

FREE

March 23 - April 5, 2011

Home Improvement Edition

FREE

# THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER

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See Article Inside!

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**WELCOME TO THE HOME IMPROVEMENT EDITION**

This edition is filled with home improvement ideas to get your home ready for warmer weather - inside or outside, whether you are selling or buying or investing in your home!

*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!*

**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)

**May 18** - Memorial Day & Restaurants Offering "Outdoor Dining" Edition  
(Deadline 5/13)

**June 1** - "Camping," Dairy Days & Pre-Grad/Dad Edition  
(Deadline 5/27)

**June 15** - Graduation & Father's Day Edition  
(Deadline 6/10)

**June 29** - Bed & Breakfast, 4th of July & Taste of Downtown Edition  
(Deadline 6/24)

**July 27** - Welcome Back NY Jets, Fans, Families & Press Edition  
(Deadline 7/22)

**August 10** - Need for "Speed" Edition  
(Deadline 8/5)

**August 24** - Pamper Your Pets & Labor Day Edition  
(Deadline 8/19)

**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!*

**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, April 1st. Email your classified to [tcatribune@gmail.com](mailto: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!*



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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 04/10/11 (bring your Mother and Celebrate Mother's Day!).

**Mondays - Runaround!**  
Come to The Runaround! It's a free informal playtime for moms and their children ages 0-5. Held biweekly at the First Baptist Church gymnasium, near the Main Street intersection in Marathon. Spring dates are Mondays March 28, April 11 & 25, May 9 & 23. 9:00-10:30 AM. In case of school cancellation, we will not be hosting The Runaround that day. We will just cancel and plan on meeting again the following date. Everyone welcome. For any questions or additional information, please call (607) 849-7865.

**March 26 - Cortland Alumni House Event**  
Come and join us at the Lynne Parks 68' SUNY Cortland Alumni House on March 26, 2011 from 1pm to 4pm to celebrate SUNY Cortland Communications Professor, Dr. John Hartsock on his recently published book, Seasons of A Finger Lakes Winery. Enjoy a wine tasting offered by Long Point Winery

and a chance to purchase a signed copy of his book, cheese and crackers will be provided. The first 30 guests that purchase a book will receive a complimentary Alumni House wine glass. The House is located at 29 Tompkins St. We hope to see you there!

**March 26 - Drama Performance "Tioughnioga River Anthology"**, a dramatic performance of the epitaphs of local residents, written by Bill Whiting, will be performed by the Trope Troupe of the United Presbyterian Church on Saturday evening, March 26 @ 7:30 PM. The work is Cortland County's answer to the novel Spoon River Anthology. Performance is Free, with refreshments afterward.

**March 26 - Solvay Craft Show**  
Stop by and be refreshed at her display at the upcoming craft show at the Solvay Fire Department on Milton Ave, in Solvay this Saturday, March 26 from 10-4. Or call Christa at 607-849-7865 for an appointment to see her photography at your leisure.

**March 31 - Family Memebers w/ Adult Aspergers**  
A support group is being formed for family members of adults with Asperger's Syndrome. Any parent, guardian, sibling or other relation of an adult with

Asperger's is welcome to attend this introductory meeting, which will be held at St. Luke Lutheran Church at 109 Oak Avenue, Ithaca, NY (near the Cornell University campus) on Thursday, March 31st in the church library at 7PM. Come to discuss the difficulties, triumphs, problems and pleasures of living with an adult with Asperger's. If you have any questions, contact Robin L. Booth at rlmbooth@gmail.com or 607-227-4573.

**April 2 - AgStravaganza**  
Saturday, April 2, 10:00am-4:00pm  
The Shops at Ithaca Mall, Triphammer Road, Ithaca

Learn about agriculture at this FREE fun, family event! There will be educational exhibits and lots of hands-on activities. Find out what cows eat, sample cheese and ice cream, take a Stick Horse Ride, meet the Dairy Princess and Ronnie Raindrop, visit with farmers from a variety of different operations and pet a bunny. Bring a water sample from home and the 4-H20 Water Monitors Club will pH-test it for you. Just outside, visit with a pony, goats, sheep and lamb, calves, and a cow, and climb into some really big farm equipment. Agricultural videos for children will be shown throughout the day, and don't miss Story Time with the Dairy Princess at 11:00 a.m., 1:00 p.m. and 3:00 p.m. Sponsored by Tompkins

County Farm Bureau in cooperation with Cornell Cooperative Extension of Tompkins County. For more information call Debbie Teeter at (607) 272-2292.

**April 3 - Tburg Library Event**  
Professor Barry Adams (Emeritus Cornell) will present a 3 hour workshop (2:00 to 5:00 p.m.) on Sunday, April 3rd at the Ulysses Philomathic Library. The topic is "Slang: Checking Facts and Testing Theories." Professor Adams asks that all participants bring with them their dictionaries from home. The workshop is open to everyone, and refreshments will be served

**April 9 - Kidsville**  
The Cortland Area Child Care Council would like to invite young children and their families to come to Kidsville, on Saturday, April 9th. Focusing on the theme "Play is Children's Work", this free children's fair will take place from 10 am to 1 pm in the County Office Building Gym at 60 Central

Avenue in Cortland. Over 25 local community agencies, including early childhood programs will be offering a variety of hands-on activities and information as part of a national Week of the Young Child celebration. Children learn while having fun. Come join us for some serious fun at Kidsville. For more information, call the Cortland Area Child Care Council at 607-753-0106

**April 10 - Easter Oratorio**  
Musicians from all corners of Cortland County are collaborating to perform "Easter Oratorio", a setting of the Passion story composed by Cortland County's own Lynn Arthur Koch. Participating are the choirs of the McGrawville Baptist Church and United Presbyterian Church, and additional singers from neighboring churches, brass septet, organ, and percussion. Performance is on April 10 at 3:00 PM at the United Presbyterian Church of Cortland, 25 Church Street. Admission is free, with refreshments following the concert.

**April 15 - Attic Treasure Sale**  
Attic Treasure Sale and Antique Appraisal Sponsored by the Cortland County Historical Society, 25 Homer Ave., Cortland on Friday, April 15 from 9:30 to 4 PM and Saturday, April 16 from 9:30 until 2 PM.

Antique Appraisal on Saturday, April 16 from 10 AM until 2 PM.

Bring your antiques for an appraisal. Jerry Wilcox, appraiser will be on site. One item \$2 or 3 items for \$5.

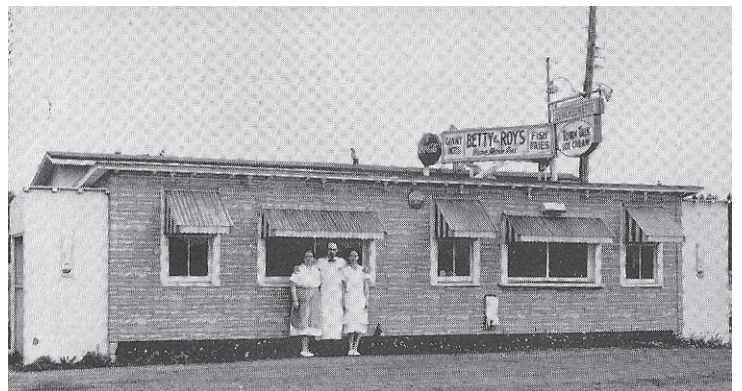
**June 11 - Dryden Dairy Day**  
Get Ready for Dryden Dairy Day! The Dryden Dairy Day Committee is currently planning for the 27th Annual Dairy Day! This event will be on June 11th, 2011. The day will start at 9:30 with the parade down Dryden Main Street and continue with activities, food and craft vendors at Montgomery Park, located behind the Dryden Hotel. Mark the date for a day of family fun! More information will follow as the committee finalizes plans.



