

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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Est. 2002

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ELECT SIDNEY KNUPPENBURG

FOR
DRYDEN TOWN JUSTICE

ELECTION DAY IS NOV. 6.
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VOTE INDEPENDENT, NOT POLITICS.

SEE ARTICLE ON PAGE 10.



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MONDAY NIGHT FOOTBALL FREE SHOT SPECIAL

TUESDAY TRIVIA NIGHT

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WELCOME TO OUR RESTAURANT GUIDE/CATERING & VETERAN'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!

November 14 - Thanksgiving Edition

(New Deadline 11/8)

November 28 - Winter Sports Enthusiats & "For Kids" Holiday Edition

(Deadline 11/23)

November 28 - Last Minute Gift Guide Insert

(Deadline 11/23)

December 12 - Christmas Edition

(Deadline 12/7)

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COMMUNITY CALENDAR



October 31 – Yearly Community Happy Hallelujah Party

Christian Assembly of God, 175 Port Watson St., Cortland, NY, invites the community of Cortland to join us on Wednesday, October 31st, 6:00-9:00 pm for a family night of fun and fellowship. There will be hotdogs and buns and chips and soda for everyone. The women of the church are providing the cupcakes. Also there is a chili cook off between the men of the church and once the winner has been chosen the chili will be shared with everyone in attendance. There are going to be hayrides and a bonfire, weather permitting. Inside we are having a talent contest. Also the church teens are performing a "Human Video". Each child will go home with a bag of candy donated by the congregation. We ask that costumes not be worn but no one will be turned away if they happen to come in costume because they didn't know. So tell your family, friends and neighbors, children and adults.

October 31 – Light the Night

6 to 8pm, Crown Alliance Church, 1 Bellevue Ave., Cortland. Free and exciting event for the whole family. Giant bounce houses, kid-friendly games under the 'big top', delicious cider, piping hot cocoa and tons of candy.

Free drawings for fantastic prizes. For more information call (607) 756-5362, e-mail crownalliancechurch@gmail.com or visit crownalliancechurch.com.

November 1 - Survivors Of a Loved One's Suicide support group

Survivors Of a Loved One's Suicide support group provides a safe, supportive environment for you to talk about your lost loved one. The group meets every first Thursday of the month. The November meeting will be held November 1 at 7pm in the conference room of the Cortland Youth Bureau (35 Port Watson St in Cortland). Please note, this is a new location for the meetings. Please contact Cecile at 753-3021 ex 26 or at Cecile@cortland.org for more information. The group is facilitated by peers who have survived a loved one's suicide.

November 3 – Santa's Country Cupboard

From 10 am - 2 pm, Child Development Center, 59 Pomeroy Street in Cortland. Shop a wide variety of vendors and crafters, have some warm soup and chili, and peruse the Used Book Sale at this United Way agency, raising funds for their 40 Year Face Lift. For more information call (607) 758-9325 or e-mail childdev1@verizon.net.

November 3 – Fall Craft Fair, Bazaar & Back Sale

9-3 at Varna Community Center (943 Dryden Rd./Rte. 366). Vendors Needed. Tables \$10 each or 3 for \$25. Contact Susan Simmons; e-mail: sasrvcs121@yahoo.com, or 607-277-9325. Lunch will be available 11:30 - 1; Homemade Soup, Chicken & Biscuits, Sandwiches, Brownies, Pies & Beverages.

November 4 – Italian Festa

5 pm, The 1890 House Museum, 37 Tompkins Street in Cortland. An Italian Sunday Supper prepared by local Italians in Cortland's Chateausque mansion, surrounded by Italian Renaissance style architecture. Italian sauce and meatball recipes shared and prepared by the Board of Trustees. Pasta, sauce, meatballs, and sausage will include salad, bread, coffee, and dessert! Dinner is \$18.90, reservations required. An additional \$25.00 per couple to sit at the original Wickwire Family Table, reservations required, limited to 16 seats. For more information or to make your reservation, call Michelle Grimes at (607) 756-7551 or email the1890house@gmail.com. For more information call (607) 756-7551, e-mail the1890house@gmail.com or visit www.the1890house.org.

November 4 – Southwick Trio

3 pm, Grace Episcopal-Holy Spirit Lutheran Church, 13 Court Street in Cortland. The Arts at Grace Concert Series. Pianist Sar-Shalom Strong, violinist Shem Guibbory and cellist Gregory Wood will play the Trio in B major, Op 8, by Johannes Brahms, Four Seasons of Buenos Aires by Astor Piazzolla and Trio for the Common Man by Mark Olivieri. A reception for the audience and performers follows the performance. No charge; donations accepted. For more information call (607) 756-7073.

November 6 - General Election

DON'T FORGET! Most Polls are open from 6am to 9pm

November 6 – No Health Insurance? We Can Help!

2:00 TO 4:00 p.m. at the Groton Public Library The Cancer Services Program of Cortland and Tompkins Counties FREE Cancer Screenings for Women (40 and older) and Men (50 and older)! The Cancer Services Program of Cortland and Tompkins Counties is a New York State Board of Health grant funded program. The Cancer Services Program provides free cancer screenings for breast, cervical and colorectal cancer. These cancer screenings are for uninsured/underinsured women 40 and older for breast

and cervical and uninsured/underinsured men and women 50 and older for colorectal cancer screenings. Presented by Nicole Anjeski, Public Health Educator Cortland County Health Department To sign up call for this FREE session: Call the Groton Public Library at 898-5055 Email to director@grotonpubliclibrary.org

November 6 – Jacksonville Community United Methodist Church Annual Election Night Dinner

