach Out for Christ Church is located at 317 Johnson Rd., Freeville, NY.

Feb 12-14 - VDay w/ Cayuga Chimes Surprise your loved one for Valentine's Day! Sweetheart Serenades Singing Valentines. February 12th to 14th. Sponsored by the Cayuga Chimes. Suggested donation, \$35.00. Complimentary

rose or box of chocolates. Location of your choice. 607-738-1159.

## Feb 12 - Father-Daughter Dance

Come dressed up and ready for a fun filled evening of dancing, refreshments and memories! Your registration fee includes music, refreshments and a digital photo (emailed after the event)

When: Sat, Feb. 12, 2011

Where: Varna Community Center

Time: 6:30-8:00 pm

Cost: Advanced tickets are \$8.00/couple or \$10.00/couple at the door

Ages: 4-12 (daughters age) Fathers, Grandfathers, Step Fathers, Uncles, and Legal Guardians Welcome!

Attire: Fun and Formal

Please pre register with The Town of Dryden Recreation Department by

Printing form from: www.dryden.ny.us/recreation

## Feb 12 - Big Band Valentine Dance

Cornell Rooftop Mayhem Jumpswing Club cordially invites you to: our 8th Annual Big Band Valentine's Sweetheart Swing Dance Saturday, February 12, 2011, with the fabulous 20-piece Ageless Jazz Band. Plenty of great free refreshments! No partner needed!

Dance: 9-midnight, Swing lesson: 8-9pm, Admission: only \$5 at the door, Location: Memorial Room, Willard Straight Hall, Cornell U., Ithaca NY, More information: www.rso.cornell.edu/swing

For eight years running, Cornell's Rooftop Mayhem Jumpswing Club has joyously presented an exquisite classic big band swing dance with Ithaca's own Ageless Jazz Orchestra. Thrill with us as the hall fills with the glorious big band sounds of Count Basie, Benny Goodman, Glenn Miller, Tommy Dorsey, Duke Ellington and more. A wide range of excellent music for your dancing and listening pleasure. Please join us for a truly delightful evening.

## Feb 13 - Pancake Breakfast

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

## Feb 14 - Dryden Seniors to Meet

The Dryden Senior Citizens will meet on Monday, February 14, 2011 at the Dryden Fire Hall. Lunch is served at 12:15 p.m. with announcements starting at 11:45 a.m. Please bring your own table service. The meal cost for members is \$6.00 and \$8.00 for non-members.

The menu will be beef stew with vegetables on biscuits, pears, and pound cake with cherries.

Cathy Wakeman will speak about her Dryden Town Talk column in the Ithaca Journal.

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 can join our group. We have great programs, wonderful fellowship, and bus trips. Bring a friend to our next meeting.

## Feb 15 - Genealogical Society

Dick Hillenbrand, "Estate and Probate Court Records," Cortland County Genealogical Society, NEXT Tuesday, February 15th 7:00 PM at the Suggett House of the Cortland County Historical Society, 25 Homer Ave, Cortland, 607/756-7061, Reception 6:30 PM, All Welcome, FREE.

## Feb 15 - McLean Rescue Dinner

McLean Rescue Squad's Annual Chicken & Biscuit Dinner Saturday February 19 McLean Fire Hall 4 pm until gone. Served buffet style and all you can eat. Adults - \$8 Sr. Citizens - \$7 Kids 6-12 - \$4. Children 5 and under are free.

## Feb 19 - Mid-Winter Flea Market

9am to 3pm. Varna Community Center (943 Dryden Rd./Rte. 366) Antiques, baked goods, collectables, tools, household items and a variety of toys, books and miscellaneous items. Lunch served 11-1:30. Menu includes Homemade soup, Chicken & Biscuits, Sandwiches, Brownies, Pies & Beverages. Vendors wanted. Contact Susan Simmons (277-9325, or sasrvcs121@yahoo.com) to reserve a table (\$10 each or 3 tables for \$25).

## Feb 26 - Chill-A-Bration

Court House Park in downtown Cortland. Celebration of all things winter. Chili cook-off and craft beer tent, a snow sculpture competition, the ski and snowboard terrain park featuring the "Tower of Terror," polar bear dunk tank that raises funds for local charities, and a sled dog exhibition and rides. Snow maze, family snow games, snowshoe testing, warming station. For more information call (607) 753-4270, e-mail adam@cortlanddowntown.com or visit www.cortlanddowntown.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!

# COVER PHOTO CONTEST



## Answer from the Previous Edition:


A. Louis Men's Store of 3 Main Street in Cortland, NY

## MYSTERY PHOTO CONTEST!


Our cover 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, February 18th for this edition. By entering, you automatically give us permission to print your name in our next issue.

Each contest generates hundreds of entries! The winner of last edition's contest is Shirley Knolls. Shirley won a gift certificate from Pets A Plenty Pet Store located at 3925 West Road in Cortland! The winner of this edition will win a gift certificate from McDonald's located at 51 North Street in Dryden! Enter your guess today!

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



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### Vintage Valentines

By Karen Hewitt

IT WAS GERMAN IMMIGRANTS WHO brought their idea of giving valentines, and shared it with the American people. During the Victorian period, in the mid-1800's, some people specialized in creating and selling valentines for use. They were ornate, frilly, and intricate. Once mass production of valentines started around the turn of the 20th Century, valentines became less expensive, less elaborate, and cheaper to buy.