## 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](mailto:tcatribune@gmail.com), and we'll be happy to help inform the public!

# COVER PHOTO CONTEST

## Answer from the Previous Edition:

Betty & Roy's Diner of Route 281 in Cortland

## 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](mailto: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 1st 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 Marlenna Stiles. Marlenna won a gift certificate from Beth's Natural Way located at 3728 State route 13 in Truxton! The winner of this edition will win a gift certificate from Dryden 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 you could use?! Please call us or email us - THANK YOU!*

## DO YOU KNOW WHERE THIS IS?

See what you can WIN  
if you know WHERE this picture is!

Congratulations to our latest contest winner:

**Marlenna Stiles  
of Cortland**



## THE SECOND KNOB GIFTS & ANTIQUES

IF YOU ARE A DRYDEN resident, there is a good chance that you've heard the buzz about a new shop opening at 128 West Main St. in the Village. Perhaps, you've driven by the brick building and seen a flurry of activity or, recently, noticed the signs?

On, Saturday, March 26, 2011, The Second Knob Gifts & Antiques will open its doors!

The Second Knob launched its Facebook page a couple of months ago, providing Facebook users an opportunity to receive updates and "sneak peeks" by liking their page. Feedback received via Facebook has been upbeat and positive, with many Dryden residents commenting "Finally!" and "This is exactly what we need in Dryden!"

With just days left to prepare for their grand-opening, Co-owners and father-daughter team, Andy Seyfried and Shana Karn are busy! Inside the building, the amount of retail space is deceptively larger than it appears from the outside and features open floor plans on two levels. The large windows on the upper level offer an abundance of natural light. The walls and display fixtures feature

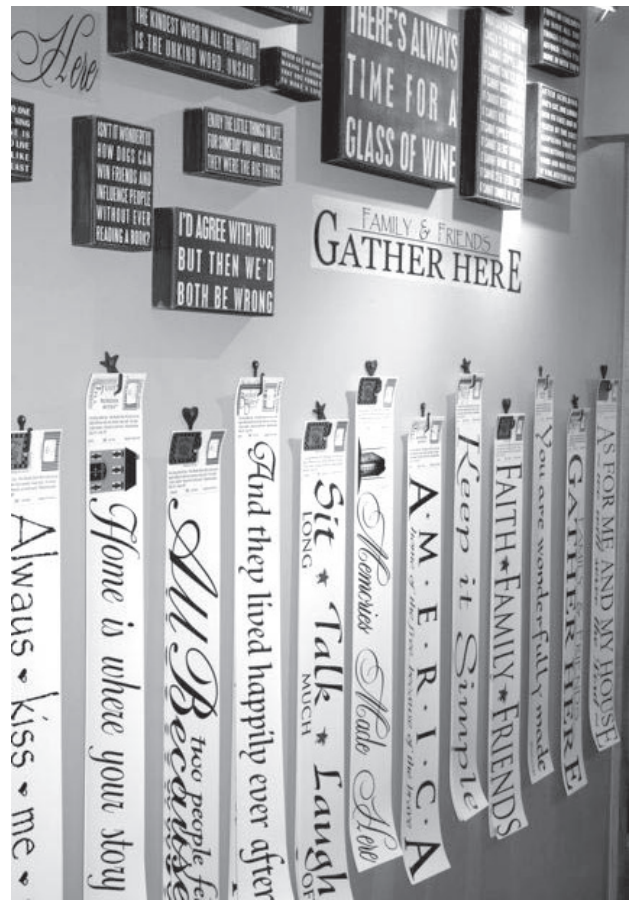
candles, picture frames, signs, garland and hundreds of other gift and home décor items. There is, also, a selection of women's accessories, cookbooks and baby gifts; there are even some handmade items. And the backdrop for the new, gift and home décor items? An antique hoosier, enamel top table, primitive cabinets, wash stands, drop leaf tables and hutches. These are the pieces that will make visitors stop for a moment to reminisce and remark, "My grandmother had one just like this..." But this isn't something Andy and Shana haven't heard before...

Andy, who also owns Andees Anteeks, has bought and sold antiques and collectables for years—just not in a shop setting. You may have wandered into one of Andy's tent sales in Dryden or, perhaps, at an antique sale around the state. The Second Knob will provide Andees Anteeks a "home base."

All of the gift and home décor merchandise offered at The Second Knob was purchased with both local residents and visitors in mind. To Andy and Shana, it was important to have gifts for every occasion—baby showers, weddings, birthdays, anniversaries and holidays and to offer merchandise that you may not otherwise find in the area. Also important to both of them, was purchasing as much Made in the USA and local merchandise as possible.

As a professional photographer, Shana is thrilled by the amount of natural light that filters into the building's photography studio. "One of the things that attracted my father, and me, to the building was separate space downstairs where I could relocate my studio. It will allow me to continue offering people an affordable option for their pictures - whether it is for their annual holiday photo, children's photos, senior pictures or even a Facebook profile picture!"

The Second Knob will be open Tuesday, Wednesday, Friday and Saturday from 10am-6pm and Thursdays from 10am-9pm; Andy and Shana invite you to stop in and browse!



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## VALLEY VIEW GARDENS AND THE CINNAMON APPLE COTTAGE GIFT SHOPPE

**A**RE YOU READY FOR SPRING? Are you longing for a new look for your landscape, searching for a unique article to spruce up your home décor or desiring a gift for that special someone? Well, look no further! Valley View Gardens Retail Nursery, The Cinnamon Apple Cottage Gift Shoppe and a fantastic shopping experience await you!

Whether you want quality plants to enhance your garden or professional expertise to help with your landscape design and installation, Valley View Gardens can provide both to ensure your complete satisfaction. In addition to our forty years experience designing beautiful landscapes, we are able to advise those who need a professional when planning their own projects. Finding



the right plant for a particular environment is our specialty!

We have been in operation for eighteen years in Central New York and are beginning our sixth year at our current location on 3797 Luker Road, in Cortland. For your convenience, we are 'just around the corner' off of Route 281, opposite Builder's Best Do-It-Center. You will be amazed at the quality and variety of our selection of shrubbery, shade trees, fruit trees, ornamental trees, topiaries and more! Valley View Gardens will provide a stronger, healthier plant than can be obtained in department store garden centers and our convenient location eliminates those costly trips out of town, ensuring a savings to you!

For that splash of color in your garden, you can choose from any number of gorgeous flowering annuals and hanging baskets that fill our five greenhouses. Our perennials are a sight to behold! If you want to fill niche in that sunny or shady corner of your garden, we have an impressive assortment of perennials located in our perennial houses and outdoor displays that will do just that. Looking for that unique ornamental grass that caught your eye? We have many varieties from which you can choose to bring texture and motion to your landscape!

The Cinnamon Apple Cottage is a unique gift shop located adjacent to Valley View Gardens. Time and again we have been told by our customers that they love to shop in our ten-room store. The lovely music of musician Scott Adams, born and raised in Groton, as well as the romantic instrumentals of composer/pianist Stuart

Dudley are sold and heard throughout the shop, creating a delightful backdrop for your shopping experience! Each room has its own ambience and related product lines. Floral decorations, fragrant candles and potpourri, art work, whimsical figurines, children's books and toys; outdoor décor and gift items; jams and fruit butters; soup, scone and bread mixes and much, much more! If you need a pick-me-up for yourself or your friends and loved ones, you are sure to find it at The Cinnamon Apple Cottage.

