

FREE

April 6-19, 2011

Spring Motorcycle & Car Care Edition

FREE

# THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER

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## WELCOME TO THE SPRING MOTORCYCLE & CAR CARE 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!

- April 20** – Prom, Golf Enthusiasts & Easter Edition (Deadline 4/15)
- May 4** – “Pamper Me - Warmer Weather,” Mother’s Day & Lawn and Garden Edition (Deadline 4/29)
- May 18** – Memorial Day & Restaurants Offering “Outdoor Dining” Edition (Deadline 5/13)
- June 1** – “Camping,” Dairy Days & Pre-Grad/Dad Edition (Deadline 5/27)
- June 15** – Graduation & Father’s Day Edition (Deadline 6/10)
- June 29** – Bed & Breakfast, 4th of July & Taste of Downtown Edition (Deadline 6/24)
- July 27** – Welcome Back NY Jets, Fans, Families & Press Edition (Deadline 7/22)
- August 10** – Need for “Speed” Edition (Deadline 8/5)
- August 24** – Pamper Your Pets & Labor Day Edition (Deadline 8/19)

### 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!*

### HAVE SOMETHING TO SELL?

Take advantage of our FREE CAT CLASSIFIED ADS! Make some extra money – clean out that attic or garage! Free classifieds are for “articles for sale” or “garage sales” only, non-commercial, no real estate. Deadline is 6 pm on Friday, April 15th. Email your classified to tcatribune@gmail.com or use the mail-in form in this Edition. Only emailed, mailed or faxed classifieds accepted. Fax to 607-330-8012. *Remember your unwanted items may be someone else’s treasures!*

### FREE HAPPY ADS!

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




### WELCOME NEW ADVERTISER:

<p><b>AUTO MECHANICS</b></p> <p><b>ROBINSON'S REPAIR SHOP</b> 3 Cortland Street - Marathon NY (607) 849-6410 • (607) 849-8400 <i>Also a "Grummons Canoe Dealer"</i></p>	<p><b>AUTOMOBILE REPAIR &amp; SERVICE</b></p> <p><b>SCOTTIE'S AUTO REPAIR</b> 2171 DRYDEN ROAD RT. 13 FREEVILLE FOREIGN &amp; DOMESTIC <b>844-4307</b> For All Your Service Needs M-F 8:00-5:30</p>	<p><b>ICE CREAM</b></p> <p><b>Toad's Too Ice Cream Oasis</b> Rt. 38 FREEVILLE Serving Ice Cream &amp; More <b>OPEN DAILY!</b></p>
<p><b>AUTOMOBILE BODY &amp; PAINT</b></p> <p><b>Ron's Body &amp; Paint</b> 31 Cortland Street Marathon NY <b>607-849-6898</b> www.ronsbodyandpaint.com</p>	<p><b>HEATING &amp; AIR CONDITIONING</b></p> <p><b>SCOTT SMITH</b> 730 Route 13 Cortland, NY 13045 Cell (607) 745-1287 JBSmithHeating@gmail.com</p>	<p><b>MOTOR RE-BUILDER</b></p> <p><b>B &amp; I DISTRIBUTORS</b> 6 Cortland St. Marathon, NY <b>(607) 849-6430</b></p>
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## The Cortland Area Tribune

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# COMMUNITY CALENDAR



## Sundays - Varna Community Center Pancake Breakfast

943 Dryden Rd., Ithaca. Pancakes, French Toast, Eggs, Sausage, am, Bacon, Fresh Fruit, Breakfast Breads, OJ, Coffee, Tea & Milk. 50/50 Raffle Tickets available. Future Breakfasts scheduled for 04/10/11 (bring your Mother and Celebrate Mother's Day!).

## Mondays - Runaround!

Come to The Runaround! It's a free informal playtime for moms and their children ages 0-5. Held biweekly at the First Baptist Church gymnasium, near the Main Street intersection in Marathon. Spring dates are Mondays April 11 & 25, May 9 & 23. 9:00-10:30 AM. In case of school cancellation, we will not be hosting The Runaround that day. We will just cancel and plan on meeting again the following date. Everyone welcome. For any questions or additional information, please call (607) 849-7865.

## Now thru June 9 - Call for Art

Access to Independence of Cortland County is having an Art-Ability Expose on July 22nd at the Homer Center for the Arts, as part of their Annual ADA celebration. We are looking for individuals with disabilities their friends and or family members to submit works of art. In addition individuals

submitting work must; live in Central New York, and be at least 8 years old. To receive a submission packet please contact Fran Pizzola by phone: 753-7363, or by e-mail:fpizzola@aticortland.org.

## April 9 - Freeville Pulled Pork BBQ

American Cancer Society Benefit BBQ Pulled Pork Dinner to Benefit American Cancer Society Relay for Life

Saturday, April 9 from 4:30-6:30pm at the Freeville Methodist Church, Main Street in Freeville

Menu: BBQ Pulled Pork, Baked Beans, Macaroni Salad, Dessert and Beverage. Adults \$7. Kids 12 & under \$5. Take out available. Questions, call Paula 607-347-4892 or Susie 607-898-4713. ALL PROCEEDS will benefit the American Cancer Society Tompkins County 2011 Relay for Life

## April 9 - Kidsville

The Cortland Area Child Care Council would like to invite young children and their families to come to Kidsville, on Saturday, April 9th. Focusing on the theme "Play is Children's Work", this free children's fair will take place from 10 am to 1 pm in the County Office Building Gym at 60 Central Avenue in Cortland. Over 25 local community agencies, including early childhood programs will be offering a variety of hands-on activities and information as part of a

national Week of the Young Child celebration. Children learn while having fun. Come join us for some serious fun at Kidsville. For more information, call the Cortland Area Child Care Council at 607 753-0106

## April 10 - Easter Oratorio

Musicians from all corners of Cortland County are collaborating to perform "Easter Oratorio", a setting of the Passion story composed by Cortland County's own Lynn Arthur Koch. Participating are the choirs of the McGrawville Baptist Church and United Presbyterian Church, and additional singers from neighboring churches, brass septet, organ, and percussion. Performance is on April 10 at 3:00 PM at the United Presbyterian Church of Cortland, 25 Church Street. Admission is free, with refreshments following the concert.

## April 10 - Classical Guitar Concert

St. Mary's Celestial Concert Series presents a free Evening of Classical Guitar with students of Pablo Cohen from Ithaca College. Sunday, April 10, @ 7 p.m. St. Mary's Church 44 N. Main St. Cortland, NY

## April 11 - Dryden Seniors to Meet

The Dryden Senior Citizens will meet on Monday, April 11, 2011 at the Dryden Fire Hall. Lunch is served at 12:15 p.m. with announcements starting at 11:45 a.m. Please bring your

own table service. The meal cost for members is \$6.00 and \$8.00 for non-members.

The menu will be chicken and biscuits, mashed potatoes, mixed vegetables, applesauce and brownie with vanilla ice cream.

Our speaker will be Reverend Richard Sivers who will talk about his trip to England.

Are you new to the area? Want to join a great group? Then consider joining the Dryden Senior Citizens for only \$5.00 a year. Anyone over 55 can join our group. We have great programs, wonderful fellowship, and bus trips. Bring a friend to our next meeting.

