

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
CORTLAND • ITHACA • DRYDEN • HOMER • GROTON • MARATHON • WHITNEY POINT • MORAVIA • TULLY • LAFAYETTE
Est. 2002 @TCATRIBUNE CORTLANDAREATRIBUNE.COM

607-844-8228
tcatribune@gmail.com



Confidence * Academic Achievement * Self Defense



New Student Special!

\$49.00

4 weeks of classes
Free uniform

108 Homer Ave.
Near Cortland Regional Medical Center
(607) 756-4202

Providing superior instruction in Cortland & Homer for 18 years!

NOW ACCEPTING APPLICATIONS!



BRAND NEW 1, 2, & 3 BEDROOM APARTMENTS

- Affordable • Energy Efficient • Individual Entry & Patio/Balcony
- Clubhouse with Laundry Center, Exercise & Computer Lab

CALL 607-288-4165 TODAY!

Poets Landing

4 T.S. Eliot Dr., Dryden, NY 13053
email: poetslanding@coniferlc.com
www.coniferliving.com

conifer living



TIKKI'S ADULT BOUTIQUE



www.TikkisAdultBoutique.com



Located at 1136 Rte. 222 Groton Ave. Plaza Cortland, NY

(Must be 18 years or older to enter store • ID required) Gift Certificates Available

607-753-8800

Happy New Year from

BALLARD'S Tax Service

E-filing Available

New clients & Walk In's Welcome.

We specialize in personal & business.

Serving all Southern Tier & CNY areas.

ballardstaxes@aol.com

2634 Main St., Whitney Point, NY
Joyce Ballard 607.692.4594 Jessica Maley

Doing taxes for 35 years!



WILLCOXTIREANDSERVICE.COM
Willcox Centers

607.273.6310
233 ELMIRA RD • ITHACA



Piccadilly Lane

COUNTRY & PRIMITIVE STORE

2634 Main St.
Whitney Point, NY 13862
607-692-7418
piccadillylane1@aol.com

Thank you for your patronage!
We look forward to seeing you in the New Year!

Check Out Our Furniture, Rugs & Curtains!

COME SEE US IN 2013 & USE THIS COUPON!

32% Off
FURNITURE ITEM
Good thru 1-31-13

-Call- **POINT TRAVEL**
607-692-2334

To book your warm weather destination - ALL INCLUSIVE VACATIONS!
Starting Buses and Group Rates
CALL FOR DETAILS!

Mon 11-3 Tues, Wed + Fri 10-6 Thurs 10-7 Sat 10-3 Sun Closed

Closed the week after Christmas -- Reopen January 3rd

HAPPY NEW YEAR!

Thanks To All Of Our Customers For All Their Patronage This Past Year From All Of Us At

RMS GRAVEL, INC.

844-8196

Mott Road • Dryden

Sand • Stone • Gravel

You can pick-up or we deliver



No doctor would ever prescribe tobacco...

so why do pharmacies sell it?



More than half of all pharmacies in New York State still sell tobacco products.

It's time to end this practice. Lend your support at tobaccofree.nys.org

Aftermarket Effects LLC

Unlimited Aftermarket Accessories For Your Truck and Car
Specializing in Audio, Remote Starters and Snowplows

tire and wheel packages - LEER truck caps - tonneau covers - mudflaps - rainguards
exhaust systems - remote starters - car alarms - car audio systems - bugshields
nerf bars - running boards - trailer hitches - lift kits from Rough Country

**Thinking about the perfect gift?
Gift certificates available**

Hours: M-F 8-30a - 5:30p
Sat 9a- 1:30p Sun - Closed
aftermarketeffects.com

"Your One Stop Auto Accessory
and Snowplow Warehouse"

1134 NYS Rte.13 (Tompkins Street)
Cortland, NY 13045
607-756-1756

CORTLANDVILLE SAND & GRAVEL

SERVING CORTLAND & TOMPKINS COUNTIES

765 Rte. 13
Cortland, NY 13045
(607) 756-2115

GRAVEL FOR

- Septic Systems
- Driveways
- Landscaping

Residential or Commercial

Crushed Gravel & Stone
Crusher Rock

Pickup or Delivered • State Approved Products

Shale gas extraction is on the horizon in New York and in your community. But is hydrofracking safe?

DeRuyter Citizens for a Voice will be holding a Fracking Meeting, Friday December 28th at the American Legion Hall, Seminary St, DeRuyter, NY. 6-10 pm. Featuring: Social Hour 6-7pm, 'Gasland' documentary 7-9pm, and discussion to follow film. Please everyone attend. This event is free and open to all.

BRECHT'S

24 HOUR TOWING SERVICE & FLATBED SERVICE

For Service You Can Count On **Auto Repairs - Body Shop**

Wall Street • Dryden, NY
607 844-4432 or 607 844-9922

Serving The Area Over 30 Years With
Good Old Fashioned Honest Service

Highlight Your Life

FULL SERVICE BEAUTY SALON
Men, Women & Children Welcome

Jennifer is accepting new clients!

We now have Feather Extensions!

For all your hairstyling needs -- **Jennifer!**

Now accepting 2215 Dryden Road (Rt. 13) in Dryden
(607) 844-4111

DAVID L. HUFFMAN FINE JEWELRY

26 Main St., Cortland NY 607-756-0551

- fine gold, platinum, silver and pearl jewelry
- jewelry repair, custom design and manufacturing
- watch repair
- vintage watches, antique jewelry
- all work done on premises

GIFT CERTIFICATES AVAILABLE

CASH FOR GOLD, SILVER, AND PLATINUM (ANY CONDITION)
• visit us at huffmanfinejewelry.com for hours and directions

Forever Young

Erase the lines of time with your trusted providers

Jean Trujillo, FNP
607-348-3892
402 N. Cayuga St.
Ithaca, NY

Microdermabrasion
Botox / Dysport
Restylane Filler
Facial Peels

Look your best at any age!

WELCOME TO OUR FITNESS & HEALTH 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 9 – Go Green!! "Pamper Me" & Tax Time! Edition
(Deadline 1/4)

January 23 – Bridal & Super Bowl Edition
(Deadline 1/18)

February 6 – Valentine's Day Edition
(Deadline 2/1)

February 20 – Senior Citizens & Home/Garden Show Edition
(Deadline 2/15)

March 6 – Spring Antiques & St. Patrick's Day Edition
(Deadline 3/1)

March 20 – Spring Home Improvement, Real Estate & Easter Edition
(Deadline 3/15)

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!*

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 or submit them online. Find the most recent on our home page and the rest at cortlandareatribune.com/classifieds/.

FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to tcatribune@gmail.com, or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, January 4th for the next Edition.

WELCOME NEW ADVERTISERS:

FITNESS CENTER & PERSONAL TRAINING

FINGER LAKES XTREME FITNESS, LLC
106 West South Street
Groton, NY 13073
607-898-3500
www.lakesxfit.com
Andrew Gross, Owner

FITNESS FACILITY

CORTLAND FITNESS CENTER
64 Main Street
Cortland
607-756-4013
cortlandfitness.com

TC3
Tompkins Cortland Community College
Fitness Center and Pool
"Open to the community!"
170 North Street • Dryden
607.844.6555
www.tc3.edu/student/rec_fitness.asp
www.tc3.edu/student/rec_pool.asp

HOME HEALTH



2359 North Triphammer Road
Ithaca, NY 14850
607-272-0444
comfortkeepers.com/office-685
teresanix@comfortkeepers.com

NUTRITION



Tara Flanders-Gross, Executive Director
Board Certified Nutrition Counselor
Office within Finger Lakes Xtreme Fitness
106 West South Street
Groton, NY 13073
607-342-0568
www.greenlifefitnutrition.org

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



Accepted

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 thru Dec 31 – Drive-Thru Nativity
6pm to 11pm at 9 Grace Street in Cortland. Our annual Nativity Display is up for people to drive through and not only read excerpts from the Nativity story, but see it with hand-painted cut-outs as well. The display will be available throughout the Advent Season. For more information visit livingwordcortland.org.

December 31 – First Light Celebration
Celebrate New Year's Eve in Downtown Cortland! Fireworks, ball drop, live DJ, Times Square countdown show projected onto a Funflicks inflatable screen, and more. Promotions Committee meetings take place Tuesdays at 4 pm at 9 Main Street. Anyone interested in helping to plan, volunteer or sponsor the event is encouraged to attend. For more information please contact Adam Megivern, Cortland Downtown Partnership, at (607) 753-4928 or adam@cortlanddowntown.com.

January 14 – Dryden Senior Citizens Lunch
The next Dryden Senior Citizens Lunch will meet on Monday, January 14, 2013 at the Dryden Fire Hall. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Please bring your own table service.

The meal cost for members is \$6.00 and \$8.00 for non-members. The menu will be meat lasagna, tossed salad, garlic bread, and fruited jello. Since this will be the first lunch for the year there will be no speaker or entertainment. Are you new to the area? Want to join a great group? Then consider joining the Dryden Senior Citizens for only \$5.00 a year. Anyone over 55 may join our group. We have great programs, wonderful fellowship, and bus trips. Bring a friend to our next meeting.

January 4 - First Friday Paint-Out
5:30pm, Marketplace Mall at 64 Main Street in Cortland. Local artists will be painting in a Paint-Out during the First Friday event. Paint-Outs are designed to be festive and entertaining events. Artists will set up and begin painting at 5:30 pm. They can bring a prepared drawing, but they can't begin the painting process until 5:30 pm with a countdown to the start time. All artists will stop painting at 7:15 pm. The public is encouraged to watch the paintings develop and can place bids in a silent auction as the paintings progress. The auction will be completed live at 7:30 in the

Blue Frog Coffeehouse. For more information call (607) 753-1188 or e-mail staff@cortlandarts.com.

January 20 - Cross-Country Skis & Snowshoes Workshop
11am to 3pm, Lime Hollow Center, 338 McLean Road in Cortland. Join Lime Hollow for a free winter event that will allow you to get first hand experience on either snowshoes or cross country skis. Groups leave on the hour. Last group will go out at 3pm. For more information call (607) 662-4632, e-mail info@limehollow.org or visit www.limehollow.org.

January 23, Bread Making for Busy People
6:30pm, NYS Grange, 100 Grange Place in Cortland. Learn how to make simple, healthy and delicious artisan bread with Chris Applegate of the Virgil Farmer's Market.

