

# THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER  
CORTLAND • ITHACA • DRYDEN • HOMER • GROTON • MARATHON • WHITNEY POINT • MORAVIA • TULLY • LAFAYETTE  
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Tompkins Cortland Home Builders & Remodelers Association  
present their 25th Annual TCBRA Spring

## HOME & GARDEN Show

MARCH 9 ... Saturday ... 10-6pm  
MARCH 10 ... Sunday ... 10-4pm

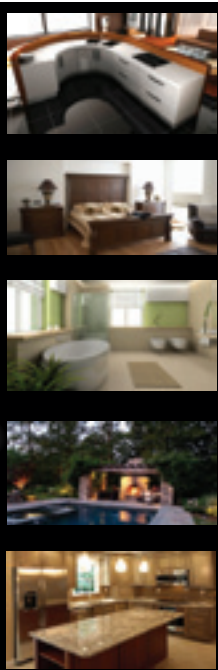
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We re-open Friday!

129 North St. Dryden  
Friday, January 25, 2013

We Re-open  
This weekend!  
Friday 10-6  
Sat 10-6  
Sun 10-6

We are in a new location!  
New merchandise lines!  
More Made in USA!  
Same friendly service!  
Same great prices!

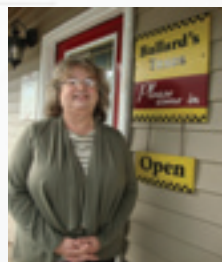
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## WELCOME TO OUR BRIDAL EDITION

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

**February 6** – Valentine's Day Edition (Deadline 2/1)

**February 20** – Senior Citizens & Home/Garden Show Edition (Deadline 2/15)

**March 6** – Spring Antiques & St. Patrick's Day Edition (Deadline 3/1)

**March 20** – Spring Home Improvement, Real Estate & Easter Edition (Deadline 3/15)

**April 3** – Spring Motorcycle & Car Care Edition (Deadline 3/29)

**April 17** – Golf Enthusiasts & Dental Health Month Edition (Deadline 4/12)

**May 1** – "Pamper Me - Warmer Weather", Mother's Day & Lawn/Garden Edition (Deadline 4/26)

**May 15** – Memorial Day & Restaurants with "Outdoor Dining" Edition (Deadline 5/10)

**May 29** – Camping, Dairy Days & Pre-Dad/Grad Edition (Deadline 5/24)

## 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!*

## CORTLANDAREATRIBUNE.COM

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

## ONLINE CLASSIFIEDS

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

## FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to [tcatribune@gmail.com](mailto:tcatribune@gmail.com), or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, February 1st for the next Edition.

## WELCOME NEW ADVERTISER:

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# COMMUNITY CALENDAR



### January 23 – Bread Making for Busy People

6:30pm, NYS Grange, 100 Grange Place. Learn how to make simple, healthy and delicious artisan bread with Chris Applegate of the Virgil Farmer's Market.

cctompkins.org/sites/all/files/79/2013Promotional%20Flyer.pdf

### January 28 – Dryden Senior Citizens Lunch

The next Dryden Senior Citizens Lunch will meet on Monday, January 28, 2013 at the Dryden Fire Hall. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Please bring your own table service. The meal cost for members is \$6.00 and \$8.00 for non-members. The menu will be beef stew with potatoes and vegetables, biscuits, tossed salad, and cherry cobbler. Musical entertainment will be provided after the lunch. 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 may join our group. We have great programs, wonderful fellowship, and bus trips. Bring a friend to our next meeting.

the programs & services of the YWCA of Cortland. \$25 per person, includes table space, lunch & snacks. To purchase tickets contact the YWCA of Cortland at (607) 753-9651. For more information call (607) 753-9651 or e-mail [kathy@cortlandywca.org](mailto:kathy@cortlandywca.org).

Hallmark, Bev's in Homer, and at the Picture House. Tickets can also be purchased by calling (607) 753-1188. They can be paid by credit card or check and will then be held at the door. Sponsored by the Cultural Council of Cortland County.

be dozens of sample-sized treats to taste. Tempt your taste-buds with savory and sweet treats, made with all types of chocolate. We will also have a Dessert Table with full-sized goodies for sale. Be sure to fill a box with sweets to take home for your sweetheart. Proceeds will benefit LaFayette Outreach and the church. If you have questions or would like to help: 677-3293, or [cpresbyt.twny.rr.com](mailto:cpresbyt.twny.rr.com).

