

# THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER  
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Est. 2002

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**SENIOR PORTRAITS, MATERNITY, FAMILY, WEDDINGS, ENGAGEMENTS AND MORE**

**PORTRAIT STUDIO GRAND OPENING**  
February 25<sup>th</sup> & 26<sup>th</sup>  
10:00am to 4:00pm

Please Note February 25th is by appointment only

No matter what your need, we can help you capture that memory with a photo you will treasure for a life time. When you schedule an appointment during our grand opening event you receive one free 8x10 Portrait of your favorite pose and 20% discount off your first scheduled appointment.

**Blow-Out Sale**

**HUNDREDS OF ITEMS 20% OFF**

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Bed Frames – Bookcases – Kitchen Chairs & Tables – Night Stands  
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**Occasionally Sun 11-3 Call First**

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February - Celtic Moon  
March - Village Bakery  
Hand Poured Soy Candles  
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Good thru 3-31-12

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**Sunday, March 25, 2012**

# Bridal Extravaganza

**Greek Peak Mountain Resort  
Acropolis Ball Room 1pm - 4pm**

Brides-to-be can register online at:  
[www.cortlandbridal.com](http://www.cortlandbridal.com)

4th Annual!

## WELCOME TO OUR SENIOR CITIZENS AND HOME & GARDEN SHOW GUIDE 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!

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

**March 21** – Home Improvement & Real Estate Edition  
(Deadline 3/16)

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

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

**May 2** – "Pamper Me-Warmer Weather", Mother's Day & Lawn/Garden Edition  
(Deadline 4/27)

**May 16** – Memorial Day & Restaurants that Offer "Outdoor Dining" Edition  
(Deadline 5/11)

**May 30** – "Camping", Dairy Days & Pre-Grad/Dad Edition  
(Deadline 5/25)

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### CHECK OUT THE BUSINESS SERVICE GUIDE!

Easily accessible at the back of the paper! Growing with every Edition! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please tell them you saw them listed in The CAT! *Shop local and save gas!*

### FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to [tcatribune@gmail.com](mailto:tcatribune@gmail.com), or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, March 2nd for the next Edition.

### CORTLANDAREATRIBUNE.COM

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

### ONLINE CLASSIFIEDS

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



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# COMMUNITY CALENDAR



**February 22 Varna Ash Wednesday Service**  
The Varna United Methodist Church located on Route #366 (Varna) will have an Ash Wednesday service on February 22 starting at 7 P.M. Ashes will be distributed to those wishing to have them. Please join us in the start of the 40 days of lent.

**February 25 – Cortland's Chill-A-Bration**  
11 am to 4 pm, Main Street in Cortland. Chili Cook-Off and Winter Tasting Tour, Sales and Specials, Family Fun Center at Marketplace Mall with music, face-painting, clowning and surprises. Contests and prizes! General admission \$10, includes collectible Chill-A-Bration mug and sample tickets. Tickets on sale at 9 Main Street, Cortland, Jodi's Hallmark & Trends and Cortland Beer Company. Tickets also available at 9 Main Street on the day of the event. Volunteers needed: contact Dan at 315-256-4506.

**February 25 – Bowl-a-Thon for Access to Independence**  
1-4 pm, Cort-Lanes in Cortland. An afternoon of rocking music, inclusive recreation fun, pizza, and door prizes donated from more than 30 local businesses! This year's fundraiser features a number of group and individual challenges. Those challenges will include various groups of youth, as well as an inaugural challenge of students and professors from Tompkins-Cortland Community College and SUNY Cortland! John Suarez, ATI Board Member and Service Learning Coordinator for SUNY Cortland's Institute for Civic Engagement, has graciously accepted a challenge from Dr. Dan Pukstas, ATI Board Member and TC3 Professor of English, to bowl blind-folded. Additionally, both have agreed to coordinate multiple teams of students from their prospective schools to compete. Unique bowling pin trophies will be awarded to the school that raises the most funds, and of course, to the school that wins the actual bowling challenge!

Call Access to Independence today to sign-up to participate in the Bowl-a-Thon, or to make a pledge of support in any amount! Suggested donation \$50. For more information, call 607-753-7363, or email info@aticortland.org.

**February 27 – Dryden Seniors Citizens Lunch**  
The Dryden Senior Citizens will meet on Monday, February 27, 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 macaroni and cheese, applesauce, tossed salad, carrots, and pie. Our entertainment will be a musical presentation. 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.

**March 11 – Breast Cancer Benefit for Nikki Allen**  
Breast Cancer Benefit for Nikki Allen, 26 years old, fighting stage 3 breast cancer When: March 11, 2012, from 1 p.m. - 6 p.m. Where: Denny's Mountainview, 6662 Route 281, Preble, NY What: There will be entertainment (Elvis impressions and music), food, drinks and an auction. Cost: \$20 per person, children 12 and under are \$10, children 2 and under are free Contact: Scott Allen at (607)283-9616 to purchase tickets in advance or make a donation for Nikki's cause.

**March 24 – Dan Leonard Memorial Benefit**  
Dan Leonard Memorial Benefit, money raised will go to his wife, their 4 year old son, and their 8th generation farm When: March 24, 2012, from 12 p.m. - 11 p.m. Where: Dryden VFW, Rt 13 Dryden, NY Advance ticket sales

for a Honda Four Wheeler Fourtrax Rancher – tickets are \$50 and only 200 will be sold. Ten Man Push will be playing the event at 6:00 p.m. What: There will be up to 5 bands playing sets during the entire day, chicken barbeque, drinks, kids' activities, raffles, silent auction, and a 50/50. Cost: \$5 admission per person, \$10 for chicken barbeque Contact: Melissa Switzer at danleonardmemorial@gmail.com or check us out on Facebook (Dan Leonard Memorial) to make a raffle donation, purchase tickets in advance or make a donation to the Leonard family.