January 25 - Owl Prowl
7 to 9pm, Lime Hollow Center, 338 McLean Road in Cortland. Start at our Visitor Center and learn facts about our feathered friends before venturing out "calling" owls. Timeline for event TBD. For more information call (607) 662-4632, e-mail info@limehollow.org or visit www.limehollow.org.

MIKE'S FISH TANK SUCKER FISH

HYPOSTOMUS PLEcostomus, known as a sucker fish, is the scientific name for a type of freshwater tropical Central and South American fish belonging to the family Loricariidae. They are large algae eaters, and to differentiate them from small algae eaters, they are often referred to as Plecostomus, often abbreviated as plecos or plecs. They are extremely popular in aquariums for their ability to clean tanks by eating algae growth and even dead fish. These friendly natured fish can typically be purchased when about 2 to 3 inches and may grow up to 24 inches if space is adequate. Plecos are omnivorous, but in the wild feed nocturnally mostly on plant material. During the day, their unusual eyelids block a lot of light out of their eyes, but they are most active at night. Quite often in the home aquarium, they hide during the day, behind the filters or heaters and do all of their algae eating at night. Plecos can roll their eyes within their sockets, given the appearance of winking. Plecos are usually skittish and quickly hide whenever they sense danger. Plecostomus live in tropical fresh water and have been found in tropical ponds. They exist throughout South America. Although the pleco is a known algae sucker, it may require more than tank algae. It can be fed algae wafers, zucchini, cucumber, lettuce and peas. Some may even eat flake food and shrimp pellets.

Plecos may become more aggressive with age and are best kept individually in tanks. In fact larger plecos may start to eat small fish, and may stop eating algae altogether. There are a huge variety of plecos, some being very rare such as the zebra pleco and blue eyed pleco.

Several species are sold under the name plecostomus with very subtle color differences.



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

COLOR REVOLUTION

Repair Customization Buy Sell Trade

- Cell Phone Screen Repair
- Complete iPhone Color Customization
- Accessories
- Unlocking/Jailbreaking
- Laptop & PC Repair



5% COUPON OFF OF ANY PURCHASE \$50 AND ABOVE

WITH COUPON - EXPIRES 3/31

CASH FOR GOLD
CASH FOR OLD TOYS
CASH FOR GAME SYSTEMS

64 MAIN STREET IN CORTLAND
HOURS: MON-SAT 12-6PM
Charbel Zogheib: 607-283-9604
Luke Ryan: 607-283-9247
Mobile Electronics Repair Specialists
ColorRev@hotmail.com
www.ColorRev.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



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 4th for this edition. By entering, you give us permission to print your name in our next issue. Each contest generates hundreds of entries!



DO YOU KNOW WHERE THIS IS?

*See what you can WIN
if you know WHERE this picture is!*
Congratulations to our latest contest winner:

**Amy White
of Marathon**

Answer from the Previous Edition:

St. Stephen Parish of Marathon

The winner of last issue is Amy White. Amy won a gift certificate from Toad's Diner located on Route 38 in Freeville. The winner from this issue will win a gift certificate from Barn House Antiques & Collectibles located at 308 Peruville Rd. (Rt. 34B) in Lansing! *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!



POETS LANDING

CONSTRUCTION IS NEARLY 80% COMPLETED of the Poets Landing Apartments located across from Dryden High School and will soon welcome new residents into the first of 72 brand new affordable units. This Conifer Community offers one, two and three bedroom apartments. Individual apartments have fully equipped kitchens with Energy Star fixtures and appliances including stove, refrigerator, dishwasher and garbage disposal. Apartment features also include individual front entry, mini blinds, central air, closet size storage unit, sliding glass doors and private balcony or patio. There are eight fully handicapped accessible units and three with specific features for the hearing and visually impaired.

Leasing has just begun and applications are being accepted for all apartments. Rents range from: One Bedroom: \$618-\$682, Two Bedroom: \$737-\$797, Three Bedroom \$845-\$961 per month (income restrictions apply). Heat, hot water, trash, snow removal, lawn care and maintenance are all included in the rent.

As you enter TS Elliot Drive from Freeville Road, you are greeted by a large Clubhouse building which, once completed in late January, will include the rental office, a fitness center, a computer lab, smart card laundry center, and great room available to all residents for their enjoyment. A children's playground will be added in the spring of 2013. "We are very excited to be developing our signature brand of apartment community in a wonderful town like Dryden, NY," stated Sandy Gorie, Marketing Director for Rochester based Conifer Realty, LLC, the Developer, Owner and Manager of Poets Landing. "We have opened similar communities in Geneva and Canandaigua, NY and each have since developed long waitlists. Our apartments are in high demand and feature high quality construction, include features and amenities residents want in their new homes and offer the great customer service from our incredible on-site management team. I suggest if you are looking for a beautiful, brand new affordable apartment, do not hesitate to contact our leasing team and apply today. Occupancy will likely begin in February. We expect to be fully leased up well before the last building is completed in April". You can find additional information on www.coniferliving.com <<http://www.coniferliving.com/>>. Look for Poets Landing under the Property Management>portfolio tab and also on Facebook/Poets Landing page.

For an application and more information contact Manager Leslie Barron at (607) 288-4165 or by email at poetslanding@coniferllc.com. Leasing is being handled from an interim location at another Conifer Community, The Meadows at Ithaca (100 Graham Rd, Ithaca) across from Triphammer Mall until the Poets Landing Clubhouse opens in late January, 2013.



TOBACCO FREE PHARMACIES A PRESCRIPTION FOR CHANGE

PHARMACIES ARE THE FACE OF neighborhood healthcare. Simply take a look at your weekly flyer from one of our local pharmacies and you'll see glaring messages and imagery of health and wellness. Many consumers frequently turn to pharmacists for medical information and advice. Flu and other immunizations are offered by many pharmacies. Pharmacists are one of the most trusted health care professionals and an important part of the health care team.

Pharmacies are in the business of helping make people better. So why is it that they push a harmful and highly addictive drug that causes cancer, heart and pulmonary diseases? It's a conflict of interest for pharmacies, providers of healthcare, to also profit from the sale of tobacco. Tobacco sales in pharmacies are a significant temptation to those entering pharmacies to purchase nicotine-cessation products, and you'll commonly find the stop smoking products next to the tobacco products. Tobacco products are responsible for the preventable death of 25,400 people in New York each year. Tobacco products are unique in the ability to cause harm to individuals and costs to the healthcare system and economy when used as intended. Tobacco is the only product that used as intended will cause morbidity and mortality to users

There are approximately 4,300 licensed pharmacies in New York, including those located in independent pharmacies, hospitals, clinics, chain drugstores, discount retail outlets and grocery stores. Currently, no tobacco products are sold at hospital or clinic pharmacies, Target and Wegmans stores and 85% of independent pharmacies. Cortland County has nine stores with pharmacies that also sell tobacco products.

In recent years, the cities of Boston and San Francisco have adopted tobacco-free pharmacy measures. The United States is the only country that allows its pharmacies to sell tobacco products. Selling tobacco products in pharmacies makes tobacco use seem more acceptable to children, especially when pharmacies typically have the largest square footage of tobacco displays near the cash register. Pharmacies and mass merchandisers averaged 50 and nearly 60 square feet of tobacco product display, respectively, equivalent to over 300 pack faces. Ending pharmacy tobacco sales will decrease its availability and contribute to de-normalizing its use.

For more information on this topic, go to www.tobaccofreenys.org and www.tobaccofreerx.org.



JAZZERCISE OPEN HOUSE

THINKING ABOUT STARTING A NEW fitness program? Now is the time to try a Jazzercise class. On Monday, January 7th 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 Thursdays at 5:30 pm 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 or past



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
4019 RT. 281 • CORTLAND • 607-753-1263
DOUGSPOWERSPORTS.NET



JACKSON HEWITT
TAX SERVICE

Earn Extra Money

Now Hiring
Experienced Certified
Professional Tax
Preparers



staci.tenhave@jtax.com
607-205-3006



LUBE, OIL FILTER • TIRES
NEW YORK STATE INSPECTION

- ✓ Computer Diagnostics
- ✓ Check Engine Light
- ✓ Engine Performance/Repair
- ✓ Complete Brake Repair
- ✓ Steering/Suspension
- ✓ Muffler & Exhaust
- ✓ Alignment
- ✓ Heat/AC Repair

ACDelco

HAPPY NEW YEAR!



116 North Street
Dryden, NY 13053
607.844.8333

945 Dryden Road
Ithaca, NY 14850
607.275.0611



BELLSAUTO.COM

Jazzercisers who haven't been to class since October 2012, will get one month free – January, February and March for \$59.

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.



BAILEY'S KARATE

Looking for a new and exciting way to get in shape?

MARTIAL ARTS TRAINING IS AN excellent way to get fit while learning to defend yourself, making new friends, reducing stress, and improving your confidence and focus.

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.



STATE

FEBRUARY

13 **JEFF MANGUM**
17 **GALUMPHA**
25 **PENTATONIX**
26 **THE CHIEFTAINS**

MARCH

16 **GOLDEN DRAGON ACROBATS**

APRIL

05 **RON WHITE**
09 **DAVID SEDARIS**
12 **IMAGO - ZOOZOO**
21 **BUDDY GUY**

MAY

16 **HOT RIZE**

TIX: BOX OFFICE • 1-800-919-6272
STATEOFITHACA.COM
DANSMALLSPRESENTS.COM

Open
Regular Hours
NEW YEAR'S EVE
- and -
NEW YEAR'S DAY
Hop on in for breakfast!

Your New Year's Resolution should be

EAT AT TOAD'S DINER

Where the food is good,
the service is great and the prices are fantastic!

BREAKFAST SPECIALS
Starting at \$3

We Have Homemade **CHILI**

DELICIOUS HOMEMADE SOUPS, SALADS & PIES

YOUR NEIGHBORHOOD DINER OWNED BY YOUR NEIGHBOR!

From our family to yours - Happy New Year!

Toad's Diner

COMPLETE BREAKFAST & LUNCH MENU! DAILY SPECIALS!

