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WELCOME TO OUR SPRING HOME IMPROVEMENT, REAL ESTATE, ST. PATRICK'S DAY & PRE-EASTER ISSUE

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, Whitney Point, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette. Here's some upcoming issues for you to look forward to!

March 28 - Spring Motorcycle/Car Care & Easter Issue

INCLUDES Distribution of the 2018 Travel Guide! **PLUS** Marathon Maple Fest coverage!

Deadline 3/23

April 11 - Think Spring! & Lawn Maintenance Issue

ADDITIONAL DISTRUBUTION To be handed out at the

Cortland County Chamber Business Showcase on April 14th—come find us! Deadline 4/6

April 25 - Pre-Mother's Day & Lawn/Garden Issue

Deadline 4/20

May 9 - Mother's Day & Pre-Memorial Day Issue

Deadline 5/4

May 23 - Memorial Day, Dairy Days & Pre-Grad/Dad Issue

Deadline 5/18

June 6 - Graduation & Father's Day Issue

Deadline 6/1

TRIVIA QUESTIONS

See if you know the answer without looking it up! Answers in the back.

- 1. What is 'knob-and-tube' wiring?
- 2. What was the horse hair in 'horse-hair plaster' used for?
- 3. What is 'lath'?
- 4. What is a 'load-bearing' wall?

BUMPER STICKER OF THE ISSUE

Women make great leaders... you're following one

Have you ever seen a clever bumper sticker on someone's car in front of you at the red $light\ or\ fast\ food\ drive-thru\ and\ thought,\ "That's\ a\ good\ one"!\ Do\ you\ have\ one\ on\ your\ car$ $that \'s\ worth\ sharing \ref{thm:model}. The\ newest\ addition\ to\ The\ CAT\ is\ quotes\ from\ Bumper\ Stickers!$ $If you \ have \ one \ to \ share \ with \ our \ readers, \ please \ emailiit \ to \ tcatribune@gmail.com \ or \ call$ them in to 607-844-8228

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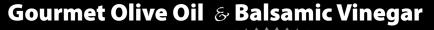
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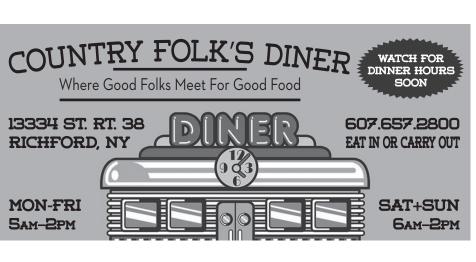
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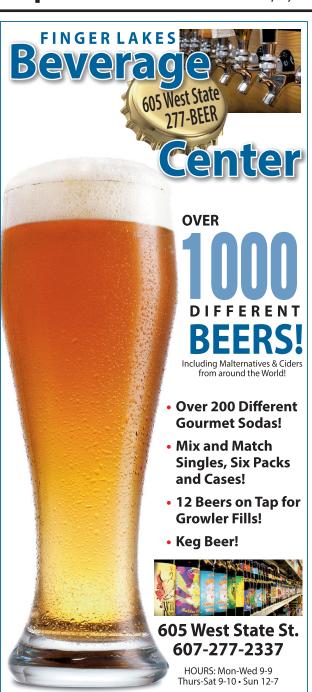
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PAST PEDDLERS ANTIQUES IS LOOKING forward to Spring, and welcoming back our many out of town visitors as well as our friends from home that don't venture out much in the snow. We have missed you!

Spring is the perfect time to freshen up any room in your home, add a primitive touch to your porch or maybe a hint of Spring to your office.

Past Peddlers Antiques is ready to assist you in selecting something old, new or a combination of both in a one- of-a kind, uniquely re-purposed piece. New merchandise is arriving weekly, including a fresh inventory of primitive furniture.

We offer a little something for almost everyone, young and old. We aren't just antiques, we also offer a beautiful selection of tarts and candles by the Black Crow Candle Company, quilted runners and wall-hangers, wool rugs, mats and chair pads, hand stenciled signs, wrought iron chandeliers, candle-



holders and accessories, handmade wreaths, timer candles and much much more.

In addition to our upstairs renovations, we have decided to include a year 'round Christmas room for all of our summer folk we don't get to see through the winter.