### January 24 – 4-H Public Presentations Program Kickoff Workshop

Youth ages 5-19 are invited to participate in our annual 4-H Public Presentations Program Kickoff Workshop on Thursday, January 24th from 5:30-7:30 p.m. at the Cornell Cooperative Extension of Tompkins County office, 615 Willow Ave., Ithaca, NY. Beginners to expert youth presenters are encouraged to attend this workshop. Participants will learn more about the program and enhance their public presentation skills. New this year-volunteers and parents interested in learning more about the program and how to teach 4-H public presentations are invited to attend. Dinner and materials will be provided. To register, please call or email Megan Tiftt at 607-272-2292 ext. 138, [megan.tiftt@cornell.edu](mailto:megan.tiftt@cornell.edu) no later than January 22nd. For more information on the overall Tompkins County 4-H Public Presentation Program, please visit:

### January 25 – Owl Prowl

7 to 9pm, Lime Hollow Center, 338 McLean Road. Start at our Visitor Center and learn facts about our feathered friends before venturing out "calling" owls. Timeline for event TBD. For more information call (607) 662-4632, e-mail [info@limehollow.org](mailto:info@limehollow.org) or visit [www.limehollow.org](http://www.limehollow.org).

### February 2 – Dryden Caroline Drifters Snowmobile Poker Run

9-11am - Dryden VFW. \$10.00 per hand. Additional hands available. Annual cash raffle drawing following Poker Run. Questions call Kim Frost 351-0112 or Lisa Frost 844-9659

### February 9 – Retirement Needs a Plan

The Cortland County Area Agency on Aging, Health Insurance Information Counseling and Assistance Program (HIICAP) will be hosting a retirement seminar on Saturday February 9, 2013 from 9:00 to 11:30 AM. The seminar is designed to assist individuals who are considering retirement to navigate the system. Participants will leave the seminar with a better understanding of Social Security, Medicare, Health Insurance Options and Long-Term Care Insurance. Please join us at the Cortland County Office Building, room B1 for this informational seminar. Call today to reserve your seat at 753-5060.

### February 15 – Fundraiser

Christian Assembly of God, 175 Port Watson St., Cortland, NY 13045 is announcing that the, Thursday Night Bible Study Group, is holding a Sweetheart Dinner Fundraiser to benefit the group to help buy Bible Study books for new Christians, Friday, February 15th at 6:30 pm. Pre-sale tickets only. \$15.00 a couple, \$10.00 single. Choice of Spaghetti & Meatball dinner or Chicken/Baked Potato dinner. Must have your reservations in by February 8th, (607-756-0076/607-345-6280) and your tickets picked up and paid for by February 12th. The church office is open Mon-Fri, 9:30-noon or call and make arrangements.

### January 26 – Chowder Night Buffet

4-7 pm: Varna Community Center, 943 Dryden Rd./Route 366. Dinner includes a variety of chowders: New England and Manhattan Clam Chowders, Chicken Corn Chowder, Cheesy Potato Cheddar Chowder, Salad, French Bread, Cornbread, Fruit, Dessert and Beverages. Adults - \$7.50; Seniors - \$7; Children 5-12 - \$5. Eat in or take out. Bake Sale items will also be available.

### February 3 – Ithaca-Cortland PFLAG to Meet

The next meeting of Ithaca-Cortland PFLAG ( Parents & Friends of Lesbian And Gays, a support group ) will be held: Sunday, February 3, 2013 at 4pm Interfaith Center 7 Calvert Street Cortland, NY 13045 All are welcome. For more information please visit <http://www.pflagithacacortland.com>

### February 1-2 – 2013 Homer Winterfest

Check out [www.homerwinterfest.org](http://www.homerwinterfest.org) for full schedule! Food, fun and entertainment. Village-wide events!