Valley View Gardens Retail Nursery and The Cinnamon Apple Cottage Gift Shop are located just around the corner on Luker Road opposite Builder's Best Do-It Center. Our March hours are Wednesday through Saturday, 10 to 5 o'clock. Beginning in April 4, we will be open Monday through Friday, 10 to 6 o'clock and Saturday, 9 to 5 o'clock, and during May, June and through July 3, we will also be open on Sundays from 10-3 o'clock. July 4th too! Stop in and shop at our retail nursery and gift shop. Call Dan and Andrew Mones at 607-749-3130 to set up a consultation to help your landscaping dreams come true!



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# PROTECT WHAT'S LEFT AFTER SPRING CLEANING

## ALLSTATE OFFERS TIPS FOR CREATING A HOME INVENTORY

**G**ETTING ORGANIZED IS ONE OF the most common New Year's resolutions and, for those getting a late start, spring cleaning is a great opportunity for redemption. For a first step that pays dividends down the road, Allstate recommends creating a home inventory. It's one of the most important things you can do to get organized and, in addition to having proper homeowners' or renters' insurance coverage, protect your possessions.

In the blink of an eye, your home and all of your belongings could disappear. Do you know what you have? Could you list and describe your possessions so they could be replaced?

"Disaster or theft can strike at any time," said Allstate New York spokesperson Krista Conte. "An accurate and up-to-date home inventory can help make the recovery process easier on you and your family."

Tools, such as the Allstate® Digital Locker™ application for iPhone, iPod Touch or iPad, can help you check off each of these recommended steps in the home inventory process:

- Categorize your list. Organize your catalog of personal property by room, category or in item lists to make your list more manageable and help make sure your list is inclusive of all your important items.

- Include photos and videos of your items. Whenever possible, make sure your home inventory list includes photographs or video of your belongings. Take periodic videos of each room in your house, and focus on individual items in each room. Take additional photos or video of smaller items like jewelry, silver and related valuables or keepsakes.

- Attribute notes, cost and quantity to each item. It's helpful if you can include make, model, serial numbers, receipts, cost, and date of purchase for all items in your home inventory.

- Secure your information. Whether you store your information on paper or electronically, make sure your information is locked away with a key or password. You wouldn't want a complete list of valuable items in your home to fall into the wrong hands.

- Store your home inventory in a smart place. Wherever you store your home inventory list, it's best that the location is far enough away from your home that it won't be lost in the same event that may destroy your house, yet close enough that it's easily accessible in a time of need. Consider storing in a safe deposit box, your workplace or with a friend or relative.

- Include your insurance and agency information for quick reference. Particularly after experiencing a loss, you may have a hard time finding the information you need about your insurance policy and to contact your agency as quickly as you'd like. Including this with your list will help to make sure you have everything you need, when you need it.

- Update after a significant purchase or gift. While you should be updating your home inventory periodically, make a special effort to do so after any major purchase, holidays or birthdays.

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## MAPLE RIDGE VILLAGE LIVING IN A COUNTRY SETTING

**I**F YOU LIVE IN THE Tompkins/Cortland area, you know about country living! I've lived here almost 40 years. There are a lot of things to appreciate about the area, no matter the time of year!

Historically, the area has remained an agriculture area. Our perspective on housing has leaned heavily towards large farms, large country estates or large lots in townships that rely on water wells and septic systems. However, our vision at Maple Ridge is to provide a different housing opportunity; one for smaller houses; literally a village in a country setting!

That is what caused Maple Ridge to create a neighborhood of smaller building lots in a beautiful country setting. We have 14 lots ready to go on a cul-de-sac that has: village water and sewer; gas and electric; high speed cable; telephone; streetlights that don't "glare"; sidewalks; curbing and more!

The Maple Ridge approach is perfect for "empty nesters"; small families; or retirees that want their next years to really be "golden". Many individuals want to enjoy the area but want to live more simply; enjoy a life that is less complicated. They want to spend less time managing their yards or houses and spend more time enjoying why they stayed here!

Our first 14 lots are not meant to be for what some people are now calling "McMansions" J. Instead, we envision smaller houses that start around 1200 sq ft.



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Maple Ridge is a Land Development company. Therefore, we work with Builders to provide you with a total home solution. If you already have a House Builder in mind, we would be happy to provide you with just the Building Lot. (Maple Ridge does require drawings to be submitted for our review and approval. We want to ensure that the drawings are in keeping with our overall mission. Our approval will not be unreasonably withheld!)

With the housing industry finally starting its comeback and interest rates being at the lowest rates we will ever see in our remaining lifetime, it seems a perfect time to make that change.

Please visit our website at [www.mapleridgedryden.com](http://www.mapleridgedryden.com) to gather more information or give me a call on my cell phone (607-592-5948)

Let's see if Maple Ridge is a good fit for you. We'll do our best to make you glad you chose us to be your future neighbors!

Best Regards;  
Paul Simonet  
President



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## GEORGE B. BAILEY AGENCY CELEBRATES 75 YEARS

### COMMEMORATES MILESTONE WITH OPEN HOUSE FOR COMMUNITY

THIS YEAR, GEORGE B. BAILEY Agency Inc., in Dryden and Cortland, N.Y., celebrates its 75th anniversary. To celebrate the milestone, the agency will host an Anniversary Celebration & Open House Friday, April 1, 2011, from 3-6:30 p.m., at both of the agency's locations - 5 South St., Dryden, N.Y., and 18 Tompkins St., Cortland, N.Y. The event is open to the agency's clients and the public. Refreshments will be provided.

George B. Bailey founded the agency in 1936 based on the principle of providing reliable insurance protection for the families and businesses of Dryden and the surrounding areas while treating them as he would like to be treated.

"We are grateful to all our clients, past and present, for trusting us with their insurance protection over the course of 75 years," said John W. Bailey, CIC, executive vice president and third-generation operator of George B. Bailey Agency Inc.

"We recognize our success comes from our loyal customers and supportive community," Chuck Spaulding, CIC, partner and president of George B. Bailey Agency Inc. "The April 1 Open House is our way of saying 'thank you.'"

Those who would like more information about the event can call (607) 844-8626.

*Founded in 1936 by George B. Bailey, the George B. Bailey Agency serves as the insurance representative for thousands of individuals, families and businesses in its community. Throughout its history, it has helped clients rebuild their homes and businesses; mend their automobiles; recover from injuries and protect against lawsuits and more.*

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# Save the Date!

## George B. Bailey Agency 75th Anniversary Celebration & Open House

April 1, 1936 -- April 1, 2011

### Friday

## April 1, 2011

### 3pm - 6:30pm

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- & -  
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Food & Beverages will be provided



PAUL YAMAN CONSTRUCTION SET THE standard nearly 30 years ago, and today, continues to be committed to excellence in everything we build. "Quality That Stands the Test of Time" was the subtitle of a recent feature article in Builder/Architect Magazine, Central New York Edition highlighting the Paul Yaman Construction Company.

The recipient of numerous awards, both locally and nationally, Paul Yaman Construction has been recognized as a leader by our peers in the industry. Paul, while humbled by this recognition, is extremely proud of his team of professionals and their dedication to their vocation.

