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WELCOME TO OUR SPRING ANTIQUES & ST. PATRICK'S DAY EDITION

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette.. Here's some upcoming editions for you to look forward to!

March 21 – Marathon Maple Festival, Home Improvement & Real Estate Edition
(Deadline 3/16)

April 4 – Spring Motorcycle/Car Care & Easter Edition
(Deadline 3/30)

April 18 – Prom & Golf Enthusiasts Edition
(Deadline 4/13)

May 2 – "Pamper Me-Warmer Weather", Mother's Day & Lawn/Garden Edition
(Deadline 4/27)

May 16 – Memorial Day & Restaurants that Offer "Outdoor Dining" Edition
(Deadline 5/11)

May 30 – "Camping", Dairy Days & Pre-Grad/Dad Edition
(Deadline 5/25)

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, or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, March 16th 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 or submit them online. Find the most recent on our home page and the rest at cortlandareatribune.com/classifieds/.

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COMMUNITY CALENDAR



March 8 – Couponing Basics

At the Groton Public Library. 7:00 p.m. Would you like to save money? Save up to 70% at the drugstore---up to 40% at the grocery store? This FREE workshop will teach you the basics about couponing---Save money\$\$\$ and have fun! Groton Community member Amber Carmon will teach you how to save at stores in our area. To sign up for this FREE session: Call the Groton Public Library at 898-5055 Email to director@grotonpubliclibrary.org

March 9-10 – To See the Stars

7:30pm, Cortland High School Auditorium. Inspiring drama by Cynthia Mercati. Tickets can be purchased at Jodi's Hallmark for \$5.00, or \$6.00 at the door.

March 10 – Freewill Soup & Salad Supper

Will be held Saturday, March 10 - NOT MARCH 3 as previously planned - at Richford Congregational Church. The supper will be held from 3:30 to 6:30 PM, and donations will benefit Vernon Ryan as he continues to recover from a

logging accident last month. For more information, phone 657-2592.

March 10 – Ties to the Land: Planning for the Future of Your Family Farm and Woodland

Saturday, March 10th, 9:00 am to 4:30 pm. NY Grange Hall, 100 Grange Place; Cortland. A Succession Planning workshop for keeping family lands in the family. Succession Planning -- the human side of Estate Planning -- focuses on the key challenges that farmers and woodland owners face, and the communication and legal planning tools needed to maintain family ties to the land. For registration and workshop details, please check <http://SuccessionPlanning.ning.com> , or email/call Maureen Mullen: mml394@cornell.edu, 607-254-6556.

March 11 – Daylight Saving Time

Spring forward! Welcome spring weather with the start of Daylight Saving Time. At 2 a.m. on, Sunday, March 11, 2012, most U.S. residents will

set their clocks ahead one hour for the beginning of Daylight Saving Time. However, not all states observe the time change. Residents of Arizona, Hawaii and U.S. territories Puerto Rico and the Virgin Islands will remain on their time normal schedules.

March 11 – Pancake Breakfast

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

March 11 – Breast Cancer Benefit for Nikki Allen

Breast Cancer Benefit for Nikki Allen, 26 years old, fighting stage 3 breast cancer When: March 11, 2012, from 1 p.m. - 6 p.m. Where: Denny's Mountainview, 6662 Route 281, Preble, NY What: There will be entertainment (Elvis impressions and music), food, drinks and an auction.

Cost: \$20 per person, children 12 and under are \$10, children 2 and under are free Contact: Scott Allen at (607)283-9616 to purchase tickets in advance or make a donation for Nikki's cause.

March 11 – Spring Thaw Flea Market

Antiques, collectibles, and paper goods. 50 tables. Free admission. Sunday March 11th, from 9 AM to 3 PM, at the Dryden Fire Hall on Route 13. Sponsored by the Finger Lakes Collectors. SEE YOU THERE!!!

March 12 – Dryden Seniors to Meet

The Dryden Senior Citizens will meet on Monday, March 12, 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 corn beef, cabbage, boiled potatoes, carrots, onions, rolls, tossed salad, and pound cake. Our speaker will be Mr. Martin Sweeney. He will discuss Lincoln's Gift from Homer, New

York. 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.

March 17 – Broadway on Church Street

7:30pm, United Presbyterian Church, 25 Church Street in Cortland. The Trope Troupe presents an evening of theatrical and musical fun. No charge. For more information call 607-756-5689, e-mail ssgdundee@gmail.com or visit www.unitedpresbyterian.net.

March 17 – 20th Annual Ithaca Fishing Day

This year the Leon Chandler Chapter of Trout Unlimited is sponsoring Ithaca Fishing Day. We have expanded our focus beyond just fly-fishing to encompass all aspects of fishing and cold water conservation.

The date for the Twentieth Annual Ithaca Fishing Day is Saturday, March 17, 2012 from 9 am to 4 pm. Once again, the event will be held at the Boynton Middle School in Ithaca, New York.