**March 24-25 – 42nd Annual CNY Maple Festival**  
FREE: Entertainment, Maple Syrup Sample ENJOY: Everything Maple, Pancake Meals, Delicious Foods SEE: Juried Crafts (over 70), Working Sugar Shack, Historical Buildings, Pancake Eating Contest www.maplefest.org

**May 19 – Greek Peak Wine Festival**  
Greek Peak Mountain Resort 2000 State Route 392, Cortland, NY 13045 Saturday, May 19, 2012 - 11:00am - 5:00pm Head into the mountains to Central New York's premier four-season resort for a full day of wine-tasting and fun. Join us in climate-controlled comfort at the resort's new Acropolis Conference Center to sample & purchase the featured products of several New York State wineries while enjoying great food, live entertainment, and a variety of vendors featuring arts & handcrafted items, wine accessories, apparel & jewelry, and more. An Upstate Wine Country event. Advance General Admission Tickets - \$15 At Gate/Day of Event General Admission Tickets - \$25 Designated Driver/Under 21 Tickets - \$5 For more information or to purchase tickets, go to www.upstatewinecountry.com.

## 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!



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

## MYSTERY PHOTO CONTEST




**Answer from the Previous Edition:**  
Homer Fire Department of Homer, NY

### 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, March 2nd for this edition. By entering, you give us permission to print your name in our next issue.

Each contest generates hundreds of entries! The winner of last issue is Judy Totman. Judy won a gift certificate from Piccadilly Lane Country & Primitive Store located at 2634 Main Street in Whitney Point. The winner from this issue will also win a gift certificate from Piccadilly Lane Country & Primitive 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:  
**Judy Totman**  
of Richford



**BALLARD'S TAX SERVICE  
WE DO IT ALL, LARGE  
OR SMALL!**

LOOKING FOR A KNOWLEDGEABLE, EXPERIENCED, friendly and professional tax preparer?! Ballard's Tax Service has been doing taxes and serving the Southern Tier and CNY area for over 35 years! Owner, Joyce Ballard is proud to introduce her new associate to Ballard's Tax Service - her daughter, Jessica Maley! Joyce and Jessica both specialize in personal and business returns and are accepting new clients! Large or small, Ballard's does it all! Easy returns, small business, farms, etc. Plus, Ballard's carries all bank products. Round up your W-2's, statements, receipts, etc. and stop in to see Joyce

or Jessica. E-filing is available! Questions - Email ballardstaxes@aol.com or call Joyce at 607-692-4594 or Jessica at 315-810-4108. Ballard's Tax Service is located at 2643 Main Street in Whitney Point, in the same building as Piccadilly Lane Country & Primitive Store and Point Travel - Mon., Tues., Thurs. & Fri. 9-5:30 and Sat. 9-1 or by appointment.



**V & V FURNITURE  
BLOW OUT SALE!**

COME IN AND MEET "PATCHES" at V & V Furniture - Patches is V & V's Salesman of the Month! Need help - just ask Patches! And if you have been waiting to buy furniture for your home, office or dorm - now is the time to shop at V & V Furniture during their BLOW OUT SALE! Owner Bill Vogt has hundreds of items in his store at 20% OFF! Stop in and shop today for good quality used furniture at 113 Port Watson Street in Cortland, NY. V&V Furniture has a variety of sofas, recliners, chairs, hope chests, dining rooms sets, hutches, chest of drawers, lamps, rockers, desks, end tables, bedroom frames and bedroom sets and more! Inventory changes often so stop in and shop often!

Good NY checks, VISA, MASTERCARD or Discover cards accepted during this blow out sale - all items to be picked up the day of the sale - bring your truck or your neighbor's truck to take home your furniture. Put your tax return to good use and take advantage of the extra \$avings! Don't miss this rare opportunity! While supplies last. No rainchecks. Before you buy new or rent - check out V & V Furniture quality used furniture pieces. V&V Furniture Sales is open Monday thru Friday from 10am to 5pm and Saturdays from 10am to 4pm. Stop by or call them at 607-753-7930. Come peek in our drawers and say hello to Patches and congratulate him on being "Salesman of the Month!"



"Patches"  
Employee  
of the  
Month

**MIDWAY SALES**  
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## PETS A PLENTY

**P**ETS A PLENTY OPENED IN 1989. We are open 7 days a week and we are located in the Blockbuster Video Plaza on Rte 281 also known as West Road. We are across from Tops Market in Cortland.

I've done articles before about the store, how we opened, when we opened etc. I would like to take the time to tell you a little bit about what we have and some of the customer comments I hear. We carry just about everything, except dogs. However we carry dog supplies and I try to get unusual dog toys that you won't see in the chains. A girl called me the other day from Ithaca. She wanted to know if we carried many chinchilla supplies. She said the big chain store had very little.

Here at Pets A Plenty I counted over 25 chinchilla related items, foods, treats, dust baths, bath houses, wheels, balls, etc.

I hear customers quite often saying we have the most ferret supplies of any place they've ever been. I want to remind everybody that since I am an independent pet shop, I can buy whatever I want to buy.

Some of the big chains carry certain things but, they don't always buy variety. They'll buy several things but large amounts of those certain things, so it looks like a lot but it may only be 10 items.

I'd also like people to know that when you own your own pet

store, you treat those pets like they are your own. I search out the very best places to buy birds, reptiles, fish and small animals. I want them to be healthy. I want them to do great. If you go to a super chain pet store and then go to a mom and pop pet store, you'll often find the animals look better in the local family owned business. I hear a lot of people say that to me. I'm sure the big chain cares BUT I think the local family store cares more.

I do my best to give my customers the very best quality animal possible. I even receive my fish delivery the same day I do my order. That way they are not in the bag as long and they will do better for me and you, the customer. A lot of our hamsters are raised locally and many of our birds are raised locally as well.

If you like our store, tell your friends and family. Word of mouth is very important to the smaller mom and pop stores. The chains can afford big time Radio/TV ads.

It's a lot harder for the family owned store to advertise like that, so we rely heavily on our customers to spread the word. Check out the locally owned papers too. Papers like this one, THE CORTLAND AREA TRIBUNE, has money saver coupons offered by stores such as Pets A Plenty.



A lot of these big chains stockpile the foods in big warehouses. If it stays too long, some of the nutrition will be lost and your pet will not get all the vitamins and minerals it needs.

The local pet store may cost a few pennies more but it is well worth it if you love your pet.