### February 9 – Mardi Gras at the Manor

7pm, Briggs Hall Manor. Featuring the Jazz Happens Band and "Show Me the Funny" comedy troupe. Refreshments provided. Beverages are available for a fee. Tickets are \$50.00 each and are available at Jodie's

### February 2 – Scrappy Day for the YWCA

8am to 3pm, Homer Elks Lodge, 82 Cortland Street in Homer. Treat yourself to a day of scrapbooking, relaxation, fun & food and help benefit

### February 9 – A Taste of Chocolate

"A Taste of Chocolate" will be held on Saturday February 9, from 1-4 pm, at the Columbian Presbyterian Church, corner routes 11 & 20, LaFayette. There will

## HAVE A COMMUNITY EVENT TO SHARE?

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



## FOR A COMPLETE LISTING OF UPCOMING EVENTS:

[CORTLANDAREATRIBUNE.COM](http://CORTLANDAREATRIBUNE.COM)

[TWITTER.COM/TCATRIBUNE](http://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](mailto:tcatribune@gmail.com). Leave us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, February 1st 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:

**Richard Martin of Cortland**

### Answer from the Previous Edition:

Stafford Coal & Lumber Co. on N. Fulton St. in Homer

The winner of last issue is Richard Martin. Richard won a gift certificate from Midway Sales Gift & Furniture Store located at 3106 Route 11 in Lisle. The winner from this issue will win a gift certificate from The Second Knob Gifts & Antiques located at 129 North Street in Dryden! Enter your guess today!

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





## DRYDEN VETERAN'S MEMORIAL HOME

GETTING MARRIED? LOOKING FOR a place that can do all your wedding needs from the bridal shower, bachelor/bachelorette party, rehearsal dinner and wedding reception?! Give the DVFW a call for a quote! Large or small – they do it all! The DVFW 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!

Come join the fun!

Looking to book a get-together for a family anniversary or birthday party or office party? Check out Dryden Veteran's Memorial Home facebook for pictures and info and/or call them 607-844-9900.



## PICCADILLY LANE COUNTRY & PRIMITIVE STORE

THE LADIES AT PICCADILLY Lane Country and Primitive Store are gearing up for Valentine's Day and are ready to help you pick out that perfect gift. Ask the ladies at Piccadilly for advice – they have a beautiful array of jewelry, scarves, purses and so much more! And while you are shopping at Piccadilly, for every \$10 you spend you receive 10% in-store dollars good for February 8th to 18th!

Looking for a shopping fun time on Superbowl Sunday – February 2nd?! Shop at Piccadilly and find the “football” for Savings % off merchandise! Lots of specials and refreshments! Come join the fun!

All the 8 rooms, upstairs and down are overflowing with new one of a kind merchandise for your shopping pleasure and changes frequently! When you enter you will be greeted a cheerful hello from one of the lovely ladies at Piccadilly and find their convenient, easy check out area! As always, there are framed prints, furniture, linens, rugs, soy candles, cards, jewelry, swags, garlands, tin ware, signs, pottery, and many more unique items. Plus some antiques to go along with the country decor! Something for everyone! Shop early for your sweetheart for Valentine's Day! Not sure what to buy – everyone loves a gift certificate

from Piccadilly! Cards are also available – the perfect way to say what's in your heart!

Getting married?! Want to decorate your new home with one of a kind unique items?! Did you know Piccadilly offers a Bridal Registry?! Brides and grooms to be – stop by and register and your new home as newlyweds will reflect your own personalities!

How about hosting a “Piccadilly Party”?! For a girl's night out (great idea for a bachelorette party!) – invite some friends over and receive an extra \$25 in sales credit towards merchandise in the store when you book and host a party in January or February!

Want to get away to somewhere warm or want to book your honeymoon?! Stop in at Point Travel located in the same building or call them at 607-692-2334 to book your “Warm Weather” destination – an all inclusive vacation! Point Travel is also starting buses and group rates – call today for details! Or email pointtravel@aol.com

Piccadilly is located on 2634 Main Street in Whitney Point. Hours: Monday, Tuesday & Friday 10-5, Wednesday 10-2, Thursday 10-7, Saturday 10-3 and Sunday 10-1. Questions or looking for something special - 607-692-7418 or email piccadillylane1@aol.com and now on face book! Watch for new merchandise arriving the 1st week in February after a buying trip to Lancaster!



