

FREE

January 11-24, 2012

Go Green! 'Pamper Me' & Tax Time Edition

FREE

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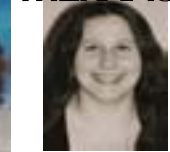
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Historic Village of Homer, NY [www.homerwinterfest.com](http://www.homerwinterfest.com)



## WELCOME TO OUR GO GREEN!, 'PAMPER ME' & TAX TIME 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!

**January 25** – Bridal, Super Bowl & Pre-Valentine's Day Edition  
(Deadline 1/20)

**February 8** – Valentine's Day Edition  
(Deadline 2/3)

**February 22** – Senior Citizen & Home Show Guide Edition  
(Deadline 2/17)

**March 7** – Spring Antiques & St. Patrick's Day Edition  
(Deadline 3/2)

**March 21** – Home Improvement & Real Estate Edition  
(Deadline 3/16)



**Wedding day photos request! Would you like to show off your wedding day photo in our January Bridal Issue?**

Please email your wedding photo and your names, date of your wedding and we will print it in the January 25th issue! Email your photos to [tcatribune@gmail.com](mailto:tcatribune@gmail.com) or mail your photo along with your names and wedding date to THE CAT, PO BOX 67, DRYDEN, NY 13053 before the deadline, Friday, January 20th. Be sure to include your return mailing address so we may mail your photo back!

Don't miss out - send in a picture of your wedding day!

DON'T FORGET TO tell us your names and date of the wedding! Watch for next edition for your wedding photo picture printed in the paper! And on-line [cortlandareatribune.com](http://cortlandareatribune.com)

### 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!*

### FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to [tcatribune@gmail.com](mailto:tcatribune@gmail.com), or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, January 20th for the next Edition.

### CORTLANDAREATRIBUNE.COM

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

### ONLINE CLASSIFIEDS

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

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## The Cortland Area Tribune

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# COMMUNITY CALENDAR



**January 14 & 18 - E-Reader Help**  
Drop by UPL with your e-reader! Staff will be standing by to answer questions and help you learn to use your Nook, Kindle or other e-reader to access library resources including free e-books. Help sessions will be on Saturday, January 14th, open to the public, 12:00p.m to 2:00p.m and Wednesday, January 18th from 1:30p.m to 3:00p.m.

**January 15 - "Sweet Spirit" at the Little Methodist Church**  
The Little Methodist Church in Varna, N.Y. (Route #366) will be hosting "Sweet Spirit" during out Sunday Service which starts at 11. Sweet Spirit sings old time gospel music and their goal is to send

youth to summer Christian camps.

**Jan 15 - Jacksonville Chicken BBQ**  
Jacksonville Community United Methodist Church will be having a Chicken BBQ on Sunday Jan15 starting at 11AM until gone. The dinner consist of 1/2 chicken, macaroni salad, baked beans, roll, cookie. \$ 8.00 for adult and \$ 5.00 for kids. It will be a drive thru or carry out Located on Rte 96 between Ithaca and Trumansburg. There will be BBQs on Sunday Feb 19 and Sunday March 18 Don't miss out, write us on your calendar Hope to see you there.

**January 18 - Compost Curious?**  
6:00 - 8:30 p.m. Introduction to composting at home. We

will discuss the benefits of composting (for you, your wallet, and the world), some basic compost science, and information about managing your compost in winter and beyond. We will cover: Why compost? What is compost? Compost needs - WONC (water, oxygen, nitrogen, carbon). Basic bins & maintenance (this will be brief - the March class will get into much more detail). Composting in winter. Harvesting.

To sign up call for this FREE session: Call the Groton Public Library at 898-5055 or email to director@grotonpubliclibrary.org

**January 21 - Ted Walsh & Tom Gath**

Americana. At the Dryden Hotel, Main St., Dryden, 8-11 pm, Saturday, January 21. No cover.

**January 21 - Cortland Bulldogs Minor League Football Tryouts**

The Cortland Bulldogs Minor League Football team are holding open tryouts 5pm, January 21st, 2012 at the JM McDONALD SPORTS COMPLEX (located at 4292 Fairgrounds Drive, Cortland, NY 13045). The Bulldogs are entering their 4th year in the Northeastern Football Alliance. There is a \$30 Registration fee, please no metal cleats. Registration will begin at 4pm. Please check out the Bulldogs on facebook, or atthecortlandbulldogs.com. Any further questions should be e-mailed to CortlandBulldogs@yahoo.com.

**January 23 - Dryden Senior Citizens Lunch**  
The Dryden Senior Citizens will meet on Monday, January 23, 2012 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 potatoes and vegetables, biscuits, tossed salad and cherry cobbler. Our entertainment will be singer, Doug Barton. 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.

**January 24 - Baby Storytime**

Baby storytime is targeted for ages zero to two and will encourage your child to love reading. Storytime fun will be about fifteen minutes and will be followed by a facilitated interaction with other area parents. The first baby storytime will be on Tuesday, January 24, 2012 at 3:30 at Ulysses Philomathic Library, open to the public.

**January 26 - Soup and Sustenance Winter Reading Series**

Sustainable Cortland will be hosting a series of book discussions entitled "Soup and Sustenance: Winter Reading Series." The first will be a discussion on Joel Salatin's Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World. It will take place on Thursday, January 26, 2012 from 6-8 PM at the Beard Building (9 Main St., Cortland). On February 23rd, the book will be Raising Elijah: Protecting our Children in an Age of Environmental Crisis by

Sandra Steingraber. On March 29th, the book will be But Will the Planet Notice? How Smart Economics Can Save the World by Gernot Wagner. Same location and time. These events are free and open to all. Soup and bread will be provided. For more information contact Sara Watrous at sustainablecortland@gmail.com.

**January 27 - Winter Crop Meeting**

Cornell Cooperative Extension offers its annual Winter Crop Meeting, on January 27th, at the Clarion Inn in Ithaca. This meeting provides a winter-time gathering and update of current topics for area dairy and field crop farmers. The day starts at 9 a.m. with a tradeshow of ag related and crop supply businesses. The program begins at 10 am. This year the theme of the meeting is Precision Agriculture: Putting information technology to work! Enhance production through management. Industry speakers will address using geo-positioning information from satellites to guide tractors and input applications, having success with even plant stands through adjustments of planting equipment, and putting the information package together for troubleshooting, diagnosis and management decisions. DEC pesticide recertification and CCA credits have been requested. The cost is \$25, which includes lunch. Pre-registration is requested by Jan 20. Please call Janice Degni, Area Field Crops Specialist with questions or Sharon VanDeuson to pre-register at 753-5078. This meeting is presented by the Cornell Cooperative Extension South Central NY Dairy & Field Crops Team.