This is the Senior edition of the Cortland Tribune. If you are a senior, remember, tests have shown that aquariums help lower blood pressure. Fish tanks have a calming effect.

There is an ad in this paper for \$5.00 off any fish tank setup. Stop in and we'll fix you up with a nice aquarium. I guarantee you'll spend hours sitting in front of your tank looking at your fish. AND boy oh boy, we have some nice fish here at Pets A Plenty. New fish arrive every week. If you are looking for a certain fish, let me know. If we don't carry it, I'll try to order it for you.

If you haven't been to PETS A PLENTY, stop in soon. We have a

lot of interesting animals and merchandise. The animals are clearly visible, so you can see them easily. If you are interested in buying a certain pet, we are more than willing to take the animal out so you can see it better.

And since this is the Senior edition of the Cortland Tribune, keep in mind we have some nice animals for all the Seniors in town. Parakeets, finches and canaries are easy to keep, fun to watch and nice to listen to. How about an aquarium. A ten gallon setup isn't that much and research has found that watching fish swim is good for your blood pressure. Aquariums are very soothing and relaxing to watch.

So stop in soon and help us celebrate our 23rd year. Check out our new website, www.petsaplenty.biz. I post specials each month and there are care sheets and pics of some of our animals. We have been getting baby chinchillas and baby ferrets every week. They are cute. Come on in and see them.

Shop at Pets A Plenty, you'll be glad you did. Got a question, email us at frisky@hotmail.com or call us 607-753-9213.



Big isn't always better. I special order for people all the time. A lot of the big chains will no do that for you. I might not be able to get everything you want, but I'll give it my best try.

We also carry a huge asst. of cages, foods and treats for birds and small animals. Our prices are competitive. I am always on the lookout for new pet products.

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**Only \$24.95**

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 A tasty combination of mini potato cakes, sweet potato puffs and two potato skins filled with bacon and cheddar jack cheese served with a side of sour cream.  
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**Wednesday Night Wings**  
 The classic combo of wings & beer. Domestic pitcher of beer & an order of wings  
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Mon-Fri 8-6, Sat 8-3, Sun 9-2

See Us For Your HOME IMPROVEMENT Projects!



month - candle of the month for February is "Celtic Moon" for only \$10.99 - hand poured soy candle, burns clean and completely! March's candle of the month is "Village Bakery"! Don't you just love the ambiance the fragrance of a candle brings to your home or office!

They're here! Spring table linens! And new rugs and runners by Capital Rug have just arrived! Add new placements to any table for a new brighter look! Update your floors with a new runner or rug and make your rooms look and feel cozy.



SALE! Fill a bag and receive 25% off everything in the bag! Several size bags to choose from! You decide!

Piccadilly is located on 2634 Main Street in Whitney Point. Hours: Monday, Tuesday & Friday 10-6, Wednesday 10-2, Thursday 10-7, Saturday 11-3. (Occasionally open Sunday 11-3 - call ahead 1st). Questions or looking for something special - 607-692-7418 or email piccadillylane1@aol.com and

now on face book! Miss one of Piccadilly's sales - use the coupon on the front page!

## PICCADILLY LANE COUNTRY & PRIMITIVE STORE

**DON'T MISS - BUDDY WEEK - now thru February 25th!** Any established customer that brings in a new customer - established customer receives \$5 off one purchase price! New customer receives 25% off one item! A fun way to shop and \$ave with a BUDDY!

Spring is right around the corner! Time to dust and clean and freshen up your living space! Stop by Piccadilly and choose from a variety of framed prints, furniture, linens, rugs, soy candles, cards, jewelry, swags, garlands, tin ware, signs, pottery, curtains and many more unique items, plus a few antiques! All the 8 rooms, upstairs and down, are overflowing with one of a kind merchandise and changes frequently! Including purses and scarves! During the month of March - 20% off select purses and scarves from company's like Bella Taylor, Pashminas and more!

Piccadilly features a soy candle on sale each

Spring and warmer weather means new fashion trends - Piccadilly has an array of new jewelry by Barnelli's Beads (made in USA!) to accent your new outfits or add to an old one to make it look fresh!

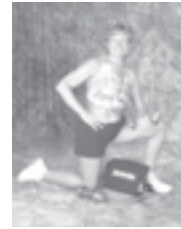
Plan ahead - Thursday, March 29th - Piccadilly will host an event featuring Wooden Photo Art Blocks! A unique way to display photos that are hidden in boxes or albums - remember, photos should be shared for all to see! Gather up and bring in your favorite photos and Waste Not Recycled Art will be available to transfer your photo onto a wooden block and turn your photo into a work of art! Check out [wastenotrecycledart.com](http://wastenotrecycledart.com) for more info.



Getting married?! Piccadilly offers a Bridal Registry?! How about hosting a "Piccadilly Party"?! - ask the Piccadilly ladies for details. Plus new at Piccadilly - stop by the 2nd Thursday every month for their BAG



## EXERCISING AFTER 50



AT THE AGE OF 47, Sue Karn started teaching Jazercise after 20 years of attending classes. She chose Jazercise because of the variety of music and choreography for a good cardiovascular workout combined with total body strength training, and high impact and

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low impact options. She still teaches 4 classes a week in the Freeville/Dryden area and they are now referred to as Jazzercise Lite as they are taught at a low impact level, also showing high impact for those who want to jump and hop.

Sue also teaches with the Wellness Program at Cornell and currently has three classes a week of regular Jazzercise and 2 classes a week of Jazzercise Lite, as well as teaching Low Impact Jazzercise at the Lansing Jazzercise Center twice a week.

Since Sue's retirement from Cornell, she has been teaching an Enhance Fitness Program (an evidence based exercise franchise from the University of Washington, Seattle) through the Tompkins County Senior Citizen Council. She teaches these classes at two locations three times a week. Her Jazzercise training together with her personal trainer information has helped her lead this group of older adults in a healthy and fun fitness program.

Now at age 60 with 2 children and 6 grandchildren, she still enjoys leading a fun and safe workout to all ages. Participants need to understand that they need to move at their own pace and at a level that is suitable for their age and fitness abilities.