At first, only adults exchanged valentines. Once valentines for children were promoted, an expanded industry took shape. Everyone remembers the youthful exchange of valentines in school. It was a thrill to receive the cute figural cards from one's classmates. Eating a pink iced cupcake while opening the valentine mail is a treasured school memory. Part of the fun was reading the cards for their humor and play on words.

During the 1940's and 1950's fancy valentines could be purchased that were large and elaborate, with inserts and pop-ups. They sometimes included a hanky, and came in a box that could be presented or mailed. During the Baby Boomer years (late 1940's -1960's) most of the cards were flat, and not as detailed or three dimensional as the Victorian cards. Some had moving parts, made possible by a metal rivet, and sometimes a slot in the card. These "mechanical flats," as they are known, allowed the recipient some extra fun as they moved an arm or a leg, a hat, a seesaw, or a pet.

Sometimes this movement showed an additional message. These cards are still fun to own and display. They can be found year round in antiques shops, and online.

Mechanical flats are less expensive to buy than the fancy, and less common, Victorian period cards. Today, children's cards can be had from \$1.00 to \$20.00, depending on size, age, and structure. Hallmark cards command the higher end of the price scale.

Valentines make a great collectible because they are easy to store in folders, notebooks, and photo albums. Take them out and display them in February for a unique décor. Keep them out of the sun to avoid fading. Most of all, enjoy them.



### JazzerSue Says February is American Heart Month: Heart Health for Women



SINCE 1963, THE PRESIDENT OF the United States has proclaimed February "American Heart Month." Go Red for Women is the American Heart Association's nationwide movement that celebrates the energy, passion, and power women have to band together and wipe out heart disease.

Thanks to the participation of millions of people across the U.S., the color red and the red dress have become linked with the ability all women have to improve their heart health and live stronger, longer lives.

The Mayo Clinic offers these heart healthy recommendations:

- Get at least 30-60 minutes of moderately intense physical activity on most days of the week - Jazzercise founder & CEO Judi Sheppard Missett suggests varying your workouts to include cardio, strength training and flexibility workouts such as yoga or Pilates.
- Maintain a healthy weight - a body mass index of 25 or under and a waist size of 35 or less for women.
- Eat between 5-10 servings of fruits and vegetables daily
- Add Omega-3 fatty acids to your diet – these can be found naturally in salmon, mackerel, walnuts and flaxseed oil.
- Ramp up your oral hygiene –poor oral health combined with other risk factors may contribute to heart disease. Brush your teeth at least twice a day, floss daily and change your toothbrush every three months.
- Get regular health screenings - high blood pressure and high cholesterol can damage



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your heart and blood vessels. Regular screenings can tell you what your numbers are and whether you need to take action. Adults should have their blood pressure checked at least once every two years, a cholesterol screening at least once every five years starting at age 20, and diabetes screening beginning at age 30. Risk factors such as family history of heart disease may require you to begin screenings earlier.

Be sure to check with your doctor to map out your heart health plan.

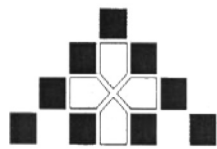
Judi Sheppard Missett, who turned her love of jazz dance into a worldwide dance exercise phenomenon, founded the Jazzercise dance fitness program in 1969. She has advanced the business opportunities of women and men in the fitness industry by growing the program into an international franchise business that today, hosts a network of 7,800 instructors teaching more than 32,000 classes weekly in 32 countries.

The workout program, which offers a fusion of jazz dance, resistance training, Pilates, yoga, cardio box and Latin style movements, has positively affected millions of people worldwide. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall "feel good" factor.

Sue Karn, Certified Jazzercise Instructor, now offers more low impact moves in her classes but still shows high impact for the people who want to jump around. These classes are on Mondays and Wednesdays at 5:45 pm at the Holy Cross Church, George Road, Freeville, and Saturdays at 8:30 am at TC3, Dryden.

Be watching for "fit tips" or more Jazzercise information in each issue of The CAT.

If you have any questions about Jazzercise and/or my classes in Dryden/Freeville, please call me at 607-279-6131 or email me at sko1@cornell.edu.



**Pencil Points**

*Pencil Points are tips for residential design and planning issues often encountered by homeowners, builders and developers. This information is provided by Applied Design Research Associates as general interest based on current NYS Building Codes and is not intended as professional guidance for any specific project. For answers to specific design questions feel free to contact ADRA at (607) 844-4601 or consult the yellow pages under Architects for the name of other registered design professionals in your area. You can also write or email ADRA with additional questions to be researched and published in subsequent issues of this paper.*

ADR Associates- P.O. Box 306, Freeville, NY 13068 adra@tucny.rr.com

**We are moving into a community that enforces both zoning and building code regulations? How will these regulations affect the new home we want to build?**

Many communities in New York State have some degree of zoning regulation in addition to the NYS Building Code that exists statewide. It is rare, yet also possible, that certain municipalities will have additional building regulations such as residential sprinkler requirements, municipal housing regulations, a flood management program, building height limitations or other building standards that are more restrictive than the State codes. Local code enforcement might be administered by a building code enforcement official (CEO) and a Zoning enforcement official (ZEO) or both functions could be the responsibility of one individual. Begin by contacting your local village, town, or city clerk to determine who you should contact and what regulations may apply where your project will be built.

Regardless of the method of enforcement, building and fire prevention regulations endeavor to control construction of the structure, whether new, expanded or altered as it relates to occupancy and level of hazard (use), type of construction (materials), energy conservation (insulating quality and utility usage), structural system, building height, building area, and fire protection.

