

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
CORTLAND • ITHACA • DRYDEN • HOMER • GROTON • MARATHON • WHITENEY POINT • MORAVIA • TULLY • LAFAYETTE
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NEW YEAR SPECIAL! Sign up for EFT (Electronic Funds Transfer) and get the rest of January FREE (for new or past Jazzercisers).

BEGINNERS CAN START ANYTIME!
Holy Cross Church on George Rd. Dryden Mondays and Wednesday at 5:45 pm
TC3 on Saturdays at 8:30 am

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FREE CLASS, Refreshments, Door Prizes, Good Workout, Lots of Fun. Bring Water & Mat/Towel for Floor Exercise. Hand Weights Optional.

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WELCOME TO OUR FITNESS, HEALTH & HAPPY NEW YEAR 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!

January 11 – Go Green! 'Pamper Me' & Tax Time Edition
(Deadline 1/6)

January 25 – Bridal & Super Bowl Edition
(Deadline 1/20)

February 8 – Valentine's Day Edition
(Deadline 2/3)

February 22 – Senior Citizen & Home Show Guide Edition
(Deadline 2/17)

March 7 – Spring Antiques & St. Patrick's Day Edition
(Deadline 3/2)

March 23 – Home Improvement & Real Estate Edition
(Deadline 3/18)

April 4 – Spring Motorcycle/Car Car & Easter Edition
(Deadline 3/30)

April 18 – Prom & Golf Enthusiasts Edition
(Deadline 4/13)

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, January 6th. 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, January 6th for the next Edition.



WELCOME NEW ADVERTISERS:

CHIROPRACTIC & MASSAGE

FINGERLAKES SPINE & BODY WORKS

- Chiropractic
- Acupuncture
- Massage
- Pedicures
- Spa Services

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South St.
Groton, NY



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Sat 9am-3pm
Sun 7am-1pm

Early Bird Hours
M, W, F
5am-8:30am

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Happy New Year!

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Dryden, NY 13053

**G.L. Mullen
BODY SHOP**

Happy New Year
Gary, Nelson, Dan, David & John



The Cortland Area Tribune
P.O. Box 67 • Dryden, NY 13053
(607) 844-8228 • Fax: 1-607-330-8012
e-mail: tcatribune@gmail.com



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The Cortland Area Tribune is not liable for typographical errors, copy omission or ad layout beyond cost of ad space thus affected. We cannot guarantee ad position beyond original commitments. The Publisher reserves the right to reject or cancel any advertising for any reason at any time without notice. The opinions of advertisers, expressed or implied, do not necessarily reflect those of the paper.

COMMUNITY CALENDAR

Now through January 12 – Cayuga Nature Photographers Annual Exhibit at Unitarian Church
306 N. Aurora Street, Ithaca, NY (Enter via church office in yellow house attached to the church) Now through January 12, 2012 (Monday through Friday 9-4 and Sundays immediately following the service).

December 31 - First Light
First Light, Cortland, NY has been cancelled for 2011. If you would like to become a sponsor for this event in 2012, please e-mail Adam Megivern at the Cortland Downtown Partnership at adam@cortlanddowntown.com

December 31 - Deadline to Vote for Holiday Lighting Winner
The Citywide Holiday Lighting Contest, sponsored by the East End Community Center, is well underway. The Center's board has made an initial selection of 25 homes that will move on to compete for the Grand Prize of \$100. But, now is the time for the community to vote for the "People's Choice" award. For more information, contact Cecile Scott at 753-3021 x26 or Cecile@cortland.org.

December 31 - Community Dance Celebration at Bethel Grove in Ithaca
The Bethel Grove Community Center, 1825 Slaterville Road, Ithaca, NY,

4 miles east of the Ithaca Commons on NYS Rt.79. Pass the Bible Church, watch for the parking lot on your right.

6:00 ...Potluck Supper
7:00 ...Waltzing
8:00-'til ...Contras and More

January 4 – Ted Walsh and Unreal City at The Beach House
Lansing, Wednesday, 7-10 pm, no cover.

January 7 – Waltz Jam Night
Every month, on the first Friday..Waltz Jam Night, starting at 7pm. Bring an instrument or your feet. Or both.

January 8 - Pancake Breakfast

8 – noon. Varna Community Center (943 Dryden Rd./Rte. 366) Includes Pancakes, French Toast, Ham, Bacon, Sausage. Scrambled Eggs, Hash Brown Potatoes, Fresh Fruit, Breakfast Breads & Beverages. \$6.50 – Adults, \$6 – Seniors, \$5 – ages 5 – 12, under 5 free. 50/50 Raffle Tickets also available.

January 9 - Dryden Senior Citizens Lunch
The Dryden Senior Citizens will meet on Monday, January 9, 2012 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 lasagna, tossed salad, garlic bread, and fruited jello.