It is very important to exercise at all ages. As we get older, we lose bone density, flexibility, strength, endurance and stability without a regular exercise program, and hard work should not be confused for exercise.

The Jazzercise Lite classes in Freeville/Dryden are:

- Mondays and Wednesdays at 5:45 pm at Holy Cross Church on George Rd.
- Fridays at 4:30 pm and Saturdays at 8:30 am at TC3

The Enhance Fitness class are:

- Mondays, Wednesdays and Fridays at Lifelong at 8:30 am and Dryden Fire Station at 10:15 am.

For more information about any of these classes call Sue Karn at 607-279-6131 or email at sko1@cornell.edu.

## CORTLAND COMMUNITY MENTORS

**I**N CORTLAND, THERE ARE THREE organized mentoring programs: YWCA Bridges for Kids, Youth Assist Program of Family Counseling Services, and the Peer Mentoring Program through Access to Independence. Currently, these three agencies have over one hundred adults mentoring in our community. The reality, however, is that there are a hundred more children and young adults waiting for a mentor of their own. In an effort to recruit and train more mentors, these three mentoring programs collaborated to form Cortland Community Mentors.

Our agencies are often asked, "What is a mentor and what does that entail?" A mentor is a guide, a trusted friend, a positive role model, and a good listener. Mentors can show an individual that, no matter how difficult things get at times, there is always someone there for them, someone who will listen objectively and help put things back into perspective.

It has been shown that individuals who have a mentor are far less likely to partake in high-risk behaviors, such as drug and alcohol use. Mentored children have better school attendance and tend to graduate from high school. To some extent, this is common sense- if someone shows they care about you, meets with you regularly, has an open mind and heart, listens to your concerns, offers suggestions and guidance, then your self confidence and self esteem are raised. You are going to be less likely to get involved with risky behaviors when you feel valued as a person.

To become a mentor, interested adults complete our new application form available from the YWCA, Family Counseling Services, or Access to Independence. References and backgrounds are checked. After an interview with the particular agency, a 2-hour training is required. Once matched with a child or young adult, the mentor will have the support of the program directors for additional opportunities to meet with other mentors and to gain new information.

So, spread the word... Community mentors are needed! We have individuals in the city as well as rural areas. There is an enormous need for males as so many boys are growing up without a positive adult role model. You know it in your heart; it only makes sense- Mentoring Matters.

*Sara Earl, Program Director  
Bridges for Kids  
YWCA of Cortland*



## BEECHTREE CARE CENTER DEDICATED TO COMPASSIONATE CARE SINCE 1920

**F**OR OVER NINETY YEARS BEECHTREE Care Center has remained a vital resource in Tompkins County by responding to the ever-changing health care needs of the community. Our rich history began in 1920 when The Reconstruction Home opened, offering rehabilitation for children with polio.

After the polio vaccine was discovered in 1954, the Home transitioned to skilled nursing care for individuals with disabilities and eventually evolved into a long-term care facility for the community's growing elderly population.

Today, Beechtree Care Center embraces Person-Centered Care and is a nursing home where "quality of life" is important. Person-centered care revolves around the idea that nursing homes are, in fact, homes and our residents are encouraged to make personal choices about their daily routines and to live life every day through a wide variety of recreational activities and experiences that involve family, friends and community. Beechtree provides a stimulating environment that makes skilled nursing and rehabilitation a comfortable home-like option for those who are in need of our services.

If you, or a loved one, is in need of rehabilitation or skilled nursing care, contact Ellie Hall Minnis at 273-4166 ext. 129 [www.Beechtreecarecenter.org](http://www.Beechtreecarecenter.org)

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## RECOGNIZE “LOVE YOUR PET DAY” BY KEEPING YOUR FURRY FRIEND SAFE WHY BUCKLING UP YOUR PET IS A SMART MOVE



IF DRIVERS BUCKLE UP CHILDREN to keep them safe, why not buckle up the family pet? While seat-belted Fido or Fluffy may sound far fetched, it's actually a way to help reduce auto accidents as well as keeping your furry friends from harm. “Love Your Pet Day” was February 20th and if you don't already, you should assure the safety of your pet during travel.

Whether it's a trip to the vet or a cross-country vacation drive, it's a good idea to make sure that everyone – including the family pet – buckles up for safety. National safety statistics reveal that the number of pets riding in cars is at an all-time high, and the majority are traveling unrestrained.

“Many pets are considered family members, and just like young children, they must completely rely on the driver's wisdom to be safe inside the car,” said Allstate New York spokesperson Jaclyn Darrohn. Darrohn says even pets that are always well-behaved during car rides can just as easily be the victim of a crash as the instigator of one.

Demonstrating love by properly restraining pets in automobiles will provide a safer and more focused environment for the driver, passengers and surrounding vehicles by preventing the animal from:

- Blocking rear window views
- Roaming between seats and jumping between the front and back seats
- Tearing and clawing upholstery
- Noticing other animals in cars or near the road that results in ongoing barking
- Escaping through an open door or window

Allowing pets to become familiar and comfortable with being inside a vehicle before taking them on a journey plays an important role in reducing their anxiety when the wheels actually begin to roll. The calmer an animal is riding in a car, the less of a distraction it's likely to be.

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

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

## AGING HEALTHFULLY

SEEING THIS EDITION OF THE CAT's theme is based on senior citizens I thought I would discuss what us old timers can do to stay healthy as we age. So much talk on planning for retirement is directed towards investments while ignoring a person's health. What good is wealth without health? We also need to invest our time, effort and money to improving and maintaining our health. Who wants to be suffering from heart disease, arthritis or some other disabling disease in your golden years? It isn't as hard as one thinks either. What it really involves is some positive health habits. Once you begin and start feeling better it will become much easier and natural.

The first step is to invest in quality food. If you spend your hard earned money on refined and highly processed foods your health will deteriorate. If you make wise choices by purchasing whole, natural and if possible organic foods you will see a difference. It also tastes better too. Most people eat more grains and meats than fruits and vegetables but by trying to incorporate between five and seven one half cup servings of fresh fruits and vegetables per day you will be pleasantly surprised on how good your feel. Next is to purchase whole grains not white flour products. Another important step is to purchase natural sugars not artificial or refined sugar. So raw honey, xylitol, organic brown sugar, stevia are some wise choices. It has been proven that if you crave sugary snacks and white flour products it means you need to eat more healthy fats and protein.