Jacksonville Community United Methodist Church will be having their annual Election Night Dinner on November 6, 2012 starting at 4:30 PM--7:30PM. The menu will be Loin of Pork, Chicken/Gravy and Biscuits, Mashed Potatoes, Stuffing, Cole Slaw, Green Beans, Sweet Potato Casserole, Harvard Beet, Coffee, Tea, Lemonade, Desserts Adults \$ 10.00, 5-12 yrs \$ 5.00, Preschool free. Church is located on Rte 96 between Ithaca and Trumansburg

November 10 – St. Matthew's Fall Festival

No admission charge, bazaar, luncheon and tours of this historic (National Registry) and beautiful woodcarved church. Bazaar features crafts by local artisans, demonstration of heirloom lace making, baked goods, white elephants, free face painting and Lady with 1000 Pockets for children,

homemade pie and coffee, raffle of a copper punched pie safe by Country Wood Specialties, "Angel of Christmas," counted cross-stitched by Marge Newhart and a basket of homemade goodies. Luncheon features homemade soups and sandwiches. "Full Meal Deal" includes sandwich, bowl of homemade soup, homemade pie and beverage for \$6.00. The "Festival Special" includes 1/2 sandwich, cup of homemade soup and beverage for \$3.00. Tour features the remarkable carvings and sculptures of Hans Meyer, from the famous Oberammergau (o-ber-a-mer-gow) school in Bavaria, Germany. St. Matthew's Episcopal Church, 14 Church Street, Moravia, NY 13118. Saturday, November 10, 2012, 9-3, luncheon, 11-2; tours, 11-2, drawing for raffle winners at 3pm.

November 10 - Benefit Flea Market

8:30am until 4pm, Cornerstone Church, 236 South Main Street, Cortland. Indoor rummage sale and flea market to benefit community outreach and ministries. Antiques, collectibles, toys, furniture, crafts, tools, 2,000+ new and used books, CDs and movies, gifts for Christmas, refreshments and more. For more information call (607) 756-8396, e-mail office@ccocny.org or visit www.ccocny.org.



HAVE A COMMUNITY EVENT TO SHARE?

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

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

MYSTERY PHOTO CONTEST



Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Thursday, November 8th for this edition. By entering, you give us permission to print your name in our next issue. Each contest generates hundreds of entries!



DO YOU KNOW WHERE THIS IS?

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

**Debbie Rose-Walter
 of Tully**

Answer from the Previous Edition:

Palmer Used Cars of 207 S. Main Street in Homer

The winner of last issue is Debbie Rose-Walter. Debbie won a gift certificate Back to Basics Bulk Foods Store located at 2207 Dryden Road (Rt. 13) in Dryden. The winner from this issue will win a gift certificate from The Second Knob Gifts & Antiques located at 128 W. Main Street in Dryden! Enter your guess today!

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



V & V FURNITURE SALES CELEBRATES 3RD ANNIVERSARY

BILL VOGT WITH 25 YEARS of experience in selling, buying furniture opened V&V Furniture located at 113 Port Watson Street, Cortland, NY on November 2nd, 2009 to offer good used quality furniture for retail. Located directly across the street from the Port Watson Street Gas Station, V&V Furniture is celebrating their anniversary the entire month of November - buy any item in the store and they will pay the sales tax! Just in time for the holidays! Don't wait till the guests arrive - shop early for couches, recliners, chairs, dining rooms sets, hutches, end tables, 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 rare opportunity store wide sale for the month of November! Take advantage for their anniversary sale - V&V will pay the sales tax on any used item in the store! V&V Furniture Sales is open Monday thru Friday from 10am to 5pm and Saturdays from 10am to 4pm - V&V carries new and used furniture for your home, office or dorm. Stop by or call them at 607-753-7930. Good used furniture for your home! Come peek in our drawers!



SMOKIN' MULE

THE SMOKIN' MULE WILL BE open two years March 31, 2013. Home of the 5lb Dirty Pig Challenge; if you can eat it in less than an hour your meal is on us and you receive a free Smokin' Mule shirt!! Over, 100 people have tried the challenge and we have one winner to date!! We knew Cortland would embrace a BBQ restaurant we do not have this type of BBQ in the entire county. In the past many people have had to travel all the way to Syracuse to our local competitor Dinosaur BBQ now we have it locally right in Cortland. The community has welcomed us with open arms. With some of the best BBQ in CNY we're a little different from most. We slow smoke our meat - some up to twelve hours, with selections such as Pulled Pork, Brisket and Ribs. All our meat is dry rubbed so you can add your own sauce - although most say it's pretty good without it. We make our own BBQ sauce; our House Sweet, Mustard, Spicy, and for those who like it HOT our special HOT sauce. We have huge sandwiches, pulled pork, smothered chicken and one of customer's favorite "the Dirty Pig". We also sell tacos, burritos and quesadillas. Beer and wine is available at our bar. Catering is available and has become an increasingly big part of our restaurant, accommodating 10 to 500. Hours are from 11:00 am till 8 pm Tuesday-Thursday and Sundays and were open until 9 pm on Friday and Saturday. We are located at 234 Tompkins Street and less than a quarter mile from where the Jets practice. Take-out orders available or dine in. Call 607-218-6101. Like us on Facebook and you may be one of lucky customers to receive a gift certificate! Hope to see you soon!!



DRYDEN WINE AND SPIRITS CELEBRATES 17TH ANNIVERSARY

THE HOLIDAY SEASON IS NEARLY upon us, and it's the right time to start planning your holiday festivities.

Dryden Wine and Spirits, now celebrating 17 years of service to the Dryden area, can assist in providing key ingredients for your seasonal social gatherings. Dryden Wine and Spirits offers a huge selection of foreign and domestic wines and spirits, as well as additional products and services including free gift wrap, free personalized labels for any occasion with a wine purchase, and party planning services. Consumers who plan on hosting large gatherings or like to stock up can take advantage of 15% case discounts at Dryden Wine and Spirits.