**FOR A COMPLETE LISTING OF UPCOMING EVENTS: CORTLANDAREATRIEBUNE.COM TWITTER.COM/TCATRIEBUNE**



**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!

# MYSTERY PHOTO CONTEST



**Answer from the Previous Edition:**  
Grumman Boats, Inc. of Marathon, NY

**MYSTERY PHOTO CONTEST!**

Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, January 20th 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 Kathy Matson. Kathy won a gift certificate from Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point. The winner from this issue will also win a gift certificate from Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point! 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!

**DO YOU KNOW WHERE THIS IS?**  
See what you can WIN if you know WHERE this picture is!  
Congratulations to our latest contest winner:  
**Kathy Matson of Homer**



**PICCADILLY LANE COUNTRY AND PRIMITIVE STORE**

WITH THE HOLIDAYS BEHIND US, now is the time to think about redecorating and its time to pamper ourselves with a new look in our home or office! How are those curtains? When did you last update them? Do you have a corner or bare wall that needs updating? Where do you start? How do you know how to redecorate and do it right?! Come to Piccadilly Lane - located on 2643 Main Street in Whitney Point! The welcoming and knowledgeable staff at Piccadilly Lane Country and Primitive Store invite you to come in and discover the numerous treasures that fill the eight room store. They have many one of a kind gift ideas on every wall, the stairway, corners and each room of this unique Shoppe - now it's your turn to discover the many easy ways to update a wall in any room and the ladies will assist you with picking out that perfect item. Such as - add a shelf on that wall and add some of your favorite items such as scented candles, tin items, a small lamp, small printed framed sayings, etc. and you have a new personalized look! Country decor, linens, furniture, pictures, candles, jewelry, antiques, curtains and more are beautifully displayed and easy to browse so "treat" yourself to something special in 2012! Buy a new piece of furniture and save with the coupon on the front page - 26% OFF!!

Speaking of "treat" - shop early for your sweetheart for Valentine's Day! Not sure what to buy - everyone love a gift certificate from Piccadilly! Ask the ladies at Piccadilly for advice - they have a beautiful array of jewelry and so much more!

New - on Thursday, March 29th - Piccadilly will host a new event - featuring Wooden Photo Art Blocks! Bring in your favorite photo and Waste Not Recycled Art will be available to transfer your photo onto a wooden block! This is such a new

unique way to display photos that are hidden in the drawers or albums - photos should be shared for all to see! Be sure to mark your calendars and don't miss this event! Details to follow. Check out their website for more info [wastenotrecycledart.com](http://wastenotrecycledart.com)

New hours for the store are: Monday, Tuesday & Friday 10-6, Wednesday 10-2, Thursday 10-7, Saturday 11-3 and occasionally open on Sunday 11-3 - call ahead 1st. Questions or looking for something special - 607-692-7418 or email [piccadillylane1@aol.com](mailto:piccadillylane1@aol.com) and now on face book!

Looking to get-away- in the New Year somewhere warm?! Stop in at Point Travel located in the same building or call them at 607-692-2334 to book your "Warm Weather" destination - an all inclusive cruise! Point Travel is also starting buses and group rates - call today for details! Or email [pointtravel@aol.com](mailto:pointtravel@aol.com)



**CREATIVE TOUCH HAIR & NAIL SALON:  
PAMPER ME HEADQUARTERS!  
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CREATIVE TOUCH HAIR & NAIL Salon at 10 W Main Street in downtown Dryden (the stone building at the four corners next to the Village Clock Park) warmly welcomes Shy Ingalls to their experienced staff of master stylists! Shy is relocating to Creative Touch and is looking forward to seeing new and past clients at her new location! Shy resides in Dryden and graduated from the Cortland BOCES Cosmetology and assures your customer satisfaction of all your salon needs at Creative Touch. Book an appointment with Shy and mention this article to receive \$5 OFF any service with her! Shy also wants to remind you to pamper yourself in the new year with a pedicure! New - Shy offers feather hair extensions!

The salon houses an experienced, competent and qualified staff boasting the services of Sharon Graham as nail technician, Pam Centra, Lynn Houghtling, Angela Floor and Shy Ingalls as master hair stylists. Creative Touch provides a variety of services for men, women and children such as cuts,

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colors including low-lights or high-lights, perms, up-dos, waxing, acrylic nails, hair removal, manicures and pedicures. Creative Touch offers massages with Licensed Massage Therapist TC Pelletier -TC are available by appointment for a relaxing, rejuvenating massage!

"It's just one of those things you feel a passion for," stated Sharon Graham, owner. "It is one service industry people enjoy coming to." And not only do customers enjoy coming to the salon, but Sharon enjoys it as well! She emphasized how going to work everyday for her really isn't like work at all. Sharon knew from day one that she did not want to work for anyone, which powered her to start her own business over thirteen years ago and her dream grew from there. She opened "Creative Touch" Hair & Nail Salon in 1999.

Though there are many businesses in the area similar to Creative Touch, none exult as warm and inviting an atmosphere as they do. Its comfortable ambiance is a result of the employees' love for their work.

To contact the Creative Touch Hair & Nail Salon by phone, call (607) 844-9920. The salon is open Monday through Saturday and walk-ins are always welcome, but appointments are also available. From your hair down to your toes - we are the salon that knows! Call to schedule your appointment!



## SNOWMOBILE ACCIDENTS ON THE RISE IN NEW YORK

### ALLSTATE PROVIDES SAFETY & COVERAGE TIPS TO RIDERS - SNOWMOBILE SAFETY AND AWARENESS WEEK (JANUARY 15-23)



**A**TENTION SNOW LOVERS: CRUISING THROUGH the fresh snow on a snowmobile feels great, until something unexpected happens. According to the New York State Office of Parks, Recreation and Historic Preservation Snowmobile Unit, during the 2008-2009 snowmobile season, there were an estimated 318 reported snowmobile accidents in New York, with most accidents being collisions with fixed objects such as trees. This was an increase from 2007-2008, when the number of reported accidents was 285.

"Snowmobile Safety and Awareness Week is a great time to remind riders to make smart and safe decisions this snowmobile season," says Allstate NY spokesperson Krista Conte.

