

FREE

February 6-19, 2013

Valentine's Day Edition

FREE

# THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER  
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## WELCOME TO OUR VALENTINE'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!

**February 20** – Senior Citizens & Home/Garden Show Program Guide Insert 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)

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### 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!*

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

### ONLINE CLASSIFIEDS

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

### FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to tcatribune@gmail.com, or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6pm on Friday, February 15th for the next Edition.

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# COMMUNITY CALENDAR

**February 6, 13, 20, & 27 – Free Community Dinner**

FREE community dinner at Dryden United Methodist Church (located at the corner of North and Main) on Feb. 6, 13, 20, & 27. 5:30pm to 6:30pm. Dinners are held on the 1st thru 4th Weds of the month except for May, Jul., Nov. and Dec. Dinners are prepared by DUMC, Holy Cross and Covenant Love Churches. All served at the Dryden United Methodist Church location. Questions: 607-844-9861

**February 7 – Survivors Of a Loved One's Suicide (SOLOS)**

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 February meeting will be held Thursday, February 7 at 7:00pm 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.

**February 8 – Dryden United Methodist Church, Speaker Carol Kammen**  
6pm. 2013 Lincoln Dinner – Come one – come all! Dryden

United Methodist Church. Speaker Carol Kammen. Everyone is welcome! Covered dish buffet 35 cents a plate! No joke! Prices from a century ago!

**February 8 – Aging Services Network Meeting**

The next Aging Services Network Meeting will take place on Friday, February 8, 2013 from 12-1, at the NEW Office for the Aging Location at the Human Services Annex, 214 W. Martin Luther King Jr./State Street, Ithaca. Please note the change in venue for February's meeting. The meeting will be an open forum. This will provide an opportunity to mingle and network with other Aging Services providers. Please bring business cards, handouts and any information you would like to share regarding programs and services you and your agency are offering in 2013. We would also like to hear about initiatives that organizations are taking to reach our changing aging demographic: re-branding, social networking, blogging, and other forms of outreach, and the successes and challenges you've encountered. Tours of building, including the Caregiver's Resource Lending Library will be available. Feel free to bring your lunch;

beverages will be available. Aging Services Network meetings are open to people who work in the field of aging and anyone who has an interest in the topic. Please join us if you are available. Car pooling is strongly encouraged.

**February 8-10 – Firemen's Winter Games**  
The Firemen's Association of the State of New York will hold their Winter Games in Cortland, hosted by the Cortland County Firemen's Association.

**February 9 – Mardi Gras at the Manor**  
7pm, Briggs Hall Manor. Featuring the JazzHappens 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 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.

**February 9 – "Retirement Needs a Plan"**  
9am to 12 noon, Room B1, Cortland Office Building, 60 Central Avenue in Cortland. Learn how Social

Security, Medicare, Health Insurance and Long-Term Care Insurance fit into your retirement plans. Free Seminar. For more information call 607-753-5060.

**February 9 – Fifth Annual Dryden Rec. Father-Daughter Dance**

The Fifth Annual Dryden Rec. Father-Daughter Dance is just around the corner! We can't believe it's been five years since our first dance. We have enjoyed seeing you all come back year after year. If you have never joined us, don't miss out! Kids grow up fast!

Your fee covers dancing, DJ, prizes, refreshments and a photo to cherish forever. We hope to see you there! You can pre-register to save time and money, or pay at the door.

When: Saturday February 9, 2013

Where: Varna Community Center, 943 Dryden Road

Ages: 4-12 (may be accompanied by Dad, Grandpa, Uncle, Brother etc.)

Time: 6:30-8:30

Attire: Fun and Formal

Cost: \$8 in advance, \$10 at the door (\$5 per additional child)

Includes: Door prizes, photo, refreshments and music

Use this form to register: <http://dryden.ny.us/wp-content/uploads/2008/05/REGISTRATIONupdated1.pdf> Please drop off or mail your registration forms and pre-registration fee to Dryden Recreation 93 East Main St Dryden NY 13053

**February 9 – Sweets for Your Sweetheart**  
The Columbian Presbyterian Church in LaFayette will be hosting a food sampling event called: "A Taste of Chocolate" on Saturday, Feb. 9 from 1-4pm. All of the samples contain some type of chocolate. This is a perfect opportunity to create a custom box of chocolate treats for your Valentine. The proceeds from this event will be divided between LaFayette Outreach and the church. For more information: (315) 677-3293.