Ithaca Fishing Day a unique event that invites the community to come and experience a day of fishing and cold water environmental education. This event is free to the public and all proceeds raised benefit the youth environmental education activities of our local Trout Unlimited Chapter, including our exciting Trout in the Classroom program currently in fourteen local elementary, middle and high schools.

While the event continues to offer a special focus on fly-fishing directed at young people it is also of interest to anyone wanting to learn more about the sport of fishing and the local cold water environment.

Lectures and programs are planned throughout the day, including a planned lecture on Hydrilla spread and control at the southern end of Cayuga Lake (Sharon K. Anderson, Hydrilla Task Force, 1:00 PM). As always, we will feature special programs on a variety of important and interesting topics, free fly-casting and fly-tying instruction, as well as offer unique opportunities to learn fishing and fly tying tips from masters from around the region.

Additionally, a variety of local and regional vendors will be on hand with a wide variety of their goods on hand for sale. This will include: Badger Creek Fly Fishing, Cortland Line, D&D Baits and Tackle, and Mad River Tackle and Dubbing Company

HAVE A COMMUNITY EVENT TO SHARE?

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



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

MYSTERY PHOTO CONTEST



Answer from the Previous Edition:
 R.G. Smith's Hardware (became Bentley's Hardware) of 46 Main Street, Cortland

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, March 16th for this edition. By entering, you give us permission to print your name in our next issue.

Each contest generates hundreds of entries! No winner last issue. The winner from this issue will win a gift certificate from Piccadilly Lane Country & Primitive 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!



BARN HOUSE ANTIQUES RENOVATIONS

By Karen Hewitt

BARN HOUSE ANTIQUES AND COLLECTIBLES opened in Lansing in 1998. It is a fun business to own and operate. The ever-changing inventory is always a delight to offer our customers.

Recently, Barn House Antiques has been remodeling, utilizing some space that was formerly assigned to rental space for antiques. We have rented space to a couple of dealers who will be using it for their own retail antiques and collectibles business, as well as a spot for eBay listing. Another area will be used for rental of climate controlled storage units.

We have compacted and rearranged the area for antiques and collectibles sales. The customer response has been terrific, and we've received many compliments on our updated look. We still carry a wide variety of antiques and collectibles for sale by quality dealers. We installed new lighting, making the shop even brighter than before.

We have a focus on books, ranging from vintage to modern, children's to adult, fiction and non-fiction. We have a large inventory and variety of books on gardening, ready for the upcoming season.

A favorite customer shopping spot is the booth that carries used, and therefore, inexpensive Flax clothing. Our selection of art work for your walls remains extensive, and there is currently a 20 % off sale on most of it.

From May through September our outdoor Bargain Barn will be open, as usual.

Here, customers can find furniture projects, tools, housewares, and antiques at garage sale prices. It's always a fun spot for treasure hunters to shop. We will also be hosting a monthly flea market on our spacious grounds.

Stop in to see our fresh, new look. We look forward to seeing you in 2012 and beyond.



THE SECOND KNOB SWAN SONG SALE "I LOVE YOUR WINDOW DISPLAYS!"

THIS IS SOMETHING WE HEAR frequently and it really pushes us to "think outside the box" and work extra hard to come up with new, creative and exciting displays!! Inevitably, the window displays which draw the most attention and highest number of compliments are those which include our swans. Ranging in size from 6 to 27 inches, these elegant and graceful waterfowl capture the eyes of passersby and draw them in.

As we head into March and prepare to celebrate our one year anniversary, we've spent a lot of time trying to figure out what kind of specials we can offer our customers that we haven't offered before (and will not offer again this year). Naturally, our line of swan sculptures came to mind. In thinking along the lines of swans, I considered the phrase, "Swan Song."

However, Wikipedia defines a "Swan Song" as a metaphorical phrase for a final gesture, effort, or performance given just before death or retirement. The phrase refers to an ancient belief that the Mute Swan is completely silent during its lifetime until the moment just before death, when it sings one beautiful song. Fortunately, there will be no swan song. There will, however, be a "Swan Sale!"

Unfortunately, Wikipedia doesn't have a definition for "a Swan Sale" so we've created our own. A "Swan Sale" is a phrase for a [once-a-year] anniversary sale on one of the most coveted lines of merchandise we carry—our swans. These beautiful swans are Made in the USA (Highpoint, NC) and are a beautiful addition to a porch, fireplace hearth or mantle. Last summer, a customer purchased two of our larger swans to display during a wedding ceremony and reception; another customer displays her swan on her enclosed porch and "dresses" it for different holidays!

Our Swan Sale will begin on Saturday, March 24th and run thru Sunday, March 25th. Yes, it will last for ONLY TWO DAYS!! As part of our "Swan Sale," we will offer refreshments and other in-store specials (including sales on our antiques that will make your head swim!). We will thrill your taste buds with a sampling station featuring our new line of gourmet tea, Rabbit Creek Vegetable Dips and Country Creations Fruit Dips, chocolate from Highland Chocolates (Highland Chocolates is a not-for-profit organization that employs challenged adults of Tioga County, PA to manufacture a fine line of irresistible sweet snacks and gourmet chocolate gifts for all occasions!!). We will also offer a selection of tea from our new line of gourmet teas and homemade fudge from Mary's Cakery! You won't want to miss this two-day event!