Allstate wants you to be aware of how to use your snowmobile safely.

- Become familiar with hand signals needed for operating snowmobiles
- Plan where you will ride, how long you will ride, and with whom you will ride.
- Most manufacturers create a small spot for tool storage just inside your hood, or the inside of the seat "trunk." Put the necessary tools in the designated spot in case of an issue.
- Never cross lakes or rivers since it can never be guaranteed that ice of any thickness will support a snowmobile. Be aware that ice is always dangerous, and on solid surfaces it greatly reduces traction.

"Snowmobiling is an inherently dangerous sport," says Gary Broderick, president of the New York State Snowmobile Association. "The rider is responsible to operate his or her snowmobile in a safe manner. We ask all our members to know their limit and ride within it. Speed limits are just that - limits. The smart rider adjusts their speed for the conditions they are in. Never drink and ride and never carry more people on your sled than the manufacturer recommends. We hope that you enjoy the season safely - we want you to be a member again next year too!"

Allstate offers affordable snowmobile insurance coverage that helps protect you, your passenger, your snowmobile and even someone else's property that may be damaged by your snowmobile.

Allstate snowmobile insurance can even provide coverage while your sled is in storage during the warmer months or being towed.

And what if you've added customization to your ride? We can help there, too.

You own multiple snowmobiles? Ask us about our discounts.

Are you relying on your homeowners and/or auto insurance policies to help if you have a snowmobile claim? Those policies may provide little, if any, supplemental coverage for your snowmobile.

For more information on snowmobile coverages, please contact your local Allstate agent or visit [www.allstate.com](http://www.allstate.com). Source: [www.nyssnowassoc.org](http://www.nyssnowassoc.org).

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

*The Allstate Corporation (NYSE: ALL) is the nation's largest publicly held personal lines insurer. Widely known through the "You're In Good Hands With Allstate®" slogan, Allstate is reinventing protection and retirement to help more than 17 million households insure what they have today and better prepare for tomorrow. Consumers access Allstate insurance products (auto, home, life and retirement) and services through Allstate agencies, independent agencies, and Allstate exclusive financial representatives in the U.S. and Canada, as well as via [www.allstate.com](http://www.allstate.com) and 1-800 Allstate®.*



## BALLARD'S TAX SERVICE

**T**HE NEW YEAR MEANS ITS tax season! Gather up your tax info, W-2's, statements, receipts, etc. and stop in to see Joyce Ballard, owner of Ballard's Taxes. Joyce has been doing taxes and serving the Southern Tier and CNY area for over 35 years! Joyce is proud to introduce a new associate to Ballard's Taxes - her daughter, Jessica Maley! Questions - Email [ballardstaxes@aol.com](mailto:ballardstaxes@aol.com) or call Joyce at 607-692-4594 or Jessica at 315-810-4108. Joyce and Jessica both specialize in personal and business and new this year - new clients and walk-in's welcome! E-filing available! Ballard's Tax Service is located at 2643 Main Street in Whitney Point, in the same building as Piccadilly Lane Country & Primitive Store.

# STATE

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**FEB. 18** GATEWAY COMMONS CLASSICS SERIES PRESENTS  
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**FEB. 23** DAN SMALLS PRESENTS  
**COWBOY JUNKIES**

**MAR. 21** GATEWAY COMMONS CLASSICS SERIES PRESENTS  
**GAELIC STORM**  
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Dryden High School graduate Missty Leonard opened her new hair salon located at 2215 Dryden Road between B&B Flooring and Back to Basics Bulk Foods in Dryden in January 2006! For 6 years now she has served the community from this location with the best cuts, colors and waxing, all at affordable prices!

Missty has been working in the industry since graduating High School, and has been perfecting her trade even longer. She attended Ithaca BOCES to study cosmetology and had worked at three other hair salons in the area since 1998. Starting her own salon, she continues to further her education, attending classes around the state to learn the latest techniques and valuable insight that she passes on to her customers. All this has made Missty very knowledgeable of the

business and allows her to keep her customers happy and looking their very best.

At Highlight Your Life, Missty offers all varieties of hair cuts and waxing for men, women, and children. She is known for her expertise in coloring, with the capabilities in store for everything from full color application to highlights, lowlights, and everything there within. "I just really want a nice, relaxing place for my clients to come to, so that's what I'm really concentrating on" remarked Missty.

Joining Missty in September 2006 is fellow graduate Jennifer Conway. Jen relocated to the spacious salon after working at several area salons bringing to Highlight Your Life hands-on experience, with a customer base and a flawless reputation. Her set-up at Highlight Your Life has continued the same path of pleasing customers and making them look better than ever offering a huge variety of services for your hair. Jen's clientele includes customers from young to old - men and women - whether it be a modern new look or a sensible, classy cut, Jen can provide you with it! In addition to cuts, Jen also has the capabilities within the salon to meet all your coloring

needs, ranging from full color application to highlights, lowlights and more. Looking for a new stylist to meet your hair styling needs or if you're looking for a new do in the New Year - it's time to call Jen at Highlight Your Life! Jen is accepting new clients!

2 years ago the salon expanded to serve more clients by adding another master stylist - Shelly Luce! Shelly relocated to Highlight Your Life from a local salon and has been in the business for over twenty-five years! Highlight Your Life is open by appointment Monday through Saturday. In addition, Missty, Jen and Shelly often make appointments available after hours, as to serve their customers even better. Call (607) 844-4111 today and schedule an appointment to see what Missty, Jen or Shelly at Highlight Your Life can do for your hair today! Missty also has a booth rental available for a licensed stylist with clientele.



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WITH TAX SEASON HERE, JACKSON Hewitt, formerly CNYS Tax Service is open and ready to help you with your tax return. The tax professionals there are well versed and updated on the very latest breaking tax laws and changes for the upcoming season.

As the tax season approaches and consumers start to make plans for filing their 2011 tax returns, Jackson Hewitt offers these suggestions on what to look for in a tax preparer:

**Experience:** Select a tax preparer that is well-established and has proven experience preparing many different types of tax returns. For example, if you are self-employed, be sure to ask if your preparer has expertise in this area.

**Knowledge:** The 2011 tax year has not seen too many significant changes in tax laws thus far, but in light of all the local disasters, ensure that your preparers is knowledgeable on Casualty and Loss tax returns.