RT. 38, FREEVILLE
844-5229
OPEN EVERYDAY 8-2
FRIDAY 8-8

GIVE THE GIFT OF FITNESS AND WELLNESS TO YOUR LOVED ONES

New equipment coming soon:
Octane Lateral X | Octane Elliptical Pro 4700
Jacobs Ladder | Concept 2 Rower

GIFT CERTIFICATES AVAILABLE

Buy a 6 month membership @ \$150 get a month free (\$30 value)
or
Buy a year membership @ \$270 and get three months free (\$83 value).
offer is good through January 31, 2013

For more information call 607.844.6555
or visit www.TC3.edu/student/rec_fitness.asp

ROBINSON'S REPAIR SHOP

3 CORTLAND STREET - MARATHON, NY - 607-849-6410

JIM ROBINSON

10% Veterans & Active Servicemen Discount
5% Senior Discount

NOT TO BE COMBINED WITH OTHER OFFERS - FULL PAYMENT AT TIME OF DISCOUNT - \$50 MAX DISCOUNT

HAVE YOUR CAR SERVICED NOW FOR BETTER GAS MILEAGE IN THE NEW YEAR

We are a Grumman Canoe Dealer

Have a Happy New Year! *Thanks for Your Patronage!*

We Service Classic Cars!

Enter to win a free oil change from Robinson's Repair Shop!

(One free oil change to be drawn on the 1st of each month). One winner per month. Winners will be posted at Robinson's. Value not to exceed \$45.00. (Customer must agree to pay any amount exceeding \$45.00)

CORTLAND SEAFOOD

Happy New Year

26-30 ct. Shell on Shrimp...lb.....\$7.95	Alaskan King Crab.....lb.....\$19.95
16-20 ct. Shell on Shrimp...lb....\$10.95	Squid (Calamari) Cleaned .212 lb pkg.....\$8.95
16-20 ct. Raw Peeled & Deveined Shrimp...lb...\$12.95	Octopus.....lb.....\$2.95
Lobster Meat TKL.....11.3oz...\$25.95	Salt Cod (Baccala).....lb.....\$9.95
Jumbo Lump Blue Crab Meat.....1 lb...\$15.95	6-9 ct. Frog Legs.....lb.....\$7.95
Lobster Tails (9 oz. and 16-20 oz. Dry)..lb...\$25.95	Minced Clam.....4 lb.....\$15.95
Fresh Dry Sea Scallop.....lb.....\$15.95	Fresh Hand Dipped Oysters (East Coast).....pt.....\$16.00

Plus Reg. Line of Fresh & Frozen Seafood
With Notice Shrimp Cooked to Order Free of Charge
We Offer Catering For All Types Of Parties
Still Cortlands Original Seafood Store

Many Unusual items on our Specials Board
Clams available year-round, notice appreciated
65 Pendleton St. • 756-5225
HOLIDAY HOURS:
Tues.-Thurs. 9-5:30; Fri. 9-7:30; Sat. 9-1:00



PICCADILLY LANE COUNTRY AND PRIMITIVE STORE

LOCATED ON 2634 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 2013! 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!

Also located at 2634 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 proudly added her daughter, Jessica Maley to Ballard's Taxes last year. Questions – Email ballardstaxes@aol.com or call Joyce or Jessica at 607-692-4594. Joyce and Jessica both specialize in personal and business and new clients and walk-in's are 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 vacation! 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 seeing you 2013!



COMFORT KEEPERS

COMFORT KEEPERS PROVIDES ONE ON ONE assistance to seniors either in their home or in a facility to help enhance quality of life and maintain independence. Specializing in Interactive Caregiving we are able to work "with" our clients not "for" our clients. We assist with activities of daily living such as Grooming Guidance, medication reminders, light housekeeping, meal prep., laundry and errands. Our caregivers are both insured and bonded and backgrounds are check thoroughly prior to service. Give us a call to see how we can assist with both physical and dementia related illnesses.

2359 North Triphammer Road Ithaca, NY 14850 607-272-0444 www.comfortkeepers.com



GREENLIFE NUTRITION CENTER

TARA FLANDERS-GROSS, OUR EXECUTIVE DIRECTOR, and the mastermind of the center, is a Board Certified Nutrition Counselor who, after more than a year in private practice, felt called to meet the health needs of a larger demographic than she can reach in private practice. Gross is a local resident of Lansing and has increased wellness and stamina herself by shifting to this way of eating, lost a large amount of weight in the process and has also seen many success stories with her clients. Therefore, she is well equipped to pass along inspiration and knowledge to those who come to her for coaching.

With a green thumb, passion for the kitchen, and love of kids, she first set out to provide summer camps to school-age children interested in learning more about eating green. As she searched for a center to collaborate with, she found an unmet necessity in the area, thus Greenlife Nutrition Center, Inc. was born. She will transfer her one-on-one coaching skills to the donor supported, non-profit group setting, allowing for more versatility and hands-on activities in her instruction. The members will now have the benefit of group support as they undergo changes in their diet and life and find a need to talk to others who are going through similar transitions.

Our Mission is to provide a safe, innovative and educational space for children and adults to explore proper nutrition and take control of their health. To facilitate enjoyment and curiosity about where food comes from, how it is prepared, mindfulness while consuming it, and how these processes relate to health and well-being. We offer a fun, comfortable environment, where hands-on food related classes, camps, and activities inspire a consciousness about the connection between food and health, providing the proper foundation for a lifelong healthy relationship with food.

Our goal is to inspire our community to take control of their bodies by paying more attention to what they fuel them with. Our aim is to empower them through better understanding of how proper nutrition can improve your health. Therefore, there is no better time to step in and ignite curiosity in our community about alternatives to boxed and processed eating. Cooking is a fun adventure with our organization,



WHAT IS YOUR RELATIONSHIP TO FOOD?

Need support with your New Years Resolution? Come explore nutrition with Tara and take control of your health.

Beginning 2013, Wholly Greens will become a program under Greenlife Nutrition Center.

Visit our website and our Facebook Page.

Currently within Finger Lakes Xtreme Fitness: 106 W South St, Groton, NY 13073

greenlifenutrition.org

CALL TARA TODAY
607-342-0568



jazzercise® FREE OPEN HOUSE CLASS!

We will be having our Open House on January 7th! NEW YEAR SPECIAL! Buy two months and get one FREE!

BEGINNERS CAN START ANYTIME!

Holy Cross Church on George Rd. Dryden Mondays and Wednesday at 5:45pm

TC3 on Thursdays at 5:30pm and Saturdays at 8:30am

MONDAY, JANUARY 7TH @ 5:45PM
HOLY CROSS CHURCH ON GEORGE RD in FREEVILLE

FREE CLASS, Refreshments, Door Prizes, Good Workout, Lots of Fun. Bring Water Hand Weights Optional.



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



Creative Touch HAIR + NAIL SALON

10 W. MAIN ST. DRYDEN
(607) 844-9920

Men, Women & Children Walk-Ins Welcome

NAILS • PEDICURES • HAIR • WAXING • PERMS
COLOR • CUTS • STYLING • MASSAGE

SCHEDULE YOUR APPOINTMENT TODAY WITH
MASTER STYLISTS



Discover a New Stylist!

GET READY FOR THE NEW YEAR & WOW THEM WITH A NEW LOOK!

Try a new Color, Hi-lights/Low-lights or New Cut!



64 MAIN STREET
CORTLAND, NY
CORTLANDFITNESSCENTER.COM
607.756.4013

CYBEX • DRECOR • HAMMER STRENGTH • FREE WEIGHTS
GROUP X CLASSES • KICKBOXING • BOOT CAMP
SPINNING • FIT CLASS • PERSONAL TRAINING • TBS
WEIGHT MANAGEMENT SYSTEM • FULL LOCKER ROOMS
SAUNAS • CORTLAND'S ONLY FULL SERVICE HEALTH CLUB

by learning to nourish the mind, body, and soul—like they have never experienced before.

The services offered at Greenlife Nutrition Center, Inc. will be varied in order to help people of all ages, levels of health intelligence, and incomes to achieve their highest potential through the use of fresh, seasonal food as fuel. We will also flavor those foods with herbs and spices that liven the taste, while acting as preventative medicine for the body. Tara will inspire all who enter to “Get back in the kitchen and have fun!”

Contact Tara at 607-342-0568 or visit her office within Finger Lakes Xtreme Fitness at 106 W South St, Groton, NY 13073.



WILLCOX TIRES & SERVICE CENTER GET YOUR SNOW TIRES TODAY!

DO YOU NEED TIRES OR does your vehicle needs to be serviced or inspected? Located in the heart of the Finger Lakes in downtown Ithaca, Willcox Tire Center has been the #1 choice for quality, affordable work and customer satisfaction since 1986.

Locally owned and operated, Willcox offers high-quality automobile repair and great tires at affordable prices. From brakes to air-conditioning to tires to fuel pumps, Willcox is your vehicle’s one stop automotive supercenter. Whether your vehicle is foreign or domestic, it doesn’t matter to us – we can fix it! Stop by and see us today!

Looking for an odd size tire?! They specialize in the hard to find sizes and tires for ATV’s, boat trailers, tractor trailers, dump trucks or even hand cart tires! Call 607-273-6310 for a quote!

Our Automotive Repair Services Include:

- Air-Conditioning Service
- Carburetor Service
- Fuel Injection Work
- Exhaust Work
- Brakes
- Alignments
- Battery Replacements
- Vehicle Maintenance
- Front End Work
- Water Pump Replacement
- Starter & Alternator Repair
- Fuel Pumps / Gas Tanks
- Cooling System Work
- Radiator Service
- NY State Inspection
- Clutch Repair
- Differential & Transaxle Service
- Computer Diagnostics
- Timing Belt Repair
- Tune-Ups
- Electronic Testing
- Oil & Lube Service

Willcox Tire Center and Service Center is located at 233 Elmira Road in Ithaca and is open Monday thru Friday from 8 am to 5:30 pm and on Saturday from 8 am to noon. Stop by and say HI to the team at the front desk – Kelly and Tom! Check them out on the web – www.willcoxtirecenter.com! Gift certificates available for any occasion– show you care and give your loved ones a gift certificate for tires, an oil change or tune-up! Happy New Year to everyone from all of us at Willcox Tire Center! Thank you for your patronage and we look forward to serving you in 2013!