Don't forget Easter and Mother's Day are right around the corner. It's never too early to start looking for something special for Mom!





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MIKE'S FISH TANK CRICKETS

Instead of fish this week, lets go over a popular question I get a lot.

How to keep crickets alive. Here are some good tips. Use the biggest container you have room for.

Be sure to put toilet paper tubes or paper towel tubes into the cage so the crickets are not on top of each other.

Feed some type of cricket food. There are many varieties available. Most are a gel, which is their food and water.

You can throw a potato in for them to eat and for moisture but there isn't a lot of nutrition in a potato, so still feed some of the crickets food.

Keep crickets away from extreme heat or cold. They don't like it too hot and they hate the cold too. Crickets dehydrate easy so be sure to supply them with a small dish of water. However if you are using the cricket gel,then you shouldn't need a dish of water. Sometimes in the winter people buy crickets and when they get home, they look dead. Sometimes if you put the crickets in a warm place, they will actually start moving again and will revive. Also if you are dusting crickets with calcium powder to feed your lizard, only dust the crickets you are going to use. The powder clogs the crickets airways and they will only live a short time after you dust them.

That's pretty much it. Follow those few things and you should have better luck with the crickets surviving.



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

TODAY IS ALL THAT MATTERS PART 3: YOUR MIND

 $Y^{\text{OUR ENTIRE LIFE IN AN inside job; an inside felt experience.}}$ Your experiences of your life only happen inside of You, based on two things; the way - the language you use - to describe what you are experiencing or perceiving, and the feeling you embody as a result of your descriptions of life or of the experience of the sensations you feel. All of this only happens inside You.

For example, imagine you are a mother running behind with the morning lunchbox routine. You opt for efficiency and reach for the peanut butter only to discover there's just a smidge left. In that moment a voice within might say 'dammit, John always does this! He's so inconsiderate!" There may even be more of a narrative to follow; "Well, this is the last time I go out of my way to pick him up at 4. He can just bus home. He never thinks about how his actions affect others. He's so selfish".

The nature of the untrained mind will run on and on and on describing internally what isn't right, what's wrong, who is to

blame, and what others should and shouldn't do. What follows narratives that describe the 'problems we perceive' is that we then feel agitation. When we believe the critical narratives to be true, they create an internal, and steadfast agitation that then increases our reactivity to others, and decreases our ability to connect as our kindest self.

Our Kindest self is who we are an an expression of the Open Mind; the mind that is flexible, soft, fluid, and able to remain in harmony with what Is, with a cheery lightness. The Open Mind, which is the mind that becomes trained to experience the jar of Peanut Butter as simply an almost empty jar, and the negative descriptions of John simply and ultimate do not arise. The jar, exactly as it Is, shows you simply that it's not a PB&J day, and to Listen within for the next steps.

Maybe it's school lunch day? Maybe it's cereal for lunch? Ask... you'll Hear your own Wisdom rise up, yet only in the cessation of the mind that criticizes in contraction.

We have approximately 60-80,000 thoughts per day, and the quality of your thoughts will determine the quality of your experience of Your life. In Part 4, we'll explore how the Open Mind is the Key to the Open Heart. It is only from the Open Heart can we respond to John later when we see him from a place of Kindness and Clarity, and sustain our own inner equilibrium of Patience, Lightheartedness, and Power. Written by Daniela Hess, YogaFarm Director, Counselor, and Radiance Course Educator. For more information about self care practices, visit www.YogaFarm.us

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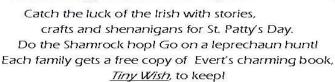
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Senior Citizen Discounts



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Saturday, March 17 @ 1 pm



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Name of the LLC is Matt Libbey Tools, LLC. Articles of Organization filed with the NYS Department of State on January 19, 2018. Office location is Cortland, NY. SSNY designated as agent for LLC upon whom process against it may be served and shall mail process to principal business location at 2670 NYS Route 11, Marathon, NY 13803. Purpose is any lawful business activity.

Notice of Formation of LLC - Name of the LLC is Expanding View LLC. Articles of Organization filed with NYS Dept of State on 2/9/18. Ofc location is Cortland NY. SSNY designated as agent for LLC upon whom process against it may be served & shall mail process to principal business location at 4478 Cosmos Hill Rd, Cortland NY 13045. Purpose is any lawful business activity.