When you walk into Dryden Wine and Spirits, you will be greeted by a spacious and warm atmosphere and will be attended by a friendly, knowledgeable staff; both of which contribute to a fun shopping experience. The staff of six, headed by owner and operator Valle Vasse, has 60 years of collective experience and is service driven. They will serve you in a personable, courteous manner and assist you in matching the most appropriate wine or spirits to your needs and are always expanding their lines of wines and spirits.

Dryden Wine and Spirits is located at 23 W. Main Street in Dryden; with parking on W. Main Street plus there is ample parking in the back with access to their rear entrance. What

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Holiday gift sets are in at Dryden Wine and Spirits, so stop in and pick up the perfect gift set for that someone on your holiday list. You can also inquire about any special orders, which are always welcome.

Join Dryden Wine and Spirits for their annual day before Thanksgiving wine tasting on Wednesday, November 21st from 2 pm to 5pm. For your shopping convenience Dryden Wine and Spirits will be open on Thanksgiving Day from 9am to 3pm.

Dryden Wine and Spirits is open from 10:15am to 9:30pm Monday through Thursday; 10:15am to 10pm on Friday and Saturday, and from 12noon to 5pm on Sunday. Stop in or call Dryden Wine and Spirits at (607) 844-8135 with any questions you may have. Help Dryden Wine and Spirits celebrate by letting them serve you!



ANGORA PIZZERIA!

ANGORA PIZZERIA LOCATED ON 115 North Street in Dryden opened earlier this year in June. Owner Dennis is from the Binghamton area and he also had a pizzeria for many years near the arch on Main Street in Johnson City. He brings to Dryden his experience and recipe for making tasty pizza including specialty pizzas such as buffalo chicken, bbq chicken, Hawaiian, Angora Works, veggie lovers, chicken bacon ranch, chicken and eggplant parm, Philly cheese steak and rigatoni vodka! Angora's menu includes appetizers, chicken wings, chicken tenders, and a choice of many salads, rolls (garlic knots, calzones, stromboli's, etc.), hot and cold hoagies, dinners, Panini's, burgers and deserts! Something to please everyone. Dennis's sauce and meatballs are homemade!

Here are some mouth watering specials! Daily lunch special - 2 slices of pizza and soda for only \$3.99! Family special - large pizza with a dozen wings only \$17.99. Or 2 large pizzas for only \$17.99. Or for a party - sheet pizza and 2 dozen wings for only \$29.99. Tax and toppings are extra with each special. Delivery is available from 4pm to close.

Questions or to order ahead - call 607-708-4011. Stop by Angora Pizzeria and try an Italian delicious item from the menu! Angora Pizzeria is open Tuesday thru Thursday 11-9, Friday & Saturday 11-10, Sunday 4-9 and closed Monday.

NOVEMBER

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DRYDEN VETERAN'S MEMORIAL HOME

NOW IS THE TIME TO BOOK YOUR HOLIDAY PARTY!

HAVING A HOLIDAY PARTY FOR your office workers, family and or friends? Give the DVMH a call for a quote! Large or small - they do it all! The DVMH is located on Route 13 (2272 Dryden Road) in Dryden is open to the public everyday and always looking for new members. They offer specials throughout the week including every Wednesday from 6 to 8pm is wing night! Wings and 3 pints all you can eat for only \$13. Thursday is clam night - from 6pm till gone! The first Friday of every month is fish and steak dinner night and the third Thursday of the month is pot luck dinner night!

Come join the fun! Check out Dryden Veteran's Memorial Home facebook for pictures and info and/or call them 607-844-9900.



THE THREE BEAR INN A BRIEF HISTORY

IN 1799, WILLIAM BRINK BOUGHT squatter's rights to the lands on Broome Street (US Route 11, presently known as the Three Bear Inn, for \$40.00. Although he never lived here, he visited every year for the sugar harvest, as do many people from near and far for our current Annual Maple Festival.

During the fall of that same year, his son, Abraham built a double log house for the purpose of providing good and lodging to the increasing number of travelers coming to settle in these parts. The log tavern was also established as the areas first post office in 1818.

Brink's Tavern ran until 1833 when it closed its doors forever because Chester, the son of Abraham Brink, was against selling intoxicating beverages.

Chester began construction of the current structure sometime between 1825 and 1845 which became known as the Brink Homestead. The Homestead acreage grew cabbage and tobacco which were made into cigars for resale.

Chester died in 1874, and the homestead passed to his son, Lawrence, who operated the farm until his demise in 1913. Over the next ten years, the former Inn was run as a

tenant house as much of the land had been sold, and the Homestead ceased to be a working farm.

One-hundred twenty-four years of Brink ownership ended when the old Homestead was purchased by Lena and Henry Forshee from McGraw. After some minor renovations, they turned the old building into an eatery and hotel, known as The Hotel Marathon.

When the three bear skins in the attic were discovered and hung on the porch to air, travelers and locals alike referred to the Inn as "The Three Bear Inn" and hearing the phrase almost daily caused the Forshees to rename the Inn.

The Three Bear Inn passed from the Forshees to their daughter Helen (Meade) in 1969, and she and her husband, Gerald, sold out in 1971 to Bruce Ashcroft, a native and Andrew Burns from Pennsylvania. Andy Burns assumed sole ownership in 1973 and then in 1987 sold the Inn to the current owner, Sharon Toussaint, a Vermont native.

During Andy's ownership, he had the foresight to develop the property into a combination Inn and Motor Lodge in 1977. The Inn had come full circle.