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## SHOPPING FOR UNIQUE WEDDING DÉCOR

By Karen Hewitt

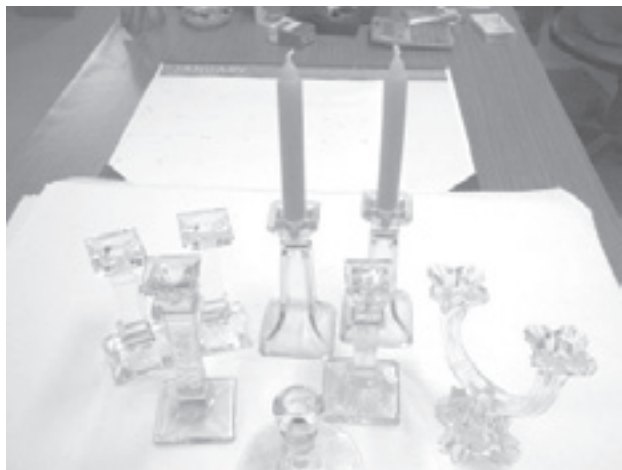
IF YOU ARE CURRENTLY PLANNING your wedding, has it occurred to you to shop in an antiques store to find the items that will make your shower or wedding unique and wonderful? If you are a fan of the style known as Shabby Chic, and want to incorporate this in your celebrations, then antique shops are treasure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



## NANCY'S BRIDAL & EVENINGWEAR

NANCY'S BRIDAL AND EVENINGWEAR, LOCATED at 17 Main Street in Cortland, is the place to go for upcoming formal needs. Nancy offers a nice selection of Prom dresses for the area girls to choose from. Most dresses can be ordered in the correct size if the girls shop early. Nancy offers layaway for the girls dresses and as soon as they put a deposit on their choice, the dress doesn't get resold to another girl from that school. For brides, Nancy offers a selection of dresses from size 6-30 for trying on. Most dresses can be reordered in size 0-34. Her bridesmaids have a wide selection to choose from with dresses from 8 different companies many of which have a large selection of colors. Whether you are looking for 1 shoulder, strapless, short sleeve or with a jacket, Nancy's is the place to check out with over 1000 dresses in stock. For Nancy's customers she offers alterations, free pressing and of course layaway on every purchase. You can browse her web site at nancysbridalshop.com or on her facebook page for specials, hours etc. or call her at 607-662-4247.



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Bridal & Prom Wear

17 Main St. - Cortland, NY  
Open Thursday and Friday til 7pm  
[nancysbridalshop.com](http://nancysbridalshop.com)

**You Deserve the Perfect Dress!**

**2013 BRIDAL SHOW** Cortland's Bridal Extravaganza at Greek Peak's Hope Lake Lodge on Sunday, March 10. Call Nancy's Bridal for contact information.

Layaway Available

**Bridal Show**  
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Sunday, March 3, 2013  
from 12-5pm  
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Featuring NY Bride and Prom Fashion Show  
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Lots of raffles including a Prom Dress and Wedding Dress  
(Must be present to win)

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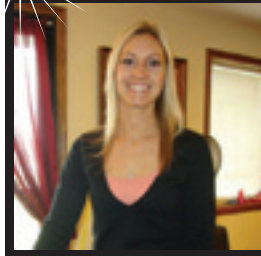
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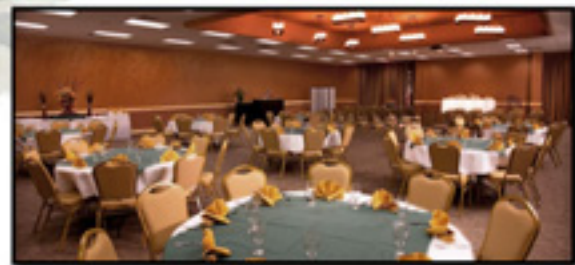


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THE LIFE OF A MOBILE DJ is an exciting wonderful career. My name is Jerry Ladd and I started my DJ business called "The Music Man" 26 years ago. We can do any kind of party, wedding or karaoke event. It started out as a part time job on the weekends, and is now a full time job. Generally I am doing 3 or 4 events each week. I employ 2 part time DJ's to help me. I've always been a collector of music ever since the age of 13. I acquired 4,000 33rpm records and 12,000 45rpm records. Today I have over 6,000 CD's in my collection. It only made sense to buy the DJ equipment I needed to start the "Music Man DJ Service". It's been great ever since. How many people can really say they love going to work and love their job? Well I do! Every day or party is totally different than the last one. Karaoke is a blast; you get singers who should be in Nashville, and some that should never sing except in their shower.