In addition to offering specials and samples as part of our Swan Sale, we will be donating ten percent of ALL sales made on Saturday, March 24th to the Dan Leonard Memorial Benefit, which is taking place that day at the Dryden VFW from 12pm to 11pm. Dan was killed in a snowmobiling accident in January. He left behind a wife and young son, as well as many other family members and friends.

As we head into our second year, we want to extend our sincere thanks to all of our customers; we love each and every one of

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you and look forward to another successful year! We extend a special thank you to some of our very-frequent-shoppers: Debbie D., Rene S., Nancy H., Laurie W., Vicki F., Rick C., Shaye J., Heather M., Roberto and Kellie M., Joanne H., and Jennifer G. (before she moved!). Of course, we also send all of our love and thanks to our spouses, family and friends, who volunteered their time at the shop, supported us and helped us throughout the year! We could not have done it without all of you!

TAKE NOTEAs of March 1st, we changed our store hours to make shopping more convenient for many of you. The Second Knob will be open Tuesday, Wednesday, Friday and Saturday from 10:30am-6pm; Thursdays from 10:30am-7:30pm and SUNDAYS from 10:30am-5pm!! The only day we will be closed is on Mondays (after all, we DO need at least one day of rest!).

Also located at East End Flea Market is the area's only "Airgun Range" and league plus service and supplies. Stop by and check out the flea market Thursday thru Saturday from 10am to 6pm or by appointment. Phone 607-283-9059 or 607-543-0220.

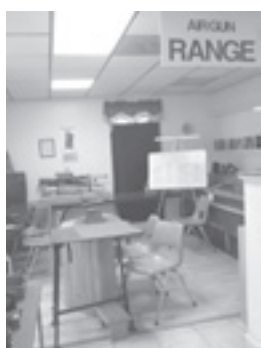


cards, jewelry, swags, garlands, tin ware, signs, pottery, curtains and many more unique items, plus a few antiques to liven up any living space! 2 stories and all 8 rooms are overflowing with one of a kind merchandise that changes frequently! Including purses and scarves! Piccadilly features a soy candle each month and the candle of the month for March is "Village Bakery"! only \$10.99 - hand poured soy candle, burns clean and completely! Don't you just love the ambiance the fragrance of a candle brings to your home or office!

Spring and warmer weather means new fashion trends - Piccadilly has an array of new jewelry by Branelli Beads (made in USA!) to accent your new outfits or add to an old one to make it look fresh! Easter bunnies are seen peeking out everywhere in the store! And new soaps by Soap Treasures just arrived!

Don't miss Piccadilly's SALE the last week in March - March 25th to March 31st - EVERYTHING in the store will be 30% OFF! Just in time for Easter!

Piccadilly is located on 2634 Main Street in Whitney Point. Hours: Mon., Tues. & Fri. 10-6, Wed. 10-2, Thurs. 10-7, Sat. 11-3. Occasionally open Sunday 11-3 - call ahead 1st - 607-692-7418 or email piccadillylane1@aol.com and now on face book!



EAST END FLEA MARKET

LOCATED AT 138 ELM STREET in Cortland is the East End Flea Market. The only flea market in Cortland! This clean, inside store welcomes all customers. The establishment is full of new and gently used, desirable and great variety of items for yourself or to give.

"Bob's Backroom" features coins, tools, NASCAR, baseball cards, CD's, DVD's, touch lamps and Dragon figurines, just to mention a few. In the "Cat's Meow" there is home décor, jewelry, wall signs, live plants, wine holders and other gifts. Plus the flea market offers a nice selection of knives.



PICCADILLY LANE COUNTRY & PRIMITIVE STORE

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RE-PURPOSING VINTAGE LINENS

By Karen Hewitt

VINTAGE LINENS CAN BE FUN to collect, but unless one uses them, they become "overstock." If you own heirloom pieces, I recommend you handle them respectfully, and store them carefully. If you have a drawer full of crocheted doilies and lace tablecloths, perhaps it's time you "re-purposed" them.

Crocheted doilies are easy to use in craft and sewing projects. Sewing a chain of doilies together creates a table lovely, unique table runner. The doilies may be dyed to match your color scheme. Frame a fancy doily to use as wall art. Sew a doily onto a plain pillow to jazz it up. Place a doily or two on a coffee table, place a piece on glass on it, and you have added some new style to your room.

Re-purposed doilies are also popular to use in clothing. Go to www.Etsy.com to see many inspiring projects for vintage doilies. They have been used to create gorgeous skirts, vests, and shawls. Doilies can be sewn onto tote bags and purses to make them unique in design.