Various Awards: Syracuse Builders Exchange Craftsmanship Award, Most Efficient Office Building in Central NY, Cortland Chamber of Commerce Business Award, Award of Distinction Vinyl Siding Institute, and Achievement Award Historic Restoring and Preservation.

What makes Paul Yaman Construction so different from the rest?

What sets us apart from our competition is our diversity and specialization in every aspect of the construction process. With our extensive experience in the commercial and public works sectors, we have integrated that level of organization, planning and execution of various trades to all aspects of our company. We build to a "standard" in everything we do. As an example; our roofing team only works with roofing, our masons work only with masonry, and so-forth. This principle has proven to provide the highest quality of work performed in the most efficient manner, which equates to our clients affordable excellence.

This very principle of specialization is why Paul Yaman Construction is the only construction company that has the integrity to offer our Exclusive 5 Year Workmanship Guarantee, unsurpassed in the industry. This is our commitment to excellence and to our clients.

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## HABITAT FOR HUMANITY

DO YOU WANT TO OWN your own home? Has home-ownership long felt out of reach for you or someone you know? Habitat for Humanity of Tompkins and Cortland Counties is seeking families in need of decent, affordable housing. We've started planning for our next builds in Groton and the city of Cortland, and are eager to find deserving partner families for these houses. If you meet our qualifications, this could be your opportunity to own your very own home!

To qualify as a partner family, you must have lived in one of our two counties for the past year; have reliable income; a low debt to income ratio; and with family and friends, you must be willing and able to put in 500 hours of sweat equity helping to build your own home. Your income must fall within our low-income range, based on the number of people in your family. A family of five making between \$18,400 and \$46,500, for example, would qualify to apply. If you are selected as a Habitat partner family, you would receive a no-profit, affordable mortgage.

In addition to building affordably, we're also building sustainably. We've committed ourselves to building all of our homes to be energy efficient and environmentally friendly. If you're familiar with Cortland, you may know about the Habitat houses on Fox Hollow Road, Tompkins Street/Delaware Avenue, and our latest (still in progress!) on Arthur Avenue.

For more information, including our application, please contact us at 607-898-4148 or go to [www.tchabitat.com](http://www.tchabitat.com). Applications are also available at the CAPCO office at 32 North Main Street. To apply, be prepared to provide information about income, current housing situation, employment, and credit history.

If you've been waiting for home-ownership...contact us! We are collecting applications now and look forward to finding our next Habitat for Humanity Partner Family.

Sincerely,

*Shannon MacCarrick*  
Executive Director  
Habitat for Humanity of Tompkins and Cortland Counties  
P.O. Box 4683  
Ithaca, NY 14852



## KLEIN'S ARCHERY WEEK LONG CELEBRATION

KLEIN'S ARCHERY HAS JUST STARTED its fifth 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 bow, Joe has started to really increase his inventory to include a full line of Cherokee turkey decoys, full line of Predator camouflage and the all new Epic cam for videotaping your own outdoor adventures. 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 21st Annual Spring Sale the entire week of April 11th through April 16th, 9 am to 7 pm 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 11th through April 16th - stop out and shoot one of the new PSE, Parker or Hoyt bows.

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



## SEVEN VALLEY CHORUS TO PERFORM AT MCGRAW TALENT SHOW

THE MCGRAW LIONS CLUB AND McGraw Student Councils will once again host their annual Talent Show on Thursday, April 14 at 7:00 pm in the McGraw Senior High School. The guest performers for the night will be the Seven Valley Chorus of Sweet Adelines. They will entertain while the judges deliberate on the winner of the 2011 Talent Show.

Under the direction of Paulette Young, the chorus will sing tunes from their current repertoire as well as two songs they will take to regional contest at the end of the April, "My Buddy," a classic barbershop ballad, and "Side by Side," a lively up-tune from the 1920's.

The talent show is sponsored by the McGraw Lions Club and the McGraw School Student Councils and will feature students performing a variety of acts. Tickets are \$4 for adults and \$3 for students and senior citizens. Come out and cheer on your favorites. Monies earned will go to fund on-going student council projects. For more information please contact Kathie Barnhart at 836-6278.

The Seven Valley Chorus is a chapter of Sweet Adelines International, the largest singing organization for women in the world. For those who have never experienced music

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performed a cappella, 4-part harmony, barbershop style, than this is a great opportunity to get a taste of this wonderful American art form.

Women who love to sing are welcome to join the Seven Valley Chorus at any time. You can check them out by attending a regular rehearsal on Tuesday evenings at 7:00 pm at the First United Methodist Church, 734 State Route 222 in Cortland. Members come from all over Cortland, Tompkins, and Cayuga Counties, represent all walks of life, and have one thing in common - the love of singing and having fun. If you would like to join this fun and flourishing chorus, or are interested in having them perform for your organization or social event, please call Diane Colf at 844-4155 for more information.

## RUBBING YOUR PAIN AWAY HELP FOR SENIORS & OTHERS WITH PAIN - CONCLUSION

I WILL FINISH UP MY article about rubbing your pain away by discussing what topical analgesics are effective.

First is Tei Fu Oil and Lotion. This formula was developed by Tei Fu Chin, a Chinese doctor who worked for Nature's Sunshine Products at one time and then founded his own herb company. These types of essential oil blends are commonly used in the Orient as topical remedies for pain and there are a number of such blends on the marketplace, such as Tiger Balm. I've tried a lot of them, but Tei Fu is still my favorite. It contains wintergreen oil (which contains salicylates, a natural form of aspirin), clove (a topical analgesic), lavender (which relaxes tense muscles and nerves), eucalyptus (a great oil for opening respiratory passages) and menthol and camphor (both well-recognized topical remedies for pain). These essential oils are in a base of the fixed oil from safflowers. They are also found in a cream base in Tei Fu Lotion and in an aloe vera gel base called Herbal Trim which is also great as an insect repellent.

Lobelia extract, Capsicum extract and Tei Fu Essential Oil. Tei Fu Oil is a first aid kit you can carry in your purse and an amazing topical analgesic for joint and muscle pains, as well as headaches, respiratory congestion, insect bites and stings and much more. I use it as part of my pain relief trio as mentioned before. I've used these three for all kinds of injuries and pain, including backache, neck and shoulder pain, headaches and strained muscles from over exertion. To use this trio start by mixing equal parts of the lobelia extract and capsicum extract and applying them topically to the affected area. Lobelia eases muscle spasms and cramps and the capsicum draws healing blood to the area. Capsicum also contains the pain-relieving substance called capsaicin, which blocks pain receptors.

After massaging this in to loosen tense muscles and ease the pain you follow it with an application of Tei Fu Oil or the lotion. This completes the analgesic effect and appears to drive the lobelia and capsicum deeper into the tissues. It also creates a more sustained effect. There are a lot of other uses for Tei Fu too numerous to mention in this short article.

Deep Relief Essential Oil is another essential oil blend that can be applied topically to ease pain. It also contains the topical analgesic clove, but it combines it

with ginger and nutmeg essential oils. Nutmeg is also an analgesic and a very powerful one. Deep Relief is therefore a stronger analgesic but Tei Fu is a better general healer and smells good too.