The DJ service extends to a 50 mile radius, and no party or wedding is too big or small. The key to this business is making people happy, dancing, and leaving the party saying what a great time they had. I grew up listening to the 1950's 60's, 70's, 80's, 90's, and today's music. This gives me a great advantage over the younger DJ's that think they know all that music. With 2 DJ's I have trained and know music we can do more than one party the same day. I update all my equipment every 2 years to keep up with the latest technology. The last thing you want to happen is your equipment to break down during a wedding or party.

My business has expanded to lap top computer with 28,000 songs on the hard drive. It is so handy, if someone asks for a song you can type in the song title or artist. When you see the song you curser down hit play and bingo the song is playing. What a time saver this is. I still carry 400-500 CD's for old time sake, or emergencies. Weddings or parties can get expensive. I may charge \$250 for a party, and other DJ's will charge \$650 for the exact same thing. I even played my nieces wedding in Maryland. I do not believe in overcharging people because some DJ companies believe they will never see these people again and that makes it ok. The day this job is no longer fun is the day I retire.

This has been such a rewarding career. There is nothing better than to see people happy, dancing, and forgetting their daily problems and jobs. We have 21 years experience doing Karaoke, doing 2-3 nights every week. Currently we have 55,000 songs on karaoke. We do have all our karaoke songs on hard drives on our laptop computers. That way we won't have to carry karaoke CD's anymore. Updating is very important. People want to sing the latest song as well as the old standards. Equipment today is smaller, lighter, with much better sound. Speakers have built in amplifiers with 450 watts of power each. Mixers, CD decks are smaller and lighter. Set

up times are 20 minutes. I used to spend an hour setting up years ago. Karaoke has been a great part of my life being in Elmira, Auburn, Ithaca, Dryden, Cortland, and many other locations.

The "Music Man" has over 80,000 songs for regular parties. "I love to take requests" says Jerry. I am confident I will have the song requested or an alternate song. Some people love to give you a song just hoping you will never have it! So how does Jerry Ladd bring so much experience as a DJ and so many songs to a party? "I've always had a love for music," says Jerry. I buy at least 20 CD's every month to keep up with all the latest music. We get the same promotional CD's as radio stations get, which contain the latest radio hits, rhythm, urban, and country hits.

Our DJ service also does the after-school programs at 5-6 schools in the area. We go into the school for 2 hours and let the kids sing karaoke. They have such a ball, and it is non stop karaoke the whole time we are there. At weddings I keep the music low so people can talk. Later on we can crank up the music when people are ready to party and dance. "I would rather have someone ask me to turn the music up rather than down." Jerry says!

So if you're searching for an experienced DJ to play your wedding, party, graduation, or karaoke event give the "Music Man DJ Service" a call at 607-844-3660. You can email us at mm64@twcnj.rr.com, or try our new website: DJMUSICMAN.com, and see lists of the latest songs and wedding music. I also belong to the Better Business Bureau.

"I look forward to helping people plan their next wedding, party, or karaoke event," says Jerry. Give us a call today! You will be surprised to see we have lowered wedding prices from last year. We want you to have a good time!



**MIKE'S FISH TANK  
BALA SHARK**

The Bala shark also known as the tricolor shark is a fish species of the family Cyprinidae. The species is not a true shark, but is commonly called a "shark" because of it's torpedo-shaped body and large fins. It is somewhat endangered because the population decreased by 50% in the last 10 years. The bala shark occurs in the Mekong basin, Sumatra, and Borneo. They have big eyes to find and catch their prey.

The Bala shark will grow to a maximum length of 12 inches but takes a long time to do so. Bala sharks are found in mid water depths in large and medium sized lakes and rivers. Bala sharks are popular aquarium fish. They are generally peaceful and good companions to many other types of tropical fish. The Bala shark is a jumper and may injure itself on the lid of the tank. Be sure all openings are covered as they sometimes will jump right out of the tank. These sharks are hardy fish and will tolerate temperature changes as well as PH changes.

The water temperature should be in the 75 to 80 degree range. The Bala shark prefers to be kept in pairs but is not a necessity. In the wild this fish's habitat is often destroyed making these fish more rare in the wild. A lot of Bala sharks are now captive bred and generally exported from Indonesia and Thailand. These sharks were over fished and they decreased dramatically after 1975. Thankfully populations have increased due to captive breeding.