Lace tablecloths may be turned into curtains, pillow shams, lampshades, bed throws, and chair seat covers. Once one starts considering all the possibilities, one is only limited by their imagination.

Karen Hewitt is the owner of Barn House Antiques located at 308 Peruville Rd. (Rt. 34B), in Lansing, NY. Phone 607-533-8636.



USING VINTAGE PYREX DISHES

By Karen Hewitt

MOST PEOPLE LOVE PYREX. THEY grew up using it, trusting it to go from the oven to the table, still looking great. Everyone knew of its hardy nature and versatility. It was a kitchen favorite throughout most of the twentieth century.

Corning, Inc. first introduced Pyrex kitchenware in 1915, in clear glass. Corning's Pyrex has always been made with borosilicate glass. Corning sold its Pyrex division in 1998 to World Kitchen, LLC. World Kitchen changed the formula for its manufacture, and the "new" Pyrex doesn't have the

reputation for durability and oven use that the "vintage" Pyrex enjoys. Protect what you have. It's no longer made the way it used to be.

Seeing Pyrex sold as a collectible seems odd to me, as I still use the trusty pieces I got as wedding gifts 46 years ago. I can honestly say I haven't held up as well as my Pyrex has! Here are some tips for making your Pyrex last a long time, too.

Never subject vintage Pyrex to temperature extremes. Don't take it from the refrigerator and put it in a very hot oven. Don't take a piping hot casserole and put it in the refrigerator immediately. It's likely nothing will happen, but why tempt fate? You don't want to take the chance of cracking it. Never put Pyrex on the stovetop unless it was meant to go there.

Don't put any colored Pyrex in the dishwasher. The high heat and the chemicals from the dishwashing detergent will play havoc with your Pyrex's color and design. Clean your dishes in a sink full of warm, soapy water. If you have tough, baked-on crud, simply soak it. The longer you soak it in soapy water, the easier it will be to clean. When cleaning a Pyrex piece, choose your cleaner carefully. Avoid abrasives such as Comet or Ajax. Do not use oven cleaner on colored pieces, or designs, as damage may occur. Avoid wire mesh scrub pads, and steel wool pads. Instead, use a Mr. Clean Magic Eraser pad to remove grime and stains. It can be used on the design portion of Pyrex pieces, as well. It would be sensible to test a small area first, to be sure, but I've had wonderful success on all my pieces. Mr. Clean Magic Eraser should not be used on a matte finish, however. Also, do not use Mr. Clean Magic Eraser on any gold trim.

Pyrex pieces have a tendency to collect small amounts of grime in the rim edges, and around its letters on the bottom of bakeware. Use a sharp toothpick to slide along the rim or edge, poking out the grime as you go. This will not scratch the surface.

Vintage Pyrex can be found in flea markets and antiques shops. Look for it in garage sales. If you take care of it, your vintage Pyrex will look better than you do in 40 years.

Karen Hewitt is the owner of Barn House Antiques located at 308 Peruville Rd. (Rt. 34B), in Lansing, NY. Phone 607-533-8636.



OLD TIME PATENT MEDICINES

By Karen Hewitt

TWO HUNDRED YEARS AGO, ILLNESS and disease had few real remedies. Antibiotics had yet to be discovered. Many illnesses and diseases were not well understood by the medical community. Medicine as we know it today did not yet exist. Preparations for the sick were usually made from scratch, concocted at home from plants gathered outside, and/or with items bought at a general store. Some of these remedies were effective, in their own way, while others may have done more harm than good.

This situation left society ripe for the many people who concocted all sorts of weird medicines and peddled them to gullible consumers looking for relief or a cure. There were names such as Dr. Morse's Indian Root Pills, Dr. Parmenter's Magnetic Oil, The Kickapoo Indian Medicine Company, and Dr. Ayer's Cathartic Pills. Some patent medicines were sincere efforts to create an effective medication, but more were simply sincere efforts to part a client from their money.

The term "patent" as an adjective for medicines is misleading. The manufacturer never received a patent from the US Patent Office for their medicines. They did, however, register the name of it as a trade name. To receive a patent would require the disclosure of its formula and ingredients. That was the last thing the manufacturers wanted!

Some of the ingredients were natural infusions while others were mainly alcohol and drugs that made the patient intoxicated, or even addicted. Those that tried to create a "real" medicine often based their formulas on old folk medicine cures. They used plants from a rustic setting, and mixed them with various forms of "tonic," that is, alcohol, laudanum, turpentine, etc. They sometimes used ground tree bark and roots. They claimed a Native American Medicine Man was the formula source. The medicines were either single source, such as asthma, or multi-purpose. Dr. Bateman's Pectoral Drops claimed to cure gout, rheumatism, jaundice, stone, asthma, colds, rickets, and melancholy!

In many cases, the illness would run its course naturally. The patient would feel better after awhile, but the patent medicines they took during the illness were given credit for the improvement. The power of positive thinking and the placebo effect likely helped.