December 12th was the last lunch for 2011. The next lunch will be on Monday, January 9, 2012.

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.

the
Crawl Space
Artigiano Gifts & Gallery
A Unique and wonderful place...
a market of artists for everyone's taste!!

Wishing Everyone a Happy New Year!

*Thank you for your patronage!
See you in the spring!*

CLOSED TILL SPRING

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

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

MYSTERY PHOTO CONTEST



Answer from the Previous Edition:
St. Mary's Church of Cortland

MYSTERY PHOTO CONTEST!

Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, January 6th 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 Christine Baker. Christine won a shirt, hat and other items from Bernard's Custom Logo & Trophy Source in Cortland! The winner from this issue will win a gift certificate from Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point! Enter your guess today!

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

DO YOU KNOW WHERE THIS IS?
*See what you can WIN
if you know WHERE this picture is!*
Congratulations to our latest contest winner:
**Christine Baker
of Cortland**



2012 THE YEAR OF CHANGE!

IF YOUR NEW YEAR INCLUDES getting fit, Cortland Fitness Center is the place to COMMIT TO GET FIT! We are a full service Health Club with your goals in mind. Getting off to the right start is sometimes difficult, we have you covered there, and with the purchase of a 12 month membership you will receive the getting started package which includes 3 SPIN classes 3 sessions with your personal trainer as well a complimentary body composition test and a 7 day meal plan. Our focus is you, if you are a seasoned athlete building speed and agility or a beginner looking to drop your total cholesterol we will assist you in achieving your goals.

Our Personal Trainers are nationally certified and ready to help design a custom fitness plan that will keep you safe yet challenge you and your body, with a fun and effective workout. If you want to lose or gain some weight, develop a faster run time or build a great core we can get you there fast!

Cortland Fitness is a fully furnished health club, complete with a full line of Cybex strength equipment to build functional muscle; while keeping you flexible at the same time. Our cardio line is complete with treadmills and ellipticals by Precor to help build a strong healthy heart and lungs. We all so provide a well rounded Group X schedule that includes favorites like kickboxing and Boot camp for a welcome change in pace.

We are proud to offer SPINNING classes as well these classes will build a solid core as well as a great cardiovascular system not to mention a great set of legs just in time for spring.

If you need a little more Cortland Fitness has the best free weights in town they will build balance, strength and confidence, as a well defined functional body ready for anything. After a good workout there is nothing better than to

relax and detox in our sauna. Great for the body better for the soul, perhaps a massage is in order we have them as well.

Remember fitness is a personal thing, Commit to yourself make 2012 your year to Commit to get fit! Questions? Please call the club 607.756.4013 or better yet stop by at 64 Main Street Cortland, NY 13045



HAPPY HOLIDAYS FROM THE CORTLAND COMMUNITY SPCA!

A BIG THANK YOU TO all of our supporters throughout 2011. The donations from our holiday newsletter, Santa Paws Trees and the many visitors that have passed through our doors bearing holidays gifts, were so gracious and appreciated. It has been a difficult year financially and the support of the community has been instrumental in keeping our doors open!

As we approach 2012, we have many ideas and projects on the horizon including Community Outreach programs, some of which include low cost mobile pet vaccination off-sites for those who are unable to afford adequate preventative needs of their pets, educational programs for schools and community groups, and of course our low cost spay and neuter, which is available to anyone and is not income selective.

Get ready to dedicate a song to that someone special on Valentines Day! Follow our website or Facebook page for details coming soon.

Ever lost a pet? Yes? Then you know what a horrible feeling it is. If you have lost a dog or cat (or cow, pig, horse) or found one that is obviously lost and in need of assistance, please make sure to call us. There is an option on our answering machine for after hours emergencies - be ready to write down the pager # provided.

Pet Memorial Gifts are a special way to memorialize a cherished pet that has passed away and at the same time help give the homeless animals at the shelter a second chance at life. Visit the pet memorial page on our website for details.

From all of us at the Cortland Community SPCA to all of you - Happy New Year!

*Kitty Totman, President
Cortland Community SPCA Board of Directors.*



EYEWEAR PLUS

1100 State Route 222
Groton Avenue Plaza - Cortland

ALMOST 40 YEARS SERVING THE community - owner Walter Kasperek has owned his business Eyewear Plus since 1988 and had been at Optical Barr prior for 15 years. With his years of knowledge and expertise - Walt can repair glasses on premises while you wait. He can reshape old plastic lenses into new frames and can duplicate your lenses in your current glasses and fit you with a new updated pair of frames! A repair service on premises makes it convenient to stop in and have Walt straighten/fix your frames.

When you walk into Eyewear Plus, you are warmly greeted by Walt's receptionist, Sharon Miller. Sharon can direct you to the large variety of frames by major names and brands for men, women and children to view while you relax in the spacious waiting area.