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SMILING FACES**

Shana Karn, Co-Owner

WHICH ONE OF US THOUGHT it possible to make our move from 128 W. Main St. to 129 North St. in the period of ten days? I am pretty sure it was my Dad... By now, you know that our move has taken much longer than originally anticipated. While our new building was move-in ready for the gifts, we had a bit of work to do on the antiques section (lower level). The good news is that, even though it has taken a little longer, we are excited to have more space for merchandise and for storage. The bad news is that depending on the rest of this week, the antiques section may or may not be completely finished by Friday. I choose to remain positive. I keep telling Dad that we can do it. This is easy for me to say—as I sit here in Rochester today, waiting for my daughter to get out of surgery. Thankfully, the surgery is relatively easy – a procedure to correct a pain condition she has had for three years now. Writing this article is taking my mind off of the fact that I am in a hospital waiting room...

Yes, I believe we can, for the most part, have our antiques section ready for customers by Friday. It won't be perfect but nothing is ever perfect. Owning a shop has frequently

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reminded us of this. There is always something that still needs to be done, changed, etc., much like life itself.

As I packed up the last of the boxes at 128 W. Main, and looked around our now empty little shop, I have to say I was very emotional. I was also surprised that our little building held so much! Not just merchandise, but great memories. When we started, two years ago, we worked long hours to get ready for our grand opening, we struggled with the POS System learning curve and learning about shop ownership in general. We were overwhelmed by the gift shows and wholesale shopping. We were naïve. We were anxious. We were hopeful. I don't think either of us knew exactly what we were in for. And, I don't think either of us could have anticipated the great people we would meet, the friendships that would be established, and the numerous changes that would take place over the course of just two short years. We've learned more about shop ownership. We've gotten a grip on our POS System and we've gotten our website built (not yet populated, but at least it is built). We are no longer completely overwhelmed by the gift shows or wholesale shopping. Of course, we haven't ventured to any of the really big gift shows in NYC or Atlanta but we are making plans to do so. Our first two years, while successful, were not easy. Shop ownership is hard work. It is never-ending and, when all is said and done, the greatest reward isn't financial.

So here we are, starting over in a sense. We are anxious. We are hopeful. We are not as naïve as we were two years ago but we know there will be new challenges, more learning and a lot of hard work ahead of us. We are okay with this because we know that what we get out of it--- the people we meet, the friendships we establish---makes it all worth it.

There are also some good suggestions for anxiety and panic attacks: They include Kava Kava and Stress J which comes in capsule and liquid form.

Most people with PTSD also need emotional healing work to deal with the stress. For emotional healing we turn to Distress Remedy. It is a general stress remedy that we also use for pets. A listing from Steven Horne shows the following physical symptoms may indicate a need for the remedy: Nervous exhaustion, obsessive/compulsive disorder, post-traumatic stress disorder, seizures, bulimia, failure to thrive, anxiety and panic attacks, tight muscles and inflammation. Distress Remedy is the remedy for shock. It is also used for centering and balancing. It is indicated in personal and family crisis situations like hearing bad news, accidents, death of close family, friends and pets. It can be taken internally when a person is feeling stressed or overwhelmed. It is used when a person has multiple emotional issues because it contains essences that deal with anger, sadness and fear.

I have more information to share with you but it is too long for this column so I will finish discussing this in my next column,

Till next time,



Diane L. Toombs, CNHC  
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*The information in this article is for educational purposes only and is not meant for diagnosing or prescribing.*

new union; it's also a new asset that should be insured. Just as you would insure a new car before driving it off the lot, you should insure a new ring either before or just after it leaves the jewelry store.

Allstate encourages newly engaged couples to have rings scheduled for insurance coverage. Scheduling an engagement ring provides an opportunity for couples to secure a personal property endorsement for the full appraisal amount.

"This is one of the first steps future brides and grooms should think about," says Allstate New York spokesperson Krista Conte. "With everything else to plan for an upcoming wedding, it makes sense for future brides and grooms to protect their newest and probably their most meaningful asset."

**Engaged Couples Endorsement**

Scheduling an engagement ring for coverage is a convenience Allstate insurance agents offer as part of a broader engaged couple's endorsement. This is a free endorsement for future and new brides who also carry Allstate condominium or renters insurance. As wedding registry gifts pile up, couples should consider insurance protection for gifts that may sit unattended in boxes.