There was no regulatory body that oversaw the manufacture and the health restoring claims made by patent medicines in the 1800's. Eventually, the quackery in the field, and the blatant untruthfulness of the manufacturer's claims spurred the federal government to create the Food and Drug Act of 1906. It was a good law that has been broadened and strengthened to protect the consumer ever since.

Karen Hewitt is the owner of Barn House Antiques located at 308 Peruville Rd. (Rt. 34B), in Lansing, NY. Phone 607-533-8636.

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LOCATED AT 79 CORTLAND STREET in Marathon, NY (Exit 9 off Rt. I-81, Route 11 North), Riverbend Antiques Center is a 10,000 square foot "Antiques" shop that means what the sign says over the door. We offer "Antiques" to the wholesale and public buyer. Our wonderful shop gives home to 30 dealers offering an excellent variety of merchandise from one of the best, if not the best, selection of furniture from many countries, in Central New York. Visiting customers, will also enjoy our fine displays of Ironstone & Transferware China, Majolica, Quimper, Staffordshire, (tableware, figures and dogs), Flow Blue, Mocha, Yellow ware, enamelware, primitives, clocks, lighting, quilts, linens, cut glass, HP china & porcelain, jewelry, coins & more. Many returning customers say that visiting our shop is like walking through a museum where items are for sale. We buy estates as well as single objects - one item or a whole houseful! Questions or looking for something - contact Jerry Wilcox & Thomas Carman 607-849-6305 or 607-849-4200 or email: antiquemad@aol.com. We accept most major credit cards and are a member of the New York State Auctioneers Association. Our hours are Tuesday to Sunday from 10AM to 5PM, closed Mondays & holidays. To schedule an auction please contact auctioneers, Jerry Wilcox or Benny Hodgkinson 607-849-6305. "We work for our cosigners... Fairness and Honesty is the only game in town." Visit us on the Web: www.marathonauction.com/riverbend



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Visit Gary's Furniture in Cortland at 1106 Route 222 in Groton Ave Plaza or in Lisle at 9011 Main Street. Both stores are open Wednesday thru Saturday from 11am to 5pm.

Easter is only a few weeks away - be ready for your guests with new updated beautiful furniture in every room from Gary's Furniture! Impress your dinner guests with a new dining set and take advantage of Gary's 10% OFF sale on all dining sets! Always shop early for best selection!

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Cortland Self-Storage is owned by Nancy Richards, who has been in the business for fourteen years. In addition to the Luker Road facility, she operates three other storage facilities, which include 255 mini storage units. Two of the facilities are located on Route 13 N. in Cortland; the third is located on Copeland Avenue in Homer, NY.

The Copeland Avenue facility in Homer offers warehousing and commercial storage, as well as storage for RVs, boats and other watercraft, snowmobiles, trailers, cars, campers, fire trucks, race cars, and other vehicle storage. The Blue Route 13 storage facility offers self-storage and the Green Route 13 facility offers self-storage and summer rentals for college students. The Student Summer Storage includes one price for the summer, 4 ft. x 14 ft. units, 24/7 keypad access, and are secured by lock and key.

All four of the Cortland Self-Storage facilities have 24/7/365 access, sealed concrete floors, security lighting, and blacktopped approaches. The storage units themselves are available in an array of sizes: 5x10, 10x10, 10x15, 10x20, and 10x30, in addition to other sizes, to suit your needs.

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WINTER GARAGE SALE IN HOMER

By Kathleen Beardsley

TWO FRIENDS HAD THE SAME thought after spending time winter cleaning closets and cupboards. The pile in the garage was too much. A long awaited summer garage sale was planned. But then, the question came to both friends at opposite ends of town: Why wait until summer?

One had a husband who owned a vacant building. The other had experience in sales and marketing. Together they could set up a winter garage sale, clear out their garages (somewhat) and provide the same service to the residents living nearby. Soon advertising for the Winter Garage Sale in Homer started to appear in local newspapers, Face Book and Craig's List. Many inquiries were received, small booth spaces were rented by sixteen vendors, Garage Sale signs appeared surrounding N Fulton St and the first of 6 days of sales became a Homer happening. Despite a mix of unpredictable CNY winter weather, the cozy atmosphere inside the warehouse was warm and pleasant with hot refreshments available for a donation and smiling faces all around. Six rooms filled with an amazing assortment of "something for everyone" resulted in a one stop garage sale block party. Support that has been extended from the community of shoppers and vendors (home owners) indicate that another Garage Sale in Homer at 45 N. Fulton may be planned for the spring.

Being an antiques dealer during this strained economy is difficult. Finding ways to market merchandise requires creative approaches. Annual shows such as Bouckville, Homer WinterFest and The Sertoma Show in Binghamton continue to be a welcome outlet. In between these shows however, renting booth space in local Antique shops may not enough. E-bay and Craig's List are other sources for merchandise sales. The challenge for hard working antiques dealers is to be creative and discover additional venues that is fun for dealers and potential customers. An old fashioned Garage Sale in Homer during swirling winter snow was an enjoyable respite and profitable for those home owners and a few dealers who participated in this one stop shopping event.