Get your walking shoes on! Be ready to join our walk-a-thon planned for the fall! We hope to have plenty of paws (human and pet) pounding the pavement to raise money for homeless pets.



Happy New Year

to Our Neighbors, Friends & Family!

HAPPY SNOWMOBILING!



CLOSING AT 2PM NEW YEAR'S EVE

CHECK OUT OUR AFTER CHRISTMAS CLOTHING AND ACCESSORIES SALE!

THE SNOW IS HERE

HOURS: MON, WED, FRI 9-6 • TUES, THURS 9-7 • SAT 9-3
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FEB. 15 DAN SMALLS PRESENTS
PINK FLOYD EXPERIENCE

FEB. 16 DAN SMALLS PRESENTS AND AEG BRING YOU
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FEB. 18 GATEWAY COMMONS CLASSICS SERIES PRESENTS
STRINGFEVER! CO-PRESENTED BY LIGHT IN WINTER
SPONS. BY BRIDGES CORNELL HEIGHTS & SCIARABBA WALKER

FEB. 19 THE TOMPKINS TRUST CO.'S FAMILY SERIES PRESENTS
GALUMPHA CO-PRESENTED BY LIGHT IN WINTER
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FEB. 23 DAN SMALLS PRESENTS
COWBOY JUNKIES

MAR. 21 GATEWAY COMMONS CLASSICS SERIES PRESENTS
GAELIC STORM
SPON. BY CHEMUNG CANAL TRUST CO. & LECHASE CONST.

APR. 01 TOMPKINS TRUST COMPANY FAMILY SERIES PRESENTS
CHARLOTTE'S WEB
SPONS. BY WEGMANS AND ITHACA COMMUNITY CHILDCARE CENTER

APR. 14 DAN SMALLS PRESENTS
BOBBY MCFERRIN

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Eyewear Plus also has an optometrist available by appointment one day a week.

Contact lenses are also expertly fitted with a choice of Baush & Lomb, Vistakon (Acuvue) and Ciba to name a few. Take out the glare of the sun on the snow this winter and pick up a new pair of stylish sunglasses! Ask about their Polarized sunglasses and discover the benefits of polarized lenses! Polarized sunglasses also can be worn indoors by light-sensitive people, including post-cataract surgery patients and those continually exposed to bright light through windows. Looking for a unique gift – come in a browse or give a gift certificate for a practical gift idea!

Eyewear Plus is open Monday, Wednesday and Friday 9-5, Tuesday 9-6 and Thursday 9-7. Closed Saturdays. They accept most major credit cards and Eyewear Plus offers a senior discount for 62 and over – plus family discounts. Call Eyewear Plus for questions at 607-756-4159. Walt and Sharon would like to wish everyone a Happy New Year and thank you for your continued patronage – they look forward to serving you in 2012!



JAZZERCISE OPEN HOUSE

THINKING ABOUT STARTING A NEW fitness program? Now is the time try a Jazzercise class. On Monday, January 9th at 5:45 pm at the Holy Cross Church on George Road in Freeville, Sue Karn will be having an open house for Jazzercise. This class will be fun-filled, full of energy, and a good time to start an exercise program. This class is FREE, and refreshments will follow, as well as door prizes. It is a good time to talk with the instructor and other Jazzercise participants, who feel that Jazzercise is the greatest way to workout.

Jazzercise is the number one dance exercise class in the world. It is taught in every state in the US and in many other countries. The music is every type of music including country, classical, pop, and even some rap. The artists include J-Lo, Rihanna, Usher, Pitbull, Lady Antebellum, and others. The moves are easy to follow and well cued by the instructor.

The class starts with a warmup, followed by eight cardio routines, then a standing leg/glute routine. The class ends with strength training, including first an upper torso, then an abdominal routine, then legs, and finishes with a final stretch which sometimes includes more upper torso strength training. It is an all around excellent workout including all muscle groups.

The schedule for Freeville/Dryden Jazzercise classes is Mondays and Wednesdays at 5:45 pm at the Holy Cross Church on George Road and Saturdays at 8:30 am at TC3 Multi-purpose room. Participants bring their own mat or towel for the floor exercises and water to sip during class. Weights are used for the strength training but are optional.

New people are always welcome, but January is an excellent time to start a new fitness program. Beginning Jazzercisers who sign up for EFT (Electronic Fund Transfer) (\$30/month) or past Jazzercisers who haven't been to class since June 1, 2011, will get the rest of January FREE. The EFT payment of \$30 will start February 1, 2008.

If you have any questions about the open house or the classes, please call Sue Karn at 279-6131 or email at sko1@cornell.edu.

MIKE'S FISH TANK HAMSTERS

INSTEAD OF FISH, LETS TALK hamsters. They are extremely popular at our store. Kids love hamsters.