By contrast, Zoning regulations are local laws (Village, Town, City, County) enacted and ratified by its residents to guide the placement of the structures and/or activities upon the land as they relate to the comprehensive community land use and development plan. Such regulations establish minimum/maximum standards for specific land use categories (zoning districts), permitted and prohibited structures and uses, parcel size and building coverage, property and building setback lines, vehicle and pedestrian access, parking, easements, buffers, fire and flood protection, wetlands and conservation districts, preservation zones, special planned developments, etc. Zoning regulations can also address specific design areas such as signage, fences, swimming pools, cell towers, dish antennas, noise levels, recreational vehicles on site, junk vehicles and unsafe structures as well as a host of other conditions that may be unique to their community. In rare cases, usually relating to an area of historical significance, Zoning regulations can even dictate the style, materials, color(s) and details of buildings to preserve the traditional character and ambiance of series of buildings, a neighborhood or even an entire village or town.

For additional information on Zoning in New York State contact your local municipality or pull up the following websites:

- [www.dos.state.ny.us/lgss/books/zoning.htm](http://www.dos.state.ny.us/lgss/books/zoning.htm)
- [www.pace.edu/LawSchool/landuse/zoning\\_goldberger.html](http://www.pace.edu/LawSchool/landuse/zoning_goldberger.html)
- [www.nymir.org/zoning\\_reg.shtml](http://www.nymir.org/zoning_reg.shtml)



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## Help For Taking The Pretty Mean Stuff Out of PMS - Part Two

Okay, so in my last column I discussed Type A or anxiety type PMS. This time I will talk about three other types. So here goes.

### Type C (Cravings)

Symptoms: Cravings for sweets, breads, pasta and chocolate, headaches, fatigue and low blood sugar

Cause: Low prostaglandin, blood sugar imbalances

Supplements: Evening Primrose oil: this oil is a source of gamma-linoleic acid or GLA which is an important essential fatty acid that helps the immune system, used for weight loss, PMS, arthritis, MS, eczema, heart disease and schizophrenia. It helps in the production of the prostaglandin PGE1. This substance helps to stop inflammation which is one of the triggers for headaches during the menstrual cycle. Dosage two per day.

Master Gland: This is a key system product for the hormonal system. It supports the female system as well as the adrenals, thyroid, pituitary and hypothalamus. It helps support blood sugar imbalances, stress and slow metabolism all of which are triggers to the many cravings associated with PMS. Dosage is two capsules three times a day.

Magnesium 250 mg. I have discussed this in the last issue in detail. But for this type of PMS it helps to reduce cravings for chocolate, balance the moods and reduces the incidents of headaches. It also helps with fatigue by promoting a restful night's sleep and energy production in the cell. Dosage is three per day. Also suggested is to avoid salt, white sugar products, margarine and fried foods.

### Type D (depression)

Symptoms: Depression, crying, forgetfulness, confusion and insomnia

Cause: low estrogen to high progesterone ratio, elevated aldosterone

Supplements: Female Comfort: which I have also discussed in last column.

Magnesium 250 mg: also discussed before in detail

Chinese Mood Elevator: This is a wonderful formula which is a natural anti-depressant. It works to increase moods and a sense of well-being, as well as energy and vitality. Dosage six capsules per day.

### Type H (Hyper hydration)

Symptoms: fluid retention, weight gain, abdominal bloating and discomfort, swollen hands and feet.

Cause: elevated aldosterone, insulin and cortisol.

Supplements: If you are under high stress (good or bad), or over the age of 35, it is likely that this bloating is being caused by too much cortisol and insulin being produced. It is likely that you have experienced some weight gain around the mid-section as well. The continuous high stress, also elevates the aldosterone level which results in fluid retention.

Chinese Kidney Activator: Because the hormone aldosterone is elevated, this results in sodium and water retention symptoms. This wonderful Chinese combination is a natural diuretic and works great at relieving excess water retention. Dosage is six capsules per day during symptoms.

Mater Gland: I have discussed this one above.

Magnesium 250 See description discussed before.

B Complex: The addition of B complex will help control the excessive cortisol, insulin and aldosterone levels. While the Master Gland formula mentioned above, also contains B vitamins, if you are under particularly high levels of stress then the addition of this formula will help even more. Dosage is three capsules per day. Also avoid caffeine and nicotine.

Eat more fresh vegetables to provide more potassium, but limit fruit to 2 per day, so as to not raise sugar levels. Avoid white sugar and white flour products, eat whole grain foods instead. Also drink 2 quarts of water daily.

Well there is much more I could say but if you want more information please contact me.

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.



## Mike's Fish Tank Fish Foods

AS FAR AS FISH FOODS, just because it looks good and smells good does not mean it is good. Fish foods require great caution. Perfectly good food and completely bad food can look and smell identical. Flake foods can appear great when you first open the can.

Even outdated foods are usable when the can is first opened. However the initial exposure to air is a trigger for the rapid degradation of the fats and oils in the flakes. If the flakes have been sitting around for awhile before they are opened, they will degrade faster than the more freshly manufactured


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flakes. You might think the better the food, the longer it will last. Not true.

Many people tend to choose large cans of fish food in an attempt to save money and reduce the number of times they have to buy fish food. If a person has a large tank or several tanks than the bigger containers might be perfect. The average hobbyist, however might be better off buying smaller containers of fish food more often. Remember, once you open a container of food, it begins to break down.

Light, heat, humidity and air are all factors that destroy the nutritional value of shelf stable foods.