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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 Megan Jordan to their experienced staff of master stylists! Dryden high school and Ithaca Cosmetology graduate, Megan assures your customer satisfaction of all your salon needs at Creative Touch. Megan specializes in color, cuts, waxing, pedicures as a full service cosmetologist and earned an extra 200 hours of cosmetology with an internship in Ithaca! Megan is looking forward to seeing new and past clients at her new location and has awesome deals and promotions going on and is excited about the up and coming renovations taking place at the salon! Text or call Megan to make at an appointment 607-591-1249.

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 Megan Jordan as master hair stylists. Creative Touch provides a variety of services for men, women and children such as cuts, 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!

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!



CAROL HILL'S PHOTOGRAPHY & POEMS

"Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body." Elizabeth Stone...

OH BABY, OH BABY! MARCH is baby month at the Cat's Den! Carol Hill's Photography & Poems offers a number photo specials each and every month, and every month past, current, and prospective clients can enter win a FREE photo session (note: sessions offering change monthly and restrictions to apply). During the month of March one lucky family will be eligible to win a FREE newborn or pregnancy session; then during the month of April one lucky dog (or cat) will be eligible to win a FREE Pet Photo session! Winners are pulled on the last day of the month. For more detailed information about these and other specials contact Carol at the numbers provided below and don't forget to access the NEW website at www.carols-mojo.com. All winners will be notified personally by Carol.

Photography with a Passion! Carol Hill's Photography & Poems is an on-location and in studio photography business that offers a wide range of custom photo sessions that range from traditional family formals, glamor, newborn and pregnancy, wedding, tasteful boudoir, pet, and product and event photography services. In addition to providing a wide range of custom photography services the studio also doubles as a showroom and art gallery (The Cat's Den) featuring up and coming local artists of all types. The Cat's Den is conveniently located in the Beach House Mall at 37 Main St. downtown Cortland. In addition to providing the community and surrounding areas with a wide range of photographic options, Carol has recently become an independent sales representative for The CAT (The Cortland Area Tribune) and is able to help local businesses with advisement placement as well as ad designing options.

Carol Hill's Photography & Poems is open Monday, Tuesday, Thursday, and Friday evenings 4:00pm-9:00pm for sessions by appointment and Saturday and Sunday's 9-4pm appointment. 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 and for advertisement options can be reached at carolhillatthecat@gmail.com. Again, Carol Hill's Photography & Poems is conveniently located at 37 Main St. Cortland NY lower level of The Beach House Mall.



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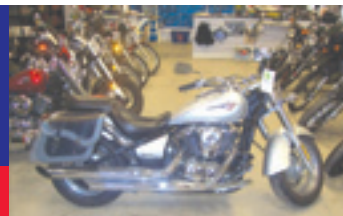


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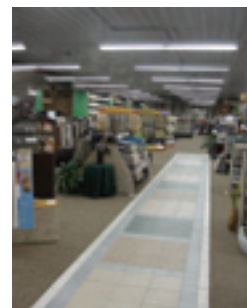
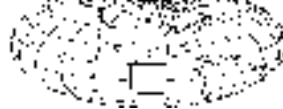
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IT'S AWARDS SEASON AND AMERICA is on star watch for the glam couture and glitzy jewels worn by celebrities. While mainstream Americans may not walk the red carpet like a star, Allstate can help insure their jewels like one.

"Many people don't wear their jewelry because they are afraid they might lose it," said Jaclyn Darrohn. "Some pieces hold sentimental value that can never be replaced, but when our customers choose proper insurance coverage on jewels it gives them confidence and peace of mind that they are financially protected when the unexpected happens."

Most homeowners, renters or condo insurance policies limit coverage for personal items such as jewelry or furs to between \$500 and \$2,500, depending on the policy. If you have jewels like engagement rings, necklaces, bracelets or earrings that exceed that amount, you should consider additional coverage to help ensure you're protected. Allstate's Scheduled Personal Property (SPP) product covers jewelry items against perils like fire, theft and loss.

Allstate's tips to insure your jewelry

- Have a detailed appraisal and make sure you keep your bill of sale. To keep your coverage current, have your jewelry appraised every five years.
- Keep and maintain an inventory of your jewelry and individual valuables - this should be part of a broader home inventory to help you better understand everything you own.
- Review your current insurance coverage to determine what protection you have.
- Talk to your local Allstate agent to personalize your coverage to fit your needs.

The tips provided here are guidelines. Please use your best judgment when insuring personal property items.

The Allstate® Digital Locker™, available online at DigitalLocker.com and as a mobile app for iPhone, iPod Touch and Android, helps consumers create a detailed home inventory that can be securely stored online.