## April 15 - Attic Treasure Sale

Attic Treasure Sale and Antique Appraisal Sponsored by the Cortland County Historical Society, 25 Homer Ave., Cortland on Friday, April 15 from 9:30 to 4 PM and Saturday, April 16 from 9:30 until 2 PM.

Antique Appraisal on Saturday, April 16 from 10 AM until 2 PM.

Bring your antiques for an appraisal. Jerry Wilcox, appraiser will be on site. One item \$2 or 3 items for \$5.

## April 28 - Dryden Grange Awards

Please do a timely piece for Dryden Grange Community Service Awards night to be held Thurs 4/28 @ 7 pm at the Dryden Neptune Fire Hall. The issue closest to that date would be appreciated.

The 2011 recipients will be Marg Alpern from McClean for her work with Calling all Teens, a program she puts on for McClean teens to gather in the evenings at McClean school to have games, supervised homework sessions, refreshments and trips to various sporting events in area. (this is only one of many "projects" Marge is involved in) We will also be honoring Diane Miller Yacavone for her devotion to making dreams come true thru the DREAMWORKS program. She, along with the entire Miller families collect bottles and cans and use the refund monies to provide a dream come true for children who are ill or in need. This event is open to public.

May 1 - Cortland Co. Historical Soc. "Here Come the Brides", 100 years of Bridal Fashions presented by the Cortland County Historical Society on Sunday, May 1, 2011 at the Center 4 the Arts, Main Street, Homer, NY from 2 until 4 PM. Tickets available in Cortland at the Cortland County Historical Society, 25 Homer Ave., Sheridan's Jewelers, 6 Main Street and The Bling Store, 101 Main Street and in Homer at Lily Lanetree, 17 South Main Street.

## June 11 - Dryden Dairy Day

Get Ready for Dryden Dairy Day! The Dryden Dairy Day Committee is currently planning for the 27th Annual Dairy Day! This event will be on June 11th, 2011. The day will start at 9:30 with the parade down Dryden Main Street and continue with activities, food and craft vendors at Montgomery Park, located behind the Dryden Hotel. Mark the date for a day of family fun! More information will follow as the committee finalizes plans.



## 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!

# COVER PHOTO CONTEST



## Answer from the Previous Edition:

Stafford Coal & Lumber Co. of North Fulton St. in Homer

## MYSTERY PHOTO CONTEST!

Our cover 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 6pm on Friday, April 15th for this edition. By entering, you automatically give us permission to print your name in our next issue.

Each contest generates hundreds of entries! The winner of last edition's contest is Pam Craig. Pam won a gift certificate from Dryden McDonald's located at 51 North Street in Dryden! The winner of this edition will also win a gift certificate from Dryden McDonald's located at 51 North Street in Dryden! Enter your guess today!

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

## DO YOU KNOW WHERE THIS IS?

See what you can WIN  
if you know WHERE this picture is!

Congratulations to our latest contest winner:

**Pam Craig  
of Cortland**

## Tikki's Adult Boutique

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COME AND STEP INTO SEXY were you can walk the fine line between naughty and nice. From corsets, lingerie, club dress's, exotic leather, heels, dvds and adult novelties. We carry it all in plus sizes too.

Tikki's is one of the largest adult boutiques in upstate New York. We are designed for couples. Tikki's is owned and operated by a local married couple for over 30yrs and knows how to spice it up.

Terri and her staff takes pride in giving you a fun friendly atmosphere. We will help set up for that special evening. Here at tikkis we can also help you with all your bridal needs and party supplies. So stop in and put alittle sizzle in your life or leave nothing to the imagination.

Thank you to all our customers.

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We look forward to helping you get started as a fellow biker and servicing your needs to help you stay on the road!

Don Titus (Owner), would like to share some basic information about rider safety courses that are offered through FirstMSP, an extension of the Groton Cycle Center:

### New to motorcycling?

FirstMSP now offers private one-on-one motorcycle instruction for both first timers and those who just want to brush up on their skills with a certified instructor. This program is perfect for beginners and pro riders alike. Did you already reserve a seat in an upcoming class? Get a jump on your skills and greatly improve your confidence.

Finest In Rider Safety Training - Motorcycle Safety Program, better known as FIRST MSP was organized in 2002 and contracts with the Motorcycle Safety Foundation a not-for-profit corporation established

to bring a comprehensive & standardized motorcycle rider safety program to the residents of New York State.

This specially designed instructional program is specifically designed to meet the criteria of the New York State Department of Motor Vehicles Points and includes the New York State Road Test Waiver Program.

FIRST MSP uses the proven curriculum established by the Motorcycle Safety Foundation [MSF] based upon nearly thirty years of experience and research in motorcycle safety training. We are a full service driving and some of our available services include the Basic Rider Course, Experienced Rider Course and of course, private riding lessons.

All FIRST MSP RiderCoaches are Certified Instructors as well as experienced motorcyclists. Over the years, our RiderCoaches have taught thousands of motorcyclists and are totally committed to teaching our students to ride safely. FIRST MSP RiderCoaches are also available for personal appearances and informational lectures at most educational schools/colleges, motorcycle club meetings and similar events.

### Basic Rider Course 2:

This course (Formerly the Experienced Rider Course) is intended exclusively for licensed, experienced motorcyclists and prior Rider Course training is NOT NECESSARY.

The BRC2 range activities practice slow speed control, limited space maneuvers, cornering judgment and finesse, braking quickly in both, straight-lines & curves and swerving to reinforce the skills found lacking in motorcycle involved accidents.

The BRC2 is an excellent refresher course for the returning or re-entry rider looking to improve his/her skills and techniques in order to regain the confidence and control PRIOR to becoming involved in today's faster, more congested riding environment.

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 <p><b>2003 JD 672CH II, 3,834 Hrs. Cab w/ A/C, 14' Blade w/ Tip &amp; Side Shift, Blade Float, AWD, Front Scarifier, Work Lights, 17.5x25 Tires, Block Heater, Beacon, #4427 (RENTAL AVAILABLE) \$95,000</b></p>	 <p><b>2006 SAKAI SV505D, 1,214 Hrs. OROPS, 84" Smooth Drum Hi/Low Amp, 2-Spd Travel, Diamond Tread 60%, Cummins 48T Turbo, #4431 (RENTAL AVAILABLE) \$55,000</b></p>
 <p><b>2004 CAT 345BL II, 6,245 Hrs. Cab w/ A/C, 12' 10" Stick, Aux Hyd, 36" Shoes, Heavy Lift, Pattern Control Changer, 48" Bucket, 70%+ U/C, Track Guards, Work Lights, #4219 (RENTAL AVAILABLE) \$135,000</b></p>	 <p><b>2005 CAT 322CL LR, 3,443 Hrs. Cab w/ A/C, 60' Long Reach Stick, 32" Shoes, Control Pattern Changer, Work Lights, 45" Ditching Bucket, #4368 (RENTAL AVAILABLE) \$132,500</b></p>

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The William George Agency for Children's Services

# Annual Equine Open House & Sale

**April 30, 2011  
9:00 am to 4:00 pm**

**Arabians, Half-Arabians and Quarter**

**Arabians, Half-Arabians and Quarter Horses from yearlings to adult horses! Well started horses under saddle! Prices starting at \$500.00!**

**Refreshments and demonstrations all day!**  
**April 30th, 2011,  
9:00am to 4:00pm**



The William George Agency for Children's Services

380 Freeville Road  
Freeville, NY 13068  
**607.844.6354 (Office)**  
**719.651.7920 (Cell)**  
troxterm@gjrmail.com

Members of:



ARABIAN HORSE ASSOCIATION

Contact:  
Michael Troxler, Equestrian Director  
for more information.  
[www.gjrequine.com](http://www.gjrequine.com)

Special Rates Available for Groups and Clubs! Must call 607-898-3315 to register!