**February 9 – Fire & Ice Festival**

3:00-6:00pm Ithaca Children's Garden, Route 89 at Cass Park, Ithaca The Fire and Ice Festival will bring fun, art, and creativity to the coldest and snowiest time of the year with an outdoor extravaganza for all ages to enjoy. Hands-on activities include igloo building, snowfort and quinsy-making, kid-ice sculpture, and Andy Goldsworthy-inspired

environmental snow/ice art, all with bonfires, fire juggling, fire hoola-hooping, and fire sculpture happening simultaneously on site. Dress for the weather! Free and open to all ages, donations are welcomed. Bring some pocket change for BBQ, hot chocolate, cider, and s'mores fixin's. An Ithaca Children's Garden event offered in partnership with US Fish & Wildlife Service, Cornell University, and EarthPlay. With funding from the Tompkins County Tourism Program. For more information, contact ICG at (607) 272-2292, ithacacachildrengarden@cornell.edu, or visit: www.ithacacachildrengarden.org

**February 9 – Mardi Gras at the Manor**  
7pm, Briggs Hall Manor. Featuring the JazzHappens 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 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.

**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  
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 15th 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 Duncan  
of Cortland**

**Answer from the Previous Edition:**

Harry Alpert Diamonds of 60 Main Street in Cortland

The winner of last issue is Debbie Duncan. Debbie won a gift certificate from The Second Knob Gifts & Antiques located at 129 North Street in Dryden. The winner from this issue will win a gift certificate from Toad's Diner located on Route 38 in Freeville! 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!





## SWEETHEART OF A SNOW TIRE SALE AT WILLCOX TIRES & SERVICE CENTER!

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## POST-TRAUMATIC STRESS DISORDER (PTSD) PART TWO

I BEGAN MY LAST COLUMN by discussing PTSD. I will finish with a few more suggestions. One herbal remedy that has been recommended for PTSD is Nature's Sunshine Mind-Max. The information that follows regarding the ingredients in the new NSP Mind Max was provided at a convention by scientist Dr. Guosong Liu. He says: MG threonate (MgT) (developed by M.I.T.) increases the brain's level of magnesium. The brain needs a minimum of 400 mg. of magnesium and the threonate part makes it highly bio-available, allowing it to cross the blood brain barrier and enter the brain. This enhances the synaptic plasticity in the hippocampus, a part of the brain. The result is enhanced learning capacity and improved long-term memory. It helps cognition and emotional memory. MgT erases fear memory making it a good supplement for those suffering from post-traumatic stress disorder. It reduces anxiety-like behavior and helps with emotional control.

Most of us do not get enough magnesium. The lower the magnesium in your brain, the worse your memory will be. The more electronic equipment like computers and cell phones you are exposed to, the more depleted in magnesium you become. It may be a good idea to take Magnesium Complex from Nature's Sunshine along with Mind-Max for best results.

The brain ages faster without MgT. Research shows that our state of consciousness (alertness, orientation, memory and attention span) all decline from age 45 on. In fact we lose 5 to 10 percent of the synapses in our brain between the ages of 20 and 90. The more toxins and stress you have, the quicker your mind deteriorates. Confusion is the first sign that something is wrong. This is due to the loss of connections between brain cells. The Bacopa in the Mind-Max formula boosts memory and fights stress. Other symptoms are a lack of self-awareness and a personal sense that you cannot pay attention.

It is recommended that one take Mind-Max in the evening at first because a sedative/drowsiness effect may result from initial doses due to the sudden increase in the level of magnesium in the brain if there has been an abnormally low level of magnesium in the body. This symptom should resolve in 3 to 5 days using Mind Max. Once an individual overcomes the initial sedative effect, daytime doses may become the norm unless one prefers taking it at bedtime.

Here are additional supplement recommendations from others who have worked with people with PTSD. One woman said her husband suffers from PTSD as a result of 9/11 experiences. She has found that if the liver (the seat of anger) is in need of healing, a person may not be able to use the B vitamins. She says her husband has used the following combination of herbal products and it has worked wonders: Chinese Mood Elevator, Chinese Stress Relief, Super Omega 3 EPA, Evening Primrose Oil and Liver Cleanse Formula all from Nature's Sunshine Products. Another woman suggests adding Chinese Nervous Fatigue Formula and Chinese Mineral Chi to this program.

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.*

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## CABIN FEVER FIBER FEST

**MARK YOUR CALENDAR!!**

Please join us for a mid-winter celebration to break up the cabin fever in a merry way. Come and meet a group of talented local Artisans who not only keep their flocks of sheep + alpacas, but also offer fiber products for your creative abilities. Wool, Yarns, Weaving, Rug Hooking, Knitting, Needle & Wet Felting, etc. plus demos. Come sit and try to spin! Enjoy bakery goodies downstairs at the Exchange. Deb will offer tea and coffee plus delicious soups and breads too. We promise you a Festive Day in the Country.

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## BACK TO BASICS BULK FOOD BRAND NAME FOOD WITH- OUT THE FANCY PACKAGE

BACK TO BASICS BULK FOOD, located at 2207 Dryden Road (Rt. 13 South) on the corner of Irish Settlement Road, is stocked to serve you with high-quality brand name foods at lower prices. Owners Jeff and Kim Schenck, are excited about what they can offer at Back to Basics Bulk Food, your local grocery, deli and supplier of bulk goods. Back to Basics is pleased to introduce Kim's Homemade Cheesecakes! Readymade or special order in your choice of flavors, crust choices, a variety of garnishes with prices starting at \$5! Kim's Homemade cheesecakes are made with all natural ingredients including chemical-free flour! Call today to order for your Valentine sweetheart - 607-844-8074.