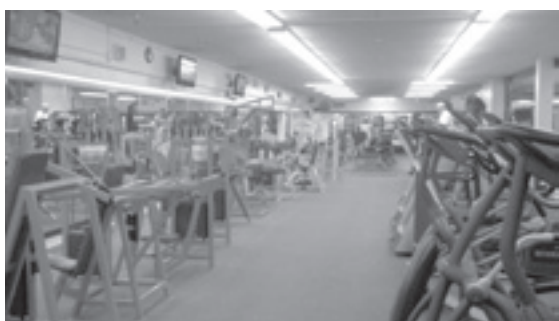


XTREME FITNESS CENTER

WE UNDERSTAND HOW BUSY LIFE can get, as our lives are filled with obligations to work, family and friends. So, have you scheduled time for you and your health? Finger Lakes Xtreme Fitness is here to personally make that transition a smooth one. Our Fitness Center staff look forward to hearing from you.

Drew Gross is the owner of the Fitness Center in Groton, and is equipped as a well-educated, energetic and specialized personal trainer. Drew’s goal is to provide a wellness center with a warm atmosphere that encourages members to want to improve their level of health. He aims to educate and inspire those who have felt lack of confidence in joining a fitness center. You can find announcements and events on our Facebook page and be sure to share your experience with us there. Drew looks forward to meeting you in person and assisting you in taking your first steps towards fulfilling your wellness goals.

Visit our Fitness Center, located within downtown Groton. Our Fitness Center has a vast amount of cardio and resistance training equipment that will suit your personal needs. Not sure of the benefits and usage of the equipment? Drew would be more than happy to meet with you upon joining our fitness center. Locker rooms and showers are available. We now offer a more complete wellness approach as Greenlife Nutrition Center, Inc. offers nutritional counseling within the Fitness Center. Stop by or contact us for more information.



COMMIT TO BE FIT WITH CORTLAND FITNESS IN 2013!

CORTLAND’S FULL SERVICE FITNESS CENTER! They have everything you need to get in shape in 2013!

Group X classes like Boot Camp or CFC’s specialized F.I.T. class to build a great core and strength

Kickboxing will keep you moving and build coordination and balance

Spinning will build a strong heart as well as burn those calories fast!

Build strong functional muscle with the best free weights in town!

Need a tune up! They have Certified Trainers to keep your workouts Fun and effective!

After a great workout relax in the sauna! Or maybe a massage is in order.

NEW to CFC! Transitions Lifestyle Weight Management classes, and learn how to maximize your weight management goals.

Make 2013 your year to commit to be fit!

Questions? Contact the club for details at 607:756.4013 or facebook at

Cortland fitness center to learn more!

JOIN in January and receive three Spin Classes and three Personal Training sessions as well as a fitness assessment FREE!

Now is the time to commit to be fit! With Cortland Fitness Center!

Cortland Fitness Center is conveniently located at 64 Main St. Cortland in the Market Place Mall.

CUTTINGS GARAGE

COMPLETE AUTO REPAIR

- Brake Repair
- Oil Change
- Lubrication
- Struts

- N.Y.S. Inspections
- Exhaust
- Tune-Ups
- Tires - Batteries

(607) 347-4873
1834 Dryden Road, Freeville, NY

Happy New Year!

Dryden Animal Clinic
2034 Dryden Rd.
(607) 844-9788

James A. Zwart
D.V.M.
(607) 844-9788

James A. Zwart, D.V.M.
DRYDEN ANIMAL CLINIC
2034 Dryden Road
Freeville, NY 13068
(607) 844-9788

Emergency Service Available

Office Hours By Appointment
M, W, Th, F 8-5 • Tu 8-12 & 4:30-6 • Sat 9-12

We provide complete medical & surgical care and boarding for cats & dogs.

FINGER LAKES
5 YEAR ANNIVERSARY!
607-898-3500

What about the YOU!
most important person?

Begin your year off strong by joining our gym and working toward a new YOU.

Body Blast Bootcamp
Cardio ‘n Core
Personal Training
Nutritional Classes

Memberships:
Single
Couple
Family

106 W South Street, Groton, NY 13073

lakesxfit.com

Our Climate Controlled Facility is Perfect for Storing Your Valuable Antiques!
Also ideal storage for: Valuables • Delicate items • Artwork
Any items that need to be stored in temperature & humidity-controlled environment.

Serving All Your Storage Needs...
Including climate sensitive important papers & clothes, RVs, boats, vehicles, snowmobiles, trailers & much more.
4 convenient locations • Commercial/residential/warehouse storage
Student Summer storage • Climate-controlled storage




3760 Luker Road
Next to Builder's Best Do-It-Center
www.cortlandself-storage.com
607-756-4307



Dr. Achilles M. Filios
Dr. Robert W. Baker, Jr.
Dr. John D. Duthie
18 Church Street,
Cortland, N.Y. 13045
(607) 753-3371

◆ "Invisalign Certified"

Happy New Year
from all of us at
Orthodontic Group of the Finger Lakes
www.flsmiledocs.com



A Healthy Smile Starts with Healthy & Straight Teeth

HAPPY NEWYEAR!



ACCESS DENTAL CARE
- S. Ali, D.D.S. -
www.accessdentalny.com

Mon-Fri 8-4:30
Finance Plan AVAILABLE

- Now Accepting New Patients
- Most Insurances Welcome

607-898-5006

119 W. South St., Groton, NY 13073

IN-HOME SENIOR CARE SERVICES

SHE'S ALWAYS BEEN THE INDEPENDENT TYPE. WE AIM TO KEEP HER THAT WAY.

- Companion Care
- Housekeeping & Meals
- Shopping & Errands
- Incidental Transportation
- Grooming Guidance
- Medication Reminders

607-272-0444
2359 N. Triphammer Rd. • Ithaca, NY 14850



Comfort Keepers®



©2012 CK Franchising, Inc.
Each office independently owned and operated.

COMFORTKEEPERS.COM



23 West Main St. Dryden
(607) 844-8135
A Wine & Spirits Store & So Much More!
...We Are Service Driven...
GIFT CERTIFICATES AVAILABLE



WISHING EVERYONE A HAPPY NEW YEAR
Thank you for your patronage!

15% DISCOUNT
On Wine Case Buys (Mixed or Solid)
(1.5 liter is considered 2 bottles)
Free Personalized Wedding or Special Occasion Labels with Your Wine Purchase

OPEN Monday, December 31st
NEW YEAR'S EVE
10AM to 9:30PM

OPEN Tuesday, January 1st
NEW YEAR'S DAY
10AM to 3PM

RON'S BODY & PAINT
Most Recommended in the Area 24-HOUR TOWING



607-849-6898
31 Cortland Street
Marathon, New York
ronsbodysandpaint.com
AAA Approved Auto Repair

Free Loaner • Work is Guaranteed
Tow Truck or Flatbed
We accept most major auto clubs!
Show your card & save!

HAPPY NEW YEAR

We are here during all of your Holiday travels & beyond!

"The Standard to be Judged By" **AWARD WINNING**

Paul Yaman Construction & SOLAR TECHNOLOGIES

RESIDENTIAL • COMMERCIAL • ROOFING SPECIALTIES • HOME IMPROVEMENTS

Cortland 607-756-7042
Ithaca 607-273-1240
www.paulyaman.com www.paulyamansolar.com

CORTLAND SELF-STORAGE

Climate Controlled Facility Now Available!
Serving all your storage needs...

Wishing Everyone a Happy & Healthy New Year!



607-756-4307
www.cortlandself-storage.com




NOW ACCEPTING APPLICATIONS!



BRAND NEW 1, 2, & 3 BEDROOM APARTMENTS

- Affordable • Energy Efficient • Individual Entry & Patio/Balcony
- Clubhouse with Laundry Center, Exercise & Computer Lab

CALL 607-288-4165 TODAY!

Poets Landing

4 T.S. Eliot Dr., Dryden, NY 13053
email: poetslanding@coniferlc.com



www.coniferliving.com



Homer WinterFest

February 1st & 2nd Village of Homer, NY

Food, Fun & Entertainment
Village-Wide

- Bonfire, Fireworks, Antiques, Crafts, Wine Tasting,
- Snow Sculpture, Parade, Sled Race, Dance, Chili Cook-Off, Children's Activities

www.homerwinterfest.org



Holiday Skate 2012



Create memories with your friends and family at the McDonald Sports Complex.



Special Holiday Skating Sessions for just \$2 per session.

For Complete listing of times visit www.jmmcomplex.com



4292 Fairgrounds Dr, Cortland, NY 13045
607-753-8100

DIESEL MECHANIC

for heavy equipment shop in Preble, NY. Must have own tools and experience is preferred. Health insurance and vacation available for permanent full-time hires. Send resume, references and salary requirements to jack@cnyemail.com or call 607-279-8466

At Beck Equipment, we maintain a complete heavy machinery repair facility to take care of all your maintenance & repairs

We repair & overhaul ENGINES, TRANSMISSIONS and HYDRAULIC SYSTEMS - all components from the radiator to the tracks or tires.

We perform WELDING repairs, FABRICATION, LINE BORING & rebuild BUCKETS, BLADES & ATTACHMENTS.

We have a PAINT SHOP for quality repainting of machinery.

Though our experience has been mostly with Caterpillar & John Deere, we are capable of repairing nearly all makes of machinery.

WE BUILD HOSES IN OUR PREBLE, NY SHOP. CALL OR STOP IN TO PUT YOUR MACHINE BACK TO WORK!



HEAVY EQUIPMENT RENTAL/REPAIR

749-7950 2090 Preble Road
Preble, New York

LET US HELP YOU MOVE MOUNTAINS!

PAWN BOSS

RIPPING THROUGH THE COMPETITION



607-662-4052
16 Main Street
Cortland, NY 13045

M-F 10:30AM - 6PM
SAT 10:30AM - 3PM
CLOSED SUN

WII SYSTEM
w/ 3 GAMES w/ COUPON IN
GIFT BOX - \$85

PS3 SYSTEM

PS2 SYSTEM

iPODS DS LITE

PSP SYSTEM

XBOX 360 SYSTEM

Stop by Empire Tractor and

Try On A Pair...

638 Route 13
Cortland, NY 13045
(607) 753-9656

www.EmpireTractor.com



Happy New Year

to your family from all of ours at

PAUL YAMAN CONSTRUCTION

Thank you for your patronage!

273-1240 756-7042 PAULYAMAN.COM

ELITE DENTAL + DENTURE P.C.