Do not sit your can of fish food on the light fixture over the tank. That's asking for trouble. It is best to store food in a cool, dry environment away from light. Be careful not to put a wet hand in your fish flakes. Wet food will grow mildew and fungus quickly in a closed container. Check the sell by dates on your can of fish food. Do not buy a big container of fish food if you have a small 5 or 10 gallon tank. By the time you use it up, you may be close or beyond the sell by date. Remember, there are other types of fish food besides flake. Try freeze dried, frozen, or pellets. Variety is a good thing. If you want to give your fish a variety of flake foods, buy the smaller containers. You'll go through them faster and it may cost a bit more, but your fish will be healthier for it.

*Pets A Plenty is located on Rte 281, Cortland in the Blockbuster Video plaza across from Tops Market, open 7 days a week. 753-9213. Check out our website, www.petsaplenty.biz. Any questions, email us at friskyy@hotmail.com.*

### Cancer Insurance Products Offer Financial and Wellness Benefits



“NO ONE SHOULD HAVE TO recover from debt while they recover from cancer,” says Allstate Agent, Shirley Eizember. “With cancer insurance, you can rest easy knowing it will take care of many of the bills and expenses that your primary health insurance doesn’t.”

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from your primary health insurance coverage. You can use cancer insurance to help payfor:

- Doctor bills
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As Shirley, explains, the cancer policy is not for all consumers, but it could be worth consideration if:

- Cancer is in your family history
- Money set aside for the unexpected is limited
- No income is in place should you be unable to work; either if you or one of your children are diagnosed
- Specified illness coverage does not exist through your workplace

“This personal coverage insures your salary and non-medical-related expenses if you are diagnosed with cancer,” said Eizember. “The cost is affordable and the benefits give you financial help during a time when you need to stay focused on getting well.”

Treating a serious illness like cancer is serious business, and unfortunately, the costs add up faster than you might imagine. Cancer insurance gives you one less thing to worry about. For additional information please contact:

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### 3 Every Day

VALENTINE GREETINGS FROM LACEY FOOTE, your Tompkins County Dairy Princess. There are many ways to express love - roses, candy, a romantic dinner, a big heart holding teddy bear, a beautiful card or a special dessert. My favorite dessert has always been cheesecake. And yes, you can make a low fat version so you won't feel so guiltyly when you have that second piece! Made with fat free cream cheese and sour cream, it's a sweet way to get some dairy incorporated in your diet. We all need 3 servings of dairy products a day of either milk, cheese or yogurt. The health benefits from consuming dairy products are important. Those 9 essential nutrients including calcium, potassium, protein, and vitamin B12, are key components to a healthy lifestyle. Enjoy your Valentine's Day and a piece of cheesecake with the one's you love!

### Low-Fat Cheesecake

“No one would ever guess this smooth, rich-tasting dessert is low in fat,” assures field editor Vera Reid of Laramie, Wyoming. “Drizzled with cherry pie filling, it's a delicious lovely treat.”

*8 Servings Prep: 15 min. + chilling Bake: 45 min. + cooling  
 2 packages (8 ounces each) fat-free cream cheese, softened  
 2/3 cup plus 3 tablespoons sugar, divided  
 1-1/2 teaspoons vanilla extract, divided  
 3/4 cup egg substitute  
 1 cup (8 ounces) fat-free sour cream  
 1 cup reduced-sugar cherry pie filling*

In a bowl, beat cream cheese, 2/3 cup sugar and 1/2 teaspoon vanilla until fluffy. Gradually add egg substitute; beat until smooth. Pour into a 9-in. pie plate that has been coated with cooking spray. Bake at 350° for 30-35 minutes or until puffy and light brown around the edges. Cool on a wire rack for 10 minutes.

Meanwhile, combine sour cream and remaining sugar and vanilla. Spread over cheesecake. Bake 15 minutes longer. Cool completely on a wire rack. Refrigerate. Before serving, top each serving with 2 tablespoons cherry pie filling. Yield: 8 servings.

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### People's Market of Lansing

THE PEOPLE'S MARKET OF LANSING would like to welcome you to our country-store-style handmade market. The People's Market features local handmade pottery, jewelry, fine Quill art, Dahlgren alpaca socks, wood crafted items, fiber jewelry, cross stitch/quilted items, Taste on Tap beer marinades, Vemma, antiques and collectibles, etc... The store has the makings of a "fiber room" consisting of manufactured alpaca yarns as well as hand knit and felted items (in alpaca and wool), raw fiber, roving and alpaca yarn from Angel Tree Farm Alpacas. There is a small sports memorabilia room being established, an antique room, as well as the main rooms which feature a variety of hand crafted wide range of affordable items displayed with antiques. We



are adding artisans and vendors daily so come and see for yourself! Think you have a craft that would be perfect for the market? Feel free to stop in and ask for a vendor's application!

At the back of the same location you will also find Engels Accounting offering accounting services for small businesses, bookkeeping, individual taxes and non-profits. The small firm was originally located at the farm but we felt that the firm, the farm and the People's Market could all work together to support each other in this endeavor.

The handmade items being sold are from local artisans that are continually making seasonal/holiday handmade items as well as unique everyday pieces. Check us out for a "little local something" for your loved one this Valentine's Day! Really want to win her heart? Go with alpaca socks...she'll LOVE you!

The People's Market believes in handmade items and their value so we will also be adding classes in the future so that you too can create your own handcrafted items...so keep an eye on us as we grow! For pictures of this ongoing project visit our blog at [www.peoplesmarketoflansing.blogspot.com](http://www.peoplesmarketoflansing.blogspot.com) and don't forget to "like us" us on the facebook page under "People's Market"!