There are a lot of different hamsters available. When I was a kid, there were golden hamsters and maybe a few longhair. That was about all that was available. Now we have the bear hamsters. They tend to be bigger and usually a bit more friendly. They come in a variety of neat and interesting colors such as, polar, black, calico, tortoise, panda, dalmation and dove. Then there are the dwarf hamsters. The Russian dwarf are the ones you see the most. A lot of people shy away from them because they've heard they are mean. The Russian dwarf can be a bit nippy sometimes. Just remember that most of the time a hamsters friendliness depends on how they were raised. I get a lot of my hamsters from local people. Most of these people have young kids who tend to play with the hamsters at an early age. This will make a hamster much tamer. Also remember that one is better than two. At some point 2 hamsters will probably start quarreling and fighting each other. Also when there is just one hamster, they tend to bond with the human, becoming very tame.

Keep in mind that where you buy your hamster is a big deal. Some of the big chain stores will get their hamsters from huge breeding farms where the hamsters do not get much human attention. Thus you may get a hamster that bites or is nippy. If you do end up with a nippy hamster, hold them a lot, it's the only way to calm them down. If you have to, where a pair of gloves so if he bites, it will not hurt you. A hamster can sense if you are nervous or afraid. Dwarf hamsters should only be fed the big hamster nuggets, otherwise known as square meal. Do not feed them seed. It can hurt or actually kill them. The regular sized hamsters can eat seed but square meal is good for them too. The dwarf hamsters come in a variety of colors too, dalmation, blackberry, blueberry, beige, tan, calico and more. One of our most popular hamsters are the chinese dwarf. They stay small like the russians but they are almost always tame and super friendly. They might be a bit more timid, less outgoing then the russian hamsters. But almost all of the people who buy them, love them. They just have a great personality.

The average lifespan of a hamster is 2 to 3 years. Keep in mind the better the food quality, the longer the hamster can live. Always buy food from a pet store where they get fresh food every week.

PetsAPlenty 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 frisky@hotmail.com



2073 EAST SHORE DR. LANSING, NY
WED-FRI 3PM-9PM
SAT-SUN NOON-9PM **\$10**



Mark Your Calendars for

Homer WinterFest

Friday & Saturday
February 3 & 4, 2012

- on-site appraisals
- refreshments

Village-Wide Events and Great Food for the Entire Family:
 Bonfire, Fireworks, Parade, Human Dog Sled Race, Dance, Theatre, Snow Sculpture, Pancake Breakfast, Chili Cook-Off, Victorian Tea, Chicken BBQ, Fish Fry, Pig Roast, Wine Tastings, Antique Show - Sat at Homer Jr. High School Craft Sale - Sat at Homer Intermediate School and Lots More!

Historic Village of Homer, NY www.homerwinterfest.com



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2012 THE YEAR OF CHANGE!

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12 MONTH MEMBERSHIP includes

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- 1 Body Composition Test
- 1-7 Day Meal Plan



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FINGER LAKES SPINE & BODY WORKS

FINGER LAKES SPINE & BODY WORKS is a multi-disciplinary holistic health care office located in downtown Dryden, NY. Finger Lakes Spine & Body Works offers Chiropractic Care, Acupuncture, Massage Therapy, Yoga, Clinical Facials and Pedicures, Electrolysis permanent hair removal as well as Natural Manicures and Pedicures.

The owners of Finger Lakes Spine & Body Works, Drs. Jason and Sybil Coburn have a vision of bringing quality, affordable services to our local community. Both Dr. Jason and Dr. Sybil practice patient centered, evidence based chiropractic care. Dr. Sybil Coburn also offers medical massage therapy.

Massage Therapist, Kelli Haun offers an array of massage therapy techniques including, Swedish, Deep tissue, Trigger Point Therapy, Hot Stone massage and Pregnancy massage as well as many others.

Eamonn Murphy, Licensed Acupuncturist and Traditional Chinese Medicine provider has joined us from Finger Lakes Acupuncture of Ithaca, to offer our local community the very best in acupuncture and Traditional Chinese herbal remedies.

Dr. Merry Coburn has joined our office to offer Pheonix Rising Yoga Therapy, yoga classes and psychotherapy.

Shyanne Patriarco offers natural manicure and pedicure treatments using all natural Zoya nail care products, and will soon be expanding to offer body treatments and spa facials.

With over 16 years of experience, Lisa Horton, certified electrologist, offers permanent hair removal through electrolysis.

Licensed cosmetologist, Suzanne Watkins offers an array of clinical facials and pedicures. The clinical treatments include treatments for Acne, Rosacea, Pore cleansing, and Anti-aging.