At Back to Basics, they follow a few simple philosophies that translate into higher quality product and lower prices for you. They buy in bulk and break it down into smaller packages, saving you money. "Here you aren't paying for the fancy packaging, so you benefit from a lower cost while still getting the quality you're looking for in a convenient package size," states Kim. "We provide quantities from a half-pound to as much as a pallet load." Back to Basics specializes in carrying all types of baking supplies. This includes over 75 varieties of sprinkles and baking decoratives, nuts and grains, specialty flours (including gluten free) and flavorings. Snack lovers will find an amazing selection; with 25 kinds of pretzels, two

dozen snack mixes along with roasted nuts and seeds and dried fruits. Back to Basics carries a huge array of spices. In the deli, Back to Basics is always stocked with all kinds of meats and cheeses, including Amish Yogurt cheese, Lebanon bologna, sweet bologna and other favorites from John F. Martin of Lancaster County, PA. Teas; both loose and in bags, are another favorite at Back to Basics, as well as Barrie House whole bean coffees. Also available is local raw honey, or you can bring in your own jar and have it filled.

Jeff and Kim attribute the success of Back to Basics not only to the various quantities, rare items, and good pricing, but also to great customer service and the fact that it is a small local business. One of the things they enjoy most about owning the business is dealing with the people who come into the store and trying to service their needs. "People really need to stop in and see what we have to offer," Jeff said. "I've often met new people that come in and say they've driven by Back to Basics for the past five years and then ultimately stopped in to check out what's in the store."

The store also offers custom gift baskets or gift certificates; the perfect gift for Valentine's Day! In the future, Jeff and Kim at Back to Basics would like to continue to meet the needs of the community by expanding their product line. Back to Basics Bulk Food is open Tuesday through Friday from 9am to 6pm, and open Saturday 9am - 4pm. For more information, call them at (607) 844-8074, or stop into the store at 2207 Dryden Road to see just what they have to offer.



## CABIN FEVER FIBER FEST

THE HARFORD EXCHANGE COUNTRY STORE/CAFE will be hosting their first ever Cabin Fever Fiber Fest! They will be filling the upstairs ballroom with local vendors. The building is a former country store and stage coach stop from the early 1800's. The ballroom retains much of the original old world charm it once had and will make a unique setting for this fiber gathering! Many of the vendors tend their own fiber flock and will be bringing a full range of fiber from raw to beautiful yarns and everything in between. Some of the expected fibers are, Cotswold, Wensleydale, Alpaca, Navaho Churro, Finn, Romney, Icelandic, Shetland, Border Leicester, and so on. These creative artisans will also have such things as knitted items, hand spun yarns, hand woven scarves, rug hooking demos, spinning, knitting, needle felting, wet felted garments, wool for hooking, handcrafted jewelry, soap, pottery, etc. There will also be door prizes! When you first walk in you will see the old store as a bakery/cafe. A place where you help yourself to coffee and get your cream out of the old fridge! The offerings for the day will include home baked goods from cookies to breads all baked on premise by the owners Deb and Omar. There will also be homemade soup and bread available for lunch. Please mark your calendar for a fiber filled day in the country. Saturday, February 16th from 10am to 4pm. Located at 380 Route 38 in Harford NY 13784. Just 6 miles south of Dryden NY.



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**CALENDAR OF EVENTS**

**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 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 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.twcny.rr.com.

**February 9-10 – Auditions for Running to Places**

Running to Places Theatre Company is seeking those in grades 6-12 or the homeschool equivalent to audition for the remaining three shows of the 2012-13 Season:

Honk!: performances May 24-25

The Wedding Singer: performances July 12-14

Into the Woods: performances August 16-18

These auditions will take place on February 9 & 10 at the Ithaca Youth Bureau. Pre-registration is required. You can find all of the information about auditioning and signing up at [www.runningtoplaces.org/auditions.html](http://www.runningtoplaces.org/auditions.html).

**February 10 – Pancake Breakfast**

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

**February 11 – Dryden Senior Citizens Lunch**

Could you please put the following announcement in your publication? The next Dryden Senior Citizens Lunch will meet on Monday, February 11, 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 scalloped potatoes with ham, green beans, tossed salad, rolls, and a “surprise” dessert. A speaker will be announced later. 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.



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I'll pick one note that “touches” my heart and that lucky person will win

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The package includes our Valentine Dinner Special for you and your Valentine, A Bottle of Chilled Champagne and a Lovely Bouquet of Flowers!

Your “Valentine” can be your spouse, Mom, Dad, Child, Grandparent, anyone that you feel special about! Maybe someone that doesn't even know how you feel!

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## ACTION SPORTS' SWEETHEART OF A SKI SALE!