MSM/Glucosamine Cream. For arthritis and other joint pains, however there are two products that are much more targeted. The first is MSM/Glucosamine Cream. MSM is an organic sulfur compound that penetrates readily through the skin. It is a derivative of DMSO, which has a long history of use as an anti-inflammatory agent. MSM is safer than DMSO, but is still great for reducing inflammation and pain and helping rebuild tissues. It also contains glucosamine sulfate, a compound, which is part of the cartilage in healthy joints. The most common form of arthritis is osteoarthritis, which involves a breakdown of cartilage in the joints. With the penetrating effects of MSM, this cream can help deliver glucosamine directly to damaged joints to aid repair, which reduces pain and inflammation. It has also been used on the vertebrae on the upper back (near the shoulders) where people get pain from working too much on computers. After applying the MSM/Glucosamine Cream to these areas, follow it up with some Tei Fu oil. It has worked wonders for easing any pain or discomfort in these areas.

Everflex Pain Cream contains menthol and MSM in a cream base. This is another option for easing joint and muscle pain. There was a study done on this and it is very effective.

If there is a new injury to tissues (such as a bump, sprain, tear, pull or strain) the best choice for topical application is Healing AC Cream. This blend of homeopathic arnica and calendula in a cream base can rapidly reduce swelling in injured tissues, prevent bruising, ease pain and promote rapid healing. Normally, arnica is not used on broken skin, but with the calendula in this cream, this product can also be applied to abraded areas as well, because calendula is for healing cuts.

If there is scar tissue in the area of old injuries, Helicrysum essential oil diluted with Vitamin E and Super GLA as a carrier oil can promote healing. Heilcrysum is an expensive oil, but it is amazing what it can do to soften scar tissue and speed healing, especially when mixed with Vitamin E.

Using self-massage to ease pain and promote healing is a simple, yet very powerful tool, which is completely free. It just takes a little thought and time, but small, persistent efforts will yield powerful results.

Till next time,

 Diane L. Toombs, CNHC  
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## 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@twcny.rr.com](mailto:adra@twcny.rr.com)

### WE'VE DECIDED TO BUILD VERSUS BUYING AN EXISTING HOME AND HAVE PURCHASED A LOT IN A LOCAL TOWNSHIP. HOW DO WE GET STARTED?

FIRST, CONTACT THE LOCAL CODE Enforcement Official (Building Inspector) and/or Zoning Officer where your lot is located to determine which regulations apply. Some areas, such as historical districts, can be very restrictive while other zones may be open to many development opportunities. Zoning ordinances are local land use planning laws that can vary greatly from one municipality to another. Whether or not zoning ordinances are in force, you may also need to consider overlay districts such as flood relief zones (Corp of Engineers), power, utility, communication and access easements, municipal right-of-ways, watercourse setbacks from lakes and streams (DEC), etc. After all setback dimensions and pertinent easement restrictions are laid out on your plot plan, you will have identified an area on your site known as the buildable area in your zone. Specific zoning setback requirements may differentiate between buildable area for the primary building (main house) versus buildable area for accessory buildings and structures such as detached garages, shops, garden sheds, play structures, storage buildings, buffer areas, and long term storage areas for recreational vehicles (boats, trailers, and campers). Some zoning ordinances address recreational vehicles under special permits. The buildable area may also be restricted as a maximum percentage of the total lot area in some jurisdictions to avoid high density development.

IMPORTANT- the Code Enforcement Officer is not a design professional, thus is not authorized to provide design advice since doing so constitutes "unauthorized practice of architecture" and could potentially expand the municipality's liability on a project. His/her primary responsibility is to review submitted plans and specifications for completeness and compliance with the NYS Residential Building Code, NYS Energy Code and as may be appropriate, local land use regulations. The CEO's basic determination will be that the project complies with the building codes and local regulations or it does not.

Next, you have a major decision to make. Subject to your home design expectations, the style of house you desire, approximate home size and budget, you might select a pre-designed plan from a magazine or reliable builder, or you can commission the services of a registered design professional (DP) to develop your own personal house design. The cost of construction drawings and specifications will range from several hundred dollars for the pre-designed "canned" plans from a magazine to 5%-7% of the total construction budget for a custom designed home. Based on your available time and familiarity with construction practices, you may elect to spend an additional 3%-4% for the design professional or an independent construction administrator to oversee the project to completion on your behalf.

Beware of any builder/developer who claims they can provide you with total services, including "custom sealed design documents" as part of their cost, since they could be purchasing sealed construction documents through a "rubber stamping" arrangement which is illegal and deceptive to the unknowing client. Even legally produced "canned" construction documents normally require a code compliance review and written evaluation by a NYS registered design professional (Architect or Engineer) before a building permit can be issued. Such technical reviews, detailed site/foundation plans, and any desired design modifications will likely cost the client an additional \$1,000-\$2,500 or more before the project can be presented to the Building Inspector for the building permit. For specific information on professional design service requirements, contact the NYS Dept of Education Office for Registered Architects or Engineers (515-474-3817) or the NYS Office of Professional Discipline at (315-445-2111).

Selecting the proper building contractor is critical to the success of your project as it is by his/her knowledge, diligence and skill that the project will achieve a successful outcome. The builder may be known to you personally, may be recommended by the design professional, or come via references from a third party. For a slight increase in fee, the DP can also prepare the construction documents for competitive bidding among several invited contractors. Properly executed, the competitive bidding process can save the client from 5% to 8% of the anticipated construction cost. Regardless of the method by which the builder is chosen, you should avoid entering into any construction agreement that fails to incorporate detailed drawings and/or comprehensive written scope of all work required to complete the project, lest your money run out before the project can be certified for occupancy by the building inspector so you can move in. Subject to the extent of services contracted, the design professional can also be an effective agent to the client during the construction phase, conducting regular job meetings and observing the progress of the work, reviewing schedule and trade coordination issues, interpreting the construction drawings and specifications, maintaining document compliance and quality control, affirming the value of labor performed and materials in place as conditions for payment during the project, final project closeout inspection, etc.

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## THE REAL WOOD FURNITURE STORE 1981 - 2011

**T**HIS YEAR MARKS THE 30TH anniversary of The Real Wood Furniture Store! Opened in 1981 as The Unfinished Furniture Store by Peter E. Zaharis, the store is still family owned and operated. Pete had originally intended to lease the building, but, as he could not find a tenant, he then decided to open a furniture store. On the site of the former Robinson - Carpenter lumber yard, it's fitting that furniture made of real wood is now sold there.

Pete opened the store with two truckloads of Mastercraft pine furniture. It wasn't long before he added Sawdust Shops (which later became London Grove Industries), and other unfinished furniture manufacturers. Pete ran the store by himself for the first 16 years;

son Peter joined him in 1997; son Mark and daughter-in-law Adrienne in 2002. The store was predominantly a bookcase store in the early years; bookcases are still a major offering from a simple inexpensive pine book shelf to a complete custom home library. While Mastercraft Furniture and London Grove Industries have since gone out of business, The Real Wood Furniture Store continues to specialize in both unfinished and custom finished furniture. The store offers ready-to-finish furniture made from a variety of wood species such as alder, maple, oak, pine, parawood, and cherry, and, has a large selection of wood stains and finishes. They also carry a line of natural furniture care products that are Earth Friendly, Kid Safe, and Pet Safe!

So, why the name change? A couple of years ago the family decided it was time to leave behind the unfounded "reputation" of unfinished furniture as being "cheap" furniture. While it is true that unfinished furniture generally costs less than furniture of similar quality that is already finished, unfinished furniture is anything but "cheap"! The Real Wood Furniture Store certifies that all of their furniture is made with solid wood and wood veneers on plywood. Some of the

quality construction features you can find at The Real Wood Furniture Store are:

- Solid wood tops.
- Solid wood face frames.
- Solid wood drawer fronts and drawer parts.
- Mortise and tenon joinery.
- Concealed adjustable hinges.
- English dovetail drawer construction.
- European-style drawer glides.
- Full extension metal ball bearing drawer slides.
- Solid wood and veneered wood panels.
- Fitted backs for structural strength.
- Custom finishing options.
- Solid wood crown and base moldings.