*Private Lessons:*

**New Riders** - Many new riders are anxious about what it takes to ride a motorcycle. In addition, many have never even driven a standard shift vehicle. We offer private lessons for individuals or small groups, to address these concerns and help those individuals get a "step up" on the MSF Basic Rider Course.

Private lessons include - motorcycle familiarization and other basic skills including clutch control, throttle control, braking, shifting and cornering. A couple hours of you, time will boost your confidence and prepare you to take the Basic Rider Course with reduced anxiety and a solid beginning level of skill development.

Special, new rider introductory classes are available on Tuesday and Thursday evenings. Call 607-898-3339 and make your reservation today.

**Re-entering Riders** - Many riders haven't ridden in quite some time or have acquired newer, more powerful motorcycles. Some know that they just need to "brush up" on the skills they already possess or specific skills needed to improve their riding experience and safety.

Private lessons, either individually or in small groups, allow you to address specific areas of need at YOUR OWN PACE to improve your riding skill level. Call 607-898-3339 for more information or to schedule a private lesson today!

*Overnight Stays:*

We have arranged: Discount Hotel Accommodations at the following locations:

Benn Conger Inn - First MSP students will now receive a discounted rate of \$90 for an overnight stay including breakfast at the luxurious Benn Conger Inn located just

2 miles away at 206 West Cortland St. Groton NY 13073 for more info visit [www.benncongerinn.com](http://www.benncongerinn.com)

Country Inns & Suites - DO NOT register online - No discount will be applied. Exclusively for First MSP Students!! The staff at First MSP has also made an arrangement with the Country Inns & Suites of Cortland, New York to get our students a 20% room discount while attending one of our motorcycle training courses.

*Here's how it works.....*

First - purchase any one of our training courses on line. This will get your name in the system with First MSP.

Then TELEPHONE the Country Inns & Suites in Cortland, NY at 607-753-8300. Tell the reservation desk, that you are enrolled in the motorcycle training class at the Groton Cycle Center.... and you're done.

You'll get a great room, a free breakfast and all for 20% off!!

Also, Don't forget us for all of your bikes Service Needs!

With the exception of male mice, small animals do not smell, dirty cages do.

Guinea pigs need Vitamin C in their diet because, just like you, they do not make it themselves.

Some big breeders actually add a little bit of unsweetened orange juice to a guinea pigs bottle.

Many guinea pigs will actually chew on an orange rind.

The other small animals do. Chinchillas also benefit from extra vitamin C.

Gerbils drink very little water and often get enough from a small carrot treat.

Change their water bottles every day so the water does not get stale.

Hamsters in the wild are solitary, A single hamster will be fine.

Many small animals are allergic to cedar bedding, so it is safer to stick with pine or one of the many recycled newspaper type beddings. Even just a small amount of cedar can cause a small animal to die.

Many will lose their fur and even get bloody noses. Beware of Department store pine. It sometimes has small amounts of cedar in it.

Gerbils make excellent pets, they drink very little, so they urinate very little, so they smell very little.

Rats make excellent pets. They are clean and very very smart. Very unlikely to bite.

Chinchillas can live to be 25 years old. All baby ferrets are descented, spayed and neutered at a very young age

• *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](mailto:friskyy@hotmail.com)*

## MIKE'S FISH TANK NON-FISH FACTS

*Here are some neat non fish facts:*

Teddy bear hamsters with really long hair are usually males.

The feet of Siberian hamsters have thick fur on the bottom. It is cold in Siberia.

Syrian hamsters have pouches on the sides of their mouths to carry food collected in the desert to their den.

Try giving them a thin carrot strip and watch them stuff it into their pouch, biting it off if it's too long.



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# ALLSTATE INTRODUCES GOODFORLIFE<sup>SM</sup> IN NEW YORK

## NEW FINANCIAL PRODUCT IS LIFE INSURANCE—AND MORE



ALLSTATE RECENTLY ANNOUNCED THE LAUNCH of GoodForLife, a unique multi-coverage life insurance product that provides New York consumers life insurance, severe accident benefits, and terminal illness coverage in one bundled policy.

GoodForLife takes the complexity out of protecting families from the unexpected by bundling life insurance with severe accident and terminal illness coverage, in one simple and affordable product. And if all goes as planned, at age 65 GoodForLife features a return of premium, as well as a paid up death benefit with no additional payments.

“GoodForLife exemplifies Allstate’s commitment to reinvent protection based on consumer wants and needs,” said Mike Wargo, New York Regional Financial Services Leader for Allstate Insurance. “Consumers told us they wanted affordable, easy-to-understand coverage with multiple benefits in one simple package. They also asked us why companies don’t reward those who maintain good health throughout their life. This product is the direct result of those conversations.”

*Life happens. GoodForLife protects your customers for when life goes not so well.*

- Severe accidents, terminal illness or premature death
- Life coverage amounts of \$50,000, \$75,000 or \$100,000 to age 65
- Severe accident resulting in death, \$10,000 benefit

- Severe accident resulting in dismemberment, \$10,000 benefit
- Terminal illness coverage up to 75% of death benefit
- Premium Forgiveness – customers may miss up to six months of payments

*And when life goes well (after age 65):*

- Returns half of premiums at age 65
- No more payments
- Gives \$15,000 death benefit

SHIRLEY EIZEMBER, Exclusive Allstate Agent  
 PINCKNEY INSURANCE AGENCY, INC.  
 41 PORT WATSON ST., CORTLAND NY 13045  
 PHONE 607-756-8505  
 seizember2@Allstate.com

*GoodForLife is available through Allstate agencies in 39 states, including New York. Additional rollouts will occur throughout the rest of the year as the company works with departments of insurance to make GoodForLife available nationwide*

*Allstate GoodForLifesm is a flexible premium universal life policy UL21AFNY issued by Allstate Life Insurance Company of New York, Home Office, Hauppauge, NY, a subsidiary of The Allstate Corporation, Northbrook, IL. Available riders include the Accelerated Death Benefit Rider (ULBR2NY series), the Accidental Death and Dismemberment Rider (UADDAFNY series), the Enhanced Grace Period Rider (UPFRAFNY series). See riders for terms, conditions and restrictions. Additional costs may apply.*

*Please refer to the actual policy for coverage terms, limitations and exclusions. The guaranteed benefits of GoodForLifesm are dependent on the terms and conditions of your policy. If actual premiums are different in timing or amount than the planned premium, if withdrawals are made or loans taken, or if other changes are made, the benefits may be reduced or coverage may end. Guarantees are based on the claims-paying ability of Allstate Life Insurance Company of New York.*



## G. L. MULLEN BODY SHOP

MULLEN’S BODY AND PAINT SHOP has been in the Dryden area for almost 30 years. Owner and Dryden resident, Gary Mullen is proud to bring the community quality and professional, reliable work at a reasonable price to ensure customer satisfaction. If it’s paintable – they will paint it. Along with body and fender repairs, expert refinishing and used car sales, Mullen’s will sand and paint a bicycle frame, trailer, or motorcycle tank! Mullen’s currently has 3 full time body technicians and 1 part time technician, with some of his staff being there almost as long as he has been in the business! By having knowledgeable and experienced staff, he is able to continue to provide his customer with the quality work they are accustomed to within a timely manner.