Once an Allstate agent is informed about a couple's engagement, the couple may receive coverage for up to 90 days following their wedding on gifts stored at home or at a storage facility within the same state. Allstate's engaged couples endorsement provides 100 percent coverage of the gift contents' covered loss value against potential theft and damage. Coverage's differ for those carrying Allstate homeowner's insurance.

**Building for the Future**

There are several factors all new couples should consider when planning their insurance protection. Couples need to decide whether to rent or own a home together, to use or store cars, and to keep, store or get rid of specific items. "Combining households and insurance policies calls for a detailed plan," Conte added. "Meeting with an insurance agent is important to make sure a couple's coverage needs are addressed and taken care of before and after the wedding."

The honeymoon period is never over for newlywed couples looking to secure their futures with proper insurance protection for their current and future holdings. With the pre- and post-wedding coverage options from Allstate Insurance, couples can afford to focus on other aspects of their new lives.

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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**POST-TRAUMATIC STRESS DISORDER (PTSD) PART ONE**

THERE ARE A LOT OF people suffering from this problem these days. More and more are suffering because of the natural disasters and horrific crimes plus the stresses of everyday life events. People with PTSD usually need a combination of emotional healing work and physical healing. Typically, their adrenal glands (known as stress glands) are exhausted and they may also be enervated (meaning their nerves are exhausted).

The signs of adrenal exhaustion include: Fatigue coupled with restless sleep, cravings for sugar and caffeine, mental confusion, loss of short term memory, emotional sensitivity (easily moved to tears, anger etc.), quivering tongue and pulsing pupils. Some recommendations for adrenal exhaustion that Nature's Sunshine Products carry include Adrenal Support or Nervous Fatigue Formula, a combination of Magnesium Complex and Mind Max. It is also important to minimize exposure to electronic equipment.

Signs of enervation include: Trembling hands, feeling shaky and nervous and feeling overwhelmed. Some suggestions for enervation include: Nutri-Calm and Distress Remedy.

**WHAT ENGAGED COUPLES AND NEWLYWEDS SHOULD KNOW ABOUT PROTECTING THEIR ASSETS ALLSTATE OFFERS NEWLYWEDS IDEAS FOR SAVING & PLANNING**



WEDDING BELLS RING ABOUT 2.3 million times each year around the country, and June is the most popular month for tying the knot. As the big day approaches, most couples pour over details such as flower arrangements, seating assignments and life after marriage. However, most newlyweds probably haven't thought through the next step—protecting their valuables before and after the big event.

For future brides and grooms and recent newlyweds, combining assets under one roof takes more than a moving van and space for all their belongings. Every couple planning to build a life together should take prudent actions to protect their gifts and good wishes soon to come.

**Scheduling the Ring**

A radiant diamond engagement ring glittering on the bride's finger isn't only an attractive symbol of a couple's

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## THE SAND DOLLAR

AFTER 30 YEARS OF SELLING AVON, Terry Miller decided many of her customers would prefer to shop in a retail store, rather than order from a catalog & wait for 2 weeks or more for products. She also enjoyed creating her handmade jewelry & sport blankets, so she combined Avon plus her products and opened The Sand Dollar/Avon and More, in a booth in the lobby of The Beach House on Main Street in downtown Cortland. 3 years ago, the opportunity came along for a store space on the lower level with much more display space, so Terry moved downstairs next to Rum & Couture. She is now hoping to show her friends and customers the many fine products she has on display. At present, she is open limited hours [Mon--Fri 3:00-6:00 pm] and Sat 11:00-5:00 pm, due to her first job, but the future is looking bright!! Questions please call 607-758-7788 or 607-753-7109.

called EYE OF CHRIST and in Germany, starwort. The American aster, *Asteraceae macrophyllus*, when very young, with their large leaves and sticky branches, tastes like spinach. The Shakers used the plant to clear skin problems. The Ancient Greeks used it against snakebites and to drive away snakes. Virgil believes boiling aster leaves in wine and placing it close to a beehive to improve honey's taste.

So think of hope, love and the aster flowers during the Valentine season.

*Vibrantly,  
Beth Hill*



WE'RE JUST A COUPLE OF weeks away from the biggest football game all year, and the best way to watch it is with great food! Hi, I am Hannah Bake, the Tompkins County Dairy Princess. With the Super Bowl right around the corner

everyone is excited for the big game, but for me the best part is the food. With all the great tailgate party food we can't forget to include the three servings of dairy products that we need every day. So here is a great recipe that includes dairy, but also tastes so good it will have everyone cheering for more!