ACCEPTING NEW PATIENTS
EVENING APPOINTMENTS AVAILABLE

13-15 CLINTON AVE, CORTLAND
607.758.7700
Open Monday-Friday from 8am-5pm
& Saturday from 9am-3pm

WALK INS + EMERGENCIES SEEN SAME DAY

ALL INSURANCES ACCEPTED including Fidelis, Medicaid, Healthplex + Dentaquest

Saturday Appointments Available

15% Senior Citizen Discount On Dentures or Partials

\$110 SPECIAL

Full Exam
Bite Wings
Cleaning

SENIOR CITIZENS DISCOUNT
FINANCING AVAILABLE

FREE INITIAL CONSULTATION FOR DENTURES

T.M.D. + Facial Pain Treatment

- Zoom Bleaching
- Permanent Crowns
- Bridges
- Cleanings
- Extractions
- Root Canals
- Dentures & Partials
- Fillings/Bonding (white fillings)
- Invisalign Available



Ring in 2013 in Style at the Ramada

New Year's Eve Package for Two

- * Hors D'Oeuvres Reception * Buffet Dinner * Open Bar † *
- * Entertainment * Party Favors * Champagne Toast *
- * Overnight Accommodations & Extended 1pm Check-out *
- * New Year's Day Breakfast Buffet *

New Year's Eve

6:30 - 7:30 pm: Hors D'Oeuvres Reception in the Crown City Steakhouse
7:30 pm - 9 pm: Buffet Dinner in the Buckingham Ballroom
9 pm - 1 am: Party in the Buckingham Ballroom!
Open Bar † * Tribal Revival * Dancing * Champagne Toast * Ball Drop

New Year's Day

6:30 am - Noon: Breakfast Buffet
1:00 pm - Checkout

Bar-pour Liquors, House Wine, & Domestic Draft Beer.
Premium Selections Available at an Additional Cost.

Celebrate with the Music of



The Crown City Steak House Pub will be Open Until 1 am!



www.RamadaCortland.com
www.CrownCitySteakHouse.com

2013 OFF THE RIGHT WAY

MANY PEOPLE START OFF A new year by making resolutions about their health. It is a good time to start the year right with a special three step health program. You should treat your body right. The three phases for good health are: 1. Detoxification. 2. Activation. 3. Vital Nutrition. Let me explain all three.

#1 Detoxification. You are what you eat or rather what your body assimilates. Any substance that finds its way into your body whether by what you eat, drink, breathe or absorb can affect your health for the good or for the bad. When your body is not eliminating properly toxins build up leading to auto-intoxication. This first affects your digestive and intestinal systems. Sixty percent of your immune system is located in your intestines so cleaning is vital to your overall health. Opening up your eliminative channels keeps your body systems running at peak performance. There are many cleansing herbs and combinations too numerous to mention here. Just contact me if you want more information. I also offer Detox Foot Spa treatments to help aid in the elimination of toxins from the body besides the wide range of supplements to take internally.

#2 Activation. You need to improve your body's efficiency. We move, breathe, pump, absorb, digest and eliminate without any inconvenience when our body is working properly. But we have to deal with pollution, dead foods or ones grown in depleted soils, overuse of medications and environmental toxins. What a health challenge to our body. It slows us down and we run less efficiently. The key to activation is Enzymes and Probiotics. Enzymes allow your body to assimilate the nutrients from the foods you consume. Probiotics keeps your intestinal tract filled with good bacteria to maintain the delicate intestinal balance. Nature's Sunshine Products have a wide range of enzymes and probiotics to choose from. Just contact me for the right one for your body.

#3 Vital Nutrition or building your body with the right kind of nutrition. You only have one body so make sure to treat it right. This starts with a good multi-vitamin mineral supplement. We are not talking here about overeating but feeding our bodies at the cell level so our bodies will work at peak performance. Also making sure our body's PH is not too acidic which is what leads to disease and sickness. So take time to think about your health and your diet. Are you taking good care of yourself. Want to? Why not start today! I will be happy to help you.

Till next time,



Diane L. Toombs, CNHC
www.mynsp.com/toombs
B.E.S.T. Energy Foot Spas!
www.zytopcompass.com/af/link.aspx?a=dtoombs

The information in this article is for educational purposes only and is not meant for diagnosing or prescribing.

VISALUS - BODY BY VI



VISALUS - BODY BY VI is a 90-Day challenge that helps people transform their lives and get in better shape, no matter if you want to slim down, tone up or build muscle. It is a unique blend of proteins that work quickly and provide long-lasting nutrition to help you burn fat and build lean muscle. We have sensible meal plans that allow you to "cheat" now and then, along with fun recipes. Vi-Shape offers you a fast "ideal meal" that can

save you money while providing amazing nutrition. You blend the mix into non-fat, low-fat, soy or almond milk. You can mix it with water for a protein snack. For added flavor and nutrition, you can also blend in fresh, frozen or canned fruits. There are four kits in the program. (1) The "Transformation" kit is the ultimate shaping and nutrition support to help you transform your body and feel maximum results. (2) The "Shape" Kit is for someone looking to help them slim down or tone up. (3)

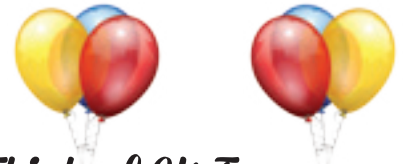
The "Balance" Kit is for someone that wants to embark on the journey to healthier eating habits. (4) The "Core" Kit is for those that want to support their active lifestyle with balanced nutrition and an advanced anti-aging and energy system. Starting your day with the shake for breakfast helps fuel the body, and helps maintain healthy blood sugar levels. It tastes amazing. We call it the "Shake mix that tastes like a cake mix". Our shake is lower in sodium, fat and carbohydrates. It is diabetic friendly, heart friendly and lactose free. The shake can help you gain weight by adding the beverage with any meal or use between meals. For those who exercise, having a shake mixed in water within 30 minutes of finishing a workout will find that it may help the muscles recover easier. There are cookies that are packed with nutrition to help your body support a healthy immune system, a healthy digestive system, a healthy heart while fueling your body with energizing protein, fiber and other nutrients to keep you feeling full. It is for anyone who wants a healthy snack on the go or a boost of energy for the day ahead or as a mini meal. We also offer energy drinks. Affordability - there is simply no other shake that matches what we offer for the price. By having a shake a day you cannot only help fuel your body with nutrients, but you can save money too. The price is \$1.65 per shake or you can have 3 friends join you on the challenge and you will get yours for FREE. There are Prizes and Rewards offered for success stories. Use the products twice a day, whether you exercise or not, and you'll be amazed at how fast you can transform your life with ViSalus. You can go to my website at healthychallenge4u.bodybyvi.com and sign up for more information or call me Donna Kotas at 607-345-8008.



PORT WATSON MINI-CONFERENCE CENTER

PHONE: 607-753-1477 FAX: 607-753-1479
CELL: 607-345-0016 or 607-345-9918
EMAIL: w2otg@verizon.net

131 Port Watson Street
Cortland, NY 13045



Think of Us For...

Christmas Parties
Graduations • Birthdays • Showers
Weddings • Anniversaries
Reunions or any larger gathering of friends,
family, clients or co-workers

Baileys
KARATE
Ages 4 - Adult
108 Homer Ave.
Next to Suggett Park
607.756.4202

**Leadership * Academic Achievement * Respect * Self-Esteem*

Committed to the
development of strong, caring
& responsible youth!

ENROLL NOW!

\$49.00

4 weeks of class (8 classes)
* Free uniform *

Frank Hoxie's

Simply Heirlooms

WANTED!

Your gently worn heirloom &
better costume jewelry-**FAIR PRICES PAID!**

Monday, Wednesday & Friday 9:30AM - 5PM
17-29 Main Street, Suite 243, Cortland, NY 13045 ♦ (607) 591 - 6579

Body by Vi™ 90-Day Challenge

LIFE HEALTH POSPERITY

**TRANSFORM YOUR LIFE WITH THE
VISALUS BODY BY VI™ 90-DAY CHALLENGE**

HEALTHYCHALLENGE4U.BODYBYVI.COM

Donna Kotas, Promoter
healthyu_healthyme@yahoo.com
3819 Valley View Dr.
Cortland, NY 13045
607-753-6674 607-345-8008

844-9336
290 Cortland Road
Dryden, NY 13053

G.L. Mullen

BODY SHOP

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

2013

HAPPY NEW YEAR!

ORDER 24/7 NAPAONLINE.COM

Our West Rd. (Rt. 281) Store is OPEN
Sunday 8am-1pm

PLAN FIRST
Computer Services

Make IT Easier. Plan First!

607-756-9347
120 Groton Ave. Cortland
www.pltech.net

Hours

Monday - Friday
9:00 AM - 5:30 PM
Closed Saturday and Sundays

Why Plan First?

- Conveniently Located
- Locally Owned and Operated
- Computer Upgrades and Performance Tuning
- Custom Hardware Repairs
- Data Recovery Services
- Spyware & Virus Removal
- Website and Email hosting
- Server Co-Hosting
- Nexlink Computers
- Small & Medium Size Business IT Infrastructure, Architecture, Design, Implementation, and Support
- Custom Programming

RON'S BODY & PAINT

Serving the Marathon and Surrounding Area

STATE-OF-THE-ART BODY SHOP

Free Loaner Car • All Work Guaranteed
Most Major Auto Clubs
Tow Truck Or Flatbed Service Available

849-6898 FAX 849-7916
31 Cortland St., Marathon • ronsbodyandpaint.com

24 HOUR TOWING
Road Service • N.Y.S. Inspections

Most Recommended
IN THE AREA!

(607) 756-4159
1100 State Rt. 222
Groton Avenue Plaza • Cortland
Walter J. Kasperek, Optician / Owner

Gift Certificates Available

HAPPY NEW YEAR!

HOURS

Temporary Hours
Monday-Friday 9-5

PUZZLES & GAMES

WORD FIND

Find the 'New Year' & 'Fitness' related words below! Can you find them all? Good luck! Check our next edition for the solution!

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

weightlifters • gym • aerobic • exercise • healthy • snacks • water • salad treadmill • trainer • run • walk • classes • music • new year • dance • celebration resolutions • dinner • toast • midnight • vitamins • health • vitamins calories • aerobics • cardio • weights • heart rate • monitor • reservations

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!

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

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 • Dryden Wine & Spirits
- 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
- Cortland Seafood • Piccadilly Lane Country & Primitive Store
- The Second Knob Gifts & Antiques • Cortland Ramada

LAST EDITION'S PUZZLES

SUDOKU

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

WORD FIND

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

Creative Touch

Sharon is accepting new clients!