Ready-to-finish furniture has come a long way! Each piece is an original, the result of nature's handiwork. Quality wood furniture purchased today can be used for a lifetime.

**CELEBRATING OUR  
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**EVERYTHING IS ON SALE!**

**SAVE UP TO 30%  
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- Quality, solid wood furniture built to last a lifetime.
- 30 years experience in selling Real Wood furniture.
- Extensive in-stock inventory; special orders available.
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# BENEFIT FOR THE BENNETTS



Dick Bennett devoted himself, and his band, Don't Time, to playing at countless area benefits. Now it's time for us to come together and give back that generosity.

Dick's wife Ethel recently had extensive heart surgery and though they have managed to pay a large portion of the cost, they could still use some assistance to get past the rest of the cost burden.

Here's hoping everyone in the Cortland area will show support for a family who has given so much to others in need.

We look forward to seeing friends, fellow musicians, and everyone else who wants to do a good deed for two great people.

**APRIL 10TH 2011 AT THE AMERICAN LEGION 1:00PM TO 6:00PM**

**Blue Monday** 2:00 to 3:00  
**Tailor Made** 3:30 to 4:30  
**Dog & Cat** 5:00 to 6:00

\$5.00 per Adult at the door—under 16 FREE!  
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ALL proceeds will be applied to existing medical expenses

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Thursday: Hearty Italian Soup & Meatloaf  
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Saturday: Prime Rib evening.

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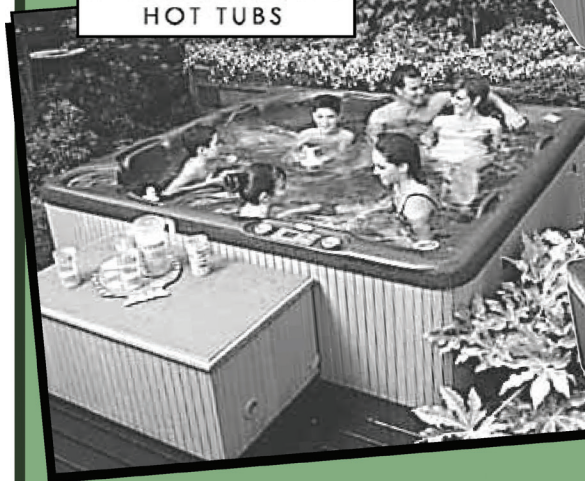
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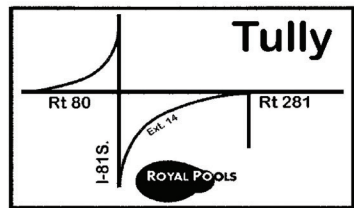
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# Central New York Maple Festival

**Saturday and Sunday,  
April 2 & 3, 2011  
in Marathon, NY**

For More Information:  
[www.maplefest.org](http://www.maplefest.org)

**Robinson's Repair Shop**  
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Enjoy the Maple Fest!

**Something New:**  
**10% Veterans & Active Servicemen Discount on repairs (With Proof)**  
**5% Senior Discount on repairs (60 & Over)**  
Maximum Discount is \$50.00.

- Not to be combined w/ other offers.
- Full Payment at time of Discount.
- NO discount on Tires or Special Orders.
- No Discount on NYS Inspection.

**We are a "Grummons Canoe Dealer"**  
3 Cortland Street - Marathon NY  
Mon. - Fri: 8:00am - 5:PM Sat. 8:00am - 12:PM (Noon)

Enjoy fine food, fine crafts, helicopter rides, horse drawn wagon rides, free entertainment, visit the sugar shack, visit the library and meet authors, visit the train station and see the model train exhibit, watch live demonstration by Chain Saw Carver Mark Watson, watch the Worthington Kennels Hunting Dog Demonstration and much, much more!

## SATURDAY, APRIL 2, 2011

9 am - 15th Annual Pancake Eating Contest at High School Auditorium

10 am - Noon - WXHC Live Remote - Village Green.

Noon - Parade - w/MCHS Band on Main Street

1 pm - 41st Annual Maple Tree Planting. Gather at the Fire Station.

All Day (starting at 9 am):

- Chainsaw Carver Mark Watson - Live Demonstrations on the Village Green.
- Mountain Men Encampment - Village Green

- Juried Craft Show - High School Gym & Civic Building

Building

- Helicopter Rides & Merry-Go-Round - Lovell Field

(fee)

- Horse-Drawn Wagon Rides - Lovell Field (fee)

- Maple Mobile Races - outside old Town Hall

- 1861 Museum - Historical Exhibits

- Quilt Show & Community Handwork Exhibits -

Baptist Church

- Sugar Shack - Syrup Making Process - Running

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continuously. Free sample.

- Meet the Authors - Peck Library
- Used Book Sale - Peck Library
- Worthington Kennels Hunting Dog Demonstrations - on Lovell Field.

Live Entertainment at the High School Auditorium

- 11 am - Marathon's Got Talent
- 12:30 - 2 pm - Cortland County's Got Talent
- 2-4 pm - Steve Southworth & the Rockabilly Rays

**SUNDAY, APRIL 3, 2011**

All Day (starting at 9 am):

- Chainsaw Carver Mark Watson - Live Demonstrations on the Village Green.
- Mountain Men Encampment - Village Green
- Juried Craft Show - High School Gym & Civic Building ('til 4 pm)
- Helicopter Rides - Lovell Field ('til 6 pm - fee)
- Horse-Drawn Wagon Rides - Lovell Field (fee)
- Maple Mobile Races - outside old Town Hall
- 1861 Museum - Historical Exhibits
- Masonic ID Program - HS Room near auditorium
- Quilt Show & Community Handiwork Exhibits - Baptist Church (begins at 1 pm)
- Sugar Shack - Syrup Making Process - Running continuously. Free sample.
- Meet the Authors - Peck Library
- Used Book Sale - Peck Library
- Worthington Kennels Hunting Dog Demonstrations - on Lovell Field.

Live Entertainment at the High School Auditorium

- 11 am - Hunt's Corners Baptist Church - The Anderson Family "Happy 400th Anniversary, King James"
- Noon-2 pm - Dixieland Band
- 2-4 pm - The Wild Hunt

**EXHIBITS, FOOD & FUN**

ALL-YOU-CAN-EAT PANCAKE MEAL - HIGH SCHOOL CAFETERIA (7 AM - 2 PM) & MASONIC LODGE (9 AM - 4 PM): Adults - \$6; Children 5-12 - \$4; 4 & Under are Free.

1861 BUILDING - NEW THIS YEAR! Now the Marathon Area Historical Museum!!

AMERICAN LEGION: Exhibits, Shadows of the Old West Show, pony rides, arts & crafts, cake wheel. Food - pancake breakfast, cheese fries, hot sausage, hamburgers, hot dogs, chili, coffee, hot chocolate.

ANTIQUA GAS ENGINE DISPLAY: On Lovell Field.

CIVIC BUILDING: Crafts (listed below); Maple Leaf Senior Center food - maple milk shakes & lollipops, baked goods, beverages.

FIRE STATION: Cortland YWCA Aid to Women Victims of Violence, NYS Comptroller's Unclaimed Funds, Tastefully Simple.