### CHICKEN WING DIP

- 2 (8 ounce) packages of cream cheese
- 2 cups of diced cooked chicken
- 3/4 cup of hot sauce
- 1 cup of shredded cheddar cheese
- 1 cup of ranch dressing

Preheat the oven to 350 degrees

In a medium bowl, stir together the cream cheese and hot sauce until well blended. Mix in ranch dressing, chicken and cheddar cheese. Spread into a 9x13 inch baking dish.

Bake for 30 minutes and serve with tortilla chips.

## CALENDAR OF EVENTS

February 16 - Home Buying Seminar

Saturday @12:30. Join Kristopher Buchan, Broker at Tompkins Cortland Real Estate, and Missy Park, Mortgage consultant at Elmira Savings Bank for a home buying seminar. Whether a first time home buyer or seasoned real estate investor, come and learn how to navigate the current real estate buying process. Learn about USDA and VA 100% financing programs as well as FHA and other low money down programs! Refreshments will be provided!

February 16 - 15th Annual Great Downtown Ithaca Chili Cook-Off

The 15th Anniversary Great Downtown Ithaca Chili Cook-off will feature chili prepared by 40 restaurants as they compete for the titles of Best Meat/Overall Chili, Best Vegetarian, and People's Choice Chili. Over 15,000 people are expected to attend on Saturday, February 16 from 11:30 to 4:00pm (Blizzard date is Sun, February 17). For more information visit [www.downtownithaca.com](http://www.downtownithaca.com) or call the DIA office at 607-277-8679.

February 19 - Contemporary Singles Open Meeting

Endicott Visitors Center, 300 Lincoln Ave, February 19, 6:00PM, Valentine Dinner. All singles welcome.

## HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING ASTER FLOWERS ARE FOR LOVE

Truxton, NY

Phone/Fax: 607-842-6863

E-mail: [bethsnaturalway@yahoo.com](mailto:bethsnaturalway@yahoo.com)

THERE ARE MANY FLOWERS OUT there that we all know are for love but Aster Flowers? Wild flowers even have a magical touch to them. The gender for asters is feminine, the planet is Venus, the element is water and the power is love. This plant has been used for centuries in love sachets, carried to win love, and grown in gardens with the hope for love. Do you know what the word HOPE means? Webster's dictionary says hope means the power to believe that what you wish for will come true. The power of the mind is stronger than what we give it credit for.

The Latin name for aster is *Aster novae-angliae*, meaning star. The parts that are medicinal are the aerial parts. The aerial parts are a stimulant, expectorant herb that has infinity for the bronchial system. This herb helps to dissolve infectious mucus, inflamed lungs and forces phlegm to expel from the lungs, lymph and blood areas. According to a Greek legend, the aster was created out of stardust when Virgo, looking down from the heavens, wept. Asters are sacred to all mythical Gods and Goddesses. In France, asters are

# STATE

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**FEBRUARY**

02 **TAJ MAHAL TRIO**  
13 **JEFF MANGUM**  
17 **GALUMPHA**  
25 **PENTATONIX**  
26 **THE CHIEFTAINS**

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**MARCH**

16 **GOLDEN DRAGON ACROBATS**

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**APRIL**

05 **RON WHITE**  
09 **DAVID SEDARIS**  
12 **IMAGO - ZOOZOO**  
21 **BUDDY GUY**  
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**MAY**

16 **HOT RIZE**

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# PUZZLES & GAMES

## WORD FIND

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

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

bride • groom • church • wedding • chapel • ceremony • bouquet • gown • veil  
 invitations • tuxedo • flowers • toast • bridesmaid • groomsmen • shower  
 attendants • honeymoon • reception • rehearsal • cake • license  
 photographer • rings • vows • cater • celebrate • favors • party • music • love

## 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!

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

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- Natoli's Market • Dryden Food Market • Express Mart
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- Country Kitchen - Whitney Point • Country Kitchen II - Cortland
- Hope Lake Lodge • Tully Kinney Drugs • Triphammer Mall
- Cortland Seafood • Piccadilly Lane Country & Primitive Store
- The Second Knob Gifts & Antiques • Cortland Ramada

## LAST EDITION'S PUZZLES

### SUDOKU

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

### WORD FIND

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



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