The Market is located in Lansing Place by the Lansing Post Office on East Shore Drive in Lansing. Presently open 11-6 on M/W/F/ Sat. and on Sundays from 12-5.



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20% off EVERYTHING in stock! We need to make room for MORE STUFF! Fri., Feb 11 and Sat., Feb 12.



Saturday, February 26, Chill-A-Bration 11 am - 4 pm, Court House Park in Cortland. Celebration of all things winter. General admission is free. Craft beer tent, ski and snowboard Terrain Park featuring the "Tower of Terror," polar bear dunk tank that raises funds for local charities, and a sled dog exhibition and rides. Snow maze, family snow games, snowshoe testing, warming station.

Chili Cook-off. Awards for best traditional and best non-traditional chili after judging by an independent panel. There will also be a "People's Choice" award voted on by the tasting public. For sponsorship information or to register, contact the Chamber of Commerce at 756-2814. The registration deadline is Monday, February 14.

Tickets for the Cortland's Best Chili Cook-off and Craft Beer Tent featuring Cortland Beer Company's new products: Pre-sale tickets available soon for \$20 or day-of tickets for \$25. Single chili and beer tickets will also be made available day of the event. To purchase tickets contact the Chamber of Commerce at 756-2814.

Snow Sculpture Contest. Participants will begin transforming eight feet blocks of snow into wintery works of art. SUNY art professor Vaughn Randall and his SUNY bachelor of fine arts students will return to provide a snow sculpture exhibition. The registration deadline is Monday, February 21. A limited number of snow blocks will be prepared for competitors at no charge. A \$25 Downtown gift certificate will be given to the best overall sculpture.

For more information call (607) 753-4270, e-mail adam@cortlanddowntown.com or visit Chill-A-Bration Facebook page.

## Calendar of Events

Friday, February 11, Winter Carnival 6 - 8:30 pm, JM McDonald Sports Complex, 4292 Fairgrounds Drive in Cortland. Unlimited games, bouncing, and Crossroads the Clown. \$5 admission. For more information call (607) 753-8100 or visit www.jmmcomplex.com.

Friday, February 11, President Marianne Bertini's (50th) Golden Birthday Fundraiser (1890 House) 6 pm, 1890 House Museum, 37 Tompkins Street in Cortland. Come dance, kick up your heels, and help celebrate. \$50 per couple includes food and drinks, with all funds going to support The 1890 House Museum. For tickets, reservations, or more information, call (607) 756-7551, e-mail the1890house@gmail.com or visit www.1890house.org.

Friday, February 11, \$5,000 Creative Core Business Idea Competition Due Date For high school and college students. Do you have a great idea for a new product or business? Have you ever wanted a chance to bring that idea to life? Then enter the \$5,000 Creative Core Business Idea Competition! If your idea is innovative and holds real promise to be successful in the market, you can win \$5,000 - a great reward for your entrepreneurial dreaming or seed capital to start turning your idea into reality. Apply online or for more information call Adam Megivern of the Cortland Downtown Partnership at (607) 342-6460.

Saturday, February 12, Cross Country Skiing and Snow Shoe Training Workshop 11 am - 3 pm, Lime Hollow Visitor Center, 338 McLean Road in Cortland. Curious about learning how to cross country ski or snow shoe? This workshop event will allow you to get a first hand experience on either snow shoes or cross country skis. For more information call (607) 662-4632.

Saturday, February 12, Phil Clarke Benefit Concert 7 pm, Blue Frog Coffeehouse, 64 Main Street in Cortland. Benefit concert to raise money for the Cortland Youth Bureau's youth programs. The line up includes "Colleen Kattau And Some Guys" featuring progressive folk music with a south of the border beat. Also taking the stage is the band "Separated At Birth," "Adam And The Eves," Todd "Sugar Cane" Curran, and "Los Mojos." Donations will be accepted at the door with all proceeds earmarked for the Youth Bureau's music program at the teen center. Among other things, the music program provides instruments to teens for a long term loan arrangement. There is also fully equipped band room for teens to practice and record music. For more information about the music program call (607) 753-3580 and ask for Heather. For more information about the concert, call Ces at (607) 753-3021 x26.

Sunday, February 13, Classical Music Festival 12 - 4 pm, Blue Frog Coffeehouse, 64 Main Street in Cortland. Enjoy an afternoon of classical music in an informal atmosphere. Admission is free. For more information, visit Festival.CortlandMusic.Org, email John Sikora at mail@cortlandmusic.org, or call (607) 758-3670.

Friday, February 18, Agri-Economic Development Summit Ramada Cortland. Registration is from 8:30 to 9:15 a.m., with the program beginning at 9:15. Sponsored by the Cortland County Business Development Corporation, the program will begin with welcoming remarks followed by a series of breakout sessions and a keynote talk by Homer resident Matthew Morgan, New York State Deputy Commissioner for Agriculture and Markets. There is no cost, but reservations are required. For more information call (607) 756-5005 or e-mail info@cortlandbusiness.com.

Friday, February 18, Full Moon Owl Prowl 7 - 9 pm, Lime Hollow Visitor Center, 338 McLean Road in Cortland. Learn facts about our feathered friends before venturing out on Lime Hollow's first time owl prowling. If weather permits, bring snow shoes or rent a pair. For more information call (607) 662-4632.