**Accuracy:** Verify that a tax preparer has quality, up-to-date software with built-in error checks. For an additional accuracy check, work with a tax preparer who files tax returns electronically via IRS e-file, which checks for common mistakes, provides confirmation that a tax return has been received by the IRS and offers faster receipt of an expected

refund. Jackson Hewitt provides free electronic filing with paid tax preparation.

**Guarantee:** A reputable tax preparer stands by his or her work. Ensure that you will be reimbursed all penalties and interest charged by a taxing authority for any tax preparer error. At Jackson Hewitt, every paid tax return comes with a free Accuracy Guarantee. (Terms and conditions apply. Ask tax preparer for details.)

**Year-Round Support:** Finally, be sure that the tax preparer provides year-round access should tax-related questions or concerns arise.

To learn more please visit the office conveniently located off of Route 13 at 114 North Street, Dryden, NY or call 607-748-1400.



Tammy Longabaugh, Renee Granato-Cranmer, Cassandra Kelly & Julia Falone

directly across the street from the Port Watson Street "Hess Gas Station" V&V Furniture is celebrating the entire month of January with store wide sale on end tables, night stands and ottomans just in time for the New Year! Stop by and pick out an ottoman for yourself and put your feet up and relax! While at V&V - check out the variety of couches, recliners, chairs, dining rooms sets, hutches, chest of drawers, lamps, rockers, bedroom sets including new mattresses and more! Inventory changes often so stop in and shop often!

Good NY checks, VISA, MASTERCARD or Discover cards accepted. Don't miss this \$ale for the month of January! Take advantage of the extra \$avings in the store and pick out your end tables, night stands or ottomans - while supplies last. No rainchecks. V&V Furniture Sales is open Monday thru Friday from 10am to 5pm and Saturdays from 10am to 4pm - V&V carries new and quality used furniture for your home, office or dorm. Stop by or call them at 607-753-7930. Come peek in our drawers!



## V & V FURNITURE NEW YEAR - NEW FURNITURE!

V & V FURNITURE SALES at 113 Port Watson Street in Cortland, NY owner Bill Vogt is having a sale for the month of January on end tables (\$15 each), night stands (\$25 each) and ottomans (\$15-\$30 each)! Bill has over 24 years of experience in selling, buying furniture, offers good used Wooden Furniture for Retail. Located

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## CAROL HILL'S PHOTOGRAPHY & POEMS

LOOKING FOR A TRULY PERSONALIZED photography session? Carol Hill's Photography & Poems is a newly opened on-location and in studio photography studio that is offering a wide range of custom photo session that range from traditional family formals to wedding and tasteful boudoir photography sessions. In addition to providing a wide range of custom photography sessions the studio doubles as a showroom and art gallery (The Cat's Den) featuring up and coming local artists of all types. Carol Hill was born and raised in Cortland NY and has lived within the Central New York area her entire life. Carol is a nurse by trade but has always enjoyed photography and creative writing. Carol's artistic focus in photography has been in creating captivating pictures of natural landscapes, unusual structures that are considered to be non-conventional figures as well as journalistic style human photography. Carol most enjoys photographing people, their lives and the human form in motion and in its constant state of "being".

Carol's overall philosophy about her art; "I am no more unique, nor an expert in my art as anyone else. Some folks before me have become famous in mainstream society because they have asked for it and have received it. What I do, I do because it is healing and it is my passion! And mostly it grounds the woman I am. I will never truly be an "expert" so to speak, as I will always seek and find new ways to express myself within my art".

Carol Hill's Photography & Poems is open Monday, Tuesday, Thursday, and Friday evenings 4:00pm-9:00pm for sessions by appointment and every other Saturday and Sunday 9-4pm appointment or walk-ins welcome. It is advisable to call ahead as many sessions are on- location and the gallery may be closed. Carol Hill's Photography & Poems offers military discounts daily and session specials can be found on the website monthly! To schedule an appointment Call 607-662-0036 or 607-342-7039, email carolhill@carolsmojo.com or visit them on the web at www.carolsmojo.com for online booking. Carol Hill's Photography & Poems is conveniently located at 37 Main St. Cortland NY lower level of The Beach House Mall.



## FINGER LAKES SPINE & BODY WORKS

*Finger Lakes Spine & Body Works is a multi-disciplinary Holistic Health Clinic located at 87 West Main Street, Dryden, N.Y. Drs Sybil and Jason Coburn offer a wide range of techniques in chiropractic, massage therapy, nutritional advice and rehabilitative services. Acupuncture is also offered at the clinic by licensed acupuncturist, Rhonda Marr.*

### THE HOLISTIC APPROACH TO HEALTH CARE

A TREND HAS BEEN GRADUALLY gaining momentum in health care, a trend toward a holistic approach to health care. This means less reliance on the old ways of only thinking about our health when it begins to fail, and then taking a pill to solve the problem. Instead, the holistic approach deals with finding and maintaining a balance with all aspects of one's health, including the physical, emotional, spiritual, social and environmental to allow the body to heal itself.

At Finger Lakes Spine & Body Works, we practice a holistic approach to health care, through a combination of chiropractic, acupuncture, massage therapy, and spa services. We use these therapies to restore our patients' health and then help them to maintain it themselves through patient education. All of our approaches involve the risk of very few side effects, which can often make them a much safer alternative to pharmaceutical therapies.

Our chiropractic services offer a safe, drug-free alternative for treating a wide range of musculoskeletal conditions including, but not limited to: back and neck pain, headaches, carpal tunnel syndrome, sciatica, whiplash, hand and foot pain. After restoring our patient's health, we offer counseling on how to live a healthier lifestyle to reduce the occurrence of the symptoms that originally brought them in including exercise, dietary/nutritional counseling, and stress reduction techniques. Our doctors use an assortment of techniques (such as diversified, instrument assisted, and flexion distraction) suitable for all ages, with specialties in pediatric and maternity care.

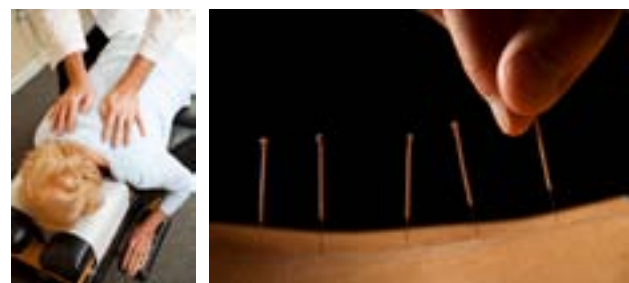
Acupuncture is a form of health care that has been in use for over 5,000 years. It involves the insertion of very fine needles into the surface of the body to affect physiologic function. Oriental medicine theory deals with energy (Qi) flow through pathways (Meridians) of the body. It is typically pain free, and can be used to treat a wide range of conditions including but not limited to: pain management, headaches, stress management, depression, anxiety, digestive disorders,

arthritic conditions, and for treating addictions to alcohol, nicotine, and drugs. While the needles are painless, for patients with extreme needle phobias acupuncture services can be offered as an alternative.