Schedule your "Body Waxing" appointment today!

Hair & Nail Salon

FOR ALL YOUR NAIL SERVICES!

Gel Polish Available Credit Cards Accepted 10 W. Main Street • Dryden (607) 844-9920





THE CAT

BUSINESS SERVICE GUIDE

\$99/4 MONTH
per listing! Includes 1
FREE 1/16 Page Black &
White Ad Inside &
Discounted Ad Rates!
**CALL FOR
DETAILS!**

Keep this handy directory in your home and car for quick reference! Support local business!

TO ADVERTISE: The Cortland Area Tribune • P.O. Box 67 Dryden, NY 13053 • (607) 844-8228 • tcatribune@gmail.com

ADULT BOUTIQUE

Tikie's Adult Boutique
1136 Rt. 222
Groton Ave. Plaza, Cortland
753-8800
www.tikiesadultboutique.com
Lingerie, Corsets, Leather, High Heels, Club Dresses, Adult Novelties

ADVERTISING

The Cortland Area Tribune
Your Regional Bi-Weekly Newspaper
(607) 844-8228 email: tcatribune@gmail.com
Judy Kilmer, Publisher - Text/call 607-227-0606
Martha Nelson, Sales Consultant - 607-836-6762 (after 3pm)

AEROBICS & FITNESS

JAZZERCISE
Classes in Freeville
Call for schedule **607-279-6131**
skol@cornell.edu

ANIMALS & PETS

CORTLAND SPCA
879 McLean Road • Cortland
cortlandspca.org **753-9386**

ANTIQUES

A Touch of Glass Antiques & Collectibles
Kathleen Beardsley, Owner
Kmbearde@twcny.rr.com
The Crawl Space in Little York
Pottery & Art Glass
Hand Crafted Chess Sets and Boards
BUYING AND SELLING GLASS AND COLLECTIBLES • GARAGE SALE CONSULTANCY
Downsizing Consultant **607.345.0608 607.749.3504**

BARN HOUSE ANTIQUES & Collectibles
308 Peruville Rd., Rt. 34B
Lansing, NY
607-533-8636
FingerLakesAntiques.com

CRACKER BARREL ANTIQUES AND COLLECTIBLES
Wed-Sat 12-4
3908 Rt. 11 Cortland 13045
607-756-7643
or **607-745-5001** by appt.

impulsive ANTIQUES & TRUCK RESTORATION
JIM & CATHIE
607-785-3762
Call: 607-760-1006
impulsiveantiques@ny.rr.com • PO Box 1561, Binghamton, NY 13902

RIVERBEND ANTIQUES CENTER
79 Cortland St
Route 11
Marathon, NY
607-849-6305
Open Daily 10am - 5pm
Closed Mondays
marathonauction.com • antiquemad@aol.com

MARATHON AUCTION SALES & SERVICE
980 Cortland St
Box 757
Marathon, NY
607-849-6305
849-4200

APPLIANCES

Thayer Appliance Center
Refrigerators • Ranges
Washers • Dryers
273-6611
419 West Seneca St.
Ithaca

ARCHITECT. DESIGN & PROJECT MGMT.

Applied Design Research Associates
5 Main Street, P.O. Box 306 • Freeville
adra@twcny.rr.com **844-4601**

ARCHERY EQUIP. & SALES

KLEIN'S ARCHERY
Full Service Pro Shop
Bow, Limb, Hoop, Elbow, P.S.L., Parker
30 Yard Indoor Range
30 Outdoor Range
Joe Guernsey, President
Phone: 607-844-3474
email: jguernsey001@twcny.rr.com
119 Freeville Rd.
Dryden, NY 13053

ATVS

CNU POWER SPORTS
New & Used
3871 US Route 11
www.cnupowersports.com
756-6578

DOUG'S POWERSPORTS UNLIMITED
4019 Rt. 281
Cortland
753-1263
dougspowersports.net

AUTO PARTS

NAPA AUTO PARTS
161 MAIN STREET • CORTLAND **753-9601**
52 1/2 NORTH STREET • DRYDEN **844-8175**
3862 WEST RD. (ROUTE 281) • CORTLAND **753-9671**
napaonline.com
Also stores in Moravia and LaFayette

AUTOMOBILE BODY & PAINT

GL MULLEN'S Body Shop
290 Cortland Road
DRYDEN
844-9336

PERFECTION
WE WORK WITH ALL INSURANCE COMPANIES
765-4601
Quality Collision Repair
73 Cortland St. Marathon, NY

AUTOMOBILE REPAIR & SERVICE

BELL'S AUTO CARE
116 NORTH ST in DRYDEN **844-8333**
945 DRYDEN RD in ITHACA (VARNA) **275-0611**
Like Us on Facebook

CUTTING'S GARAGE
1834 Dryden Road
Freeville **347-4873**

GRANT STREET REPAIR AND PARTS
48 Grant Street
Cortland, NY 13045
Cars, Buses, RV's, Trailers, Heavy Duty Truck & Equipment Parts and Service
Full Inspection Station
FMCSA & Motorcycles
Service: 753-6966
Parts: 753-1153
Fax: 756-9375
We do alignments, fuel injection cleaning and more

HARTLEYS Auto & RV Center
607-756-5302
Sales • Service • Parts & U-haul
3830 US Rt 11 • Cortland, NY 13045

AUTOMOBILE REPAIR & SERVICE

HILLTOP AUTO
193 HOMER AVENUE, CORTLAND **607-753-0316**
Complete Auto Service & Quality Used Vehicles

LANE'S AUTOMOTIVE
Your Automotive Repair Specialists
1850 Danby Road (Rte 96b)
Ithaca, NY
P **607-272-0852**
F 607-272-2514
lanesautomotive.net
Monday thru Friday 8am-5pm

ROBINSON'S REPAIR SHOP
3 Cortland Street - Marathon NY
(607) 849-6410 or **(607) 849-8400**
Also, a "Grummons Canoe Dealer"

Ron's Body & Paint
31 Cortland Street
Marathon NY **607-849-6898**
www.ronsbodyandpaint.com
LOANER CARS

SCOTTIE'S AUTO REPAIR
2171 DRYDEN ROAD
RT. 13 FREEVILLE
FOREIGN & DOMESTIC **844-4307**
For All Your Service Needs
M-F 8:00-5:30

Willcox Centers
Ithaca **607-273-6310**
233 Elmira Road
Mon-Fri 8-5:30
Sat 8-12
willcoxtirecenter.com

BAIL BONDS

When in Jail and Need Bail Call
THOMAS E. BACKUS
Bail Bonds
PO Box 710 • Dryden, NY 13053
607-844-8649

BANQUET FACILITY

THE CORTLAND RAMADA CONFERENCE CENTER
Expect nothing but the best
2 River St. Cortland, NY 13045
Ph: 607-756-4431 • F: 607-753-3511
ramadasales@cnymail.com • ramadacortland.com
At the Ramada Cortland Hotel & Conference Center we can cater to any size group with our 5 different function spaces and you can rest assured your event will go smoothly. We also have wedding packages available to make your wedding day magical!

BEAUTY PRODUCTS

The Sand Dollar
Avon & More PLUS HAND MADE JEWELRY!
(607) 758-7788
(607) 753-7109
37 Main St.
Cortland, NY 13045
Downstairs in The Beach House Mall next to Rum & Couture Clothing Boutique

BEAUTY SALON

CREATIVE TOUCH HAIR & NAIL SALON
FULL SERVICE SALON
Hair - Waxing - Nails
10 W. Main Street, Dryden
607-844-9920

BEAUTY SALON

Highlight Your Life
Misty Leonard
Jennifer Conway
Shelly Luce
(607)-844-4111
2315 Dryden Rd
(Rt. 13) • Dryden

BICYCLE SERVICE & ACCESSORIES

ACTION SPORTS
85 Main Street
Cortland
753-9612
Specialized & Jamis Bicycles
-- REPAIR SHOP ON PREMISES --
M, W, Th, F 10 - 5:30, Sat 10-3 -- Closed Sun & Tues

BILLIARD & SPORTS LOUNGE

The SeventySeven Club
77 Main Street in Downtown Cortland
607-758-POOL (7665)
the77club@yahoo.com
the77club.com
A GREAT PLACE TO PLAY POOL

BOTOX

BOTOX & DYSPORT
Jean Trujillo DNP
Office **607.273.5551** • Cell **607.348.3892**
Office of Dr. Marne O'Shae & Jean Trujillo
402 N. Cayuga St. • Ithaca
marneoshae.com/jeantrujillo.html

BOUTIQUE

Belle's
a unique boutique...
Unique Jewelry Accessories & Gifts
Marketplace Mall, Cortland, NY
Open: Monday - Friday 4pm - 8pm
Saturday 10am - 5pm

BUILDINGS - STEEL/WOOD

ESSEX STRUCTURAL STEEL CO., INC
607 Route 13
Cortland, NY 13045
607-753-9384
Fax 607-753-6272
essexsteel.com

BULK FOODS & DELI

Back Basics Grocery & Deli
2207 Dryden Road
(Rt. 13) Dryden
844-8074
Brand Name With-Out The Fancy Package
Tues-Fri 9-6 • Sat 9-4 -- Closed Sun & Mon

CHAMBER OF COMMERCE

Cortland County Chamber of Commerce
37 Church Street, Cortland, NY 13045
(607) 756-2814
www.cortlandareachamber.com

CHAMBER OF COMMERCE

TOMPKINS COUNTY CHAMBER OF COMMERCE
904 East Shore Drive, Ithaca, NY 14805
(607) 273-7080

COMPACT TRACTORS / LAWN & GARDEN EQUIP



Atlanta (A) (585) 534-5935 Batavia (B) (585) 343-1822
 Cazenovia (Z) (315) 655-8146 Cortland (607) 753-9656
 Syracuse (S) (315) 446-5656 Waterloo (W) (315) 539-7000

COMPUTER SERVICES & VIRUS REMOVAL

PLAN FIRST
Computer Services

120 Groton Ave.
Cortland, NY 13045
607-756-9347
www.p1tech.net

Assessments - Servers
Networking - Firewalls
Consulting - Email
Troubleshooting

CONSTRUCTION



Paul Yaman
Roofing Specialists

800-498-6996 fax: 756-8503
www.paulyaman.com Cortland • 756-7042
email: yamanconst@paulyaman.com Ithaca • 273-1240

TCBRA
Tompkins/Cortland
Home Builders & Remodelers Association
tcbra.com info@tcbra.com
HOME & GARDEN SHOW

CONTRACTING

Sassano Contracting & Handyman Services
Commercial/Residential/Mobile Home
Repairs & Renovations
(607) 425-9468

- Reasonable Rates / Weekly Specials / Senior Citizens Discounts
- Fully Insured / Certified (OSHA, EPA Lead Repair & Renovations)
- Historic Restorations / Remodeling / Winterization / Roofing
- Carpentry, Electrical, Plumbing, Flooring, Decking, Kitchens & Baths
- Interior and Exterior Services Provided Year-Round

Family Owned & Operated - 20+ Years' Experience

COUNTRY & PRIMITIVE STORE

Piccadilly Lane
2634 Main St.
Whitney Point, NY 13862
607-692-7418
piccadillylane1@aol.com



CUSTOM PICTURE FRAMING



Custom Framing
Antiques and Gifts
Art Gallery

Cortland Picture Frame Co.
9 N. Main, Cortland, NY 13045 (607) 756-6499

THE PICTURE HOUSE

- Custom Framing 85 Homer Ave.
- Gallery • Studio **753-7786**
- Quality Crafts

www.picturehouseonline.com

DANCE STUDIO

CORTLAND CITY BALLET
Ballet & pointe, jazz & tap, hip-hop, lyrical & modern, kick line & cheer, pilates & stretch-n-tone, zumba & more to come...