OUR SWEETHEART OF A SKI Sale begins Saturday, February 9th at 10AM. Come check out great deals on cross-country ski equipment, including skis, boots, poles and bindings. There will be big discounts so now is the time to save! Also, snowshoes will be marked down. Look for the red balloons that mean savings for you!

Action Sports is located at 85 Main Street in downtown Cortland, right across the street from the Cortland Post Office. Hours are Monday, Wednesday through Friday 10 - 5:30; Saturday 10 - 3. Closed Tuesdays and Sundays. Treat your sweetheart to a new pair of skis!



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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.

## 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

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

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## CHILL-A-BRATION HEATS UP MAIN STREET

THE 6TH ANNUAL CHILL-A-BRATION WILL bring some heat to Main Street Cortland in the depth of our Upstate winter this year on February 23. Running Noon to 4:00pm, Chill-A-Bratation will feature chili and wintry treats prepared by over twenty of our fine area restaurants competing for the title of "Cortland Area's Best Chili". 2012 Winner Smokin Mule returns with its "Mule Fuel Chili" to take on returning contenders as well as some new contestants such as Hot Tamale's "Hill Billy Chili" and Pita Gourmet's Fasolia.

To participate in the chili tasting and Chill-A-Bratation celebration, just purchase a Chill-A-Bratation Mug at the Cortland Downtown Partnership's office at 9 Main Street or the Cortland Beer Company at 16 Court Street. For only \$10, festivalgoers receive tasting tickets for all the chilis and wintry treats and a Chill-A-Bratation event tasting guide produced by the Scotsman Pennysaver. Within the event guide you'll find your map to the tasting locations downtown, a ballot to cast your vote for the Best Chili in Cortland County and a Chill-A-Bratation Passport.

Shoppers who have their Chill-A-Bratation Passport validated by five Main Street stores are eligible to win a \$200 shopping spree at downtown retailers. Historic Downtown Cortland is your one stop for women's and men's clothing and accessories, art and office supplies, healthy foods, music supplies, shoe repair, gifts, artwork, and books! Not only can you win amazing prizes and get great one-on-one customer service money spent downtown directly helps the local economy and improves the community's quality of life.

Ballots cast for Best Chili also enters participants into a separate drawing to win a \$130 value package prize from the Crown City Rollerz. The price package includes two 2013 roller derby season passes and team merchandise. Go Crown City Rollerz!

Travel along the tasting route outlined in the event guide provided by Scotsman Pennysaver and be sure to stop by MarketPlace Mall for indoor fun for the children. Attractions will include balloon animals, face painting, and entertainers. Be sure to enter the Polar Pie eating contest that afternoon sponsored by College Suites. Registration for the contest and the contest itself will take place at MarketPlace Mall.

At the end of the day, cast your ballot for Cortland Area's Best Chili at the MarketPlace Mall and submit your completed Chill-A-Bratation Passport and chilli vote by 3:30 p.m. to be eligible for contests. Winners to all contests will be announced at 4 p.m. at the Marketplace Mall.

The Cortland Downtown Partnership Promotions Committee is always looking for new ideas to enhance our downtown events. If you would like to get involved in planning for Chill-A-Bratation 2014 or other CDP events, be sure to sign up for one of our committees or contact us for more information by calling 607-753-4928 or emailing adam@cortlanddowntown.com. Don't forget to "like" the Cortland Downtown Partnership on Facebook to find out about all of the great things happening downtown everyday!



## HAPPY CELEBRATION OF L-O-V-E DAY...

By Shana Karn, Co-Owner  
The Second Knob Gifts & Antiques  
129 North St., Dryden  
607-844-5662

IN JUST A WEEK AND a half, we will be celebrating Valentine's Day. The 14th is a celebration of L-O-V-E. From a retail perspective, it is observed by an exchange of cards, flowers, chocolates and gifts. While the truth about Valentine's Day is "shrouded in mystery," there is some historical significance which relates the holiday to a Saint--- however, exactly which Saint is unclear.

While, this holiday doesn't pack the retail punch that Christmas, Easter and even Halloween do, it manages to hold its own- securing

a couple of seasonal aisles in big box stores. During the last couple of centuries, Valentine's day has increased in popularity and increasingly gained the attention of retailers. Immediately after Christmas this year bigger box stores hit us with their Valentine's day displays-- a nice pop of pink and red in an otherwise gray and gloomy retail season.

It was that pop of red and pink that made me want to put together my own display this year. Well...that AND the fact that we have a lot more space this Valentine's day. Choosing what to offer customers in a Valentine's day display was a tough call. Chocolate is ALWAYS good but last year we didn't do so well with our gourmet chocolate hearts, nestled in a shiny red box and tied with a gold string. This year, we've toned it down. No red boxes with gold strings. This year we are sticking with our [available everyday] single serving fudge and Lust Bar confections (yes, it is really called a Lust Bar-- filled with whipped peanut butter, marshmallow, crispies and pretzels). We also have our always dependable and delicious pretzel barks in milk and dark chocolates. I did pick out a few small "hearts and love" gifts-- a cute picture frame, a couple of small signs, some delicious smelling candles. My entire Valentine's day themed gifts take up approximately one table and I am okay with this.