There also has been a lot of talk about eating low fat or no fat but as I have discussed before the body requires fat as our brain is made up of fat but it has to be high quality. So avoid margarine, shortening and partially hydrogenated vegetable oils. Use instead olive oil, organic butter and cream, coconut oil, avocados and nuts.

Food is to our body what gas is to your car. It is fuel. It helps us function. So if you have a diet of cheap junk food you will feel tired and weak and it will have negative effects on your body. Spending a few extra dollars on quality food now will prevent doctor and hospital bills later.

Another important step to aging healthfully is to make sure to drink plenty of good pure water. People are not generally water drinkers and feel they only need to drink it when they are thirsty. Not true. If you wait until then you are already dehydrated. The general rule of thumb is to take your body weight cut it in half and convert that to ounces. So a one hundred pound person would need fifty ounces of water per day. But the body only uses one quarter cup at a time so guzzling down a twelve ounce glass does one no good. Your body will only pee it out. Sipping during the day is a better choice. Deep breathing is also vital for good health. Most people have shallow breathing. They are not getting oxygen into their body very well. These two good habits can help reduce pain and inflammation in one's body and at the same time give one more energy and good health.

There are a few more things I want to discuss but will have to wait until my next column.

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.*

## MIKE'S FISH TANK SMALL ANIMAL TREATS

THIS WEEK I'D LIKE TO talk about small animal treats. NATURAL TREATS FOR SMALL ANIMALS ARE ON THE UPSWING. Pet owners are treating their small animals like their dog and cats. People are humanizing their pet bunnies, guinea pigs, hamsters and ferrets.

We want healthier treats, toys and food for our small animal pets. F. M Brown's extreme treat line contains natural, wholesome dehydrated fruits and veggies as well as seed and nuts. These fiber rich treats come in several flavors to add variety to small pets' diets.

F. M. Browns Coco Cabana is made from real coconut and satisfies the natural chewing instinct of gerbils and hamsters. The hideaway also features 3 doorway holes that allow pets to lie low for awhile.

Bandits treat from Marshal Pet Products now include a tartar control option. The semi moist morsels combine fresh meat protein with a crunchy shell that helps fight plaque and tartar buildup.

Hay products have evolved. There are now mats and hideouts made of 100% timothy hay. Kaytee has come out with a product called Tube O'Hay which are safe to chew tubes stuffed with natural sun cured timothy hay. They come in large and small sizes and are perfect for pets that like to forage and gnaw.

Superpet has come up with an all natural chew that comes in a variety of music related shapes, such as a cello, MP3 Player and guitar. The chews clean and trim teeth while satisfying small animals' chewing and gnawing instinct.

Ware products has come out with a line of toys made from willow branches. The willow branches supply vitamins to the animal and they are totally renewable and good for the environment.

Lixit Corp. has a new cardboard deco house made in the U. S. from completely edible, nontoxic, ingredients. They are great for young pet owners because kids can decorate them.

These are just a few of the new all natural toys and treats for the small pet owner.

• *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)*



### Feeling Stretched?

#### Let's Face It...

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's Disease or stroke can be stressful physically, emotionally and financially.



### Balance Your Life

**Powerful Tools for Caregivers**

### Spring 2012

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Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of yourself.

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

The program consists of six - 90 minutes class sessions held weekly and is offered free of charge to caregivers.

**Not intended for professional caregivers**

**March 28— May 2 (Wednesdays)**

**10:30 AM-Noon**

at Brookdale Senior Living  
103 Bundy Rd., Ithaca, NY

**Pre-registration is Required**

To register or inquire about the program, Call:  
Tompkins County Office for the Aging, 274-5482

Powerful Tools for Caregivers is offered by the Caregivers Resource Center of the Tompkins County Office for the Aging, with support from Lifelong, Cornell University, and the Long Term Care Services Unit of the Tompkins County Department of Social Services

## COUNTRY KITCHEN II FAMILY RESTAURANT

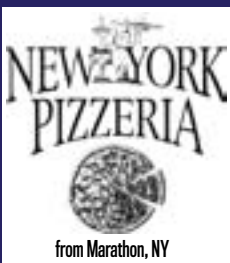


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**F**RIDAY, SATURDAY AND SUNDAY - March 2-3-4 Friday 3-7 pm, Saturday 10 am-8 pm, Sunday 10 am-4 pm at TC3 College in Dryden. This year's show highlights 'Aging in Place' and 'Universal Design' for those who would rather live out their final years in their own home, by designing the changes to your home to accommodate your growing needs as you age. A great topic for today's aging baby boomers, folks with elderly parents, or caregivers for the disabled. Look for our TCBRA certified CAPS builders (CAPS = Certified Aging in Place Specialist). We have a special nationally known seminar guest speaker Esther Greenhouse offering a seminar Saturday... sign up early! Habitat for Humanity will do a presentation, seminars will be offered on the showroom floor, refreshments, new home builders, remodelers, log & timber companies, insurance companies, alternative energy companies (wind, solar, geothermal), pole barn specialists, appliances, green and energy efficient products, window & door companies... everything you need for today's homeowner under one roof! Tickets \$5 at the door. For more information or if you'd like to be a vendor, call (607) 749-2550, e-mail [info@tcbra.com](mailto:info@tcbra.com) or visit [tcbra.com](http://tcbra.com).



## PRIVATE PHOTOGRAPHER OPENS A PROFESSIONAL STUDIO IN DRYDEN, NY

**H**I, MY NAME IS SARAH, and I am opening Treasured Memories Event & Family Photography - Portrait Studio. As a photographer, I am inspired by my surroundings. Here in Dryden, that would mean, families, weddings, moms to be and more (even the family dog or cat)

Whether it's a portrait session in the studio, a wedding, or another event, I want my subjects to enjoy their experience with me. My goal is to capture the true story of you. A small moment in, time that you will treasure forever.