So as you can see, Finger Lakes Spine and Body Works is here to help with your health care and anti-stress needs. Give us a call today to set up an appointment and speak to one of our friendly staff, Kelli, Linda or Reed, and they will be happy to assist you.

To see a full listing of our services visit us at our website www.SpineAndBodyWorks.com, call 844-3304 or stop by our 87 West Main Street, Dryden location.



PICCADILLY LANE COUNTRY AND PRIMITIVE STORE

LOCATED ON 2643 MAIN STREET in Whitney Point, Piccadilly Lane Country and Primitive Store invites you to come in and discover the numerous treasures that fill the eight room store and start decorating your home in the New Year! They have many one of a kind items on every wall, the stairway, corners and every room of this unique Shoppe. Country decor, linens, furniture, pictures, candles, jewelry, antiques, curtains and more are beautifully displayed in all 8 rooms. Treat yourself to something special in 2012! Buy a new piece of furniture and save with the coupon on the front page – 32% OFF!!

Kick off the New Year with a Piccadilly Party! Invite your neighbors, friends or family for a “Piccadilly Party” in January or February and earn bonuses for “Extra Free Items”! A fun way to earn credit towards your favorite items at Piccadilly Lane for yourself or a gift!

The store is open for your shopping convenience Monday 11-3, Tuesday, Wednesday & Friday 10-6, Thursday 10-7, Saturday 11-3 and closed Sundays. Questions or looking for



**LUBE, OIL FILTER • TIRES
NEW YORK STATE INSPECTION**

- ✓ Computer Diagnostics
- ✓ Check Engine Light
- ✓ Engine Performance/Repair
- ✓ Complete Brake Repair
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something special - 607-692-7418 or email piccadillylane1@aol.com and now on face book! Piccadilly will be closed from December 27th through January 2nd. Reopening on Tuesday, January 3rd with sales galore in the store!

Also located at 2643 Main Street in Whitney Point is Ballard's Taxes and Point Travel! The New Year means its tax season! Gather up your tax info, W-2's and statements, etc. and stop in to see Joyce Ballard, owner of Ballard's Taxes. Joyce has been doing taxes and serving the Southern Tier and CNY area for over 35 years! Joyce is proud to introduce a new associate to Ballard's Taxes - her daughter, Jessica Maley. Questions - Email ballardstaxes@aol.com or call Joyce at 607-692-4594 or Jessica at 315-810-4108. Joyce and Jessica both specialize in personal and business and new this year - new clients and walk-in's welcome!

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

From their families to yours - Piccadilly Lane Country and Primitive Store, Ballard's Taxes and Point Travel wish you all a Happy Healthy New Year! We sincerely thank you for your patronage and we look forward to serving you 2012!



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Get in Shape. Have you ever tried signing up for a year at the gym with the best intentions and discover you find convenient excuses that keep you from reaching your goals in only a few short months? Working out with other people around you to motivate you and push you to reach your goals makes you much more likely to continue your path to a healthier lifestyle. Baileys Karate School offers you the best of both worlds. You get a great cardio workout, strengthening, toning, and increased flexibility with each and every one of our classes. Not to mention, you do all this in a fun and lively group environment with people who want you to achieve your best!

Learn to Defend Yourself. The real benefits of self-defense come from an increased awareness of your surroundings, developing the ability to avoid dangerous situations, and suppressing your emotions when you need to respond effectively to a situation. Self-defense is much more than learning to strike someone or escape a hold. It is something you will never learn in a day or weekend seminar. Baileys Karate provides safe and realistic self-defense scenarios throughout your martial arts training, advancing and challenging you as your skill and experience grow, to give you the physical skills, mental awareness, and emotional control to help prepare you for any dangerous or difficult situation you may find yourself in in the real world.

Make New Friends. We have male and female students, ranging all ages, bringing a wealth of life experience with them. Each of them has their own personal journey and reasons for starting a martial arts program. Often, your classmates become like a second family, a network of support, helping you achieve your goals. At Baileys Karate you will train together, work together, and achieve together. Adult students, beginner to

advanced, benefit from the wisdom, experience and the multitude of all our students' abilities.

Reduce Stress. At Baileys, training offers students a new outlook on every day problems and situations. The physical and mental challenges you overcome in martial arts classes helps you to tackle some of the most difficult problems or situations you may encounter in your lifetime. So, when faced with every day problems and stress that once seemed insurmountable, you find these issues become mere steps on the way to achieving any goal.

Improving your confidence and focus. At Baileys, training provides you with achievement and the feeling of being in control of yourself, in any situation you may face. This translates to your body language and how you present yourself to the people around you. You learn to filter out things that are less important and focus on those that make a positive difference in any your life and situation.