The Inn has been, and continues to be, a welcome stop to travelers along Rte. 11 and later, Interstate 81. It hosts international guests as well as local patrons daily. The Three Bear Inn has been a pleasurable dining spot for hundreds of years, drawing customers back in time with pictures, artifacts and antiques from time gone by.

Currently the Inn opens daily for Breakfast, Lunch and Dinner, and on the weekends continues the tradition of serving delightful Buffets in the evenings. Holiday Parties, Family Reunions, Art Shows, Business Meetings can be arranged with some notice. It would be our pleasure to serve you.

There is still much to see in the way of the Inn's history. In addition to the three stuffed bears in the foyer, old photographs grace the walls, as well as an antique phone, stove, furniture and an old bear trap.

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Thursday Night - 6pm Till Gone!!!

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The Three Bear Inn is a historic landmark, the likes of which we see less and less along our modern, commercialized roadways.

Brink's Tavern, Brink's Homestead, Hotel Marathon and finally, The Three Bear Inn, have been a living part of Marathon's history for over 200 years!

Call to book your next event or just stop in to say "Hi" and to have a look around. We want to be "Your Home Away From Home!"

Threebearinn.com 607-849-3258.



PICCADILLY LANE COUNTRY AND PRIMITIVE STORE

OPEN HOUSE - SATURDAY, NOVEMBER 17

MARK YOUR CALENDARS! PICCADILLY LANE Country and Primitive Store is getting ready to welcome you to their Holiday Open House on Saturday, November 17 from 10-4. Located on 2643 Main Street in Whitney Point, owner Joyce Ballard and her friendly staff invite you to come in and discover the numerous treasures that fill the eight room shop. Many new and one of a kind items have just arrived so be sure to get there early for the best selection. The Christmas Room is ready with all the sights and colors of the season. Country decor, linens, furniture, pictures, candles, jewelry, linens, swags, tine ware, signs, pottery, antiques, and more are overflowing in the other rooms. Whether you need that special gift for your mother, daughter, aunt, friend, or teacher - you can find it at Piccadilly Lane. And don't forget those stocking stuffers! There will be lots of specials and drawings and of course refreshments!

And while you are there, go ahead and treat yourself to something special. You deserve it! With the holidays almost here, shop now to adorn your home with a new

look your guests will envy or pick out that perfect gift for your loved one!

Redoing a room for the holidays? Let Piccadilly help you redecorate! Choose from Starbridge, York, Park and many other curtain designs in a variety of colors and patterns - curtain swatches for special order - bring in your paint samples or fabric swatches and they will help you match them by appointment for or better yet, visit the store.

Looking for a fun way to kick off your shopping season and earn credit towards your favorite items at Piccadilly Lane for holiday gift giving - host a "Piccadilly Party"! Invite your friends and family for some punch and cookies and receive 20% in sales credit towards merchandise in the store! Plus for every party booked from your party, you will receive 1 item at 40% off!

So make your list and check it twice and head to Piccadilly Lane! Take the short drive to 2643 Main Street in Whitney Point to beat the rush and start your holiday shopping! The store is open Monday, Tuesday, Wednesday & Friday 10-6, Thursday 10-7, Saturday 11-3 and Sunday 10-2. Questions or looking for something special - 607-692-7418 or email piccadillylane1@aol.com and on Facebook!



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find cedar log beds also. Dressers vary as well from mule chests and lingerie dressers to chest on chest and 6 drawer 63" wide dressers. Armoires are also available with a selection of night stands. There are accessories for the bedroom including quilts, throw rugs, table lamps, benches, cedar chests, wall pictures, doilies, mirrors, candles and aromatherapy.

For living room furniture, Treeforms has coffee tables, end tables, sofa tables, hall consoles, bookcases in different woods with a selection of stains and hardware choices.

How about a futon? Treeforms has quality wood futon frames, platform beds, futon mattresses and sofas. Futons are great for students, dormitories apartments, dens, living rooms and offices. Futons are ideal for maintaining a bed option if converting a bedroom to an office. Futons have come a long way in comfort, design and versatility for today's busy and changing lifestyles. Futon mattresses come in different thicknesses from 4" cotton batting to 12" wool wrapped coils in cot size up to king size.

Check out the selection of TV entertainment stands in oak, cherry, maple, pine or cedar. Treeforms has TV Stands to accommodate small and large TV's. Home theatre wall units are available too. All units include room for DVD player and storage. One can find cedar and log TV stands as well.

Treeforms can supply wooden office furniture for your place of business, office, school or home. Our specialty - desks of all kinds. One can purchase rolltop desks, computer desks, student's desks,

work stations, wall units and secretaries. We carry a selection of file cabinets - both lateral files or horizontal in many different woods. Also available are printer stands, CD storage units and office armoires. Contemporary, shaker and mission styles are the most popular in stock items.

Shopping for occasional furniture? There are a variety of coffee tables, end tables, bar stools, rockers and more. Jelly cupboards, deacon benches, hall trees and clothes drying racks are also available.



Outdoor furniture welcomes you to sit in comfort on Treeforms porch. Hickory/oak rockers are built with lower lumbar support plus there are Adirondack style chairs and sassafras benches, a great addition to gardens or summer homes.

But, there is more at Treeforms! The gift shop has so many items - including Yankee candles, pottery, wind chimes, dish sets, heritage lace, placements, candy, wall paintings, Old World Christmas ornaments and purses. Come in to pick out the perfect gift.