3915 Rt. 281 Classes for Ages 2 to Adult
West Road Plaza Beginner to Pre-Professional
(607) 753-0673 www.cortlandcityballet.com

DECONSTRUCTION & REUSE CENTER

Finger Lakes ReUse
fingerlakesreuse.org

Deconstruction Services
A Green Alternative
to Demolition
Call for Details



Triphammer Mall
Ithaca NY 14850
(607) 257-8699

eCenter Computers, Electronics, Office Furniture
ReUse Center Furniture, Housewares, Building Materials

DENTISTRY

ACCESS DENTAL CARE
-S. Ali, D.D.S.-
Finance Plan Available

• NOW ACCEPTING NEW PATIENTS
• MOST INSURANCES WELCOME
607-898-5006
118 W. South St., Groton, NY 13071
WWW.ACCESSDENTALNY.COM

ELITE DENTAL + DENTURE P.C. *Raminder Singh, DDS*

15 CLINTON AVE., CORTLAND
607.758.7700
MOST INSURANCES ACCEPTED

DOG GROOMING

Dazzling Dogs Grooming
SERVING ALL DOG BREEDS
15 W. Main Street, Ste. B, Dryden
Between back entrance of Dryden Wine & Spirits
and 1st National Bank of Dryden
607-844-9661
Mon-Sat 9-6; Sun by appointment only
Grooming - Baths - Trims - Nail Trims Teeth
Brushing - Flea Dips and More!



DOG TRAINING

DOG OWNER COACH
Affordable family dog training
Dryden **607-591-7806**
dogownercoach.com

DJ SERVICE

THE MUSIC MAN
D.J. Service
366 George Rd. Freeville
844-3660
www.djmusicman.com
mm64@twcny.rr.com



DOORS - OVERHEAD



GENSON OVERHEAD DOOR, INC.
Serving the Finger Lakes Area Since 1979
SALES • INSTALLATION • SERVICE

Cortland: (607) 753-3380 11710 State Rte 90
Locke, NY 13092
Ithaca: (607) 272-2494 (315) 497-0912
gensondoor.com

ELECTRIC EQUIPMENT & SUPPLIES

CORTLAND WHOLESALE ELECTRIC
"From Switch Gear To Switch Plates,
We Supply It All!"

201 Homer Ave.
Cortland
753-7561
Hours: Mon-Fri 7:30am-5pm
cortlandelectric.com



SKYLINE ELECTRIC SUPPLY CO., INC.

77 Pomeroy Street, Cortland • **753-7563**
Hours: Mon-Fri 8AM-5PM, Sat 8AM-12PM

FINANCIAL PLANNING

Call for a free consultation!
273-4732

944 Dryden Rd. Ithaca, NY
strebelcpa.com



FIREPLACES & INDOOR STOVES



Hearth & Home of Ithaca
Stoves • Fireplaces • Relining & Repair • Chimney Sweeping
Tel (607) 273-3012 726 W. Court Street
Fax (607) 273-6906 Ithaca, NY 14850
www.hearthhome.com

FITNESS CENTER & PERSONAL TRAINING

FINGER LAKES XTREME FITNESS, LLC
106 West South Street Groton, NY 13073
607-898-3500
www.lakesxfit.com Andrew Gross, Owner

FITNESS FACILITY



64 Main Street
Cortland
607-756-4013
cortlandfitness.com



FITNESS FACILITY



Fitness Center and Pool
"Open to the community!"
170 North Street • Dryden
607.844.6555
www.tc3.edu/student/rec_fitness.asp
www.tc3.edu/student/rec_pool.asp

FLOORING

BISHOPS CARPET ONE FLOOR CARE

The ONE store for your perfect floor.
430 W. State St., Suite 1 (607) 273-8807
Ithaca, NY 14850 bishopscarpetone.com

FLORIST

SHAW & BOEHLER
Florist and Gifts "Cortland's First
and Finest Florist"

31 Clinton Avenue • Cortland
607-756-2879 M-F 8:30-4:30
Sat 8:30-2

FURNITURE

GARY'S FURNITURE
NEW AND USED
1106 Rte. 222 Groton Ave. Plaza, Cortland
607-753-0676
Wednesday - Saturday 11-5

LISLE FURNITURE MART

Collectables • Accent Pieces • Lamps
New Mattress Sets • Furniture

9011 Main St, Lisle • 607.692.7894
Wed-Sat 11-5 • Sun 11-3

Sam Peter FREE DELIVERY
1083 Danby Rd
Furniture & Bedding **272-8811**
sampete.com
Mon-Wed 9-5:30 • Thurs 9-7 • Sat 9-5 • Sun 12-4

TREEFORMS
AMISH FURNITURE & GIFTS

One of the largest selections of hardwood
furniture in the Finger Lakes Region
Routes 13 & 366, Ithaca, NY 14850
607-272-2913
Delivery - Layaway - Open Every Day
Treeformsfurniture.com

V&V FURNITURE SALES
Open Mon-Fri 10am-5pm & Sat 10am-4pm

Good Used Furniture For Your Home
Come Peek in Our Drawers!
(607) 753-7930
113 Port Watson St. - Cortland, NY 13045
Over 200 items on display!

FURNITURE - INDOOR/OUTDOOR

The Real Wood Furniture Store



206 Taughannock Blvd. • Ithaca, NY
607-273-4233 • onlyrealwood.com
Daily 10-6 • Sat 10-5

GARDENS

GREENTREE
New location: 606 Elmira Rd, Ithaca
Open 10-6 Mon-Sat • (607) 272-3666

The best gardening supplies for
your indoor or outdoor projects.
GreenTree IS growing.
www.greentreegardensupply.com



GIFT SHOPS

Cinnamon Apple Cottage Gift Shoppe
ENCHANTING GIFTS + HOME DECOR

Gift Certificates!
Call for Hours
3797 Luker Rd., Cortland * (607) 749-3130

at Valley View Gardens Retail Nursery
QUALITY PLANTS + LANDSCAPE DESIGN ZERRILLO'S
MUMS

GIFTS & ANTIQUES

the Second Knob
Gifts & Antiques

128 West Main St.
Dryden, NY 13053
607-844-KNOB (5662)
Unique Gifts & Antiques

GRAVEL



765 RTE.13
CORTLAND, NY 13045
(607)756-2115
Crushed Gravel & Stone • Residential or Commercial

GRAVEL




RMS Gravel
Mott Road • Dryden
844-8196

GUNSMITHING

- Used Guns
- Blueing
- Scope Mounting
- Wood Refinishing

Gift certificates available
DIAMOND GUNSMITHING
273-4510
211 DEY ST., ITHACA
Visit website: www.diamondgunsmithing.com



HARDWARE HOME, GARDEN, PET & LUMBER

AGWAY

Dryden Agway **607-844-8663**
59 W. Main St. • Dryden FAX **607-844-9744**
adryden1@twcny.rr.com

HEAVY-DUTY TRUCK REPAIR

CASKEY'S GARAGE

SERVICE **PARTS**
(607) 347-4170 **(607) 347-4184**
(607) 347-4179 **(607) 347-4185**

1990 Dryden Rd., Freeville, NY 13068
caskeysgarage1976@gmail.com



HEAVY EQUIPMENT



BECK EQUIPMENT
FULL SERVICE SHOP
WELDING • PAINTING • FABRICATING • CYLINDERS REBUILT

www.beckequipment.com
Ph. **749-7950** Fax **749-5640**
2090 Preble Road, Preble, NY 13141

HERBS

Beth's Natural Way

3728 State Rte. 13 Truxton, NY 13158
Tel: **315-247-3279**
315-706-3217

Large Selection of Beans, Grains,
Bulk Herbs, Teas & Spices
Open Wednesdays Only 10am - 6pm

DIANE TOOMBS, CNHC
Herbs • Vitamins • Minerals
Essential Oils • Flower Essences

607-756-5558
www.mynsp.com/toombs
dtoombs1@twcny.rr.com
11 Venette Street in Cortland



HOME HEALTH



2359 North Triphammer Road
Ithaca, NY 14850
607-272-0444
comfortkeepers.com/office-685
teresanix@comfortkeepers.com

HOT TUBS & SPAS

HOT TUBS • SPAS • GAZEBOS • WATER GARDENS

3M HOT TUBS

Sales | Service | Rentals
Chemicals | Accessories

Shop Online:
www.cnytubs.com
email: info@cnytubs.com

607-533-9411
Open By Appointment Or We Come To You

INCOME TAXES

JACKSON HEWITT TAX SERVICES

114 North Street
Dryden
607-748-1400

CNYS
CERTIFIED ACCOUNTANTS

INSURANCE

7 VALLEY INSURANCE

Michael Mead
3660 The Park Suite 1
Cortland, NY 13045
P: 607-753-1821
F: 607-753-8164
michaelmead@7valleyinsurance.com

Pinckney Insurance Agency Inc

Allstate Insurance Company
41 Port Watson Street
Cortland, NY 13045

Phone 607-756-8505 / 607-756-8595

Auto, Home, Business Life
allstateagencies.com/SEizember2/Welcom

Benson Davis Insurance
AUTO • HOME • BUSINESS • FARM

1/4 Mile up the road from Bob's BBQ
5325 Route 281, Homer NY 13077
(607) 749-3164
bensondavis.com

-- Competitive Rates --
-- Friendly & Knowledgeable Service --

LARKIN INSURANCE

Sandra Sharp, Agent
Teresa Sharp, Agent
273-4732
401 N. Aurora St. Ithaca
larkininsurance.com
Home, Auto, Business, Recreational Vehicles

LEE NEWHART INSURANCE
AUTO • HOME • LIFE

Like a good neighbor,
State Farm is there.