Take the First Step. Baileys works hard to offer a place that is emotionally and physically safe for all our students, so each student starts with a free introductory lesson to help address specific needs or goals. The introductory lesson also offers a way for each student to start formal classes with confidence, maximize their personal abilities, self-esteem, and self-confidence from the start. We want classes that feel safe and fun, so students want to train!

Baileys Karate School has been providing quality martial arts training for adults and children in the Cortland/Homer area for 17 years. We are conveniently located at 108 Homer Avenue, about 1 block from Cortland Memorial Hospital. You can start any time by calling 607-756-4202 to schedule a free introductory class for yourself or a family member, age 4 or over. Ask about our New 2 for 1 Adult Student Special, which includes 2 adult, one-year memberships for the price of 1.



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START THE NEW YEAR WITH A SPECIAL THREE-STEP HEALTH PROGRAM

DURING THE WINTER WHEN WE VISIT WITH loved ones and bunker down into our homes on cold winter days and nights we tend to not exercise as much and eat more high calorie foods. Then we wonder why we have gained some extra pounds. Well perhaps this is the time to think seriously about taking care of our bodies. We are only given one chance. So let's take good care of our bodies so we can have good healthy lives.

Step 1: Detoxification

Are your pipes clean? Not your water or sewer pipes but your arteries, veins, lymph vessels, small intestine and colon. You can only be as clean as your internal plumbing is. You need to open up the eliminative channels to keep the body systems running clean, uninhibited by waste buildup. Toxins are stored in fat cells. So if you can't lose weight perhaps you have too many toxins stored in your body.

So what can you do to help clean your body? Body cleansing or blood purification is one way. If your blood is toxic then it is feeding every part of your body dirty blood. That means your cells, organs, tissues, bloodstream and lymphatic system cannot work efficiently. Some people approach this by fasting for a few hours or days. Some drink only water or juices, take special herbs or have detoxifying energy foot spa treatments. Some combine these methods. The goal is to give the body a chance to divert its energies from digesting heavy foods to concentrating on detoxifying and renewing itself.

You have heard your are what you eat? But it reality you are what you drink, breathe and absorb from your environment also. Any substance that finds its way into your body can affect you for the better or worse. When your body is not eliminating efficiently, waste may not be expelled for days, weeks or longer. This causes buildup in the colon leading to autointoxication. The digestive and intestinal systems take the brunt of these toxins from our environment and diet. Sixty percent of our immune system is located in the intestines. So it is crucial to our overall health to keep the colon clean. Nature's Sunshine Products has developed several products to help the body properly eliminate toxins. Enviro Detox is a combination of 13 nutrients to provide support to the body's five main detoxifying organs; the liver, kidneys,

lungs, bowel and skin. Bowel Detox is the key product for supporting proper digestive and intestinal function. It has been called aerobics for the colon. It cleans, builds and tones the colon all in one product. It promotes healthy, regular elimination of waste from the colon. Scientists estimate that over 50 percent of Americans consume too many heavy metals. They are found in industrial byproducts, tainted drinking water, pesticides and dental fillings. NSP has a product called Heavy Metal Detox which binds with heavy metals to help pull them out of the body. One key product is called cilantro. This helps decrease the levels of heavy metals in the body and increases them in the urine so the body can excrete them. This country is overloaded with yeast and fungus also. Candida Albicans is rampant and responsible for many immune system disorders. NSP has Yeast Fungal Detox to help maintain the balance of the good bacteria in our body. Poor diet and some prescription medicines upset this delicate balance.

The only way to detoxify your lymphatic system is by sweating and exercise or dry skin brushing. The heart pumps the blood but the lymph fluid has no pump. The lymph system is vital to your immune system. It takes the waste out of the cells. So NSP has several products to help out here. One I will key in on is called Lymphatic Drainage. It is a specially formulated blend of herbs to help the lymph system pump toxins from the body and keep it free flowing. Some others are called Lymphomax and Lymph Gland Cleanse.

Are you ready for a heavy duty cleanse? Then NSP has two different flavors called Clean Start. One is Apple Cinnamon and the other is Wild Berry. This is a 14 day cleansing and detoxifying program that provides a complete and balanced herbal cleanse to help protect the body from waste that can negatively affect your health. It is convenient and gently and effective. It strengthens the waste-filtering process, supports natural elimination and improves energy and a sense of well-being. Each program contains 28 drink packets and 28 capsule packets. One of my favorite cleanses is called Tiao He Cleanse. It is a 10 day cleanse that is strictly capsules. No drink to mix up. This combines Western and Chinese herbs and fibers to add bulk to the diet and improve elimination of toxic waste from the colon. It also contains nutritive herbs to support and build the digestive and intestinal systems and improve elimination. You can lead a perfectly normal life with this and don't have to stay close to your water closet!