We have delivery, layaway and gift certificates available. Remember if you don't see what you want, please ask as Treeforms can find it for you! We are located at the intersection of Routes 13 & 366 between Dryden and Ithaca. Treeforms is open Monday through Saturday 10am to 5:30pm and Sunday from 12 noon to 4pm. Phone 607-272-2913. www.treeformsfurniture.com

Please come to see why a customer said, "I love this store because you have things that I can't find anywhere else!"

TREEFORMS FURNITURE AND GIFTS PLAN AHEAD FOR THE HOLIDAYS!

TREEFORMS FURNITURE AND GIFTS STORE is located at 1302 Dryden Road in Ithaca is having a sale - just in time for the holidays! Opened in 1964 by Anne Watson and was first located in Dryden, Treeforms has been at its present location since 1975 and is now run by Anne's daughter Maryanne and her husband with several large showrooms. Treeforms Furniture and Gifts carries one of the finest selections of Amish made furniture in the area. Treeforms offers solid wood fine furnishings specializing in furniture for every room in a home or office. Treeforms' strength is being able to custom order.

Looking for dining room furniture? One can find solid top farm tables and extension tables as well as chairs, hutches and sideboards in oak, maple, cherry, pine and elm. One can design one's own table. Choose from tables for a small family or a table that can seat large groups of up to 22 people! Trestle and pedestal tables are available along with many other leg options accommodating different styles. There are gathering tables of oak, cherry and red cedar too.

Need new bedroom furniture? Treeforms has bedroom furniture in contemporary, mission, shaker and traditional styles. There are many choices of beds, ranging from mission style to pencil posts. You can

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OPEN HOUSE AT "THE CINNAMON APPLE COTTAGE GIFT SHOPPE" BEGINS ON NOVEMBER 3RD!

Where?
 Christmas is just around the corner—and so is "The Cinnamon Apple Cottage Gift Shoppe", conveniently located in the center of Cortland near your other shopping destinations, adjacent to Valley View Gardens Retail Nursery and opposite "Builders Best Do-It Center" on Luker Road in Cortland!

Open House!
 To celebrate the commencement of the holiday shopping season, The Cinnamon Apple Cottage will be hosting an "Open House" on Saturday, November 3 from 9 o'clock a.m.

until 4 o'clock p.m. Join us for a day filled with holiday spirit: music of holidays past, mulled cider, goodies to munch upon as you brows our charming gift shop for unique gifts for your loved ones and just plain good cheer!

Cinnamon Apple Bucks!

Every Saturday, the Cinnamon Apple Cottage will also be giving away a \$25 gift certificates in a drawing open to all purchasers! In addition, every purchaser will receive a 'Cinnamon Apple Buck' that entitles her to deduct 10% off one item on her next visit! A great way to save on those big purchases! Cinnamon Apple Bucks can be applied to any non-sale item!

Savings for Seniors!

Seniors, it's time to save at The Cinnamon Apple Cottage! Join us for 'Senior Discount Wednesdays' when those 65 or older will receive 10% off non-sale items! Of course, 'Senior Discounts' cannot be combined with other promotions such as CA Bucks.

New Items!

The Cinnamon Apple Cottage is beginning to overflow with new items that would make the perfect gifts for you friends and family. We just received a long-anticipated delivery of gourmet chocolate, and our mouths are watering! There's so much more to see!

Gifts Large & Small

Looking for framed art? We have it! Looking for stocking-stuffers? We have those too! This is a great time to stock up on gifts for those "difficult to shop for" people in your life. Still stumped? Give one of our Gift Certificates! They can be used in the shop or in the nursery—and they never expire!



Shopping Made Easy!

At The Cinnamon Apple Cottage you will find a gift for everyone on your list! Peruse the linen department, the children's toy/game section (non-electronic games, that is!), the outdoor lovers sanctuary, the general store stocked with Amish jam, pie fillings, soup mixes and more! Follow the scent of our candles, potpourri and reed diffusers to the "rose room" filled

with yummy fragrances like "Buttered Maple Syrup" and "Grandma's Kitchen". For the holiday fragrances we all love, select "Balsam Fir", "Woodland Pines" and "Mulled Cider"! Decorate your home with our wonderful selections of home décor or give your loved one that unique item to add the finishing touch to their home!

Our Hours!

During this holiday shopping season, beginning November 3, The Cinnamon Apple Cottage will be open from Monday through Thursday, 10 a.m. to 5:30 p.m.; on Friday, from 10 a.m. to 6 p.m.; and Saturday, from 9 a.m. to 4 p.m. We are closed on Sunday.

However, beginning December 9th and continuing on December 16th and December 23th, The Cinnamon Apple Cottage will open on Sundays between 11 a.m. and 4 p.m. for your Christmas shopping convenience. We will close at 3:00 on Christmas Eve, December 24th. If you have any questions, please do not hesitate to call us at (607) 749-3130.

Thank You!

Valley View Gardens Nursery and The Cinnamon Apple Cottage Gift Shoppe have the best customers in the world! We look forward to seeing you all during this holiday season! We strive to create pleasant shopping experience for you AND your wallet, so hurry down to "The Cinnamon Apple Cottage", an easy drive from almost anywhere, located in Cortland, NY, just ¼ mile off Rte. 281 on 3797 Luker Road, next to Valley View Gardens Retail Nursery and opposite Builder's Best Do-It Center! See you there!

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salute to local **heroes**
PLUS EXTRA **10% OFF**
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\$299⁹⁹ EA.
Kenmore® white 3.4 cu. ft. capacity top load washer 02620022
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Samsung 4.5 cu. ft. capacity high efficiency top load washer 02636591/WA456DRHDSU/AA⁽¹⁾
Reg. 999.99 ea.