Mullen’s Body Shop specializes in Buff, brush touches and welding. If you are in the need of having body work done on your vehicle or fix that scratch on your car, customer satisfaction is their priority. They will answer any questions you might have and provide free estimates on the work that needs to be done. If you involved in an accident, Mullen’s will walk you through the process. They can handle all types of collision and insurance claims. Mullen’s has rental cars available for your convenience and will also arrange to pick up and deliver the vehicle for their customers. Mullen’s will also help you with any old car restoration needs. Whether it is welding, body work or body paint, they will provide you with quality work that is guaranteed.

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Expires 5/31/11. Not valid with any other discounts.

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\*Tax

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Mullen's also has towing available through Brecht's and Stupke's. Any of these towing businesses will gladly tow your car to Mullen's Body Shop.

Mullen's is conveniently located on Route 13 (290 Cortland Road) in Dryden, only 10 minutes from Cortland. For hours or if you have any questions or need a free quote call Gary Mullen at 607-844-9336.



Action Sports can help you do just that!

Located at 85 Main Street in Cortland, Action Sports is Cortland's only bike and ski shop. They are ready to help you and your family spring into fitness! Come check out the new 2011 Specialized and Jamis bicycles. For the serious road racers, check out the latest carbon fiber frames, which are strong and lightweight. Take a look at touring bikes for a smooth and comfortable ride, like a century ride around the lake. There are entry-level road bikes as well, with great components and features to help you get started in road riding. Women-specific bikes, which are a better fit for most women as the top tube is shorter, are also a part of the inventory at Action Sports.

Or, come see the mountain bikes! Maybe you prefer to go off-road. There are trails at Bear Swamp and other areas where cyclists can whip themselves into shape and enjoy a woodland trail beneath a canopy of trees. No cars here! Hardtails, suspension in the fork only, are ideal for most trails around here. The 29ers, mountain bikes with 29 inch wheels, are getting more and more popular. And with disc brakes on many of the mountain bikes, you just might be able to stop on a dime. Many mountain bikes are specked with great components and cool colors. There are children's bikes to choose from too, and if not in stock, easy to order and get within days. Let Action Sports help you pick the right one!

Owners Matt and Lisa Belknap will give you the attention you need to get you fitted for fitness and fun. They have been running the shop for over ten years and have built up a good customer base, which includes many repeat customers. They will help you decide what kind of bike you need and help fit you with the right size. They can help you understand the gears and everything you need to know to get you on your way to fitness. They have a good knowledge of local trails and road routes. They promote a friendly, family-oriented atmosphere.

Action Sports has the only full-service repair shop in Cortland and services most makes and models of bicycles. Maybe your bike has been in the garage for awhile and just needs a tune-up...bring it in! Action Sports can get your bike up and running and ready for the riding season.

Action Sports stocks accessories like helmets and water bottles, tires and tubes, pumps and patch kits, tools, cycling-specific clothing (like jerseys, jackets and bike shorts), cycling shoes for men and women and energy foods and drinks. They can order Thule rack systems for your car and stock bike carriers for your car. They stock Native Eyewear sunglasses and Specialized cycling-specific sunglasses. They have computers for your bike to clock your miles and speed. Come check out this cycling-specific shop!



Although not the season anymore (and maybe you're glad!), Action Sports also stocks winter sports equipment like cross-country

skis and snowshoes. Here is another way to get the family out and get some exercise! In winter, they stock Alpina and Madshus cross-country skis, poles and boots. Also, they have Northern Lites snowshoes, which are made in Wisconsin. When the white stuff returns, remember that Action Sports can help you stay active and maintain your fitness level throughout the whole year.

Spring Into Fitness! Now is the time! Seize the moment! Look for those warmer days and then get out and ride your bicycle. You and your family will be glad you did.

Business hours are Monday through Friday 10am to 5:30pm, Saturday 10-3pm. Closed Tuesdays and Sundays. Call 607.753.9612 for more information. Gift certificates available. Located at 85 Main Street, right across the street from the Cortland Post Office.



**SPRING INTO FITNESS!**

SPRING IS HERE, FINALLY! Time to spring into fitness! With flowers blooming and birds singing, you can renew your interest in getting into shape. It's time to get out with the kids and go for a bike ride! Or, why not make it a goal to cycle around one of our beautiful finger lakes!

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<b>WEDNESDAYS</b> <b>BOTTLE NIGHT</b> All Bottled Beer \$3.00 Pabst Blue Ribbon Pounders \$2.00	<b>THURSDAYS</b> ALL Pints & Bottles <b>\$3.00</b>	<b>SATURDAYS</b> <b>Corona Night</b> 2 for \$6.00 \$2 <sup>99</sup> Yuengling Pints

**FRIDAYS**  
 with **Mr. Oscar**

# DON'T GET TAKEN FOR A JOY RIDE DURING NATIONAL CAR CARE MONTH

## KNOW THE FOUR STEPS TO KEEP SAFE IF YOUR CAR BREAKS DOWN



APRIL IS NATIONAL CAR CARE Month and spring fever is in the air! Drivers are anxious to get to the beach or park, or off to their vacation destination spot. We all know that cars don't last forever and could have mechanical problems.

"If you are ever in an accident or your vehicle breaks down, remember your safety is your priority," said Allstate New York spokesperson Krista Conte.

*The Insurance Information Institute recommends the following precautions when your car breaks down or you experience an accident:*

- Never get out of the vehicle to make a repair or examine the damage on a busy highway. Get the vehicle to a safe place before getting out. If you've been involved in an accident, motion the other driver to pull up to a safe spot ahead.
- If you can't drive the vehicle, it may be safer to stay in the vehicle and wait for help or use a cell phone to summon help. Under most circumstances standing outside the vehicle in the flow of traffic is a bad idea.
- Carry flares or triangles to use to mark your location once you get to the side of the road. Marking your vehicle's location to give other drivers advance warning can be critical. Remember to put on your hazard lights!
- In the case of a blowout or a flat tire, move the vehicle to a safer place before attempting a repair—even if it means destroying the wheel getting there. The cost of a tire, rim or wheel is minor compared to endangering your safety.

Conte says, "National Car Care Month is a good time to make sure your auto insurance policy is up to date with the most current and best features."