Step 2: Activation

This sounds like action and it is. It is the process of making your body more efficient. Enzymes and probiotics are two key components of activation in the body. They help your body better extract the nutrients

from hopefully the nutritious natural food you are consuming. You are what you absorb not what you eat. NSP has many enzymes and probiotics. Several are Food Enzyme Digestive Aid. It has seven major enzymes to help the body digest proteins, carbohydrates and fats. Proactazyme has six powerful enzymes that aid in the digestion of proteins, carbohydrates and fibers. But this product is strictly plant based and has no hydrochloric acid or bile salts. PDA is also known as Protein Digestive Aid for those heavy meat eaters. For the probiotics we have Bifidophilus Flora Force, Acidophilus, and Probiotic Eleven. These are all milk free products that put the good bacteria in your intestines to keep the bad bacteria from over populating. Poor diet, antibiotic use are known to result in a whole range of gastrointestinal problems.

Step 3: Vital Nutrition

Yes in order to have a healthy body you must use the right building materials. If you have taken the time to cleanse your body of toxic waste and now have your digestive system up and working properly you don't want to put junk in your body. You want to build your body with vital nutrition. Like putting high octane fuel in your high performance car. This means taking a good quality multivitamin and mineral supplement. Not a drug store or dollar store one that is full of synthetic ingredients. We have Super Supplemental Vitamins and Minerals and also Synerpro Multi Vitamin and Mineral supplements. Just as the plants need chlorophyll to give them their green color green foods are good for our bodies as well. NSP has a great Liquid Chlorophyll product in liquid and capsule form. Green is clean. It increases energy, deodorizes the body, and bad bacteria cannot live in a chlorophyll base. Ultimate Green Zone is a powder that can be used as even a meal replacement or mixed in a smoothie. It even helps cholesterol levels and promotes colon health.

There are many other products that can also be used for all three of these steps but space does not permit me to elaborate further. If you want more information please contact me. Have you experienced the pleasure of a Energy Foot Spa Treatment yet? Call now for an appointment.



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The Cortland Area Tribune

What People Are Saying...

Advertising with the Cortland Area Tribune has always been a pleasant experience. The artwork for the ads is always very nicely done and coordinates well with the season. Judy is a joy to work with.

*Nancy Richards
Cortland Self Storage
Cortland, NY*

I have been writing a column in the CAT since 2003. My customers love the column and some even cut it out and put it in a notebook. Many people tell me they read it also. It is good exposure and reasonable rates. Judy is a dear. I don't know how she can keep up with her hectic schedule. The graphic department does a wonderful job putting the ads together. I encourage people to advertise their items for sale as it is free. Not much is free these days so this a bonus.

*Diane Toombs
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 inquires 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*



WINTER WEATHERIZATION TIPS

By Kevin McMahon, TCBRA President

WITH THE HOLIDAYS BEHIND US and much of the country facing months of chilly or even sub-zero weather, it's not too late to make sure your home is adequately weather-proofed and save a few dollars (or more) on your utility bills. Here are some things you can do to improve your home's efficiency and make sure you and your family are comfortable through the winter months:

Check insulation

According to the University of Nebraska-Lincoln Extension, in a typical home, about 10 to 20 percent of the fuel bill is the result of unintended air infiltration. Even in a well-insulated home, energy may be wasted through air moving in and out or infiltrating through the home's building shell or structure. Air leaks around doors and windows, attic hatches, window air conditioners, and through cracks and holes.

Make sure your attic has a sufficient amount of insulation to ensure it stays at least five to 10 degrees warmer than the outside air, otherwise too much heat escapes. Not only will this cause your heat bills to be higher, but it can also cause frozen water to melt and refreeze which can result in a collapsed roof.

Inspect the weather stripping and caulking around doors and windows to make sure it hasn't cracked or come loose, allowing air to leak, and replace it if needed. This can also help reduce infiltration by insects, dust and moisture and noise. Or, consider replacing your windows or doors with new ENERGY STAR-qualified windows or doors, which can save you about seven to 15 percent on your energy bills.

Maintain your pipes

Wrap your pipes with heating tape every winter and insulate unfinished rooms such as garages or sunrooms if they contain exposed pipes. Check pipes for cracks and leaks and have any damage repaired immediately to prevent costlier repairs later. Keep your house warm—at least 65 degrees. Don't neglect your basement and crawl spaces, and insulate pipes in those spaces to protect against freezing.

It's also important to know the location of your pipes and how to shut the water off. If your pipes freeze, the quicker you shut off the water, the better chance you have of preventing pipe bursts and major water damage in your home.

Inspect your heating systems

Be sure to have your heating system serviced every year, and maintain your furnace, fireplace, boiler, water heater, space heater and wood-burning stove. Change your heating and air conditioning filters regularly, and while you're at it, check the batteries and operation of your smoke and fire alarms and carbon monoxide detectors.