If you've ever tried to pin down your children for a holiday photo, you know it's a lot harder than, "Say cheese." Because just when you've got your little ones camera-ready, your son decides to close his eyes and

your daughter impulsively sticks out her tongue. And of course, the baby starts to cry. Plenty of parents solve this problem with a professional photo shoot in a large commercial studio. And, once upon a time, the standard was to dress the family up in their best clothes and head to a department store portrait studio.

But those days may be over. More and more, today's moms and dads are rejecting generic backgrounds, awkward poses and fake smiles. Instead, they're booking lengthy, private sessions with photographers - In a small home like studio or a favorite spot outdoors - that are casual, fun and intended to capture each family member's personality.

These new portraits are more likely to depict you and your kids jumping on the backyard trampoline or reading a book together. I will photograph you, apple picking or on the local playground; some will even come to your child's sports game.

Plus, I will work with your schedule - as in, show up before or after naptime - so you're not thrown into whatever slot a big-box studio has open. Willing to snap shots in between new born feedings or play with a wild two year old who only occasionally sits through a photo session.

You will have a full hour or more with me the photographer, whatever it takes to capture the true characteristics of you and your family. You can expect on-on-one attention focused on you. Some Cookie-Cutter poses may be involved but backed by passion, laughter and memories as well. You are invited to come to the portrait studio or to meet a photographer at your favorite location, where you are the star of the show.

Treasured Memories is opening in Dryden, NY at 80 North Street on February 25, 2012. Please call today to schedule your next adventure in capturing your memories. 607.280.8241.

Open Wednesday to Friday 10am to 5pm and Saturday to Sunday 10am to 4pm

Grand Opening for visitors is February 25th and 26th from 10am to 5pm. (Portraits Sessions for these days are by appointment only.)

On the web [www.treasuredmemoriesphotos.net](http://www.treasuredmemoriesphotos.net)

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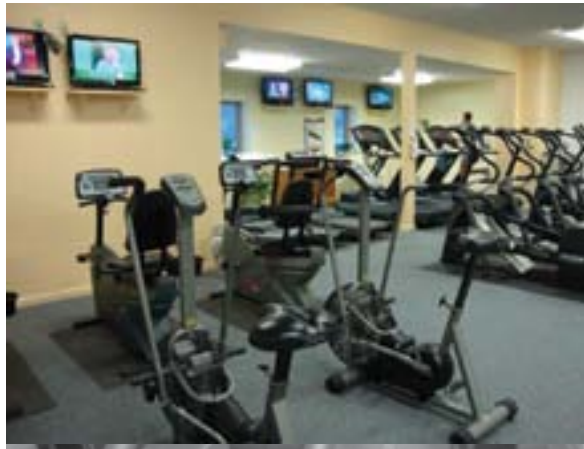
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**Bring In This Ad Before March 10th and receive 15% off your membership! (Applies to 60 years old and over)**

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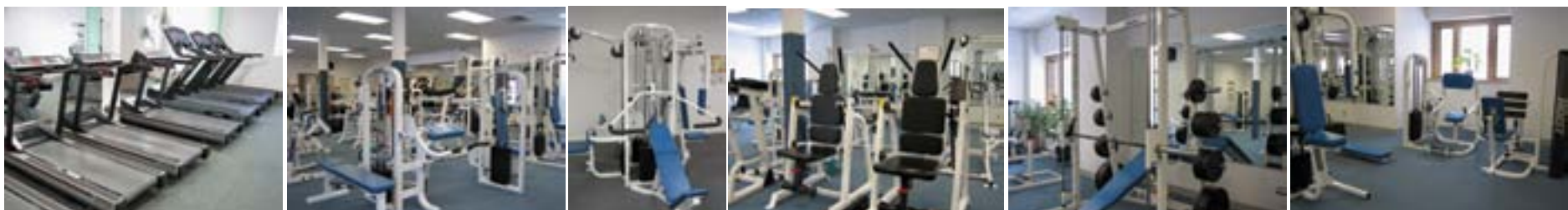
# Finger Lakes Xtreme Fitness

Our team is excited to announce our first location as we have been only mobile for over four years. Memberships available, along with individual and small group PERSONAL TRAINING. March 12th we will begin offering Body Blast Bootcamp and Yoga. We believe that our Groton headquarters (formerly Groton Fitness Center) is extremely convenient for the towns between Ithaca and Cortland. Our services are unique and our personal training staff has the local reputation for motivating people new to fitness training!



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Friday is Fresh Fish Day - Fresh Haddock Sandwich & Dinner  
ALL DAY Starting at 11am

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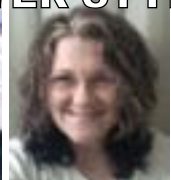
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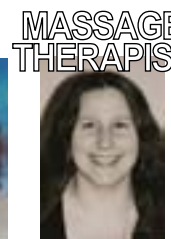
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Ready-to-finish furniture is available in many types of wood, each with special characteristics. And because each tree yields lumber with its own grain patterns and character markings, each piece of genuine wood furniture has a unique personality.

You may not be familiar with every type of wood, but all make quality furnishings of various types. As your ready-to-finish dealer, we can advise you about the stains and finishes to use for best results on each type. Here are several kinds of wood commonly used to make ready-to-finish furniture.

**ALDER** is a hardwood from the Pacific Northwest. It is very consistent in color and takes stain well. It ranks third behind oak and pine as the wood most commonly used for ready-to-finish furniture. Alder gives the look of many fine hardwoods at a reasonable price.