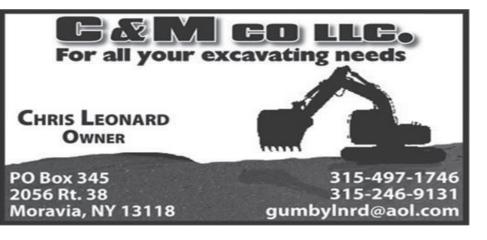


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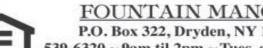




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EASTER SUNDAY IS ONLY A couple weeks away! Country Kitchen will be serving their delicious Baked Ham Dinner with pineapple raisin sauce and sides for only \$13.95. Reservations are appreciated.

Did you know that Country Kitchen has been in business at the same location for over 34 years at 2884 US Rt. 11 in Whitney Point?! Easy access off Route 81 at exit 7. And Country Kitchen is always open with the exception of Christmas day serving their loyal patrons delicious daily specials.

Country Kitchen II is located at the Riverside Plaza (next to Dewitt's Produce) in Cortland, just around the corner off Route 81 exit 11. Both restaurants offer a warm friendly environment to relax and make yourself feel like home with their good old fashioned, down home cooking! Many of their awesome meals are created from family recipes that have been passed down for generations! They make their own pies, treats and homemade soups are fresh daily!

Country Kitchen is famous for offering their customers the best deal for their money! Mouth watering sandwich platters, charbroiled burgers and steaks, 3 egg omelette breakfast sandwiches and more are among the menu items that will keep you well-fed and happy when you leave! Both diners offer daily specials such as chicken and biscuits, meatloaf



dinner, mac and cheese, fish fry and more. Plus, kid's menus and offer a 10% senior discount every day. And breakfast is served all day every day at the Cortland Country Kitchen II and till 2pm at the Whitney Point Country Kitchen!

Cortland's phone number is 607-756-2356 and the Whitney Point's phone number is 607-692-4952.

Cortland Country Kitchen II can host your special event up to 30 people! Anniversaries, birthdays, wedding rehearsal dinners, weddings, corporate parties/meetings or holiday parties! Let us do the cooking while you relax and enjoy the

Come celebrate St. Patrick's Day on Saturday, March 17th with their lunch/dinner special - traditional ham or corned beef and cabbage for only \$8.95.





NIGHTINGALE'S TULLY LAKES HARDWARE

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PORTRAITS WITH BABY CHICKS

Sunday, March 25 at 10 AM to 2 PM

Stop in to visit the baby chicks between 10am-2pm to have a FREE portrait with baby chicks- Great spring portraits for kids or a family portrait! Last year this event was very popular- kids love to see the baby chickens and families will be sent the digital file of the portrait. Just in time for Spring and Easter! (315) 238-

TERRIFIC TUESDAYS WITH **TULLY LIBRARY- CHICK DAY**

Tuesday, March 27 at 3 PM to 4 PM

We are happy to host the Tully Free Library's "Kid's Terrific Tuesdays" program for the 2nd year! The library group will meet as usual and then walk over to the store to have storytime with the baby chicks, learn about chickens and do a Spring-Chicken craft. All are welcome to join! If you have any questions, call the store or the Tully Library.











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TOBACCO FREE GROUNDS TO IMPROVE THE BOTTOM LINE

ORE AND MORE BUSINESSES ARE discovering the benefits of making their worksites tobacco-free, including improvements in employee health and productivity and significant savings to their bottom line.

The costs associated with tobacco use-in both lives and money—are well established. Each year in the United States, an estimated 443,000 people die prematurely from smoking or exposure to secondhand smoke, and another 8.6 million live with a serious illness caused by smoking. The estimated costs of smoking-related medical expenses and loss of productivity exceed \$167 billion annually.

Employers incur a considerable share of the overall costs of tobacco use. A recent comprehensive analysis found that employees who smoke cost an employer on average 5,816 more than a non-smoking employee due to increased $absentee is m, loss \, of \, productivity \, related \, to \, nicotine \, addiction,$ smoke breaks, and extra health care costs.

Tobacco-free workplaces protect employees, visitors and clients from the harmful effects of secondhand smoke, support the efforts of smokers who want to quit, and increase the number of smokers who are motivated to quit.