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AGING HEALTHFULLY CONCLUSION

AS PROMISED I WILL GIVE you some ideas on how to age healthfully not just grow old and expect to suffer the infirmities associated with oldage. In my last column I discussed the importance of buying good quality food and drinking plenty of pure water and breathing deeply. This time I will talk about rest and exercise. The saying is that if you don't use it you lose it. So just sitting in a rocking chair passing the hours of the day is not a healthy thing to do. It is very important to stay physically active as you can. You don't have to be a weekend warrior and hurt yourself. But regular moderate activity such as walking, swimming, gardening or golf are good choices. Our blood has a pump. It is called our heart. But our immune system has no pump. Our lymphatic system needs exercise and sweating to pump the lymph fluid in our body. It has a rough time as it has to go against gravity and starts at the bottom of your body and flows upwards. This is where the deep breathing is beneficial too. If you don't get exercise and your lymphatic fluid stagnates it creates toxins and that leads to illness.

Older people often find it more difficult to get enough sleep. I have talked to many older ones who either have a difficult time getting to sleep or who wake up frequently during the night. If we don't get enough deep sleep our body cannot repair itself. There are supplements that can help here and you can contact me for more information. Or you might want to take a short nap during the day. Just two suggestions for supplements are Nature's Sunshine Products Herbal Sleep or Nervous Fatigue Formula.

Everyone not just the ones aging need a good multiple vitamin and mineral. Our food is grown in mineral depleted soil so we can't get all the vitamins and minerals by diet alone. Super Trio is a great basic program that has three important supplements. One is Super Supplemental Vitamin and Mineral, Super Omega is a good source of essential fatty acids and omega 3 and last but not least is Super ORAC that is a powerful antioxidant formula which helps fight oxidation and inflammation. Some other good choices are Mineral Chi Tonic which contains Chinese herbs mixed with liquid minerals. Thai Go and Ultimate GreenZone. There are many other products to choose from. Some tonic products include ginseng, ginkgo, cordyceps and ho shou wu. Some formulas unique to NSP include AdaptaMax, Ginkgo/Gotu Kola with Bacopa, Brain Protex, Master Gland and Noni to name a few.

To sum up make sure you stay active and not hibernate. Make wise food choices, drink plenty of good quality water, breathe deeply and get enough rest. Also make sure you are getting the best supplements you can to attain and sustain good health. We want to stay as healthy as possible for as long as possible.



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 CRAYFISH

GET PEOPLE WHO WANT to breed crayfish. Here is some info regarding that. First of all, crayfish sexing isn't that easy. The genital openings are located on different places on the body depending on whether it's a male or female. Males have their genital openings behind/under their posterior pair of legs.

Females have their genital openings under the third pair of legs counted from the posterior. However, many individuals have one male as well as one female genital opening making sexing more complicated.

Bottom line, look closely at the first two sets of swimmerets. Swimmerets look like thin spiny legs below the actual legs. The first two swimmerets are the ones just after the last actual legs, these swimmerets will be longer and shaped like prongs in males and undeveloped in females. Inspect the area between the last two pair of legs. Females have an opening to receive and store the sperm in this spot.

Turn the crayfish upside down. If you see eggs or baby crayfish under the tail, then you are holding a female.

In the aquarium, spawning is possible anytime of the year. The male makes a little sperm packet and places it on the female's stomach. The female then spawn her eggs passing them through the sperm packet so that the eggs are fertilized. It is not uncommon for the female to lose a claw during the process.

She then places the eggs under her tail where they are kept until they are ready to be released. How long a period this will be depends on the water temperature and the species, but it will be at least 4 weeks. Some other factors that can affect the egg carrying period are water quality and food supply. The mother will watch over the young a short period after birth.

The fry are very small when they are born but fully developed crayfish. Fry are usually detritus feeders which mean they will feed on decomposing plant parts and leftover food they can find while scouring the bottom. Beware of water quality. The fry are very cannibalistic and a large aquarium is required if you want a high number of fry to live.

To get the crayfish into breeding behaviour may depend on some triggers. These triggers are the amount of light hours, a change in temperature and a good quality food. This food should be based on boiled lettuce, sinking food pellets that contain shrimp or fish meat. This will get them into a good breeding condition. The female usually will not eat when she is carrying eggs.

Be sure to have a lot of hiding place such as rocks, flowerpots, pvc pipes and so on. Try to have one hiding place for each crayfish.

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DON'T DRINK AND DRIVE THIS ST. PATRICK'S DAY ALLSTATE REMINDS HOLIDAY REVELERS TO DRINK RESPONSIBLY

DRUNK DRIVING FACTS:

- Nearly half of the drivers and motorcyclists involved in fatal car accidents on St. Patrick's Day last year had an illegal blood alcohol content of .08 or above
- 63 percent of those impaired drivers and motorcyclists died in a crash
- In 2010, more than 10,000 people were killed in traffic crashes involving at least one driver or motorcyclist who was drunk

Source: National Highway Traffic Safety Administration



IMPAIRED DRIVING CONTINUES TO BE one of America's most-often-committed and deadliest crimes and according to The National Highway Traffic Safety Administration (NHTSA), 44 percent of all traffic fatalities during St. Patrick's Day involved a drunk driver. By comparison, 31 percent of fatal accidents involve drunk drivers each year as a whole.