Thursday, February 24, Denver and the Mile High Orchestra 7 pm, Grace Christian Fellowship, 1250 Fisher Ave. From Nashville, TN, Denver and the Mile High Orchestra (DMHO) is a horn-driven pop band that combines different musical styles—Swing, Rockabilly, Jazz, and Latin—to create a modern Big Band sound. The twelve member jazz orchestra includes three trumpet players, three saxophone players, two trombone players, and a four person rhythm section. Over the past few years, Denver has created quite a buzz in the Christian music industry, playing at festivals, showcases and conferences. Performances have included the "Best of the Best Showcase" at the legendary Ryman Auditorium, Billy Graham pre-crusade rallies in Nashville, and performances with Curb recording artist, Jonathan Pierce. Denver also has appeared on several nationally televised programs, including Good Morning America on ABC and the premiere season of The Next Great American Band on Fox. Tickets are \$15 for general admission and \$19.50 for premiere seating. Sponsored by Family Life. To purchase tickets call 800-927-9083 or visit www.fln.org/tickets.

## The Cortland Area Tribune

### What People Are Saying...

I like it. Nice work. Short, sweet and to the point. The photo is very much what I do. Thanks and Happy New Year to you, yours and the staff at the Cortland Tribune.

Kristen Augusta, LMT  
Cortland, NY

Advertising in the CAT increased my coverage area from just Tompkins County to include Cortland County. This has increased my customer base substantially. An added bonus is that Judy Kilmer is a delight to work with.

Karen Hewitt  
Barnhouse Antiques  
Lansing, NY

Thank you for this opportunity to inform the public about our motorcycle organization. I would like to add that we received a few email inquiries about our local chapter which I believe was a direct result of the article in your paper so I thank you for that...thank you for the generous offer [to advertise future events], I will be sure and take you up on that.

Jan Aguirre  
ABATE of Tompkins County  
Secretary and Webmaster

Thanks Judy for the ad you helped me tweak. It is just right, I knew you would understand my vision. It is always a pleasure to work with you and see my business ads in the CAT. I am pleasantly amazed when friends and relatives living downstate say they have seen my ad or an article I may have submitted. Good to do business with you.

Kathy Beardsley  
A Touch of Glass Antiques & Collectibles  
Homer, NY

The Cortland Tribune has been a big help to my business. The prices are excellent and Judy is very helpful. I always get a good response when I do an article. The graphic department does a really nice job on my ads too.

The business directory in the middle of the paper brings in a lot of new customers. I highly recommend advertising in THE CAT.

Michael Moffitt, Owner  
PETS A PLENTY

## BUSINESS OWNER PHOTO CONTEST



### DO YOU KNOW WHO THIS LOCAL BUSINESS OWNER IS?

Welcome to our new contest! It was suggested by a local business to try a new contest – print pictures of local business owners when they were “younger” and see if anyone can recognize them! This contest can be entered the same as our famous cover photo contest – email your guess to tcatribune@gmail.com or call 607-844-8228 and include your name, address and phone number. If your guess is correct, you will be entered into the contest. A name will be picked by random drawing and the winner's name will be printed in the next issue and they will win a gift certificate donated by local businesses! Enjoy!

### Last Issue's Business Owner Photo Contest

#### Answer

Nancy Richards – Owner of Cortland Self Storage located in Cortland and Homer.

#### Winner

Vern Lafavor – Vern won a gift certificate from McDonalds located at 51 North Street in Dryden!

# CAT KITCHEN RECIPE CORNER



## Candied-Almond Chocolate Strawberries

60 fresh strawberries (about 2 pounds)  
2 cups honey-roasted almonds  
1 package (11-1/2 ounces) 60% cacao bittersweet chocolate baking chips  
1/4 cup butter, cubed  
Dash cayenne pepper

Wash strawberries and gently pat with paper towels until completely dry. Place almonds in a food processor; cover and process to desired fineness. Transfer to a shallow bowl; set aside.

In a microwave, melt chocolate chips and butter; add cayenne and stir until smooth. Dip each strawberry in chocolate mixture; allow excess to drip off. Roll berries in almonds; place on waxed paper and let stand until set. Serve immediately. Yield: 5 dozen.

## Mushroom Steak Salad with Walnut Vinaigrette

8 ounces boneless beef sirloin steak (3/4 inch thick)  
3 tablespoons olive oil, divided  
1 cup each sliced fresh baby portobello, shiitake and button mushrooms  
2 tablespoons balsamic vinegar  
1 tablespoon minced fresh thyme or 1 teaspoon dried thyme  
2 tablespoons walnut oil  
2 tablespoons finely chopped walnuts  
3 cups torn mixed salad greens  
1 shallot, sliced  
2 tablespoons crumbled goat cheese

In a large skillet over medium heat, cook steak in 1 tablespoon olive oil for 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°). Remove from the skillet; let stand for 5 minutes before slicing.

Meanwhile, in the same skillet, sauté mushrooms until tender. In a small bowl, combine vinegar and thyme. Whisk in walnut oil and remaining olive oil. Stir in walnuts.

Divide salad greens and shallot between two serving bowls. Cut steak into slices. Top salads with steak and mushrooms. Drizzle with dressing; sprinkle with cheese. Yield: 2 servings.

## Dark Chocolate Fondue

2 tablespoons all-purpose flour  
1-1/2 cups 2% milk  
2 dark chocolate candy bars (1.55 ounces each), chopped  
3 ounces milk chocolate, chopped  
2 tablespoons light corn syrup  
Cubed angel food cake and assorted fresh fruit

In a small saucepan, combine flour and milk until smooth. Bring to a boil over medium-high heat; cook and stir for 1 minute or until thickened. Reduce heat to low. Stir in chocolate and corn syrup. Cook and stir until melted.