HIGH SCHOOL: Entertainment, crafts (listed below), Children's Discovery Center, face painting, Mason's ID Program, chair massage. Inside Food - Pancake meal (see above), Girl Scout cookies, baked goods.

Outside Food - nuts, cider, apple dumplings, spiedies, city chicken, pizza frita, piadina (Italian flatbread), fried raviolis, hot sausage, burgers, hot dogs, drinks, spuds, BBQ beef.

LOVELL FIELD: Food - Elephant ears (fried dough) w/ maple, cinnamon, or fruit toppings; Boy Scouts' maple cotton candy. Exhibits/Rides - antique gas engines, NYS Fire Safety House, Worthington Kennels hunting dogs & iron-pour demonstrations, horse-drawn wagon & helicopter rides, merry-go-round.

MAIN STREET (NEAR INFO BOOTH): Knickerbocker's Meat - smoked beef logs.

MAPLE MUSEUM & SUGAR SHOP: Sugar-making demos, maple products sales, maple sundaes, displays of antique maple-processing equipment, farm tools & more. Official Maple Festival Souvenir Shop.

MARATHON HISTORICAL SOCIETY'S TENT: All things maple - Maple pulled-pork sandwich, maple soda, coffee, tea, and sweet buns.

MARATHON TRAIN DEPOT: Railroad souvenirs, model train displays, free raffle for model train.

MASONIC LODGE: Pancake meal from 9 AM to 4 PM (see above).

METHODIST CHURCH: Sit-down BBQ chicken dinner (chicken, baked beans, chips, rolls, butter, dessert & drink).

MORTON BUILDING: Food - clam chowder, chili, fries, chicken tenders, hot dogs, hamburgers, drinks.

NYS FIRE SAFETY HOUSE: Near Maple Museum.

PECK LIBRARY: Used book sale in Opera House, Easter basket raffle, Meet the Authors, jewelry.

PRESBYTERIAN CHURCH: Bake Sale, crafts, baseball cards, white elephant sale, raffles. Inside Food - homemade candies, hot/chili/kraut dogs, chili, soups, PBJ sandwiches, tossed salads, beverages. Outside Food - popcorn & coffee.

SCHOOL HOUSE: Original and fully equipped historic one-room school house.

SUGAR SHACK: See demonstration of the syrup-making process. Running continuously both days of the Festival with free samples.

TRAPPER'S CABIN: Display by Cortland County Trappers' Association.

VILLAGE GREEN: Mountain Men Encampment, chainsaw wood carving, maple products outlet.

**CRAFTERS**

DON'T FORGET TO TAKE HOME SOME DELICIOUS MAPLE SYRUP PRODUCTS! SEE THE MAPLESUGARING DEMONSTRATION AND BUY ALL OF YOUR MAPLE PRODUCTS

IN THE MAPLE MUSEUM OR ON THE VILLAGE GREEN. WE WILL HOLD THEM FOR YOU UNTIL YOU ARE READY TO GO HOME!!

—DEBIT CARDS & MAJOR CHARGE CARDS ACCEPTED—

AND AND AND THE QUEEN & HERCOURT!!

KEEP AN OUT FOR CROSSROAD THE CLOWN, HIGH SCHOOL GYMNASIUM: B's Garden Treasures, Charlie Brown Crafts, Coasters to Coverlets, Cold Brook Farm, Cortland Art League, Eight Ball Graphics, Gecko Glass, Gems of Time, GTO Woodturning, Ann Hayduk, Hilltop Pottery, Joelle's Dolls, Just Sew Girl!, Mohanna Country Crafts, Nature Crafts, New Age Group, Perk's Unique Gifts, Picture This!, Prairie Blossom Silver, "RC" Oster, Seneca Cottage Fudge, Silver Bench Jewelry, Simply Gifts, Spirited Crafts, Storyteller Flutes, Sugarhill Farm, The Ivory Cottage, Two of a Kind Designs, Wind Song Acres, Wood Embossments.

CIVIC BUILDING: Art in Heaven, Cherry Hill Pottery, Creations in Stained Glass, E-Art Tie Dye, Enduring Images, Fly West Prims, Kirsten's Clay, Mumbling Mountain, Natural Reflections, Only One River, Opposites Attract, Orchard Beat Records, Petal Attraction, Pysanky by Mia, ReCreations, Round Rabbit, Sheepskin Shop, Sunbird Jewelry, The Glass Shed, Werner's Carvings, Wood Cellar Designs, Young Sapling Pottery.

CIVIC BUILDING PAVILION: Badman's Bushel Basket, Daisy Doll Closet, Days Gone Bye Quilts, First Step Designs, High Point Crafts, Konnect 4 Krafts, Lovely Mushy Things, Newbie Jewels, Overrocker Novelty, Sticks & Stitches, Sweet Pea's Groceries, The Hair Jeweler, The Shabby Chic Garden, Tom's Wood Crafts, Wicks of Fire, Wood N.I.

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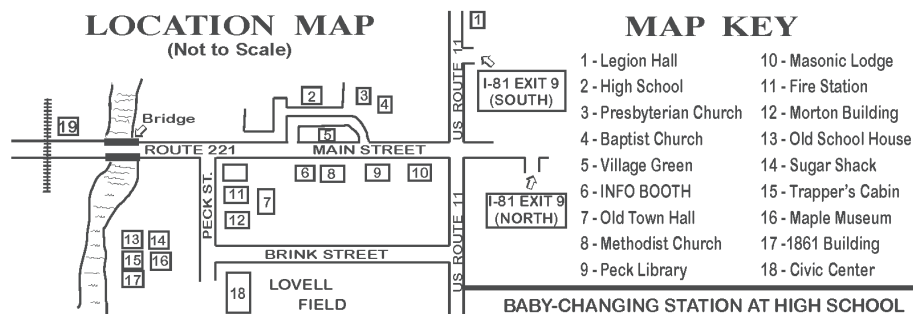
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We carry Kentucky Kernal premium hardwood pellets, & cherry pits!

The CNY Maple Festival takes pride in its FREE, live family entertainment on the stage and in the streets of our friendly Village of Marathon, NY. Jugglers, clowns, musicians, historical characters, and dancers may be found throughout the Village at any time.

**COME TO LOVELL FIELD & TAKE A RIDE ON ...**

**A HORSE-DRAWN WAGON**



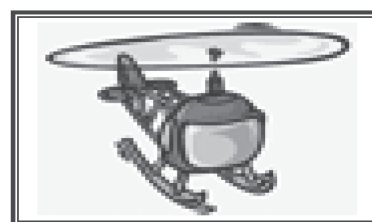
Runs daily. Fun for the whole family!! Fee charged.

**A MERRY-GO-ROUND**



Amusement ride. First-time at the Maple Festival!! Sponsored by Marathon PTO, starting at 10 AM each day. Fee charged.

**A HELICOPTER**



See the Village from the sky! Runs 9 a.m. to 6 p.m. Fee charged.

## MIKE'S FISH TANK

SO MANY PEOPLE ARE INTO hermit crabs as pets. They are fun, easy to care for and inexpensive. Here are some helpful hints.

Hermit crabs love to switch shells but need larger shells as they grow to maintain adequate body moisture.

For a proper fit, the new shell should be larger than the present shell, and the shell opening should be the same size as the crab's large pincher. To ensure that hermit crabs function in their homes, shells should be properly cleaned, and chosen carefully. Crabs will clean themselves if you provide them with fresh water in their bowls.