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Gas dryer priced higher. Approx. 1 per store.⁽¹⁾

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SIDNEY A. KNUPPENBURG
2012 DRYDEN TOWN
JUSTICE CANDIDATE

THE DRYDEN COURT HAS JURISDICTION over a broad range of matters, including vehicle and traffic matters, small claims, evictions, civil matters and criminal offenses. Dryden has two Justices that handle all matters of the court. One position is on the ballot this year, the other Justice is the Honorable Christopher Clauson who was re-elected in November 2011.

The town Justice is often overlooked as an integral part of the law enforcement community, it is important that they are available to the police at all hours as the police are always available to us. Major crimes may require the courts immediate attention for the legal process and the police efforts to be effective. If the Judge is not available the Police may be forced to seek a Justice from another town. This means additional expense to the Police force by requiring them to travel outside the town and will create an extended shortage of officers while they find a Judge that is available to meet their needs. Any revenue from fines for crimes committed in the Town of Dryden then go to the town that had an available Judge. If they are not successful in locating a Judge they may have to release their suspect.

Community Safety is important to the sustainability and the growth of the Town of Dryden. Dryden is experiencing expansive growth with a new housing development being constructed across from the high school and the continued growth of TC3. It is critical that the justice system be competent and able to handle the likely increased caseload associated with this growth. The Town Justice must serve the community by upholding the presumption of innocence, ensuring that the punishment fits the crime and cracking down on repeat offenders.

I graduated from Dryden High School where I met my wife. We are raising our family in our home town of Dryden. I operate a successful small business in Dryden. I volunteered for over 10 years as a Firefighter and Emergency Medical Technician within the Town of Dryden. I proudly served in the United States Army and was honorably discharged.

I am very committed to the future of the Town of Dryden and the residents. The safety and success of our residents depends on a fair and competent legal system. I am eager to do my part as a Town Justice in this great town. It is important to me that this community has access to the judicial services they need when they need it, whether it's for arraignments, civil matters or marriage. It would be my pleasure to serve the members of the Town of Dryden as Justice. I am fully prepared and eager to fulfill this role for our Community.

Election Day is Tuesday November 6, 2012. Vote Independent, not Politics!

To request a campaign sign for your yard, please send an email to: sknuppenburgforjustice@yahoo.com put "sign"

in the subject line or call (607)539-7179. If you would like to make a contribution to the campaign for Sidney Knuppenburg, make checks payable to: Knuppenburg for Dryden Justice, c/o Wayne Richards, 13 Sheldon Rd, Freeville, NY 13068

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November 3, 2012 11 am to 1 pm
118 Crestview Lane, Newfield, NY



Listed at \$112,000

This raised ranch is situated in a very peaceful setting. Originally a duplex, the owners have been in the process of converting to a split level, single family home. Many improvements including new metal roofing, new walk-out bilco door from lower level, new heating system, new flooring in dining and kitchen, privacy fencing, fresh paint, and etc.
MLS# 137098

Refreshments will be served!

690 Peru Road Groton, NY
Listed at \$199,000 MLS# 136419



Nearly 10,000 sq.ft. Sitting on more than 11 acres. Conveniently located. There are many possibilities for this structure! Currently this property is being used as a wood shop, but could accommodate almost any business. Call for more information 607-280-0213!

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10 TOP TIPS FOR HANDLING STRESS

IT SEEMS LIKE MORE AND more life is getting very stressful and I hear many people having difficulty dealing with stress so I thought it would be a good time to share some ideas I have researched to deal with the situation. So here goes.

1. Get enough sleep. No one handles stressful situations very well when they are tired. If you have trouble sleeping Nature's Sunshine Products has several good options to help you. Just call me to find out.
2. Get some exercise every day – 30 minutes of moderate exercise even when you don't think you have time to do it, relieves stress and tension and can enhance sleep too.
3. Eat your protein – when small amounts are consumed every 2-3 hours protein stabilizes blood sugar. When blood sugars get too low, most people get grouchy and irritable.
4. Eat your veggies – even though our soils are depleted and our produce contains far less nutrients now than it did 50 years ago; we need to get as much quality nutrition from our food as we can. Food should provide the base for our nutrition. Of course then you can supplement by adding a good quality multiple vitamin and mineral supplement and I carry them.
5. Avoid caffeine. People who feel like caffeine gives them energy are very addicted, according to a recent study. Caffeinated and decaffeinated beverages drain calcium, magnesium, B vitamins and Vitamin C out of our bodies. These are all nutrients that are essential for stress coping.
6. Avoid alcohol. Alcohol burns up your B vitamins, creates fuzzy thinking and interferes with quality sleep. Avoid using alcohol as a stress coping or escaping mechanism.
7. Take a good stress formula like NutriCalm which has all the B complex plus vitamin C in it, or Liquid B12 Complete or even some extra pantothenic acid. The B Complex has long been recognized as important in the function of the nervous system and helping to cope with stress. Never take B Complex tablets on an empty stomach or with hot or caffeinated drinks.
8. Add Calcium/Magnesium Plus D and perhaps some extra Magnesium Complex. Always take calcium supplements at bedtime on a mostly empty stomach for best absorption.
9. Take time off and away from stress. Whether this means getting a massage, going for a walk, or leaving town for a weekend. Getting away from stressful things often gives us time to think more clearly and come up with a game plan to reduce the stress.
10. If applicable, make to-do lists. Prioritize the things on the list in order of importance and deadlines. Complete one task before moving on to the next so things can get crossed off the list and you can measure your progress.

I hope these tips are helpful to you. We will not get rid of stress so need to learn how to deal or cope with it.

Till next time,

Diane L. Toombs, CNHC
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WOMEN WORKING TOGETHER

Friday, November 2, 2012

Port Watson Mini-Conference Center
131 Port Watson Street, Cortland

*"Don't confuse having a career with having a life."**

Speaker:

Kathy Rosetti

Teacher, Stay-At-Home-Mom, Student, Businesswoman.