Transfer to a small fondue pot and keep warm. Serve with cake cubes and fruit. Yield: 2 cups.

## Crab-Stuffed Filet Mignon

1/2 cup lump crabmeat, drained  
2 tablespoons shredded Parmesan cheese  
1 tablespoon chopped green onion

1 teaspoon butter, melted  
2 beef tenderloin steaks (6 ounces each)  
1/4 teaspoon salt  
1/8 teaspoon pepper

In a small bowl, combine the crabmeat, cheese, onion and butter.

Sprinkle steaks with salt and pepper. Cut a horizontal slit through each steak to within 1/2 in. of the opposite side, forming a pocket. Fill with 1/2 cup crab mixture. Secure with kitchen string if necessary.

Broil 4 in. from the heat for 7-9 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°). Let stand for 5 minutes before serving. Yield: 2 servings.

## Antipasto Salad with Basil Dressing

1 package (6 ounces) torn mixed salad greens  
6 thin slices hard salami, quartered  
1 jar (7-1/2 ounces) marinated quartered artichoke hearts, drained  
1 large sweet red pepper, sliced  
1/2 cup pitted Greek olives  
1 small red onion, thinly sliced  
1-1/2 cups (6 ounces) crumbled feta cheese  
15 cherry tomatoes, halved  
1/2 cup chopped walnuts  
1 cup salad croutons  
1/2 cup olive oil  
1/4 cup balsamic vinegar  
5 fresh basil leaves, thinly sliced  
1/2 teaspoon sugar  
1/2 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon pepper

In a 3-1/2-qt. glass bowl, layer the first 10 ingredients in order listed. Cover and chill until serving.

In a small bowl, whisk the dressing ingredients. Just before serving, pour over salad; toss to coat. Yield: 8 servings.

## White Chocolate Crème Brulee

3 egg yolks  
6 tablespoons sugar, divided  
1 cup heavy whipping cream  
2 ounces white baking chocolate, finely chopped  
1/4 teaspoon vanilla extract

In a small bowl, whisk egg yolks and 2 tablespoons sugar; set aside. In a small saucepan, combine the cream, chocolate and 2 tablespoons sugar. Heat over medium-low heat until chocolate is melted and mixture is smooth, stirring constantly.

Remove from the heat. Stir in vanilla. Stir a small amount of hot filling into egg yolk mixture; return all to the pan, stirring constantly.

Pour into two 10-oz. ramekins. Place in a baking pan. Add 1 in. of boiling water to pan. Bake, uncovered, at 325° for 50-55 minutes or until center is set. Remove from water bath. Cool for 10 minutes. Refrigerate for at least 4 hours.

If using a crème brulee torch, sprinkle with remaining sugar. Heat sugar with the torch until caramelized. Serve immediately.

If broiling the custards, place ramekins on a baking sheet; let stand at room temperature for 15 minutes. Sprinkle with

remaining sugar. Broil 8 in. from the heat for 4-7 minutes or until sugar is caramelized. Refrigerate for 1-2 hours or until firm. Yield: 2 servings.

## Chilled Raspberry Cheesecake

3/4 cup crushed vanilla wafers (about 25 wafers)  
3 tablespoons confectioners' sugar  
3 tablespoons baking cocoa  
3 tablespoons butter, melted  
1 cup fresh or frozen raspberries, thawed  
1-1/2 teaspoons unflavored gelatin  
1/2 cup cold water  
1 package (8 ounces) cream cheese, softened  
1/4 cup sugar  
1/2 teaspoon vanilla extract

In a small bowl, combine the wafer crumbs, confectioners' sugar and cocoa; stir in butter. Press onto the bottom and 1 in. up the sides of a 6-in. springform pan coated with cooking spray. Place pan on a baking sheet. Bake at 350° for 10 minutes. Cool on a wire rack.

Puree raspberries in a blender or food processor; strain and discard seeds. In a small microwave-safe bowl, sprinkle gelatin over cold water; let stand for 1 minute. Microwave on high for 40 seconds; stir. Let stand for 1 minute or until gelatin is completely dissolved.

In a small bowl, beat the cream cheese, sugar and vanilla until smooth. Gradually beat in raspberry puree and gelatin mixture. Pour into crust. Cover and refrigerate for several hours or overnight. Carefully run a knife around edge of pan to loosen. Remove sides of pan. Refrigerate leftovers. Yield: 4 servings.

## True Love Chocolate Cake

1/4 cup butter, softened  
1-2/3 cups sugar  
2 eggs  
1/2 cup unsweetened applesauce  
2-1/4 cups all-purpose flour  
2/3 cup baking cocoa  
1-1/4 teaspoons baking powder  
1 teaspoon salt  
1/4 teaspoon baking soda  
1-1/4 cups water  
1 cup (6 ounces) semisweet chocolate chips  
1 package (8 ounces) reduced-fat cream cheese  
1/3 cup confectioners' sugar  
1 teaspoon vanilla extract  
1 carton (8 ounces) frozen reduced-fat whipped topping, thawed  
3/4 cup flaked coconut  
1/2 cup candy hearts

In a large bowl, beat butter and sugar until crumbly, about 2 minutes. Add eggs, one at a time, beating well after each addition. Beat in applesauce.

Combine the flour, cocoa, baking powder, salt and baking soda. Add to the butter mixture alternately with water, beating well after each addition. Fold in chips. Pour into a 13-in. x 9-in. baking pan coated with cooking spray.

Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

For frosting, in a bowl, beat cream cheese and confectioners' sugar until smooth. Beat in vanilla. Fold in whipped topping. Frost cake. Refrigerate until serving. Just before serving, sprinkle with coconut and candy. Yield: 24 servings.

## HAVE AN ANNIVERSARY OR OPEN HOUSE COMING UP?

Business owners – run a highly-visible ad on over front cover to promote your businesses Anniversary, Open House, or other event and receive a FREE interior article, submitted by you, complete with pictures! It's like getting 2 ads for the price of one! Thousands of Cortland Area Tribune readers will see both your ad on the cover in full color, and be able to spread the word about your event after reading about it within!




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

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

jewelry • sweetheart • candy • chocolate • love • secret admirer  
dessert • cupid • hug • kiss • hearts • card • february • flowers • roses  
arrow • balloons • red • pink • cuddle • smooch • snuggle • date • vase • wishes  
wife • husband • boyfriend • couple • girlfriend • gift • kindness

**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!

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

PLEASE PRINT ONLY ONE WORD PER SPACE


(Limit of 21 words)

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**Dublin Yardmaster paddock boots** are waterproof and insulated. Great for winter riding. Excellent condition. Women's size 7. \$20.00. Contact Louise at 607-319-0725.

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5' church pew \$75.00. Oak desk chair \$45.00. 4' wood file cabinet \$30.00. 3 TVs, 15", 20", 12", 3 small cabinets, small dorm refrigerator, Dell monitor, desk chair. All \$20.00 each. 607-753-1236

2004 Chevy Astrovan AWD very well maintained, DVD player, family van or light work van. remote starter...\$7000. 607-283-1775

2005 Pontiac G6 GT 68k miles. awesome car. private owner. all service done. \$9900. 607-283-1775

2004 Chevy Blazer black 4x4 gray looking and driving. \$7000. 607-283-1775

1991 Pontiac 6000 6 cyl. Very well maintained mechanically. Triple mint inside and out. Good tires and 2 snow tires. Needs fuel pump. \$2500. 607-533-4629

2 Koken Antique Barber Chairs. Restorable condition \$700. Whirlpool Washer/Dryer Set \$200. Casio CTK710 Electronic Keyboard (with stand) \$100 or Best Offers. 607-345-2769

Kenmore Elite dryer for sale. It is about 4-5 years old. It works great. Asking \$125 OBO. Please contact 607-589-4375.

Jackie Kennedy stamps 1929-1994 MINT! "w/nos" 2648 + 2647 in safe. 1996 stamps in mint condition and invest. Best offer. 607-749-4405

Pilates Reformer Stamina Aero machine rebounder & stand - \$325. It is 3 years old and hardly used, it is in great shape. It includes the machine, the stand that lifts the machine off the ground, and 3 DVDS. Email me ([cms44@cornell.edu](mailto:cms44@cornell.edu)) for actual pictures.

Toasty warm, water proof boots with rubber soles; excellent condition. Size 9. \$10.00. [eslsteach50@yahoo.com](mailto:eslsteach50@yahoo.com)

For sale. Plate glass shelving. 60 inches long. 14 inches wide. \$3.00 each. 607-756-7900

For Sale: Graco toddler bed with side rails and mattress; Minnie Mouse bedding (quilt, pillow case, top and bottom sheet) excellent condition. 607-589-4460

Snow tires. Pair of Super Grip 185-75-13 on older Honda rims \$35.00. Pair of Hankook 185-70R14 unmounted. New condition \$50.00. 607-898-9553

1996 Pontiac Grand Am. 4dr. runs great. inspected. Clean. \$2600. 607-283-1775

2004 Chevy Astrovan. AWD. clean. all maintenance done. DVD player. great family van. \$7600. 607-283-1775

75 hardcover collection Louis L'Amour books...sell total for \$999.00 607-842-6952 Beth Hill

Canary or finch flight cage; white enamel, very good condition. \$15.00. Contact

Louise 607 319-0725

Dirt Devil Breeze cannister vacuum; works perfectly, but needs a new filter. \$25.00. Contact Louise 607 319-0725

For sale: twin adjustable bed. No side rails but bottom and top do adjust for ease of getting out of bed. Asking \$900.00 (new \$2000.00). In very good condition. Have pictures if you want them emailed or call 1315-843-5391 with questions. This is to settle an estate.

Duncan-fife dining room table with 4 chairs. 1 yr old. 100.00. Jigsaw puzzles 1.00 each or less. 1-607-299-4058

Snow tires. Pair winter Trax 175-80-13. Fit older Hondas. Excellent tread-grip. \$40.00 607-898-9553 mounted.

For sale: New NEVER USED Glider Recliner by Ashley; plush design, unique microfiber upholstery. Mocha color. BEST OFFER 607-756-8859

2 English saddles, both new, 15"

seat, no stirrups, leathers or girth. 1 is dark brown, the other is 2 tone tan and brown. \$60 each. 607-564-9375 or [cbc1@hughes.net](mailto:cbc1@hughes.net)

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Milk Bottles from Tompkins County bought, sold, and swapped. Please call 607.347.4010

Selling: Grand piano & bench, almond tub & shower

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- Ramada Inn • Main St. Downtown Homer • Back to Basics
- Natoli's Market • Dryden Food Market • Groton Hotel
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## LAST EDITION'S PUZZLES

### SUDOKU

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

### WORD FIND

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



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