For more information, please contact Shirley Eizember at the Pinckney Allstate Insurance Agency; 41 Port Watson Street; Cortland, NY 13045: (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 and services through Allstate agencies, independent agencies, and Allstate exclusive financial representatives in the U.S. and Canada, as well as via www.allstate.com and 1-800 Allstate.*

# SOUTHERN HILLS VETERINARY

SPRING IS UPON US AGAIN, after a very long and cold winter. That means Easter is around the corner! If you are thinking of buying a live little Easter bunny for a small child, please think again. Not only do rabbits need daily care and attention, but they do not make good pets for small children. Rabbits are very sensitive animals and need to be handled in a calm and gentle way. They can be fatally injured if improperly held. They also can get frightened easily and bite, kick, or scratch the child. Rabbits can make wonderful pets for older children and adults. There are plenty of resources with good information about rabbits as house pets. Another Easter tradition, is buying Easter Lilies to decorate your house. Be aware that these beautiful plants, as well as others of the Liliaceae family are very toxic to cats. Any part of the plant/flower, even in very small amounts, if eaten by your cat can cause kidney failure. For any additional additional information on pet rabbits and/or Lillies, please call Southern Hills Veterinary Hospital at 315-696-6699 or email through TullyVet.com



## OIL CHANGE

How often: Plan to change your oil every 3,000-5,000 miles or every 3 months.

Things you'll need from your garage or your local NAPA AUTO PARTS Store:

- Oil filter wrench set\*
- Oil catch/recycle container,
- Funnel, New NAPA GOLD oil filter, 4-5 qt. new oil\*\*,
- Clean rags, Car jack, Jack stands, Safety glasses,
- Mechanics work gloves, Hand cleaner

\*If you plan to change your oil regularly, consider investing in a small tool set, an oil filter wrench set and a quality floor jack and stands.

\*\*Always check your owner's manual. Some vehicles take up to 15 quarts!

Park your car on a level surface; apply parking brake. - Run engine for 5 minutes before draining oil (warm oil drains faster than cold). Do NOT drain oil that is at full operating temperature (too hot!). Remove keys from the ignition, as some hybrid models can auto-start. To be safe, always check manual when working on a specialty vehicle.

Jack your car up and place it on jack stands. - A jack alone will not support the full weight of your car safely. Consult owner's manual for proper jacking points, as the placement of a jack stand is just as important as where to place a jack. Misplacement can damage suspension or body parts.

Locate oil drain plug under the engine and place the drain pan below. - The plug is usually near the front center of the engine, and some vehicles have more than one (see owner's manual for exact location). Loosen the plug with the proper tool. Make sure that the drain pan is large enough to hold 4-5 quarts of oil or more. The oil drains at an angle, so make sure your pan is positioned to catch it.

Unscrew the plug by hand. - Remove the plug by hand. While unscrewing the

plug, push the plug back towards the pan. This prevents oil from rushing out until you are ready to remove the plug from the hole.

Drain all oil. - To speed the draining process, remove the filter cap located on the top of the engine (see owner's manual) and allow air to enter from the top.

Replace oil plug. - Tighten by hand so plug is not cross-threaded. Once the plug is tight, finish tightening with the correct tool. Always use a new drain plug gasket and never over-tighten the drain plug.

Remove existing oil filter. - Position oil pan underneath to catch any remaining oil while unscrewing the old oil filter, using the proper oil filter wrench. Use a rag to clean the mounting surface in preparation for the new filter. Make sure that the sealing O-ring from the old filter is not stuck to the mounting surface on the engine. (Note: Some vehicles use remote mounted oil filters that may be on top or on the side of the engine.)

Lubricate new filter and screw into place by hand. - Lightly coat the rubber seal of the new filter with fresh oil. It's usually not necessary to tighten the oil filter with the wrench (always follow the manufacturer's tightening specifications). Once the filter is installed, lower the car.

Clean the oil filter neck and pour in the new oil using a funnel. - Typically, you will use 4 to 5 quarts of oil (see manual for exact oil capacity). Fill to three-quarters of the engine's capacity to avoid overfilling (there is always oil that does not drain). Replace the cap.

Run the engine for a few minutes to make sure there are no leaks. - Check the area around the oil drain plug and the filter for oil leaks. If a leak is noticed, shut the engine off immediately and correct any leaks. Check the dipstick. Add more oil if necessary.

Dispose the used oil properly. - Bring your used oil to a recycling center or a NAPA AUTO PARTS Store to recycle it for you. These are the only acceptable methods for oil disposal.

### Important Tips:

Read your owner's manual or see your local NAPA AUTO PARTS Store specialists to ensure you are using the correct type of oil and oil filter.

You'll need the year, make, model and mileage of your car if you go to a NAPA AUTO PARTS Store.

Make sure the car is securely supported. You will need two jack stands to support the front of your car after jacking it up.

Record the date and mileage after you change the oil so you will know when your car is due for another oil change. It helps to put a small sticker on your windshield to remind you.

Handle hot motor oil with extreme caution.

Mechanic gloves will keep your hands protected and clean.

Only dispose of used motor oil and filters at authorized locations.

If you prefer, bring your car to your local NAPA AutoCare Center and they can change your oil for you.

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Quality Clothing for the Whole Family



# APPLIED DESIGN RESEARCH ASSOCIATES

WHERE WORK IS OUR PASSION

APPLIED DESIGN RESEARCH ASSOCIATES (ADRA)- Architecture, interiors and project management services, has been in business locally since 1988.

the principal registered Architect, I maintain an ardent commitment to developing creative, value conscious design solutions where client/user input remains priority one throughout the design process. ADRA's design/build team shares the collective belief that a truly successful design will enhance the quality of life for those who reside, study, work, or play within the facility.

ADR Associates brings the client extensive experience in the planning and design of new projects as well as creative solutions for the reuse of existing buildings. We are adept at developing ongoing rapport with client/user groups through our willingness to listen and flexibility in accommodating changing program requirements including a client's need for effective problem solving on projects that have critical budgetary constraints or stringent time parameters.

In June of 2007, ADRA further expanded its professional service capability by establishing The CedarBrook Group to offer an additional level of project management expertise for our residential and small commercial clients. For the past decade, the building industry has experienced significant growth in design-build firms that can effectively provide clients with one-stop shopping for new homes and businesses. By having the design professional and builder collaborate in the design process, the overall project can be accelerated when the schedule is time sensitive. Client budgets can also be more closely monitored since the contractor can provide earlier input to the design process and suggest cost saving alternatives without diminishing project quality.

The CedarBrook Group is a collaboration of ADR Associates and Bell Construction Company, LLC, a respected, fully insured general contracting firm operating from Cortland, New York since 1991. Bell Construction Company offers extensive building expertise in the areas of residential construction, light commercial, residential care and hospitality projects along with adaptive reuse of older buildings. View their website at [www.BellconstructionLLC.com](http://www.BellconstructionLLC.com).

Brian Buttner, ADRA's owner and Principal Architect, has been a regular contributor to the Cortland Area Tribune over the past four years with his Pencil Points articles on common code compliance and design issues. Mr. Buttner has also conducted an introductory adult education course titled Building your Dream House or Addition at various locations in the area since 2004. For more information on the design-build process, to set up an appointment, or to find out when/where the next course will be held, feel free to contact Brian Buttner (ADRA) at (607) 844-4601 or email Brian at [adra@twcny.rr.com](mailto:adra@twcny.rr.com).