The scope of health is much broader than something we get in hospitals and doctors' offices. Our families, schools, neighborhoods and our workplaces are also important in determining our health outcomes and behaviors. Everyone should have the opportunity to make choices that allow him/ her to live a long, healthy life, regardless of income, education and place of employment. To build a healthy workforce and community requires individuals to make healthy choices and a societal commitment to remove the obstacles preventing too many of us from making those choices.

The Tobacco Free Zone program can assist employers in their quest to go tobacco-free by providing free signs, sample policies from other worksites, and cessation resources. For more information, visit our website at www.TFreeZone.net/ tobaccofreeworksites.





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the The Corned Beef Dinner will be available as long as supplies last!!





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Jerry Dell Farm has expanded by purchasing farms in Freeville and Groton, NY. Most recently, they acquired Lew-Lin Farm, which neighbors the original farm location in Dryden, NY. This new location will transition to organic farming within three years.

Together, the farms milk over 1000 cows each day. Keeping with their mission of producing fresh and local foods, the milk is processed at the local Byrne Dairy plant, located only miles away in Cortland, NY.

Jerry Dell Farm has been certified organic since 2000, which involves a rigorous certification process as well as annual reviews, completed by Northeast Organic Farming Association of New York (NOFA-NY). Since their certification, Jerry Dell Farm has also earned New York State's prestigious "Super Milk" award for outstanding milk quality and herd health.



Recognized as a 'Dairy of Distinction' for 15+ years, Jerry Dell Farm upholds a high standard of farming excellence. Jerry Dell Farm has also been an active advocate for organic local produce and responsible farming practices. As proud members of the local community, Jerry Dell Farm has supported Farm-City Day and participated in Dryden Dairy Days. They also offer educational farm tours to many of the



local schools and professionals from around the world.

Jerry Dell Farm Store, located at the Freeville location, offers organic and natural meat, produce, eggs and cheese. The produce and milk is certified organic through Northeast Organic Farming Association of New York. All produce is grown within 3 miles by Ithaca Organics, owned by Trever

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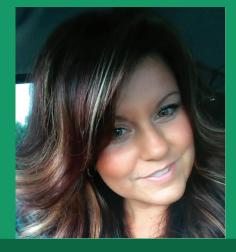
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Sherman. Visit <u>www.ithacaorganics.com</u> to sign up for the CSA. Jerry Dell Farm is also certified to sell raw organic milk to the public. Sign up to purchase raw milk at the store; pick up raw milk at the barn.

During the winter months, the farm store is open Thursday through Saturday, 10-6. To learn more about Jerry Dell Farm and the farm store, visit <u>www.jerrydellfarm.com</u>.

Fun Facts

- We milk twice per day, once at 3 am and once at 3 pm.
- We currently milk 1000+ cows each day.
- Each cow produces an average of 60 lbs of milk (approximately 7 gallons) per day.
- On average, 2 calves are born per day at Jerry Dell
- In total, the farm is approximately 3,000 acres with over 600+ acres of pasture.



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THE CNY MAPLE FESTIVAL IS here again for another year. Come and get the sugary treats and all the great food. Take a look at all the vendors, even some new ones. Also take the kids to the carnival and let them play some games and ride the rides. Jump on the airboat and take a ride down the river. Stop in at the high school auditorium and watch the pancake eating contest Saturday morning and stay through the day and listen to the great music that is planned. Hope to see you

Watch next issue of The Cortland Area Tribune for more info about the CNY Marathon Maple Fest!

MANAGING CONCERNS ABOUT FALLS

ON'T CUT BACK ON A favorite activity or turn down a chance to go out with family or friends because you are concerned about falling. "A Matter of Balance: Managing Concerns about Falls" can help older adults improve their quality of life and remain more independent.

Fear of falling can be as dangerous as falling. Limiting activities can result in physical weakness, making the risk of falling even greater. Many older adults also experience isolation or depression when they limit their interactions with family and friends.

"A Matter of Balance" is an evidence-based program designed to reduce the fear of falling and increase activity levels among

older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

This class series will be held on Mondays at 2:00-4:00

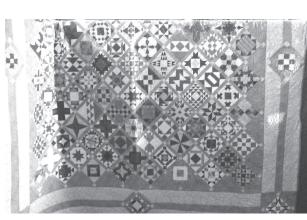
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xperience!

from April 2 through May 21 at the Harford Senior Center in the Creamery Hills Living Center, 355 Creamery Road,

Preregistration is required. Call the Area Agency on Aging at (607) 753-5060 to register and for more information.