"Drunk drivers share the road with you and your family," says Allstate New York spokesperson Jaclyn Darrohn. "Even if you never drink and drive, you can help save lives by being a responsible party host, preventing friends and acquaintances from driving drunk and reporting suspicious drivers."

To protect New York families from drunk drivers, here are some life-saving tips from Allstate:

- Don't drink and drive. If you know you will be drinking alcohol, use a designated driver or public transportation
- If you spot an impaired driver on the highway, maintain a safe following distance and don't attempt to pass
- Report a suspected drunk driver immediately to area law enforcement from your cell phone or a pay phone. Give police as much information (i.e., license plate number, make, model and color of vehicle, direction vehicle is traveling, physical description of driver) as possible
- When entertaining guests be responsible yourself. It will be much easier to determine whether or not a guest is able to drive if you're sober yourself
- If your guests drink too much, arrange a ride with a sober driver, call a cab or insist they sleep at your home
- When hosting a party, offer plenty of non-alcoholic beverages and serve food to help slow the absorption of alcohol
- Stop serving alcohol at least one hour before the party is over and never pressure others

to drink or rush to refill their glasses when empty.

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

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"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.

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.

Karen Hewitt is the owner of Barn House Antiques located at 308 Peruville Rd. (Rt. 34B), in Lansing, NY. Phone 607-533-8636.



SHOPPING FOR UNIQUE WEDDING DÉCOR

By Karen Hewitt

IF YOU ARE CURRENTLY PLANNING your wedding, has it occurred to you to shop in an antiques store to find the items that will make your shower or wedding unique and wonderful? If you are a fan of the style known as Shabby Chic, and want to incorporate this in your celebrations, then antique shops are treasure troves for you!

Most shops carry the vintage table linens, lacy handkerchiefs, floral motif teacups, crocheted doilies and table runners that give Shabby Chic its signature look. One can find a bounty of the perfect vases for your table décor. Inexpensive costume jewelry may be used to create and accent your centerpieces. For more ideas, just go online and google "Shabby Chic Weddings." Best of all, a little imagination will ensure your wedding will reflect your individuality, yet still be chic and inviting.

Antique shops are also great places to find the pieces to enhance other aspects of your wedding planning. A shower can have a tea party theme. Each guest gets to keep their own teacup and saucer as favors. Find the perfect gifts for your bridal party members. A vintage grooming kit is perfect for the groomsmen. Vintage cufflinks would also be a big hit. A single crystal candlestick would be a wonderful gift for a bridesmaid. It will be useful over her lifetime.

Promise yourself to visit some area antique shops and indulge in some fabulous fun as you shop for the perfect items to make your wedding unforgettable.

Karen Hewitt is the owner of Barn House Antiques, located at 308 Peruville Rd., Lansing. Open Tues.-Sat. 10-6. Sun. 12-5. Closed Monday. 607-533-8636.



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PUZZLES & GAMES

WORD FIND

Find the 'Antique' & 'St. Patrick's' related words below! Can you find them all? Good luck! Check our next edition for the solution!

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

antique shop • collectibles • heirloom • timeworn • value • antiquity
artifact • bygone • aged • relic • rarity • priceless • silver • history • auction
appraisal • estate • valuable • vintage • coins • jewelry • leprechaun • pot of gold
green • shamrock • rainbows • clover • corned beef • cabbage • ireland • charms

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!

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

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- Main Street Downtown Homer • Back to Basics
- Natoli's Market • Dryden Food Market • Express Mart
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- Gregg's Market Marathon/Whitney Point • Dryden Agway
- Elite Dental • Pinckney Allstate Insurance Agency
- Tompkins Trust Company Banks • Toad's Diner
- Queen Diner Dryden • Clarks Dryden Food Mkt
- Country Kitchen - Whitney Point • Country Kitchen II - Cortland
- Hope Lake Lodge • Tully Kinney Drugs • Triphammer Mall
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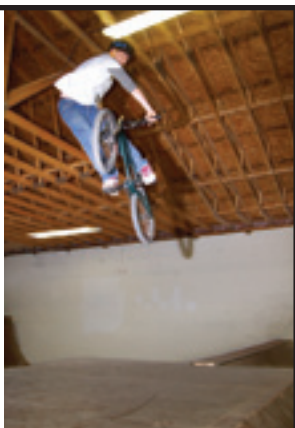
LAST EDITION'S PUZZLES

SUDOKU

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

WORD FIND

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



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BUSINESS OWNER PHOTO CONTEST



DO YOU KNOW WHO THIS LOCAL BUSINESS OWNER IS?

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
Carol Hill - Owner of Carol Hill's Photography & Poems located at 37 Main Street in Cortland

No winner this issue

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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