## HOW TO BE BRILLIANT OR AT LEAST AWFULLY SMART - PART ONE

I HAVE JUST RETURNED FROM my national convention in Cancun, Mexico and have a new exciting health program to introduce called Brilliant Body. What is a brilliant body? It means having true health or health at the deepest level. Health you can feel...health you can see. You might even call it cellular health, because lasting health begins by making your foundation strong. If the cells of the body are healthy, your tissues will be healthy. If your tissues are healthy, your organs will be healthy. If your organs are healthy, your systems will be healthy. And if your systems are healthy, YOU will be healthy. Makes a lot of sense, doesn't it?

A brilliant body can only be achieved through natural health. Surgeries, injections, chemicals and the like are no match for the true, inner and outer beauty that comes from proper eating, nutrition and activity. A brilliant body can perform at the highest level. It feels vibrant and energetic. A brilliant body is built on a solid foundation of four key facets: 1. CORE HEALTH: including vital nutrition and cleansing 2. WEIGHT MANAGEMENT. 3. ENERGY AND FITNESS and 4. SYSTEMS – a unique approach for solving targeted

health issues. Think of it like a diamond and the four keys are the four points in a diamond.

How do I achieve a brilliant body? It is not difficult. You simply have to assist your body in doing what it was designed to do. If you support your body's natural processes, you will be rewarded with brilliant health. On a macro level, brilliance is about getting good nutrition into the body and waste byproducts safely out of the body, managing your caloric intake, and having optimal nutrition for high-energy performance. On a micro level, brilliance is getting targeted nutrients to help with your body's unique health challenges. By supporting your body's individual systems, you can positively influence cellular health.

Each body system works diligently to get good elements into your cells and bad elements out of the cells. For example: Digestive System: Your digestive system breaks down ingested food in order to extract the nutrients from it and transport them to the cells for energy, growth and repair. It also helps process waste, then prepares it for removal via the intestinal system. Circulatory System: It pumps blood throughout the body to transport nutrients, oxygen and other important materials to the cells. And it pumps carbon dioxide and other waste byproducts away from the cells. Respiratory System: It works to bring oxygen into the cells and carbon dioxide away from the cells. Urinary System: It cleans and filters the blood of toxic material to keep your cells safe. Glandular System: It excretes hormones into the bloodstream to affect the performance of body cells. Last but not least the Immune System: It marshals its troops to protect the individual cells from damage.

You get the point. Lasting or brilliant health is about providing the cells what they need to thrive, and removing harmful toxins. It's about getting the good stuff in and the bad stuff out. By focusing on the body systems with targeted nutrition, we can assist the body in this process and create a Brilliant Body – a body that looks and feels brilliant in every way.

There is much more information to share but space does not permit me to continue this time. I will continue this subject next issue. Also Nature's Sunshine Products is sending a representative to the Holiday Inn in Auburn, New York on Tuesday evening April 26th from 7 to 8:30 PM to explain this in more detail. It is a free meeting and there will be free samples of some of the products discussed. Not only is this a great opportunity to learn how to help yourself and your own family but also if you want to earn some extra money they will show you how you can do it in a fun and exciting manner. For more information please contact me.

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.*



HI EVERYONE. MY NAME IS Abbie Teeter and I'm a Tompkins County Alternate Dairy Princess. With springtime just around the corner, everyone seems to be in an excitable mood. Who doesn't love when the trees become green again, you can see your grass, and all the flowers start to pop up from the ground.

Everyone loves the happy colors of spring, and the sound of all the birds chirping in their windows. Spring also brings a new season in High School: sports season. Now is the time practices start getting intense, and

teenagers start waking up really early to make it to them on time.

The American Dairy Association and Dairy Council have a fairly new promotion called Fuel Up To Play 60. This promotion is all about drinking milk, which is both nutritious and delicious, to keep your body energized for a tough workout of practice. Milk is the ideal drink for both before and after practices, so kids, but down those sugary energy drinks and pick up a nice cold glass of milk. It will keep your body, and mind, strong for both your practice, and the long school day as well.

So parents, when you see your high schoolers off in the morning, don't forget to remind them of the importance of drinking milk, and getting their 3-Every-Day. Then, sit back, relax, and enjoy this nice strawberry smoothie for breakfast, so you too can be energized for the day.

## SUN SWEETENED STRAWBERRY SMOOTHIE

- 6 large strawberries
- 1/2 cup of your favorite yogurt
- 1 cup of whole milk

Just blend all three ingredients and you have a fresh fruit smoothie. Additional fruits maybe added like bananas.

## APRIL IS NATIONAL CAR CARE MONTH

APRIL IS NATIONAL CAR CARE Month, the time of year to focus on taking better care of your second largest investment – your vehicle. Especially now, with gas prices on the rise, regular vehicle maintenance is even more important as it can increase gas mileage by as much as 10% for your vehicle.

Drivers can't control the price of gas at the pumps, but they can control the amount of gas they use by the condition of their tires, air filters and spark plugs which can impact fuel economy. These components can be easily checked on a regular basis. During April, many auto repair shops and parts stores throughout the country celebrate National Car Care Month by offering special discounts on parts and service, handing out free Car Care Guides and hosting vehicle check-up events in their community. At these events, businesses volunteer their time to check components on vehicles that typically get overlooked, including tires, air filters, lubricants and fluids, belts and hoses, battery cables and lights. These free vehicle check-up events emphasize the importance of preventive maintenance and educate the public about how to take proper care of their vehicles.

In past years, results of car care events showed that drivers are neglecting their vehicles, with 8 out of 10 vehicles failing at least one component of the vehicle inspection process. Low tire pressure, which decreases gas mileage and tire life, was found on 14% of the cars inspected, while 24% had worn tread and were in need of tire replacement, also a safety concern. Of the vehicles inspected, 24% had dirty air filters, which can also decrease gas mileage and increase emissions, and the "check engine" light was on in 12% of the vehicles. Problems with lubricants and fluids were also found in 27% of the vehicles inspected, which can affect the vehicle's performance and damage internal parts if not properly maintained.

Each year, car care events routinely identify that consumers are not taking proper care of their vehicles and in many cases, this amounts to spending more money at the pump. If you don't have the opportunity to visit a car care event in April, at least commit to having the vehicle checked on a regular basis to make sure it's running at optimal performance. Motorists should check with their repair facility to identify the nearest car care event.



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4. SECURE make, model, license numbers of all cars involved.
5. MAKE rough drawing of scene, showing position of cars & other details.
6. DON'T hastily accept claim settlement at scene of accident.
7. REMAIN calm, courteous & consistent in your version of accident.
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## JAZZERSUE SAYS JOY OF JUICING



WOULD YOU LIKE A QUICK and tasty way to get your daily dose of fruits and vegetables in one convenient glass? Try making fresh juice at home. When juicing, the pulp is extracted, leaving you with a smooth, delicious, preservative-free beverage teeming with nutrients.

Jazzercise Founder and CEO Judi Sheppard Missett recommends juicing as a healthy alternative and also reminds us to include whole foods in our diet for added fiber.