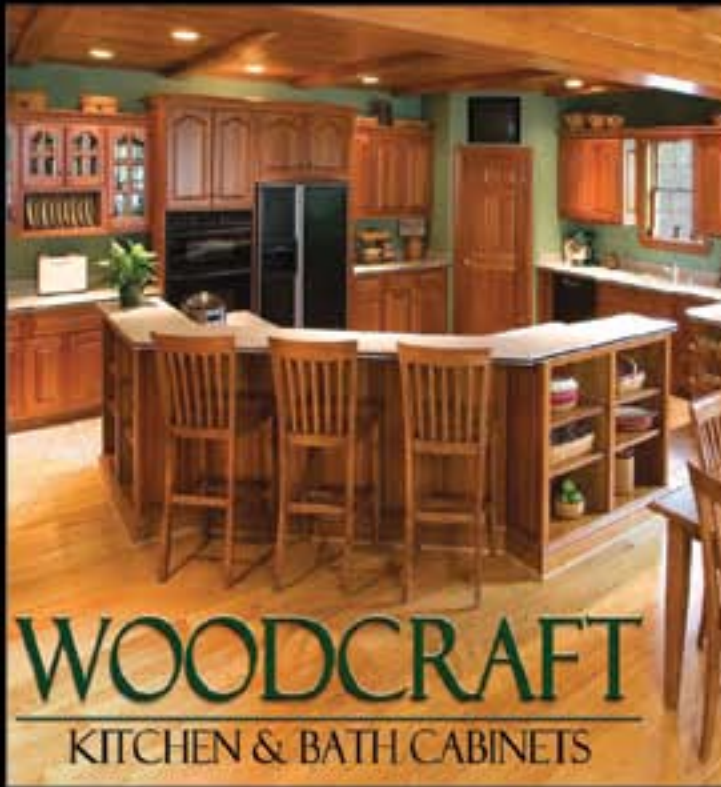
**MAPLE** is especially abundant in the eastern U.S. It is a very light-colored hardwood with a very even grain texture. Eastern maples are generally harder than western maples because of the colder winters and shorter growing seasons. Both are very durable.

**OAK** is the wood most commonly used for ready-to-finish furniture. It is a very hard, open-grain wood that comes in red or white varieties. Red oak, which has a pinkish cast, is the more popular of the two. White oak has a slight greenish cast. Both woods stain well in any color.

**PARAWOOD** from the Far East is used for much of the furniture made in that part of the world. The wood is as hard as maple or oak and takes a very even stain. It is yellow in color, with a grain similar to mahogany.

**PINE** is a soft wood that comes in many varieties from various parts of the world. In the U.S., Eastern white pine, ponderosa pine and sugar pine are some of the varieties used to make furniture. All have yellow coloring with brown knots and are excellent for staining. With some stains, a sealer helps prepare the wood to achieve a more even look.

**RADIATA PINE** is a plantation-grown wood from South America that is harder than other pines and has fewer knots. This variety of pine has a beautiful grain pattern and takes stains well.



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## COMMUNITY COALITION HOSTS 5TH MEDICATION COLLECTION EVENT

CORTLAND AREA COMMUNITIES THAT CARE Coalition Rx Task Force is eager to collect more prescription and over-the-counter medication in the 5th collection event scheduled on Saturday, April 28th from 9am - 1pm at the Cortland Regional Training Center (behind the Cortlandville Fire Department), 999 Rt. 13, Cortland.

This event is the 5th drug collection event to be held in Cortland County since 2010. Previous collections in Cortland County have brought in over 2,000 pounds of prescription medication and 44 different types of narcotics.

"This event has really become something the community embraces and plans for in advance. Many people have a need for disposing of their medications safely and easily; this event provides just that," says Kimberly McRae Friedman, Executive Director of Cortland Prevention Resources (formerly Seven Valleys Council on Alcoholism and Substance Abuse, Inc.) and Chair of the Rx Task-Force.

The Task Force ensures a safe, user-friendly, drive-thru event. To drop-off medication vehicles will enter the Cortlandville Fire Department parking lot using the Tompkins Street entrance. A volunteer will collect their medications in a bin and take it to a secure location. Residents are asked to not get out of their vehicles for safety purposes. The Cortland County Sheriff's Department and Drug Enforcement Agency (DEA) are on-site at all times to ensure the safety of the event.

CACTC created the task force over three years ago to address the growing concern for unused prescription and over-the-counter medication. In an effort to get these medications off the streets, the task force will hold annual household pharmaceutical collection events. The next event is already scheduled for April 28th, 2012. This initiative is important because decreasing accessibility to medication can help protect the community water supply, the youth and the elderly from the harms of intended or unintentional use and abuse.

The take back is broadly supported with over a dozen community agencies partnering to make the event a success. Volunteers from the Cortlandville Fire Department and RSVP assist during the operation. The Task Force encourages all individuals to secure and manage their medications by locking them securely in a lock box. If that is not possible then keeping a record of your medications and identifying the quantity of medication in containers is the next best alternative.

For additional information contact Kimberly McRae Friedman @ 607-756-8970 ext. 1 or [www.cortlandareactc.org](http://www.cortlandareactc.org) or [www.cortlandprevention.org](http://www.cortlandprevention.org)

The YWCA of Cortland offers an array of fitness activities for seniors, and recently became a site for the Healthways® SilverSneakers® program. SilverSneakers is a benefit for many Medicare supplemental insurance plans. Enrollees of these plans may use the YWCA exercise programs free of charge. Many other health insurance companies provide an exercise benefit as part of their coverage. To find out if your policy offers SilverSneakers®, or other compensation for exercise, call your insurance carrier's customer service department.

If your insurance does not provide an exercise benefit, the programs at the YWCA are very affordable due to a senior discount. Two week passes are available free of charge to allow you to sample our programs before purchasing anything.

For those who enjoy the water, there are several different aquatic exercise programs to choose from. They include; Water Works, a one-hour light intensity class that includes aerobic activity with muscle toning exercises, and Joint Venture, a specialty class that follows the recommendations of the Arthritis Foundation to keep all the joints of the body limber. For those who prefer a more vigorous intensity level, Splash Aerobics and Aqua Zumba® are available as well. The pool at the YWCA is maintained at 87 degrees, and there is a pool lift to assist anyone who finds it difficult to get in and out of the water. The YWCA also is equipped with an accessible dressing room for our members in wheelchairs.

For those who prefer to exercise on land, the SilverSneakers® group exercise class is designed to increase strength, range of movement, agility, balance and coordination and to improve participants' functional capacities, physical fitness level and sense of well-being. This class is appropriate for individuals who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, and/or those who enjoy a positive social environment. SilverSneakers® meets Monday and Thursday from 10:15-11:15 am. Visitors are welcome to come try a class at any time. The YWCA offers many other fitness classes including Yoga, Zumba Gold®, and more. To improve balance and core strength, Tai Chi classes for beginners and advanced levels are offered on Tuesday and Thursday in the late-morning and early afternoon.