If the bowl is big enough, the crab will get right into the dish of water. Also, add a hermit crab sponge to the dish of water.

This adds moisture which is beneficial to the crab. If a hermit crab gets too dry, he will have a hard time shedding which can result in death.

Crabs thrive on company and are the most active and entertaining when they co-exist in pairs or in a hermit crab community.

When increasing the number of hermit crabs, be sure to provide more space for them. They also need a fairly warm and humid environment, 70-75 degrees F. However I want to point out that if you want to keep just one hermit crab, it is perfectly OK.

If the temperature gets too high, for example middle to upper 80's, that is too warm. You risk drying out your crab.

A lot of kids have just a small cage and putting more than one might not be a good idea.

Crabs love to climb! Coral and choya wood will encourage activity. Again, be sure they have plenty of room to play!

Crabs need calcium obtained from shell dishes. And, they thrive on pre-mixed hermit crab food and treats, along with a variety of vegetables and fruits. They will bury their food, so make sure you remove all uneaten food prior to their daily feeding. One way to feed is to put just a little water in the sink, sprinkle the hermit crab food around the edge of the water.

Let your crabs eat for about 15 to 20 minutes and put them back into their cage. Swish out your sink and your crab cage stays clean.

Hermit crabs do not eat that much, so you will not be wasting much food if you only add a little bit in the sink.

They also make an undertank heater that sticks to the bottom of your hermit crab cage. You plug it in and it emits just a small amount of heat that helps keep your crab from getting too cold. This is especially helpful in Winter.

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

## 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*

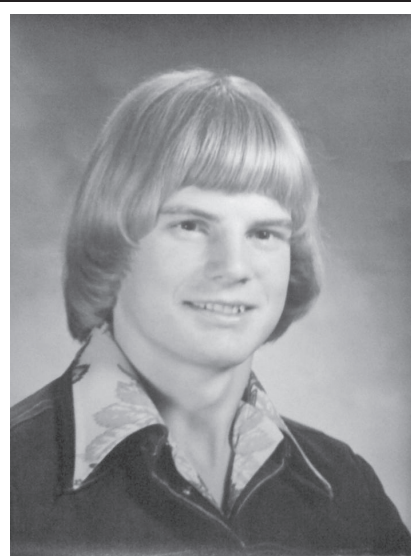
## RED CROSS AIDS VICTIMS OF DRYDEN APARTMENT BUILDING FIRE

AN EARLY-MORNING FIRE IN DRYDEN damaged a two-story apartment building on West Main Street and displaced five families living in the building. Red Cross volunteers from the Tompkins County Chapter were called to the scene to aid the fire victims. Fortunately, no one was injured in the blaze.

Currently, the Red Cross is providing financial disaster relief to three of the displaced households. The fourth household did not request assistance and the fifth family was not at home when the fire broke out. Red Cross financial assistance is being used to provide shelter, food and clothing to the fire victims and one household is also receiving replacement bedding.

All the households, including the absent family, may receive additional Red Cross disaster assistance, including trauma counseling and financial support to secure permanent housing.

## BUSINESS OWNER PHOTO CONTEST



Last Issue's 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!

#### Answer

**David Horton** - Owner of Davelle Office Equipment located at 15 W. Main, Suite B in Dryden.

#### Winner

**No winner this issue** - A gift certificate from Time to Eat Restaurant and Action Sports will be added with next issue's winning gift certificate!

### 3 EVERY DAY

HI EVERYONE! MY NAME IS Rachel Bogardus and I am a Tompkins County Dairy Princess Alternate. Spring sports are in full throttle now and I wanted to stress the importance of drinking chocolate milk after exercise. Research has shown that fat-free chocolate milk beat out carbohydrate sports drinks at helping to rebuild and refuel muscles after exercise. Why? The carbohydrates and protein in low-fat chocolate milk is a great combination for refueling weary muscles. So remember to tell your children and/or grandchildren to drink their chocolate milk! On another note, the dairy princess court would like to invite you to celebrate local farming and agriculture at the annual AgStavaganza!. It will be held on April 2nd, all day, at the shops of Ithaca Mall. The court will be handing out samples of milk, cheese and ice cream! It would be a great opportunity to learn the benefits of local farming and witness the hard work and dedication our local farmers put into producing milk and crops for our community! I hope you have a wonderful rest of the spring and I have included a recipe for tres leches cake (three milk cake), which is a perfect dessert for a special occasion and spring. Enjoy!

#### Tres Leches Cake

6 eggs, separated • 1 1/2 cups sugar • 2 cups flour • 2 teaspoons baking powder  
1/2 teaspoon baking soda • 1/2 teaspoon salt • 1 1/2 cups water or 1 1/2 cups skim milk  
1 teaspoon almond extract • 1 (14 ounce) can sweetened condensed milk  
2 cups heavy whipping cream (unwhipped) • 1/2 cup light corn syrup  
7 tablespoons evaporated milk • 2 teaspoons vanilla • 1/2 cup heavy whipping cream  
1/2 cup sugar • 1 teaspoon vanilla • 1 cup sour cream • 2 tablespoons icing sugar  
1 teaspoon almond extract

In a large mixing bowl, beat egg whites until soft peaks form. Gradually beat in sugar until soft peaks form. Add yolks one at a time, beating until combined. In another bowl, combine the flour, baking powder, baking soda and salt; add to egg mixture, alternately with water or skim milk. Stir in extract. Pour into a greased 13" x 9" baking pan. Bake at 350 degrees for 35-45 minutes, or until cake tests done. Cool on wire rack. Poke holes all over cake with fork or thin straw. Chill, covered in fridge overnight. The following day: In a saucepan, combine condensed milk, cream, corn syrup and evaporated milk. Bring to a boil over medium heat, stirring constantly; cook and stir 2 minutes. Remove from heat; stir in vanilla. Slowly pour over cold cake, letting milk absorb into cake. Cover, and refrigerate. FOR ICING: In a mixing bowl, beat cream until soft peaks form. Gradually beat in sugar until stiff peaks form. Stir in vanilla. In a bowl, combine the sour cream, icing sugar and almond extract. Fold in the whipping cream into the mixture. Spread over topping. Refrigerate until serving. Makes 12-15 servings.

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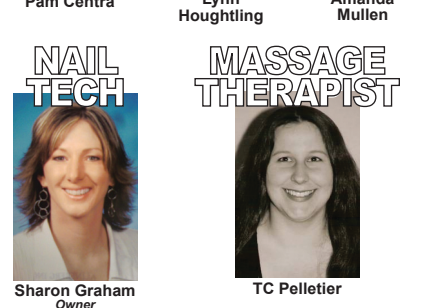
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a	u	m	u	b	s	d	p	g	c	a	u	d	y	a	
t	r	e	p	a	i	r	a	r	p	n	a	m	t	r	e
s	n	r	g	r	u	l	a	d	d	e	r	b	s	n	n
b	a	w	r	w	o	v	d	f	u	p	a	e	l	o	a
t	a	s	a	r	e	v	i	r	d	w	e	r	c	s	i
l	t	s	d	i	s	l	e	p	a	c	s	d	n	a	l
r	d	m	e	u	l	w	e	m	n	r	i	c	a	m	s
e	e	c	r	r	o	n	e	c	e	s	b	u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

improvement • renovate • landscape • upgrade • repair • nails services • plumber • construction • lawn • shrubs • landfill lawnmower • rake • build • lumber • electrical • paint • ladder hammer • screwdriver • plaster • gravel • masonry • handyman

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

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

**WORD FIND**

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



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