The massage therapy services offered at our clinic can range from the clinical, deep tissue type of massage to the relaxing Swedish style of massage. Whether dealing with chronic muscle tension, improving circulation, or just as a way to reduce stress massage can prove to be a very useful tool in holistic healing. To add another level of indulgence, try a hot stone massage, which involves placing hot stones at various places on the body, in conjunction with incorporating the hot stones into traditional massage techniques.

We also offer an assortment of spa services in a peaceful and relaxing environment. Treatments such as sugar scrubs, facials, and aroma therapy body wraps can help to restore your skin to a healthy state. Other treatments like pedicures and body waxing can help to make you feel better about yourself. All of our therapies and services are also available as gift certificates for birthdays, anniversaries (why not try a couples massage), etc.

If you would like to find out more about what we do or you're ready to improve your health, you can check out our website at www.SpineAndBodyWorks.com, call us at 844-3304, or just stop in and see us at 87 West Main St. in Dryden.



## "GO GREEN" WITH ANTIQUES

By Karen Hewitt

ANTIQUERS WERE "INTO" RECYCLING BEFORE the term came into common use. The same people who like antiques hate to see things thrown out that are still usable and useful. They have always valued old things.

Furniture found in antique shops is not always technically antique. To be a true antique, an item should be 100 years or more old. Everything that went down with the Titanic is just becoming an antique, technically, this year! However, the older furniture is usually better built, with better materials, than today's furnishings.

Mid-Century Modern pieces date from the late 1940's to the early 1960's. This furniture is made from hardwoods, chrome, steel, and laminated materials. Danish Modern was very popular during the 1960's and 1970's. It is often made from teak wood, and is defined by its simple, clean lines. It is compatible with many contemporary styles, and works well in a home that mixes accent pieces to great effect.

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In the kitchen, hand tools haven't changed much over time. A wood spoon with a beautiful, aged patina is a treasure. An antique wooden bowl may no longer be used for mixing a cake, but it makes a lovely fruit or salad bowl.

One can set an elegant table with new dishes. One can also do it for less, and more uniquely, by shopping at an antique store and buying older dishes. If one sticks to a color scheme, and mixes patterns, it can be quite striking. Thrift stores are great places to search for single goblets and stemware.

Decorating magazines have many ideas for "re-purposing" items. Use canning jars for floral arrangements. Make candleholders by cutting up table legs. Use cake stands as plant stands. Make a table runner out of antique crocheted doilies. Make pillow covers out of old curtains. The list is endless, and only limited by your imagination.

Great linens in natural fibers can be found in antique shops for a fraction of what one would pay for it new. Cotton or linen tablecloths may be soaked in a solution of warm water and oxygen powder if they are yellowed from age or storage. Always check for color fastness before you launder any cloth item. Before you buy a used tablecloth, be sure to open it up and check for stains and holes. A tiny hole or stain near a hem is unlikely to be noticed, but a stain right in the middle of the table will be obvious.

Beautiful old linens can also be repurposed into pillow cases, curtains, or slipcovers for dining room chairs. One damask tablecloth can be made into at least one pair of café curtains. If you don't own a sewing machine, one of your friends probably does. Curtains are easy and quick to make.

If you'd like some inspiration for "going green," simply visit an antique shop or thrift store. One is limited only by their imagination and inspiration.

## GREEN AND RESOURCEFUL

MONEY WISE CONSUMERS ARE LOOKING for the best bargains during a tight budget the New Year. Shopping at local Antique and Gift Shops offers a myriad of selections: Christmas decorations, tree ornaments, lighting displays, adorable vintage Santa's and Snowmen, snow globes, music boxes, jewelry, and so much more.

Select an item that may have graced a prominent home, was cherished and well cared for. Most holiday items are in mint or near mint condition. Prices are a fraction of the cost found in the mall or large retail stores. Not only is a lovely Christmas decoration or gift waiting to be found and taken home, but recycling is the green and resourceful way to shop. Now that the holidays are behind us, many after holiday sales up to 50% can be found in most shops: Christmas items, figurines, toys, collectibles and at most antique stores it's better to sell them than wrap up and store!

Before heading to the mall for your shopping, check out local Antique and Gift Shops and find a lovely treasure to cherish for your home or to gift. Avoid the large crowds, long driving trips and impersonal staff. Reward yourself by spending an enjoyable shopping day in customer friendly shops. That one of a kind gift is waiting for you.

*Submitted by Kathleen Beardsley  
A Touch of Glass Antiques & Gifts  
Homer NY*

## SUGAR AND ITS RELATIONSHIP TO CANDIDA ALBICANS

NOW THAT THE HOLIDAY GOODIES are devoured, it is time to think about improving ones health and getting back to making better dietary choices. Eating sugary treats can leave one craving sugar when the holiday sweets are but a memory. What can you do?

Is sugar craving an addiction or an affliction? When any sugar is an addiction, substituting another sugar is not the answer. Using whole grains and other whole foods will work better, but go easy on the really sweet ones. What do you think makes them sweet? Sugars!

Craving as an affliction. When sugar withdrawals come from an affliction, look to Candida as a cause. Use good anti-candida herbs such as Yeast Fungal Detox, Candida Clear, Pau d'Arco, Caprylic Acid Combination, Silver Shield or Olive Leaf. Eat a good diet that is high in protein and low in carbohydrates. You can look up what to eat and not to eat on line.

About die-off. Dead candida makes you feel sick. Living with candida contributes to future misery. In my next column it will address "Healing Response" sometimes referred to as "Healing Crisis". This will give tips for dealing with the discomfort from die-off.

What is a sugar? There are a lot of sweeteners - natural and artificial - on the market and people ask which is best. In short, the answer is: ALL sugars are--guess what? Sugar! Honey, syrup (no matter if maple, agave or Mrs. Butterworth's), white sugar, brown sugar, raw sugar, confectioners sugar and ANY ingredient listed on a label that ends in "ose" - dextrose, glucose, lactose, fructose, etc. is a sugar. Using artificial "sugars" like aspartame - signal the pancreas that you have had sugar. This results in the overproduction of insulin to address a sugar that is not actually there and wears out the pancreas.