Recent studies have shown that weight training for seniors has been very beneficial for increasing strength and bone density. Weight Training exercise programs can be adapted to an individual's needs and fitness level. The YWCA Weight Training program includes an appointment for assessment and fitness testing. A health history is taken, and any special needs are discussed before beginning a program. Once a new member has started their program, the Weight Room staff monitors their initial workouts until they feel comfortable exercising on their own. The YWCA's new state-of-the-art Co-Ed Fitness Center is slated to open in April, and our Women-Only Weight Room is moving to a new location on the 2nd, floor.

The YWCA is adding program space, due to open in April 2012. This new space includes a large room for aerobics and other functions, and a gymnasium. The gymnasium will offer time slots for safe, indoor walking, pick-up basketball, volleyball and more! In addition to more changing areas in the pool locker room, a new locker room is opening for men. Both locker rooms are equipped with accessible showers and bathrooms.

Physical fitness aside, the social aspect of the YWCA is very important to our members. Many friendships have been formed over time, and there is a real sense of family among

our members. For more information on the YWCA programs, visit the YWCA at 14 Clayton Ave., or call 753-9651. Program information is also available on line at [www.cortlandywca.org](http://www.cortlandywca.org).

## THE DRYDEN SENIOR CITIZENS

THE DRYDEN SENIOR CITIZENS MEET on the second and fourth Mondays of the month except for the summer months. We meet on Monday at the Dryden Fire Hall on Route 13 in the center of town near Clark's Food Mart.

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.

We have a good caterer so our lunches are tasty.

We have either a speaker or entertainment after the lunches. We have two drawings for a free corsage and free meal provided by the First National Bank of Dryden. We also have a 50/50 drawing for two people, and the amount is usually about \$15 each.

If you want to join you only need to show up for a lunch and pay the \$5.00 a year membership.

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

## SPAY & NEUTER!

NOW IS THE "PURRFECT" TIME to spay your female cat!! Now is when she will likely be going into heat and spaying her now means two to three fewer litters of kittens to find homes for this year. An estimated 35,000 kittens are born in America every day.

Cats can have two to three litters of kittens per year, starting as early as 4 months of age, with litters averaging 4 kittens but commonly can be 6 or 8 per litter.

Some cats may go into heat and become pregnant again as soon as one week after having a litter!

Heat cycles generally last an average of seven days but may be as long as 21 days. If a female cat doesn't mate and become pregnant, she may go back into heat repeatedly, with only brief periods of non-heat.

Spaying a cat before her first heat is easier and safer. Recent evidence also suggests that spaying a cat before six months of age significantly decreases her risk of mammary cancer. Spaying in general reduces or eliminates the risk of mammary tumors, ovarian and/or uterine infection or cancer.

By the way, this is the "purrfect" time to neuter your male cat. He'll be less likely to roam, less likely to spray or fight with other cats and his risk for testicular cancer is eliminated. We can help. Check out our Spay/Neuter webpage ([www.cortlandspca.org](http://www.cortlandspca.org)) for details including pricing.

## YWCA

TODAY, MILLIONS OF OLDER AMERICANS are experiencing a higher quality of life by taking a responsible approach to their personal wellness. The Arthritis Foundation recommends that starting with short amounts of exercise will actually help reduce the effects of arthritis. Daily movement will keep the body limber, and help prevent falls or other injuries. Check with your physician before starting an exercise program. They may have suggestions as to what type of exercise would be best for you.

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# CAT PUZZLES & GAMES

## WORD FIND

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

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

health • nutrition • volunteers • card games • bingo • discount • aarp • oxygen  
gardening • retirement • florida • travel • grandparent • grandchildren  
silver • golden • caregivers • dentures • appointments • safety • elderly  
medicaid • diet • assistance • glasses • well being • wigs • independence

## SUDOKU

It's easy to play Sudoku! Simply fill every column, row and 3x3 box so they contain every number between 1 and 9. Don't go too fast! The game is easy to play but difficult to master!

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

## LOCAL DROP OFFS

Please visit these fine establishments, a small selection of the hundreds of businesses that receive our papers, for a copy of The Cortland Area Tribune:

- McLean Gas Station • McLean Gas Station
- McMobile Gas Station Dryden • Cortland Kmart
- CNY Powersports • Main Street in Downtown Cortland
- The Marketplace Mall • Doug's Powersports
- Valley View Gardens • Action Sports • Doug's Fish Fry
- Pets-A-Plenty Pet Store • Ithaca TOPS • Cortland TOPS
- Riverside Plaza • Colonial Laundromat • Ramada Inn
- Main Street Downtown Homer • Back to Basics
- Natoli's Market • Dryden Food Market • Express Mart
- Ithaca Wegman's • Rite Aid Dryden/Cortland
- Gregg's Market Marathon/Whitney Point • Dryden Agway
- Elite Dental • Pinckney Allstate Insurance Agency
- Tompkins Trust Company Banks • Toad's Diner
- Queen Diner Dryden • Clarks Dryden Food Mkt
- Country Kitchen - Whitney Point • Country Kitchen II - Cortland
- Hope Lake Lodge • Tully Kinney Drugs • Triphammer Mall
- Dryden Agway • Piccadilly Lane Country & Primitive Store

## LAST EDITION'S PUZZLES

### SUDOKU

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

### WORD FIND

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

## CUTTINGS GARAGE

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## ADVERTISE HERE!

ON THE CAT COMMUNITY COUPONS PAGE

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Honey & Maple Syrup

**10% OFF**

With this Ad  
Minimum \$3 Purchase Required




**OPEN SUNDAYS NOON TO 5 PM**

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ON THE CAT COMMUNITY COUPONS PAGE

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## 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 leave 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 a local business! Enjoy!

### Last Issue's Business Owner Photo Contest

**Answer**  
Paul Yaman (with brother Dave) - Owner of Paul Yaman Construction in Cortland

**Winner**  
Delores Taylor - Dolores won a gift from Paul Yaman Construction

Make Your Own Carton For Less Than \$30



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