To me, everyday should be a celebration of love. We don't NEED the cutesy red and pink hearts to designate a gift worthy of being a Valentine's gift. Any gift that sends a message of love is perfect. And, by "gift" I don't mean just store-bought, money-costing merchandise. A gift can be anything---handmade, homemade, written, spoken or sung. Love isn't about getting gifts, afterall. It is about showing someone that you care for them-- not just offering the sentiment in a \$3.00 card-- but really looking someone in their eyes, taking hold of their hand and telling them that you love them and why you love them; it is making someone feel wanted, special and appreciated. This applies to anyone you would give a gift to-- a child, a parent, a friend, a love. Everyone needs to feel the sentiment, feel loved, feel wanted, feel special and appreciated. Don't you want that?

Now, if you also want to offer a little, store-bought gift, by all means do so-- afterall, I am the co-owner of a gift shop; I would be nuts not to mention that buying a gift is okay, too! But, without the heartfelt, spoken sentiment, the gift won't mean nearly as much. Trust me on this. I have yet to come across a gift as special or as worthy of giving and I have looked at a lot of merchandise during these last two years. Nothing even comes close. And, until I do manage to find something THAT special, I am sticking with my one small table-- a pop of color in an otherwise gray and gloomy time of year in retail... Happy celebration of love day to all of you!

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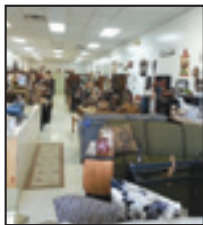
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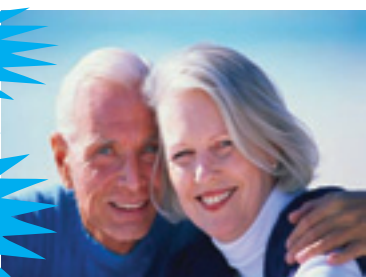
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## LOVE, HONOR AND FINANCIALLY PROTECT ALLSTATE OFFERS NEWLYWEDS IDEAS FOR SAVING & PLANNING



**G**ROWING OLD TOGETHER MEANS PLANNING, preparing, and saving together. The vow you take to cherish one another includes ensuring the financial protection and well-being of your newly formed family.

“Savings is the base of your personal financial pyramid. It’s the foundation of your family’s well-being, and it’s the starting point to building wealth. Starting a sound savings program isn’t difficult, but it takes some thinking and, just like a marriage, commitment,” said Allstate Regional Financial Services Leader Mike Wargo. “Whether a couple has just said their wedding vows or they are contemplating their financial future, Allstate has insurance and financial products available to ensure wedded bliss.”

According to a survey by the Association of Bridal Consultants, more than 67% of newlyweds believe the most serious conflict in their first year of marriage is over money. This makes the job of an Allstate Personal Financial Representative that much more important. With the variety of savings and insurance vehicles available today, Allstate’s financial professionals play an important role in helping newlyweds consider how they can build a foundation as they marry their financial lives together.

“Allstate Personal Financial Representatives work with customers to help them understand the benefits of keeping a happy marriage on the right financial track,” said Mr. Wargo. “Banking services, life insurance, disability policies, and college savings plans are the types of products available to help prepare and protect you and your family. It is our responsibility to cultivate a deeper awareness of the products available and the protection benefits they provide.”

With springtime wedding season quickly approaching, Allstate is offering the following five financial foundation tips to ensure your fairytale wedding comes true:

**Build the money you’ll want on hand for immediate and short-term needs** – This money could be for a specific upcoming expense like a honeymoon or an education for your future children – anything you expect to pay for in the near future.

**Set aside enough savings to serve as an emergency fund** – This takes the role of basic financial protection in the event of a medical emergency, household catastrophe, job loss or other unforeseen expense. Financial professionals generally suggest saving the equivalent of three to six months of your household expenses as a rule of thumb.

**Make a list of specific savings goals** – This is important because you’ll be able to match your goals to dollar amounts and track your progress toward meeting them. Your list might include the down payment on a home, four years of college tuition, a new car or simply a vacation.

**Prepare a household budget** – By preparing a budget you can examine the money that comes in and the money that goes out. You’ll likely spot places where trimming your expenses can help you put money aside on a weekly or monthly basis.

**Devise a savings strategy that maximizes your return** – Check what bank accounts can offer the best interest rate, and make the most appropriate choices for your savings.

“Allstate has customer relationships that span decades,” Wargo said. “During a major life event, such as walking down the aisle, it is important that you feel comfortable with the person who is helping you to address your financial needs.”