Not all sweeteners are sugars. Stevia is not a sugar. It is a sweetener. Xylitol is not a sugar. It is also a sweetener. Bulk xylitol available from Nature's Sunshine can be used in recipes calling for "sugar". It can be substituted for sugar in anything but foods that need to "jell" such as jelly.

All starches are sugars! Yes, starch is just unprocessed sugar and our bodies know just how to process it. Try this simple experiment: chew one saltine cracker. Chew it some more, and then some more. What does it taste like now? Is it getting sweet? Saliva breaks down the starch in the wheat and turns it into sugars. So chocolate pudding, a juicy orange, that heavenly piece of pie are all are loaded with sugars. If you are cutting down on sugars, you will also have to watch your fruits (especially "eaten" as juice) and even peas and carrots for a time.

As candida disappears, it makes you crave sugar. Why? Candida needs sugars to reproduce, and it has mastered the brain connection. Worse than some pregnant women crave pickles, the candida-laden crave sugar. Sometimes disguised as white bread and crackers, starch is starch and can be converted. If your sugar craving is from the bandit called candida, learn to talk back to it! Perhaps a small amount of something containing sugar or starch could help for the short term, but beware - candida knows well how to get mastery over its host. Eat protein to balance blood sugar and use Safflowers or Food Enzymes with it to improve protein digestion. Safflowers also support sugar balance as does Nopal.

Here are just a few of the things candida can cause: Headaches, allergies, aches and pains, lack of self-control, bouts of anger, fatigue, irritated bowels, bladder infections and intense cravings for sweets or white flour products. The list is long. As mentioned above my next column will address the healing crisis that some experience with the candida die off and how to deal with it.



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 HERMIT CRABS

THIS WEEK WE WILL TALK about hermit crabs. There are 6 hints for a healthy hermit crab.

1. Provide new shells for crabs to grow into.

Hermit crabs love to switch shells and need larger shells as they grow. The new shell should always be a little bit bigger than the one it is in at the present time. The shell opening should be the same size as the large pincher. Crabs will not always change shells. If they like the shell they are in, they may stay right there.

2. Not all shells are suitable.

Always buy shells at your pet shop, where the shells have been properly cleaned and processed. If you use a shell you find at a beach, be sure to boil it for a few minutes to rid it of any parasite or bacteria that could be there.

3. Bathe your crabs.

Crabs will clean themselves if you provide them with fresh water in their bowls. But it is a good idea to bathe your crabs on a weekly basis. Put a little bit of room temperature water into your sink and let the crabs move around in that for 5 to 10 minutes. After that, allow them to air dry.

4. Create a healthy social environment.

Crabs thrive on company. They are most active and entertaining when kept in pairs, or in a crab community. As you increase the amount of crabs, be sure to increase the amount of space for them. They also need a warm and humid environment. A good day temperature would be 75 to near 78 degrees, night time temps, 65 to 70 degrees.

5. Promote exercise by creating a playground.


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

6. Serve a balanced diet and fresh water daily, preferably in shell dishes.

Crabs need calcium and they can get this from their shell dishes. They thrive on premixed hermit crab food and treats. You can also serve them some fresh fruits and vegetables. They sometimes try to bury their food so remove all uneaten food after their daily feeding.

The crab farms suggest putting a small amount of warm water into your sink and sprinkle some of their food around the edge of the water. This simulates the eating habits when they are on a beach near an ocean. Then take them out, rinse them off and you are all set.

This method will also keep your hermit crab tank cleaner too.

 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



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## ZONTA CLUB OF CORTLAND SEEKS SCHOLARSHIP NOMINATIONS FOR CORTLAND AREA WOMEN AND HIGH SCHOOL GIRLS

THE ZONTA CLUB OF CORTLAND announces scholarships to be awarded in spring 2012 to high school girls and women residing in the Cortland area. The scholarships recognize the importance of community service, financial need, leadership, and academic achievement.

The Jean M. Coon Humanitarian Award recognizes the outstanding community service activities of a high school junior or senior in Cortland area schools. The Zonta Club of Cortland will award \$500 and a certificate of achievement. The winning application will be submitted to the Zonta District Level competition. Applications must be received by Saturday, February 25, 2012.

The Ruth Schaub High School Senior Scholarship recognizes a high school senior in the Cortland area accepted to a college or a professional education program. The award of \$500 is based on financial need, plans for continued education, community service, leadership qualities, and academic achievement. Applications must be received by Saturday, March 17, 2012.

The Ruth Schaub Mature Woman Scholarship of \$1000 will be awarded to a Cortland area resident, 21 years or older, studying either full or part-time. Applicants must be continuing their education in an accredited degree granting or certificate training program. The scholarship will be based on demonstrated financial need, community service, and clearly stated educational goals. Applications must be received by Saturday, March 17, 2012.

Applications are available at high school guidance offices, area colleges, Cortland-Madison BOCES, the YMCA, and the YWCA of Cortland. All applications must be sent to the Zonta Scholarship Committee Chair, P.O. Box 683, Cortland, NY 13045.

The Zonta Club of Cortland, chartered in 1973 and affiliated with Zonta International, is a service organization of women

in business and the professions. Members raise funds for local and international service projects that improve the lives of women and children. The community is invited to its major fundraisers, the Spring Woman of Achievement Luncheon and the Fall Fashion Show.

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

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### MULLEIN

MULLEIN IS A BIENNIAL SO this means the leaves are the best in the first year growth.

FOLK NAMES: Great mullein, Aaron's rod, candlewick plant, graveyard dust, flannel plant, torches.

LATIN NAME: Verbascum thapsus.

ELEMENT: Fire.

POWERS: Courage, protection, health, love divination, exorcism.

MEDICINAL PARTS: Leaves and flower.

CONSTITUTES: Leaves are high in iron, B-2, B-5, B-12, Vitamin D, choline, PABA, sulfur, calcium, chromium, magnesium, manganese, phosphorus, silica, sodium, potassium, Vitamin A, Vitamin C and Vitamin F. Mucilage, triterpene saponins, iridoide monoterpenes, caffeic acid derivatives, flavonoids, invert sugar, tannins.

PROPERTIES: Leaves: Expectorant, diuretic, cooling, mucilage, demulcent, lubricating, tonic, analgesic antiseptic. Flowers: antiseptic.