How do we define ourselves? A job is what you do, not who you are, yet we are all guilty of labeling ourselves and others. Kathy will share her journey to find balance in her life between the diverse responsibilities and roles facing many women today.

Women Working Together is sponsored by the YWCA of Cortland

Lunch is \$12, payable at the door

(Cash or check payable at the door to "W2O")

Registration begins at 11:30 AM

Please RSVP by Wednesday, October 31, 2012 to 753-9651 or kathy@cortlandywca.org



CROWN CITY STEAKHOUSE CORTLAND'S PREMIER LOCATION FOR BREAKFAST, LUNCH AND DINNER.

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Dinner's at the Crown City Steakhouse include completely scratch made soups and sauces; hand cut choice black angus aged steaks; and some of the best pasta and chicken and seafood dishes around. The Crown City Steakhouse and its staff are here to enhance your dining experience.

The Crown City steakhouse features an amazing lounge, where every hour is happy hour, the lounge runs nightly drink specials: classic wing Wednesday; \$10.95 for a pitcher of domestic beer and an order of classic wings.

The lounge also features karaoke and local bands; such as Tribal Revival & Steve Southworth and the Rockabilly Rays. And Every Halloween we have our Annual Spooktacular.

NOW SERVING LUNCH!!!!

We are currently serving lunch, from 11:00AM TO 2:00PM on weekdays! Come in and join us for our fabulous wraps, sandwiches, homemade soups, and salads and YES even Steaks. Sometimes fast food isn't the answer. On Fridays fried haddock and homemade clam chowder are available. At Crown City Steakhouse we offer a wide selection of menu items at a reasonable price. Call ahead and we'll have your order ready to go!

Join us for all of your special events, Birthdays, Weddings, Christmas parties, Thanksgiving, New Years Eve, Mothers Day and Easter. We are located at 2 River Street in Cortland NY 13045 or just give us a call 607-218-0030. Crown City Steakhouse is where you will find Great Food and Exceptional Service!



RISE AND SHINE-IT'S BREAKFAST TIME!
My name is Julia Fouts, and as a Dairy Ambassador for Tompkins County, I know the importance of the consumption of dairy for breakfast. It is not only essential for adults to eat breakfast, but kids need it even more.

Their growing bodies and developing brains need a good breakfast each and every day. Dairy is a part of breakfast that is full of nutrients kids need to grow up strong and healthy. Breakfast is the most important meal of the day because it kick starts metabolism, increases attention span, and boosts energy. A nutritious morning meal consists of protein, carbohydrates, and fiber. Dairy products, such as milk and yogurt, give protein, carbohydrates, and they are also a great source of calcium. Families can choose from an abundance of dairy products for a healthy and tasty breakfast. There are a variety of milks, cheeses, and yogurts for kids and their parents to enjoy. According to the US Dietary Guidelines, everyone should consume at least three servings of dairy every day. By starting the day with milk, cheese, or yogurt you're well on your way.

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MIKE'S FISH TANK GLO FISH

HERE IS THE HISTORY OF the glo fish. The original zebrafish, or zebra danio from which the glo fish was developed is a native of rivers in India and Bangladesh. It measures three centimeters long and has gold and dark blue stripes. Over 200 million zebra danios have been sold in the U.S. in the last 50 years. Despite the number of zebrafish sold, they have never established any wild populations in the United States, primarily because they are tropical fish, unable to survive in the temperate North American climate.

In 1999 a doctor and his colleagues at the University of Singapore were working with a gene that encodes the green fluorescent protein originally extracted from a jellyfish, that naturally produced bright green fluorescence. They inserted the gene into a zebrafish embryo, allowing it to integrate into the zebrafish's genome, which caused the fish to be brightly fluorescent under both natural white light and ultra-violet light. Their goal was to develop a fish that could detect pollution by selectively fluorescing in the presence of environmental toxins. Shortly thereafter, the team developed a line of red fluorescent zebrafish by adding a gene from a sea coral, and an orange zebrafish, by adding a variant of the jellyfish gene.

Glo fish were introduced to the U.S. market in late 2003 after more than 2 years of extensive environmental research and consultation with various Federal and State agencies. Because tropical aquarium fish are not used for food purposes, they pose no threat to the food supply. There was no evidence that the genetically altered zebra danio posed any more threat to the environment than their unaltered counterparts which have long been sold in the United States. In the absence of a clear risk to the public health, the FDA found no reason to regulate these particular fish. Thus Glofish entered the aquarium trade, and are very very popular. They also have developed a purple and blue strain glofish. Just recently a flo. green tetra and flo. green tiger barb have just entered the marketplace. They are a bit pricey now but I expect their prices will fall as more are produced.

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

HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING PLANTAINS

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

WHEN I FIRST STARTED DRINKING herbal teas, I found that most of them are very hard to drink due to their bitter properties or their nasty tasting nature. But if you want to start with one of the easiest and nice tasting herbal teas, then start with red raspberry. This makes a nice sun tea as well.

FOLK NAMES: Red raspberry or European raspberry.

LATIN NAME: Rubus idaeus.

ELEMENT: Water.

POWERS: Protection and love.

MEDICINAL PARTS: Leaves and roots.

CONSTITUTES: Very high in iron, manganese, niacin and high in calcium, magnesium, selenium, Vitamin A and C. Contains tannins and flavonoids.

PROPERTIES: Astringent, tonic, antiemetic.

MAGICAL USES: The brambles are hung in doors and windows for protection. This is also used for a death so the spirit does not reenter the home. The leaves are carried by pregnant women for pain and nausea. The fruit is considered a love food.