We welcome all couples planning their futures together to consider the financial protection and savings options that can be offered by their Allstate agent or Personal Financial Representative.”

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

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



## GROTON WRESTLING

**G**ROTON SCHOOL’S COACH TIM LAFRANCE took five wrestlers to the Section IV Class D Wrestling Tournament held at the Unadilla Valley School on Saturday, February 2nd. With the help of Assistant Coach Greg Rotunda and the cheers of their families, three wrestlers made it to final competition and two others finished in 6th place.

Darren Ostrander, a sophomore with a total of 17 wins and 5 losses for the 2012-13 season, was seeded 4th in the 120 pound class. He won his first match against Garrett Sylstra from Oxford, pinning him in one minute. Darren’s next match was against Jacob Andrews from Harpursville and ended in a hard-won win of 2-1. Moving on to the finals, Darren wrestled first seed, Madison Hoover, another tough contender from Harpursville, with a 19-8 record for 2012-13. Running the clock out, Darren Ostrander won the championship with score of 1-0.

Garrett Lockwood, a freshman who currently has 13 wins and 8 losses for the 1012-13 season, competed in the 99 pound class. He was seeded second and took third seed, Tabor Vanvalkenburg from Walton, with an 8-5 decision in his first match. In the championship round, Garrett finished second to Oxford’s Nate Hansen.

In the 152 pound class, Groton brought in seniors, Chris VanBenSchoten and Justin Tinelli. Chris currently has a win-loss record of 6-7 and Justin has 9-10. Chris won his first match by pinning Moravia’s Cody Shoemaker in 3 minutes and 45 seconds, while Justin beat Candor’s Caleb Nichols in a 5-4 decision. The teammates were pitted against each other in the next round with Chris coming out on top with a 4-2 decision. Justin lost his next match to Will Hilgers from Delhi. His last match was against Caleb Nichols from Candor during which he took a bad fall and injured his hip. Justin took an ambulance ride, loosing that match by default and finishing in 6th place. Chris VanBenschoten moved on to the finals against Nik Hansen from Oxford and finished in 2nd place.

Another freshman wrestler, Kyle Weldon, competed in the 138 pound class. Kyle has an 11-13 win-loss record for 2012-13. He lost his first match against Michael Fraboni from Odessa Montour, going on to pin Cody Spaulding from Moravia in 2 minutes and 48 seconds. He ended up having to face Fraboni again in a rematch for 5th and 6th place. Kyle placed 6th but will certainly be someone to keep an eye on as a contender for next year.

Darren Ostrander, Garrett Lockwood, and Chris VanBenSchoten will compete in the Section IV Division II Championships at the Broome County Arena on February 8th and 9th.

*By April Scheffler*



**T**URKUAZ, A 10-PIECE POWER FUNK band from Brooklyn will be returning to The Haunt in Ithaca on Valentine’s Day (2/14) with local afro-funk band Mutron Warriors.

Thursday 2/14/13  
Turkuaz w/ Mutron Warriors  
702 Willow Avenue, Ithaca NY14850  
8pm. \$12 at the door, \$10 online here. Ages 16+  
[turkuazband.com](http://turkuazband.com)  
[facebook.com/turkuaznation](http://facebook.com/turkuaznation)

Turkuaz is Brooklyn Power Funk. Their stage show combines influences from Sly and the Family Stone to Talking Heads into an explosive auditory and visual circus, a full-frontal assault on the senses. After multiple residencies at NYC’s Brooklyn Bowl, several blowout festival performances (Bear Creek, Mountain Jam, Strangecreek, Equifunk and Wormtown to name a few) and tours spanning the east and west coasts, Turkuaz has developed a reputation from NYC to San Francisco as the band that plays louder, faster, and harder than all the rest.

Born as a side project by co-founders Dave Brandwein and Taylor Shell, Turkuaz was formed in Boston in 2008. Unbeknownst to Dave and Taylor, a demo of theirs had been submitted to Berklee College of Music’s Heavy Rotation Records by a friend. Heavy Rotation immediately added Turkuaz to their annual showcase at the Berklee Performance Center, and the spark was lit. Dave and Taylor formed the current funk monstrosity from amongst their musician friends. Turkuaz’s first show was to 1,000 people at the Berklee Performance Center and was met with rave reviews. After a short time, the band migrated as a whole to Brooklyn, with the intention of bringing their brand of funk to New York.

With two independent album releases, tours up, down and across the country, a solid and ever-growing NYC fanbase, and the desire to only get bigger, Turkuaz keeps on perfecting their brand and continuing their upward trajectory at concerts and festivals across the country.

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

**T**HE ZONTA CLUB OF CORTLAND announces scholarships to be awarded in spring 2013 to high school girls and women residing in the Cortland area. These awards recognize the importance of community service, financial need, leadership, and academic achievement.

The Jean M. Coon Humanitarian Award recognizes the outstanding community service activities of a high school junior or senior in Cortland area schools. The Zonta Club of Cortland will award \$500 and a certificate of achievement. The winning application will be submitted to the Zonta District Level competition. Applications must be received by Saturday, March 2, 2013.