When you juice at home, you get to choose exactly what flavors you enjoy most. Experiment and create new recipes by modifying the ingredients a bit each day based on the produce you have on hand.

Home juicers are available in many stores and online, starting at around \$70. Features to consider include entry chute width, how much pulp is removed, quietness of operation and ease of clean-up.

Here are some tips for easy, fun, healthful juicing:

### Balanced Blends

Balance fruit's natural sugars and acidity by including veggies for their alkalinity. Celery and cucumber both juice very well thanks to their high water content.

### Drink it Now

Without preservatives found in bottled beverages, your juice will taste best and have the most health benefits when you drink it immediately after making it. Store freshly-made juice in an airtight container in the refrigerator for a maximum of 24 hours.

### Stock Up

Juicing requires more product than it may appear at first. Once you begin, you'll learn how much

to have on hand so there's enough to share with everyone in your household.

### Go Green

Add green veggies to your blend. The flavors of kale, broccoli, spinach and chard can almost be masked when juiced with fruit, though the color of your concoction will take on their green tints. Go easy on the quantity – green juice is powerful.

### Lighten up with Lemon

Lemons and limes brighten the flavor. Begin by juicing half a lemon or lime and see how you like it before graduating to the whole fruit.

### Whole Foods Alternative

For a thicker beverage more like a smoothie, use a strong food processor to make a drink of entire fruits and vegetables, pulp and all. Be sure to add liquid such as water or milk for more fluid consistency.

### Recipe ideas:

Try some of these delightful juicing combinations:

- Carrot, apple and celery
- Carrot, apple and beets (peel beets before putting them into the juicer)
- Tomatoes, celery, cucumber, carrots, half a lime and salt for a veggie cocktail

Experiment with quantities to find the flavor blends you like best. Drink to your health!

*Sue Karn, Certified Jazzercise Instructor, now offers more low impact moves in her classes but still shows high impact for the people who want to jump around. These classes are on Mondays and Wednesdays at 5:45 pm at the Holy Cross Church, George Road, Freeville, and Saturdays at 8:30 am at TC3, Dryden.*

*Be watching for "fit tips" or more Jazzercise information in each issue of The CAT.*

*If you have any questions about Jazzercise and/or my classes in Dryden/Freeville, please call me at 607-279-6131 or email me at sko1@cornell.edu.*

## The Cortland Area Tribune

# What People Are Saying...

I like it. Nice work. Short, sweet and to the point. The photo is very much what I do. Thanks and Happy New Year to you, yours and the staff at the Cortland Tribune.

*Kristen Augusta, LMT  
Cortland, NY*

Advertising in the CAT increased my coverage area from just Tompkins County to include Cortland County. This has increased my customer base substantially. An added bonus is that Judy Kilmer is a delight to work with.

*Karen Hewitt  
Barnhouse Antiques  
Lansing, NY*

Thank you for this opportunity to inform the public about our motorcycle organization. I would like to add that we received a few email inquiries about our local chapter which I believe was a direct result of the article in your paper so I thank you for that...thank you for the generous offer [to advertise future events], I will be sure and take you up on that.

*Jan Aguirre  
ABATE of Tompkins County  
Secretary and Webmaster*

Thanks Judy for the ad you helped me tweak. It is just right. I knew you would understand my vision. It is always a pleasure to work with you and see my business ads in the CAT. I am pleasantly amazed when friends and relatives living downstate say they have seen my ad or an article I may have submitted. Good to do business with you.

*Kathy Beardsley  
A Touch of Glass Antiques & Collectibles  
Homer, NY*

The Cortland Tribune has been a big help to my business. The prices are excellent and Judy is very helpful. I always get a good response when I do an article. The graphic department does a really nice job on my ads too.

The business directory in the middle of the paper brings in a lot of new customers. I highly recommend advertising in THE CAT.

*Michael Moffitt, Owner  
Pets A Plenty*

# BUSINESS OWNER PHOTO CONTEST



## DO YOU KNOW WHO THIS LOCAL BUSINESS OWNER IS?

Welcome to our new contest! It was suggested by a local business to try a new contest – print pictures of local business owners when they were “younger” and see if anyone can recognize them! This contest can be entered the same as our famous cover photo contest – email your guess to tcatribune@gmail.com or call 607-844-8228 and include your name, address and phone number. If your guess is correct, you will be entered into the contest. A name will be picked by random drawing and the winner's name will be printed in the next issue and they will win a gift certificate donated by local businesses! Enjoy!

## Last Issue's Business Owner Photo Contest

### Answer

**Andy Seyfried** – Co-owner The Second Knob Gifts & Antiques located at 128 W. Main Street in Dryden.

### Winner

**Barbara Shirk** – Barbara won a gift certificate from The Second Knob Gifts & Antiques, Time to Eat Restaurant and Action Sports!



## CUTTING'S GARAGE

IS IT TIME FOR AN oil change? How about those tires? Are the treads on them poor? If you answered yes to one or both of these questions, it's time to call Cutting's Garage! Cutting's Garage has been a family owned business for over 50 years. James Cutting opened Cutting's Garage back in 1954. James took pride in his work in the garage and often spent time showing his two sons how to repair the cars in his shop. Before you knew it, the boys had tons of hands on experience. In 1993, his sons, Jim and Mike, inherited the business from their father. Mike, who currently manages the garage, is pleased to bring his customers the same quality work that they are accustomed to. Mike has over 25 years experience in the automobile repairing business. Cutting's Garage provides a friendly atmosphere and excellent workmanship!

Cutting's Garage is a New York State licensed Insured Station, which specializes in brake repair, exhaust repair, oil changes, inspections and more. If old man winter has you worried about your car battery, the garage will be happy to install a new Interstate Battery to be sure your car starts on those cold mornings! In addition, Cutting's Garage is an authorized dealer of Cooper Tires. "Cooper Tires are comparable to other name brands and are better priced," stated Mike. If you need to have your vehicle towed to the garage, Cutting's Garage has a tow truck and will be happy to tow the vehicle for a nominal fee. The sign on the front of the building say "your complete auto repair center", which is exactly what Cutting's Garage is! Besides NY State Inspections - Mike is experienced in exhaust repair, tune-ups, brake repair, tire repair, lubrication, struts and more.

For over 50 years, Cutting's Garage has been providing customers with dependable and quality serve, at the same location. So if you're looking for new tires or in need of an oil change or need to have any other service done on your vehicle, call Mike at Cutting's Garage. Cutting's Garage is conveniently located at 1834 Dryden Road (Route 13) in Freeville. Minutes from Cortland or Ithaca. To schedule you next appointment call 607-347-4873.



## KLEIN'S ARCHERY WEEK LONG CELEBRATION

KLEIN'S ARCHERY HAS JUST STARTED its fifth year under new ownership. Joe would 1st and foremost like to thank all the area bow hunters for their continued support. Klein's Archery is a full service bow shop. Working on all and any brands of bow, Joe has started to really increase his inventory to include a full line of Cherokee turkey decoys, full line of Predator camouflage and the all new Epic cam for videotaping your own outdoor adventures. Joe also continues to expand his league shooting opportunities to include several area colleges and also adult and youth leagues.

Klein's also offers private birthday parties on Saturday afternoons.