INTERNAL USES: Strengthens the first charka and reproductive system. Helps support the body during pregnancy, stops diarrhea, helps bring down blood sugar levels, respiratory tract problems, gastrointestinal tract weakness and builds the cardiovascular system.

EXTERNAL USES: Sore throats, inflamed throats, mouth sores, minor wounds and burns, and varicose veins.

HARVEST: Pick the leaves during the whole growing season except when the fruit is present. Dig the roots in the fall. Cut these when fresh or they become too hard to do so.

USE AS: Hot or cold teas, poultice, powders, extracts or mouth washes.

PRECAUTIONS: None known.

RED RASPBERRY

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USE AS: Hot or cold teas, poultice, powders, extracts or mouth washes.

PRECAUTIONS: None known.

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Beth Hill of Beth's Natural Way

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**TOAD'S DINER
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SINCE REOPENING IN JULY 2011 Toad's Diner continues with its good reputation and offers good food at reasonable prices. Toad's Diner recently added new combo meals! Choose from a 1/4 lb. tullyburger, cheeseburger or hamburger; 1/4 lb. chicken patty (loaded!); chicken tenders (6 ct.); BLT triple decker or fish sandwich all for only \$5.95! Combo meals include fries and a drink! Owner Dave Perkins remains focused on maintaining the diner's great home style cooked meals and still has his famous fish fry and his homemade chili - remember the gas is FREE at Toads! "Satisfaction is guaranteed," he says. He also encourages his customers' feedback; he wants to know how Toad's Diner is doing and what he can do to improve the diner.

Remember that Dave has updated the menu to offer the new combo meals plus serves breakfast, lunch specials daily! With dinner specials on Friday night when Toads is open later till 8pm. Toads is open everyday 8am to 2pm and till 8 on Friday and is hoping to open later for winter dinner hours soon - watch Toad's ads for details.

Take-out orders can be placed by calling 607-844-5229. "So hop on down to Toad's!" Dave says. "Sorry, no frog's legs sold here!"

**93RD TOMPKINS COUNTY
 VETERANS DAY PARADE**

NOVEMBER 4, 2012 WILL MARK the 93rd Tompkins County Veterans Day Parade! Please join us in honoring and supporting our Veterans by lining the streets of Ithaca, NY! Parade line-up will begin at 1:00 pm on the 100 and 200 blocks of West Green Street with step off at 2:00 pm. The Parade will turn onto South Cayuga Street, then onto West State Street/MLK Street, ending at the Veterans of Foreign Wars Post 961 which is directly across from the State Diner.

As in previous years, American Flags will be distributed to spectators on the Parade Route as long as the supply lasts...so try to arrive a little early to ensure you have a Flag to wave and to show your support.

PLEASE NOTE: Traffic barricades will be placed the morning of the Parade and all parking on the route will be suspended from approximately 11:00 am. Please respect the barricades and take heed not to park in these areas. Vehicles will be tagged and towed!

If you or your group would like to participate, its not too late to do so. Please call 607-227-5319 (Laura) or 607-280-0213 (Ronda).

This program is made possible by a grant from the Tompkins County Tourism Program and donations from YOU. It's also not too late to make a monetary contribution or to donate an item to be raffled to offset the cost of the Parade and the Veterans Day Ceremony which will be held November 11, 2012 at 11:00 am in DeWitt Park, Ithaca, NY. Please visit our website at www.VeteransDayParadeTompkins.com for more information or to make an on-line donation.

The Veterans Day Ceremony is always very moving and solemn as we celebrate the lives of all those who made the sacrifice to protect our freedoms. This year, however, there will also be a brief ceremony to commemorate the addition of Cpl. Christopher D. Bordoni's name to the Monument.

Our Community has recently shown an exemplary out pouring of support for our Military and our Police Force. Let's keep the momentum going!

See you at the Parade and Ceremony!



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WHEN YOU HEAR CORTLAND, you automatically think downtown and night life. That's because for most, downtown Cortland is where it's at; a whole strip of bars/lounges. Now, if you're looking for a relaxed, fun and friendly

atmosphere, where you can enjoy great live music from great up and coming local talent, a place to get together with your crew and shoot some darts or play a game of pool, where you can enjoy daytime outdoor drinking from 12noon to 2am, where every day is a special day; can you say \$1 pints and 2-4-1 drinks?! Featuring a fully stocked bar with over 100 bottles to choose from - then The Seventy Seven Club is where you want to be! Not only do we have weekly and nightly specials; 2-4-1 Mondays, Trivia Tuesdays/Pitcher Night, \$1 Domestic Pint and Free Pool Wednesdays, Ladies' Night and UV Thursdays, live house DJ and all day happy hour Fridays, live music and college football Saturdays and lets not forget Sunday Funday with \$1 Pints, but we also host some of the bands and local talent. Want to book a private party?! We got you. Want to book your next act?! We got you (theseventysevenclub.com). Looking for St. Patty's Day and Cortaca Madness?! We got you!! So, next time you're not quite sure what to do or where to go, come on down to The Seventy Seven Club for a guaranteed kick butt time! Anyway you want it, that's the way we got it! The Seventy Seven Club is open Monday through Sunday from 12 noon to 2am. Questions or to book a private party - give them a call 607-758-7665.



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PUZZLES & GAMES

WORD FIND

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

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

cocktails • appetizers • butter • bread • rolls • soup • spices • dinner
reservations • restaurant • catering • kitchen • napkin • fish • chicken
steak • sandwiches • potatoes • chef • cook • waitress • waiter • takeout
salad • soup • tip • entree • dessert • menu • main course • burger • bbq

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

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

WORD FIND

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