The Ruth Schaub High School Senior Award recognizes a high school senior in the Cortland area accepted to a college or a professional education program. The award of \$500 is based on financial need, plans for continued education, community service, leadership qualities, and academic



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achievement. Applications must be received by Saturday, March 23, 2013.

The Ruth Schaub Mature Woman Award of \$1000 will be awarded to a Cortland area resident, 21 years or older, studying either full or part-time. Applicants must be continuing their education in an accredited degree granting or certificate training program. The scholarship will be based on demonstrated financial need, community service, and clearly stated educational goals. Applications must be received by Saturday, March 23, 2013.

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

The Zonta Club of Cortland, chartered in 1973 and affiliated with Zonta International, is a service organization of women in business and the professions. Members raise funds for local and international service projects that improve the lives of women and children. The community is invited to its major fundraisers, the Spring Woman of Achievement Luncheon and the Fall Fashion Show.



## GEORGE THOROGOOD AND THE DESTROYERS TO PLAY THE ONEONTA THEATRE IN ONEONTA MARCH 23RD

IT WOULD BE EASY to simply say the man who's Bad to the Bone and drinks a lot of Bourbon, Scotch and Beer (sometimes alone) is coming to O-town, but George Thorogood and the Destroyers are so much more than that. They are an amazing live experience and supremely talented musicians. Find out for yourself when they appear intimately at the Oneonta Theatre located at 47 Chestnut Street in downtown Oneonta, NY on Saturday, March 23 for one night only at 8PM. Special guests will be announced soon.

Reserved Seating tickets go on sale Friday, January 11th at the Oneonta Theater Box Office, located at 47 Chestnut Street in Oneonta without service charge. Tickets are also available online at dansmallspresents.com, oneontatheater.com or by calling 888.512.SHOW (7469). Tickets will cost \$50.00 in advance, more at the door if available which seems unlikely for an underplay such as this. (he normally plays MUCH larger rooms so act quickly!) Call the theater box office at 607.643.4022 or dan smalls presents at 607.280.2900 for more information or directions. And yes, you will hear those songs above on March 10th.

If rock 'n' roll were a dinner menu, singer/guitarist George Thorogood would be the meat and potatoes. Though more than 25 years have passed since he formed George Thorogood and the Destroyers, which has sold more than 15 million albums since its inception in 1973, Thorogood has maintained his full-force, straightforward blues/rock style. He has released several hit songs over his lengthy career, including rock

classics "I Drink Alone," "Who Do You Love," and his signature song, "Bad to the Bone."

Before becoming a rock musician, Thorogood pursued a career as a baseball player. He played on a semi-professional team, which he continued for a while after he reached rock stardom. In 1970, he saw blues performer John Hammond in concert in New York and decided to change his direction. Early in his musical career, Thorogood would take time off for the baseball season, even when he was in the middle of recording an album. For decades, Thorogood's favorite baseball team was the New York Mets. "I've always been a New York Mets fan," Thorogood told Sport magazine. "They crawled their way to mediocrity, and that was me. It was a team I could relate to."

Throughout his career, Thorogood has kept his level of success at a steady pace. He has relied heavily on his influences, which include John Lee Hooker, Elmore James, Chuck Berry, Willie Dixon, Muddy Waters, Howlin' Wolf, and Bo Diddley. He wrote and recorded his own music, but much of his catalog includes cover versions of songs by his heroes. "I'm a Chevy Nova in a world of Rolls Royces," Thorogood told Dave Veitch in the Calgary Sun. "It's all that I can do. Don't overrate me. I'm not that versatile." In fact, it is his dependable style that brought audiences back as fans knew what to expect from Thorogood.

## CALENDAR OF EVENTS

### February 13 - Ash Wednesday

Ashes will be given to those who wish to have them at The Varna Methodist Church located on Route #366 on ash Wednesday, February 13th starting at 7 P.M. All welcome to join us at the Little Church with a Big Heart.

### February 14 - Valentine's Day Spaghetti Night

At the Dryden Community Café - Thursday, February 14 from 5pm to 7pm. All you can eat spaghetti with our famous Café marinara sauce, fresh greens side salad and bread for \$5.55 - add homemade meatballs for only \$.95 each. Soft drinks are available, but feel free to bring your own wine or beer! Complimentary Valentine's Day dessert after your meal!

### 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.

### February 16 - Casino at the Castle

7pm to 11pm, 1890 House Museum, 37 Tompkins Street in Cortland. Games of Chance, Catered Dinner, Delectable Desserts, Live Music, Cash Bar. Tickets \$50 at door, Advance Sale 2/\$75. To purchase tickets contact Joni Rubert at (607) 591-1286, e-mail the1890house@gmail.com or buy online at www.the1890house.org (online through PayPal, press DONATE on the main page). Must be 18 or older to attend.