By setting aside a few weekend days now, you'll save yourself a lot of hassle later—and your family can relax and be warm and comfortable throughout the winter months. For more information on home maintenance, go to tcbra.com or www.nahb.org/forconsumers.

YOUNG HOUSEHOLDS COUNT ON THE MORTGAGE INTEREST DEDUCTION

Homeownership, the foundation of the American Dream and the American economy, is under attack. Lawmakers are considering tampering with the mortgage interest deduction—which has been part of the tax code since its inception in 1913—in a bid to reduce the federal deficit.

But the mortgage interest deduction is often a key consideration in household financial planning and a family's ability to afford their monthly housing payments—especially young families that are new home owners. In the continuing economic downturn, changing this important tax provision could tip the scales for millions of families who are struggling to make ends meet on a daily basis.

Contrary to claims that the mortgage interest deduction primarily benefits the wealthy, the biggest beneficiaries are younger households and middle-class home owners. Sixty-eight percent of the mortgage interest deduction tax benefits are collected by home owners who make less than \$200,000.

Young families with modest household budgets make up the bulk of the entry-level market. They tend to be recent home buyers, with small amounts of home equity and growing families due to marriages and children. A study by the National Association of Home Builders found that the bigger the family or household, the greater the tax benefit from the mortgage interest deduction.

IRS data shows that largest deduction amounts are claimed by those aged 35 to 45. Out of the total amount of mortgage interest deduction claims, 74 percent is claimed by taxpayers under the age of 55—30 percent by taxpayers ages 35 to 45.

For generations of American families, owning a home has meant owning your future. It is an important steppingstone to building household wealth, providing for children's educations and ensuring a comfortable retirement.

In fact, owning a home is the most valued long-term investment most Americans ever make.

Today's young people are members of a generation that is even larger than the generation of their parents, the baby boomers. They grew up seeing the importance of homeownership to securing a family's future, and they aspire to do the same with their own new families.

Undermining the mortgage interest deduction would punish these young people as they try to establish households of their own. And young people have been among the hardest hit by the recession. They are taking longer to establish themselves in the job market and they have limited wealth. For many, the availability of the deduction will determine whether or not they are able to afford even the smaller homes that are common in the first-time buyer market.

Now is hardly the time to step back from our country's long-standing commitment to homeownership and the American dream. Find out more about the mortgage interest deduction and get involved in the supporting it at www.SaveMyMortgageInterestDeduction.com.



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

- workout • gym • exercise • weights • fitness • trainer • run • walk
classes • music • new year • dance • celebration • resolutions
toast • midnight • calories • aerobics • cardio • dumbbells • fitness
heart rate • flexibility • cardiovascular • endurance • strength

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

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

WORD FIND

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



*Wishing Everyone
a Happy New Year!*

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Cut out these handy coupons and save while visiting some of the area's great businesses!

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ON THE CAT COMMUNITY COUPONS PAGE

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- DELIVERY**
- CATERING**
- PARTIES TO GO**

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BANQUET ROOM AVAILABLE • FULL SERVICE CATERING

Gift Certificates Available

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jazzercise



BEGINNERS CAN START ANYTIME - OUR SCHEDULE IS:
Classes at Holy Cross Church on George Road in Dryden
M & W 5:45 PM • at TC3 in Dryden SAT 8:30 AM

FOR MORE INFORMATION ABOUT CLASSES
CALL Sue Karn at 607-279-6131

<p>A-1 PIZZERIA COUPON Cheese Sheet Pizza \$11.95 *tax toppings extra 1 COUPON PER PARTY Expires 1/31/12. Not valid with any other discounts.</p>	<p>A-1 PIZZERIA COUPON Buy 2 Dinner Entrees & Receive 50% Off Second Entree Up to a \$7 max on 2nd entree. LIMIT OF 2 COUPONS PER PARTY Expires 1/31/12. Not valid with any other discounts.</p>	<p>A-1 PIZZERIA COUPON Buy 2 Entrees & Receive 50% Off Second Entree Breakfast or Lunch Up to a \$3 max on 2nd entree. LIMIT OF 2 COUPONS PER PARTY Expires 1/31/12. Not valid with any other discounts.</p>	<p>A-1 PIZZERIA COUPON Large Cheese Pizza \$7.95 *tax 1 COUPON PER PARTY Expires 1/31/12. Not valid with any other discounts.</p>
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We Have **JUNIOR MEALS FOR KIDS, SENIORS OR PEOPLE WITH SMALLER APPETITES!**

BUSINESS OWNER PHOTO CONTEST



Last Issue's 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!

Answer
Walter J. Kasperek - Optician/Owner of Eyewear Plus of 1100 State Route 222, Groton Avenue Plaza in Cortland

Winner
No winner this issue - The winner of the next issue will receive a gift certificate from Eyewear Plus

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