This class series is sponsored by Cortland County Area Agency on Aging (AAA) and the Retired and Senior Volunteer Program (RSVP).



MAPLE FESTIVAL QUILT SHOW APRIL 7 - APRIL 8 AT **9AM TO 4PM**

APLE FESTIVAL QUILT SHOW TO be held at the Train Depot f LVLin Marathon NY during the 2018 Maple Festivities. We are seeking people to display their quilts. Whether you made it or you own it you may display. One guideline is that if you have displayed a particular quilt in any of our shows from 2013 to present it cannot be displayed again. Each year the show consists of quilts never displayed in this show before Gives it a new look every year. We are also seeking owners of quilts that were made by local artisans in the past such as the King's Daughters. I understand there are a few out there! We are setting up a display called "Marathon-Hands Of The Past". For more information please contact Karen at 607-849-3611.

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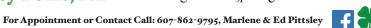
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March 17, 18, 24 & 25 – Cooper Hill Maple Bring the whole family to Cooper Hill Maple at 291 Cooper Hill Road in Marathon and experience the sweet taste of all things maple! There will be samples to taste and stories to tell. Kids wear your snow pants and bring your favorite sled. 10-4 each day. Sorry, no pets

March 17 – St. Patrick's Day Dance

permitted.

A St. Patrick's Day Ceili Dance at the Trumansburg Conservatory of Fine Arts will be held on Saturday, March 17th at 7:00PM. Live music will be provided by local Celtic musicians, with dance instruction by Kathy Whitfield of Rince Na Saor Irish Dance Studio, Everyone is welcome, and no previous experience is needed. Celebrate this St. Patrick's Day with dancing, music and refreshments all to benefit the TCFA! Admission is \$5 at the door.

March 17 – Karaoke At The Dryden Café Come down to the Dryden Community Center Café on March 17th from 6-9pm for

some St. Patty's fun with host Mike McWilliams. Sing your favorite songs and cheer for your friends and family! The kitchen will be open for your favorite drinks, baked goods or paninis. This is a BYOB event so feel free to bring your own alcoholic beverage.

March 20 – McLean Church Spring Fling Chuck Roast Dinner

McLean Community Church 50 Church St. McLean NY 4:30 until gone \$10 Old fashioned chuck roast, garlic mashed potatoes, harvared beets, tossed salad, roll, homemade dessert, and beverage. Take outs available!

March 21 – Seminar on Medicare The Cortland County Area

Agency on Aging is hosting a presentation for people who are approaching Medicare eligibility, to review one's options once they have Medicare coverage. If you are going to be turning 65 or have been collecting Social Security Disability for two years, this will offer education on choices you need to think about or make, once Medicare coverage starts. Medicare

Education Consultant Eric Hausman will be presenting on Medicare Parts A, B, C, and D, and the various costs, coverage and options The agency's available. certified HIICAP (Health Information Insurance Counseling and Assistance Program) counselors will also be available to answer questions or to schedule individual appointments for further assistance. This presentation will be on March 21 at 4:30pm in the County Office Building, Room B-40. There is no charge for this seminar, but registration is appreciated by calling 753-

March 23 & 24 – See How They Run

United Presbyterian Church of Cortland (25 Church Street) Friday and Saturday evenings, 7:30 PM See How They Run: The church's Trope Troup returns with an updated production of the rollicking World War 2 era farce set in an English vicarage. A bishop, a nosy neighbor, an escaped cold warrior, and more vicars than you can wave a tea cup at---all brew up lots of laughs in this free event. Topical refreshments at intermission are also free. Fully accessible

March 24 – Killawog Fire Auxiliary Annual Easter Raffle

6pm at the Fire Station. Raffling hams, Easter Baskets, door prizes, food. Fun for the whole family! Bring your quarters. Support our local food pantry and bring a nonperishable food item.

March 24 – Sunday Night Alive

Every 2nd and 4th Sunday of the month, from 6-7pm, at the McGrawville Baptist Church in McGraw, NY. Come sing with the SNA praise band and hear an encouraging word. March 11th will be an Irish SNA service. March 25th is the Palm Sunday service. More details on Facebook. Bring a friend to this upbeat, rockin' service that honors Christ!