### February 16 - Mid-Winter Flea Market

Varna Community Center (943 Dryden Rd./Rt. 366): Saturday, 2/16/13, 9 am - 3 pm: VENDORS NEEDED Tables \$10 each or 3 for \$25. Lunch available 11 - 1. To rent tables, contact Susan Simmons (sasrvcs121@yahoo.com) or leave a message at 607-277-9325.

### 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 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.

### February 22 - Give Kids a Smile

9am -1pm, 3773 Luker Road in Cortland. Do you know of a child who does not receive dental care? The dental office of Dr. Kristin Clark-Lowell is providing complimentary cleanings, exams, fluoride treatments and sealants for ages 4-12 years old. For more information call (607) 756-8821, e-mail flosrite@tweny.rr.com or visit www.drclarklowell.com.

### February 23 - Chill-a-bration

12 noon to 4pm, Downtown Cortland NY. This year's cook off will include many of your longtime favorite downtown establishments along with great new additions from throughout the County. You will be the judge of which participant's chili had you going back for more, so be sure to cast your ballot by 3pm for it to be counted. Participants that vote for the best chili are eligible to win a \$130 package prize from the Crown City Rollerz or a \$200 downtown shopping spree. Winners to all contests will be announced at 4 pm at the Marketplace Mall. Admission \$10, includes collectible Chill-A-Brat mug and sample tickets. For more information visit the Cortland Downtown Partnership's "Chill-A-Brat on Main Street" Facebook event page.

### March 3 - Spring Thaw Antiques & Collectibles Flea Market

Dryden Fire Hall, Rt 13, Dryden, NY 9 AM to 3 PM FREE ADMISSION Finger Lakes Bottle Collectors Association www.fingerlakescollecting.org

### March 10 - Benefit for Chuck Brown

Dryden VFW 12:00 - 6:00 A benefit is being hosted by friends and family for Chuck Brown as he is currently fighting Fibromyalgia and has been out of work for the past year. There will be live music, 50/50 raffle, cake wheel, silent auctions and a spaghetti dinner. Tickets \$10 for dinner and entertainment or \$7 without dinner. For more information call Rhonda 607-591-1236, Bobbie 607-345-5893, Denise 607-423-1609, Angela 607-351-0178, Bobbi 607-591-5499, Nichole 607-423-7812 or Kim 607-972-3025

### March 15-16 - Broadway on Church Street II: The Classics

7:30 PM at 25 Church Street; Cortland The Trope Troupe of The United Presbyterian Church reprises last year's revue format of Broadway hits, this year featuring "The Classics": with choreography, staging, theater organ, and more. Expanded from last year's one-night-only format to accommodate popular demand! FREE; Fully accessible; Reception following Friday's performance

### March 25 - Powerful Tools for Caregivers

Powerful Tools for Caregivers, a six-week educational program designed to provide caregivers the tools needed for taking care of themselves will be offered Monday evenings this spring, beginning March 25th. During six, 90 minute sessions held weekly, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and access local resources. Attendees also learn how to balance the demands in their lives and to increase their ability to make tough decisions. Powerful Tools for Caregivers will be available this spring at no cost to caregivers. Classes are not intended for professional caregivers. Classes will be held at 6:30 PM at the new location of the Tompkins County Office for the Aging at 214 W. Martin Luther King/State Street, Ithaca. Pre-Registration is required - call either 274-5482 to register or email Katrina Schickel at kschickel@tompkins-co.org

### April 28 - An Artistic Interpretation of Psalm 139

3 PM at United Presbyterian Church of Cortland; 25 Church Street; Cortland

Free; Reception following; Fully Accessible.

Experience Psalm 139 in images created by local artists, photographers, musicians, writers. Part performance, part demonstration, part "dramatic encounter." Participating visual artists: Tom Cain, Sandy Cowan, Marian Davie, Doug Hatch, Jane Newman, Joan Niswender, Marilyn Palmer, Linda Ruthig, Marian Strang, Lolita White, Jane Zogg. Music by the Choirs of the United Presbyterian Church, Judie Murphy, and Organist Paulette Fry.

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# PUZZLES & GAMES

## WORD FIND

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

h	r	d	u	m	c	i	h	h	p	u	t	r	s
e	o	y	h	v	w	v	p	c	d	o	s	a	w
a	m	d	e	t	r	a	e	h	t	e	e	w	s
r	e	n	n	i	d	l	h	o	n	m	r	m	e
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d	m	c	a	r	d	o	a	e	l	p	u	o	c
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- romeo • poems • massage • roses • couple • passion • paramour • flowers  
 dearest • champagne • beloved • beau • amour • gifts • sweetheart  
 candy • chocolates • love • dinner • dessert • wine • cupid • hug • kiss  
 hearts • card • arrow • valentine • red • pink • smooch • february

## 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!

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

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1	2	7	3	4	9	8	5	6
9	6	4	8	5	1	3	7	2
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### WORD FIND

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