MAGICAL USES: Wear mullein while picking herbs in the wild to keep wild animals from coming near. Place a few leaves in your shoe to keep from catching a cold. Having a stuffed pillow or the leaves under a pillow will keep away nightmares. Carry mullein for love from the opposite sex. In India, mullein is hung in the doorways for protection. Graveyard dust can be substituted with powdered mullein leaves for spells.

INTERNAL USES: Coughs, whooping cough, bronchitis, laryngitis, tonsillitis, asthma, influenza, excess respiratory mucus, tuberculosis, urinary tract infections, nervous tension, insomnia, swollen lymph nodes.

EXTERNAL USES: Leaves are smoked to help ease mucus, bronchitis and pain in the chest.

Leaves are chopped up and put on hemorrhoids, swollen glands, swollen lymph nodes. Flower oil is for pain, swimmers ear and

infection in the ears. The oil also dissolves swelling on the skin and for any pain.

HARVEST: Pick the leaves in the early spring until the snow flies. The flowers are picked in full sunlight.

USE AS: The crushed flowers are put into oil and shaken for two weeks, strain and store in darkened bottles. Oils, teas, extracts, poultice, smoke.

PRECAUTIONS: The hairs can be an irritant so when making a tea, use a muslin cloth to strain.

### BONESET

IN THE AREA AROUND CORTLAND, New York there are some herbs that are so plentiful and medicinal that every household should have some hanging in their rafters. Boneset is one of them. Boneset grows in wet areas like ditches, swamps and next to ponds. How this plant received its name is always up to discussion in any herbal class. We are taught that the name of a plant will always give an indication of what it is to be used for or what part of the body is healed by it. But the name, Boneset, makes it sound like it will heal bones. The properties of this herb show just the opposite. It does have to do with deep bone pain though. Boneset was once called ague weed. Ague is an old term for any disease marked by intermittent fever, chills and pain in the joints and bones. In the 1800's, a physician, C.J. Hemple notes that Boneset signally relieved an epidemic of that time.

FOLK NAMES: Agueweed, feverwort, Indian sage, thoroughwort, sweating plant.

LATIAN NAME: Eupatorium perfoliatum.

ELEMENT: Water.

POWERS: Protection, exorcism.

MEDICINAL PARTS: Leaves, flower and root.

CONSTITUTES: Flavonoids, sesquiterpene lactones, immunostimulating polysaccharides (glycogen).

PROPERTIES: Antiphlogistic, a diaphoretic, a bitter, immune stimulator.

MAGICAL USES: Wards off evil spirits. To release negative feelings, make a tea and sprinkle around the house.

INTERNAL USES: Influenza, colds, acute bronchitis, excess mucus, skin diseases, lowers fever, reduces constipation, stimulates the immune system.

EXTERNAL USES: A strong tea can be used on skin afflictions. A bath with the tea will also help reduce fevers.

HARVEST: When in flower, hang to dry and then strip the leaves and flowers for use.

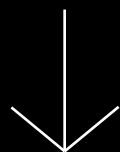
USE AS: Tea, extracts, powder, bath soak.

PRECAUTIONS: None known.

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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@tucny.rr.com

### PURCHASING PREDESIGNED PLANS VS WORKING WITH A LOCAL ARCHITECT

WHEN PURCHASING PRE-DESIGNED HOUSE PLANS from a magazine, the internet, or some other source versus working with a design professional to develop a custom house design, what issues should the homeowner be considering?

Prospective homeowner(s) who are contemplating building a new home have numerous resources for obtaining design ideas and acquiring house plans. There is an abundance of design magazines available on the market today. Many home and garden design shows on television also promote places to purchase house plans and there is the rapidly growing internet resource for every kind of home a person could want from the weekend cottage, an adult tree house to a multi-million dollar island mansion. A website even exists to purchase floor plans for Tony Soprano's TV home complete with emergency exit passage. The homeowner also has the option of working with a local Builder to develop their project whereby the builder assumes responsibility for obtaining design services as part of the total project fee package. Lastly, the homeowner can follow the traditional path of working directly with a licensed design professional (NYS registered Architect or Engineer). Since the process of working with an architect was covered in a previous Pencil Points article, today's article focuses on differences between custom design services and pre-purchased plans.

Pre-designed plans whether from a magazine, website, or television promotional offer the buyer an instant look at the "finished" design, including full plan views, building elevations, construction sections, interior details, mechanical/electrical plans, and can even come with an exterior rendered perspective showing landscaping and all the accoutrements of a completed project. Depending on the size and complexity of the house design, complete architectural plans and basic material specifications will cost the prospective buyer from \$600.00 to \$1,500.00 plus \$200.00 to \$400.00 for multiple copies of the detailed drawings. Initially, pre-designed plans sound like a great deal until the prospective homeowner receives the documents and begins to review them in greater detail. Sadly, these apparent deals also tend to skew the perceived value of design services when the homeowner compares "magazine plans" to the cost of acquiring custom design services from a local design professional. The originator of a pre-designed set of plans has the luxury of selling the same design multiple times through various outlets to achieve this target profit of \$12,000 - \$15,000 per house, whereas the design professional works with the client to create a one of a kind home design that is seldom repeated at the request of the owner. The local design professional will often work with the homeowner to explore several design alternatives until they achieve the best solution whereas, the magazine plan is usually a fixed design, however, some online or magazine design services will offer minor changes for an additional price.

#### The Disclaimer

Most pre-designed construction plans feature a legal disclaimer on the cover page designed to protect the original drafter/designer from liability connected with local building codes that aren't known nor adequately addressed in the drawings and specifications. A sample disclaimer is printed below and usually directs the Builder or Homeowner to hire a local, licensed design professional to review the drawings for code compliance, structural adequacy and proper energy conservation measures in the design.

#### "IMPORTANT NOTE ABOUT PLAN LIABILITY

Due to local Codes, regulations and building practices and/or because of specific site conditions, these drawings may not be suitable for legal use in the construction of this building in all localities. Consequently, these drawings are not to be used as a guide for construction unless the Builder has confirmed their suitability or the drawings have been brought into conformity with all local requirements. The Builder must inspect all dimensions and details in these drawings and assume complete responsibility for them."

By this disclaimer, the drafter/designer endeavors to minimize his/her accountability for the plans by shifting responsibility for both document review and construction to the Builder. The disclaimer further states that drawings must be brought into conformity with all local building code and zoning requirements which, in most cases, mean the Builder or Homeowner must also hire a local design professional to review the documents, modify the drawings where necessary (or when desired by the client), and certify the design as code compliant. Additionally, an energy compliance audit is required for any building design where energy will be consumed, i.e. heating and air conditioning, electrical power and lighting.