March 26 – Dryden Senior Citizen Lunch

The Dryden Senior Citizens Lunch will meet on Monday, March 26, 2018 at the V.F.W. on Route 13 just outside of the Dryden Village toward Ithaca. Lunch is served at 12:15 p.m.

with announcements starting at 11:45 a.m. Table service will be provided. The meal cost for members is \$7.00 and \$8.00 for non-members. The meal will be chicken and biscuits, tossed salad, squash, and carrot cake. Our speaker will be Evan Geibel who is the publisher and editor of the Cortland Standard. He will talk about the history of Cortland for the last 150 years. Anyone 55 or older in the area is most welcome. We hope you can come and join

April 2 – Fabius Historical Society Meeting THE 7PM: FABIUS HISTORICAL SOCIETY will meet at the Fabius Community Center (7786 Main St., Rt. 80). Skaneateles resident Ron Beavers will discuss the railroad industry during the 1800's. Free and open to the public. Refreshments will follow the program. Please join us.

April 20 – "Big Chuck" D'Imperio

Guess who's coming to Cortland on April 20th? Yes it's "Big Chuck" D'Imperio, making his 4th appearance at the Cortland Community

Center at the railstation, 90 Central Ave. He will be speaking on his latest book, described below. He always puts on a fun program with a few books to give away as door prizes. This is a FREE program, with refreshments. See you on 4/20 at 7pm!

May 20 – Annual Spring Tea at DCCC

Save the Date! May 20th is our Annual Spring Tea Fundraiser at the Café. This year's theme is Mary Poppins and the menu includes a variety of sweets and savories, including scones, dainty finger sandwiches, petite desserts, and of course, endless pots of freshly brewed tea! Our tea room music will be provided by Piatiagorsky Cello Class, a part of Ithaca Talent Education and there will be door prizes donated by local businesses. Volunteers from the Dryden Community Center Café will prepare and serve all the food and all proceeds from this event will go back to the Café. Who knows, maybe Mary Poppins herself will come and serve your tea! Tickets go on sale April 2nd and are \$27 each. There are only 36 spots available so act fast!

FOR A COMPLETE LISTING OF UPCOMING EVENTS:

CORTLANDAREATRIBUNE.COM TWITTER.COM/TCATRIBUNE



HAVE A COMMUNITY EVENT TO SHARE?

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

е	g	r	r	k	n		a	n	g	r	S	r		h
h	a	I	е	n	i		е	d	0	m	е	r	t	i
m	r	a	p	m	-	t	p	t	0	m	h	n	У	r
i	a	n	a	е	m	a	C	0	0	m	е	p	a	I
S	g	n	i	I	i	a	r	h	0	m	m		W	t
S	е	t	r	n	r	d	h	0	е	a	е	a	е	a
t	е	r	t	t	е	0	r	V	0	n	0	n	V	p
a	S	C	n	b	u	h	0	i	k		g	S	i	0
i	C	0	n	S	t	r	u	C	t	i	0	n	r	h
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home • improvement • garage • stairs • hammer • nails contractor kitchen shingles carpet engineer plans construction appliances driveway remodel repair

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It's easy to play Sudoku! Simply fill every column, row and 3.3 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	2			7		1	
	5				2	6		
						9	7	
				8			3	
3			4		9			8
	1			5				
	4	9						
		3	1				5	
	8		3			7	6	

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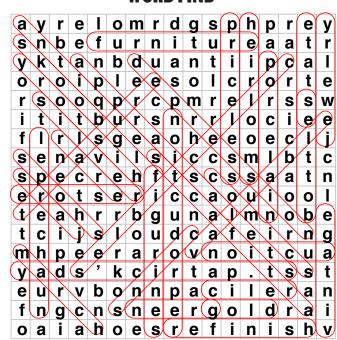
SUDOKU

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

THIS ISSUE'S TRIVIA ANSWERS

- 1. Wiring that used porcelain insulators so the wiring wouldn't touch wooden framing members.
 - 2. Provide a binding agent to hold plaster together.
 - 3. Spaced wooden strips attached to wall studs that provide a support for plaster.
- 4. Wall located such that it supports structures on floors above it.

WORD FIND





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