Klein's will be holding its 21st Annual Spring Sale the entire week of April 11th through April 16th, 9 am to 7 pm on Monday thru Friday and Saturday from 9am to 3pm. All inventory in stock will be on sale and Klein's will have great deals on new and used bows! There will be free range use the entire week. Klein's Archery is located at 119 Freeville Road (Rt. 38) across from the Dryden High School. The normal store hours are Monday thru Friday 11am - 7pm and Saturday 9am - 3pm. If you have any questions give Joe a call at 607-844-3474, or better yet stop out and see Joe for yourself. We are sure you won't be disappointed. So remember the entire week of April 11th through April 16th - stop out and shoot one of the new PSE, Parker or Hoyt bows.

Joe is looking forward to continuing the long tradition of excellence Klein's Archery has been known for.



## CAT KITCHEN RECIPE CORNER

### STRAWBERRY MANGO SMOOTHIES

1 cup fat-free milk  
1/2 cup vanilla yogurt  
1-1/2 cups halved fresh strawberries  
1 medium mango, peeled and chopped  
4 to 6 ice cubes  
Sugar substitute equivalent to 1 tablespoon sugar

In a blender, combine all ingredients; cover and process for 30-45 seconds or until smooth. Stir if necessary. Pour into chilled glasses; serve immediately. Yield: 4 servings.

### BROILED FISH

orange roughy, red snapper, catfish or trout fillets (1-1/2 to 2 pounds)  
6 tablespoons butter, melted, divided  
1 tablespoon all-purpose flour  
Paprika  
Juice of 1 lemon  
1 tablespoon minced fresh parsley  
2 teaspoons Worcestershire sauce

Place fish on a broiler rack that has been coated with cooking spray. Brush tops of fish with 3 tablespoons of the butter; dust with flour and sprinkle with paprika. Broil 5-6 in. from the heat for 5 minutes or until fish just begins to brown. Combine lemon juice, parsley, Worcestershire sauce and remaining butter; pour over the fish. Broil 5 minutes longer or until fish flakes easily with a fork. Yield: 4 servings.

### SALSA FISH

2 pounds fish fillets (walleye, bass or perch)  
1 cup seasoned bread crumbs  
1 tablespoon vegetable oil  
1-1/2 cups salsa  
8 ounces shredded or sliced part-skim mozzarella or provolone cheese

Coat fish fillets in bread crumbs. In a skillet, brown fillets in oil. Arrange in a greased 13-in. x 9-in. baking dish. Top with salsa and cheese. Bake, uncovered, at 400° for 7-10 minutes or until fish flakes easily with a fork and cheese is melted. Yield: 6 servings.

### FISH ITALIANO

2 tablespoons chopped onion  
1 garlic clove, minced  
1 tablespoon olive oil  
1 cup canned Italian diced tomatoes, drained  
1/4 cup white wine  
1/4 cup sliced ripe olives  
1-1/2 teaspoons minced fresh parsley  
1/4 teaspoon salt  
1/2 pound cod, haddock or orange roughy fillets

In a skillet, sauté onion and garlic in oil until tender. Stir in tomatoes, wine, olives, parsley and salt. Bring to a boil. Cook, uncovered, for 5 minutes.

Add fillets. Reduce heat; cover and simmer for 12-15 minutes or until fish flakes easily with a fork. Remove fish to serving plates; keep warm. Simmer sauce, uncovered, for about 4 minutes or until it reaches desired thickness. Yield: 2 servings.

### SALSA FISH

2 pounds fish fillets (walleye, bass or perch)  
1 cup seasoned bread crumbs  
1 tablespoon vegetable oil  
1-1/2 cups salsa  
8 ounces shredded or sliced part-skim mozzarella or provolone cheese

Coat fish fillets in bread crumbs. In a skillet, brown fillets in oil. Arrange in a greased 13-in. x 9-in. baking dish. Top with salsa and cheese. Bake, uncovered, at 400° for 7-10 minutes or until fish flakes easily with a fork and cheese is melted. Yield: 6 servings.

### BAKED FISH AND RICE

1-1/2 cups chicken broth  
1/2 cup uncooked long grain rice  
1/4 teaspoon Italian seasoning  
1/4 teaspoon garlic powder  
3 cups frozen chopped broccoli, thawed and drained  
1 tablespoon grated Parmesan cheese  
1 can (2.8 ounces) french-fried onions, divided  
1 pound cod  
Dash paprika  
1/2 cup shredded cheddar cheese

In a large saucepan, combine the broth, rice, Italian seasoning and garlic powder, bring to a boil. Transfer to a greased 11-in. x 7-in. baking dish. Cover and bake at 375° for 10 minutes. Add the broccoli, Parmesan cheese and half of the onions. Top with fish fillets; sprinkle with paprika.

Cover and bake 20-25 minutes longer or until the fish flakes easily with a fork. Uncover; sprinkle with cheddar cheese and remaining onions. Return to the oven for 3 minutes or until cheese is melted. Yield: 4 servings.

### SPRING FRITTATA

1/2 cup chopped leek (white portion only)  
1/2 cup cut fresh asparagus (1-inch pieces)  
2 teaspoons olive oil  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 cup sliced fresh mushrooms  
1 cup shredded Asiago cheese  
4 eggs  
1 cup egg substitute  
1/4 cup fat-free milk  
1 tablespoon snipped fresh dill or 1 teaspoon dill weed  
1 tablespoon minced fresh parsley or 1 teaspoon dried parsley flakes

In small bowl, combine leek and asparagus. Drizzle with oil and sprinkle with salt and pepper; toss to coat. Transfer to a baking sheet coated with cooking spray. Bake at 400° for 20-25 minutes or until tender, stirring occasionally. Reduce heat to 350°.

Place mushrooms on the bottom of a 9-in. deep-dish pie plate coated with cooking spray. Top with roasted vegetables and cheese. In a large bowl, whisk the remaining ingredients; pour over cheese.

Bake for 30-35 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes. Cut into wedges. Yield: 6 servings.



# THE CAT BUSINESS SERVICE GUIDE

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

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

automobile • gas • diesel • oil • filter • motorcycle • chain • tires • sparkplugs  
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 hoses • wiper blades • brakes • battery • anti freeze • tune up • balancing  
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				5			7	
	1				9			
		2	3			8		
1							2	
	3	7	2		6	4	8	
	4							9
		6			5	2		
			9				6	
5				1				

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- Gregg's Market Marathon • Dryden Agway
- Elite Dental • Pinckney Allstate Insurance Agency
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**SUDOKU**

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

**WORD FIND**

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

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ARCTIC CAT PROWLER 1000 H2™	63.8
POLARIS RZR 800™	51.0
POLARIS RANGER XP 800™	47.0
KAWASAKI TERYX 750™	45.6
YAMAHA RHINO 700™	40.2
ARCTIC CAT PROWLER XTX 700 H1™	41.0
HONDA BIG RED™	36.3

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CAN-AM COMMANDER 1000	19.9 (17.7)
CAN-AM COMMANDER 800R	19.7 (12.1)
ARCTIC CAT PROWLER 1000 H2	13.4 (17.5)
POLARIS RZR S 800	15.7 (15)
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