Conversely, when the local design professional affixes his/her seal to a set of drawings and specifications they assume a significant amount of responsibility and potential liability for the outcome of the project. The NYS Education Department mandates that a design professional shall remain responsible for the adequacy of the design and maintain detailed review documentation on the project for a minimum period of six years, whereas the contractor who actually builds the home need only stand behind his work for one year from the date of completion. Insurance premiums for practicing design professionals can be comparable to liability coverage allocated to many medical practitioners subject to the type and volume of work undertaken by the design professional during the course of a year.

#### Buying onto the Designer's Dream House instead of your Own

Pre-designed home plans reflect the vision and ideas of the designer usually with little or no input from a specific client, thus the homeowner may often have changes to the design that must be made before the drawings and specifications can be submitted to a building inspector for the building permit. Such changes can be minor like selecting different siding materials or changing the size of windows based on a desired window manufacturer, or they can be major undertakings like substantial changes to the kitchen layout and adjacent dining area, enlarging the Master Bathroom to accommodate a two person whirlpool tub with separate walk-in shower, or altering the roof truss system to satisfy heavier snow loads and current insulating requirements. Generally, kitchens and bathrooms are the most costly rooms in a house to modify.

One additional segment of the construction drawing set that must be frequently altered and adequately detailed is the basement-foundation plan. Most pre-designed house plans show a crawlspace foundation or alternate standard basement for a typical flat site, yet clients often own sloping lots with special foundation requirements or desire to have a full, walk-out basement that can be used for additional living space. When the height or configuration of the basement changes significantly, such changes can affect the height and layout of any access stair to the main floor, the placement of basement windows, etc. All in all, it is not uncommon for a client to purchase a set of pre-designed plans, then spend an additional \$1,600.00 to \$2,500.00 to have the set reviewed and design changes documented before the project can be submitted to the code enforcement official for a building permit.

Once the original price of pre-designed plans is added to the cost of the local DP review and certification for the building permit, the average adjusted value of design documents can reach \$3,500.00 or more which is nearly half the cost of custom services from a licensed design professional. When custom design services are acquired, the homeowner receives a truly personal dream house solution that reflects the family's unique needs, interests and lifestyle, not the mass produced product from some magazine promotion.

## 2012 HOMER SENIOR WINTERGUARD ANNUAL SHOW

THE 2012 HOMER SENIOR WINTERGUARD would like to invite all of Cortland County to attend its annual winterguard show, An Evening of Magic, at Homer High School on Saturday, January 21st.

The show will feature both the Homer Senior Winterguard, made up of Homer students in grades 7-11, and the Homer Junior Guard, grades 3-6. This year's Senior Winterguard show is entitled "Cathedrals," featuring a stained-glass floor pattern and music by Heidi Talbot. Always adorable, this year's Junior Guard show features music from the film, Mary Poppins. Both guards have been practicing their shows for months, and are eager to make their hometown debut!

Other highlights include another local winterguard, the Cortland Purple Haze, and the Binghamton-based independent winterguard, Spectrum. Thirteen guards in all will be entertaining the audience at the show. Doors will open to the public at 4 p.m., with tickets priced at \$6 for regular admission, and \$4 for students and senior citizens.

This is the only local competition the Homer guards will be attending, so you don't want to miss it!

## The Cortland Area Tribune

### What People Are Saying...

Advertising with the Cortland Area Tribune has always been a pleasant experience. The artwork for the ads is always very nicely done and coordinates well with the season. Judy is a joy to work with.

*Nancy Richards  
Cortland Self Storage  
Cortland, NY*

I have been writing a column in the CAT since 2003. My customers love the column and some even cut it out and put it in a notebook. Many people tell me they read it also. It is good exposure and reasonable rates. Judy is a dear. I don't know how she can keep up with her hectic schedule. The graphic department does a wonderful job putting the ads together. I encourage people to advertise their items for sale as it is free. Not much is free these days so this a bonus.

*Diane Toombs  
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 inquires 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  
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# THE CAT

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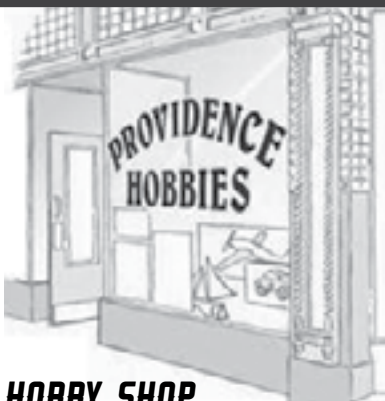
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# PUZZLES & GAMES

## WORD FIND

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

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

- gratify • health • indulge • manicure • massage • pamper • pedicure
- relax • salon • spa • spoil • therapeutic • vacation • recycle • reuse
- oxygen • control • natural • environment • energy • peaceful
- natural • earth • reduce • reuse • organic • habitat • compost

## 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!

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

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Please visit these fine establishments, a small selection of the hundreds of businesses that receive our papers, for a copy of The Cortland Area Tribune:

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- Gregg's Market Marathon • Dryden Agway
- Elite Dental • Pinckney Allstate Insurance Agency
- Tompkins Trust Company Banks • Toad's Diner
- Queen Diner Dryden • Gregg's Market Whitney Point
- Country Kitchen Whitney Point • Country Kitchen II Cortland
- Hope Lake Lodge • Gatherings Restaurant

## LAST EDITION'S PUZZLES

### SUDOKU

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

### WORD FIND

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



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 Buy 2 Entrees & Receive  
**50% Off**  
 Second Entree  
**Breakfast or Lunch**  
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A-1 PIZZERIA COUPON  
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# BUSINESS OWNER PHOTO CONTEST



## DO YOU KNOW WHO THESE LOCAL BUSINESS OWNERS ARE?

## Last Issue's Business Owner Photo Contest

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 leave your name, address and phone number. If your guess is correct, you will be entered into the contest.

**Answer**  
 Judy Kilmer - Owner of The Cortland Area Tribune

**Winner**  
 Carrie Kash of Homer - Carrie won a gift certificate from Piccadilly Lane Unique Primitive & Country Store in Whitney Point and a gift certificate from Eyewear Plus in Cortland.

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 a local business! Enjoy!



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*Of Ithaca, NY*

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