(607) 273-6391
1011 West State Street • Ithaca

AARP Medicare Supplement Plans
UnitedHealthcare Insurance Company

Michael Sills:
Sales Agent
UnitedHealthcare
4 Graham Ave.
Cortland, NY 13045
Phone: 607-753-0798
msills@twcny.com

Authorized to offer AARP® Medicare Plans from UnitedHealthcare

JEWELRY

Mansour Jewelers
272.1810
On the beautiful Ithaca Commons
...when it really matters

JEWELRY & REPAIR

David L. Huffman
FINE JEWELRY
Expert Jewelry & Watch Repair
huffmanfinejewelry.com

26 Main Street in Cortland, NY
607-756-0551

KARATE

Baileys KARATE

108 Homer Avenue Cortland/Homer, NY
607-756-4202
Leadership ~ Academic Achievement ~ Respect ~ Self-Esteem

LAWN MOWERS

Dryden Lawn & Recreation, Inc.
54 North Street
Dryden
844-8671
www.drydenlawn.com

MICRODERMABRASION

JEAN TRUJILLO
Facial \$99 summer special
402 N. Cayuga St. Ithaca
607-348-3892

MOBILE ELEC. REPAIR & ACCESSORIES

COLOR REVOLUTION
REPAIR CUSTOMIZATION BUY SELL TRADE
Cash for Electronics/Gold/Old Toys/Game Systems

Charbel Zogheib **607-283-9604**
Luke Ryan **607-283-9247**
colorrev@hotmail.com -- colorrev.com
64 Main Street in Cortland -- Mon-Sat 12-6pm

MOTORCYCLE ACCESSORIES

After Market Parts For Your Harley "Buy From Bikers For Bikers"

UNDERGROUND CYCLE

DOT Approved Helmets
Leather Goods
Professional Body Piercing
Riding Accessories

M-F 10-6 & Sat 10-5
607-756-4205
11 Clinton Ave
Cortland, NY 13045

MUSIC STORE

EVERYTHING MUSICAL

HARRINGTON MUSIC • ELECTRONICS
"Since 1929"
14 Central Ave. • Cortland, NY
607-756-5461
harringtonbrothersmusic@gmail.com

NEW & USED INSTRUMENTS FULL REPAIR DEPARTMENT
SCHOOL BAND INSTRUMENT RENTALS

MOVING & STORAGE

HICKS
MOVING & STORAGE
460 Livermore Rd
Dryden, New York 13053
(607) 844-9771 (607) 277-9777
Fax: (607) 844-4884
Stephen Hicks, Owner

NAILS & ACRYLIC FINGERNAILS

Creative Touch Hair & Nail Salon
607-844-9920
10 W. Main Street • Dryden

NURSERY & LANDSCAPING

Valley View Gardens
RETAIL NURSERY
QUALITY PLANTS + LANDSCAPE DESIGN
3797 Luker Road • Cortland
Call for Hours
(607) 749-3130
at the Cinnamon Apple Cottage Gift Shoppe
ENCHANTING GIFTS + HOME DECOR

NUTRITION / WEIGHT LOSS

VISALUS SCIENCES

Body by Vi™ 90-Day Challenge

Donna Kotas, Promoter
healthyu_healthyme@yahoo.com
3819 Valley View Dr.
Cortland, NY 13045
607-753-6674 607-345-8008

NUTRITION

greenlife NUTRITION CENTER
Tara Flanders-Gross, Executive Director
Board Certified Nutrition Counselor
Office within Finger Lakes Xtreme Fitness
106 West South Street Groton, NY 13073
607-342-0568 www.greenlifenutrition.org

OPTICAL

Falcon Optical
88 North Street • Dryden
(607) 844-9477
Emergencies Accepted
Complete Optical Services
Eye Exams Available

Designer Frame Center
Where the "Focus" is on Service Tues-Fri 10-7 -- Sat 10-2

OUTDOOR STOVES & FIREPLACES

Hearth & Home of Ithaca
Stoves • Fireplaces • Relining & Repair • Chimney Sweeping
Tel (607) 273-3012 726 W. Court Street
Fax (607) 273-6906 Ithaca, NY 14850
www.hearthhome.com

PAWN BOSS

PAWN BOSS
RIPPING THROUGH THE COMPETITION

Top Money Paid: Gold & silver, laptops, game systems, tools, coins & much more!

607-662-4052 M-F 10:30AM – 6PM
16 Main Street SAT 10:30AM – 3:30PM
Cortland, NY 13045 CLOSED SUN

PERFORMING ARTS THEATRE

The State Theatre of Ithaca
107 W State Street Ithaca, NY
607-277-8283

Tickets available at
State Theatre Box Office
105 W State Street
1-800-919-6272
Stateofithaca.com

PET STORE

PETS A PLENTY

3925 West Road **(607) 753-9213**
Cortland email: friskyy@hotmail.com
Open 7 Days a Week 8am-2pm Friday 8-8

PHOTOGRAPHY

Carol Hill's Photography & Poems
"The Cat's Den Showroom & Gallery"
Homer, NY carolsmojo.com
607-342-7039 or **607-662-0036**
On-location & studio custom photograph sessions

PIZZERIA

Niccos Pizzeria
We deliver to Cortland, McGraw, East Homer & Homer
607-753-0347
If you're looking for the best pizza & wings, call us!

PRINTING

American Printing
4000 West Road
Route 281
Cortland
607-753-3034

Fast & Professional Business Printing,
Promotional Products & Signs™

MAX graphics
Call us for a quote on your next project!

5¢ B&W Copies*
29¢ Color Copies*
*self serve

(607) 753-1234
www.MaxGraphicsOnline.com
177 Homer Ave. Cortland - next to Fabio's Restaurant

RECYCLING

TEET'S & SON SCRAP METAL RECYCLING
We Buy Scrap Metal

• Cars • Aluminum • Cast Iron • Stainless
• Converters • Copper • Brass • Steel • Tin

607-272-1908
CALL US FOR FAST & CONVENIENT CONTAINER SERVICE!
738 Black Oak Rd. Newfield - 3 Miles off Rt. 79

RESTAURANTS

OPEN FOR BREAKFAST
Saturday & Sunday

SERVING LUNCH DAILY
DINNERS & LATE SNACKS

844-4466
844-9556
151 North Street - Dryden

RESTAURANTS

Crown City STEAK HOUSE

607-756-4431
2 River Street • Cortland
Breakfast Buffet, Lunch & Dinner
"Where every Hour is Happy Hour"
hicort@cnyemail.com

DRYDEN VETERAN'S MEMORIAL HOME

2272 Dryden Rd. (Rt. 13)
Dryden, NY • **607-844-9900**
Open to the public everyday!

Gatherings

Restaurant • Lounge • Special Events • Cabin Rentals
2175 NYS Rte. 392 Cortland, NY 13045
607-849-3580
www.gatheringsrestaurant.com

GREEK PEAK MOUNTAIN RESORT

2177 Clute Road
Cortland, NY 13045
GreekPeakMtnResort.com

Acorn Grill
Serving Breakfast, Lunch & Dinner
Open to the Public!
800-955-2754
Option 6 for the Restaurant

Jalapeño MEXICAN GRILL

2 East Main St. (4 Corners)
Dryden
607-844-3644
M-F 11am-9pm • Sat 12 noon-9pm
Closed Sunday
Burritos/Bowl • Tacos • Salads
Quesadillas • Nachos + more!

REILLY'S CAFE

(607) 849-6434
Breakfast, Lunch and Dinner
8 Main St. Marathon
Mon-Fri 6am-9pm
Sat 7am-8pm
Sunday Serving Brunch 7am-2pm
CATERING FOR ALL OCCASIONS

Three Heart Inn

Breakfast, Lunch & Dinner
7am-9pm Daily
Weekend Buffets -- Lodging from \$32
607-849-3258
3 Broome St -- Marathon

Your Neighborhood diner owned by your neighbor!

Diner

Rt. 38 Freeville • 844-5229
Open Sat-Thurs 8-2 & Fri -8
Free Parking, Air Conditioned, Come As You Are, Handicap Accessible

RETAIL STORE

Sears Hometown Store of Cortland
Locally Owned & Operated
Riverside Plaza at 160 Clinton Avenue
Cortland, NY 13045 • **607-753-3684**
Appliances • Lawn Equipment • Electronics • Craftsman Tools
facebook

SENIOR & LIVING CENTER

Creamery Hills Senior Center
SEPP Management Co., Inc
Harford, NY
Luxury Living at Affordable Pricing
(607)844-8229
(607)723-0439
1, 2, and 3 bedroom Apartments EHO/AD

SERVICES

RIDERSPORT ITHACA
SALES - SERVICE - PARTS

1575 Ironsboro Rd. Ithaca, NY 14850
887-273-2230 | Fax: 887-887-8881
M-F: 9-6 | Sat: 9-1 | Sun: Closed
www.ridersportithaca.com

SHEDS & GAZEBOS

Midway Sales
THE COUNTRY STORE
(607) 692-2180 • 3106 Rte. 11 Tisle, NY • Mon-Sat 9-5
Storage Sheds - Garages - Gazebos - Lawn
Indoor - Picnic Tables - Handcrafted Gifts

SHOES / RETAIL

COBBLER'S COTTAGE
Quality Comfort, Fashion Footwear & Leather Goods
Ithaca Shopping Plaza (Next to Northside Wine)
607-273-2951
Mon-Fri: 9am-6pm Sat: 9am-2pm

SKI SERVICE & ACCESSORIES

CROSS COUNTRY - SHOWSHOES
ACTION-SPORTS
85 Main Street
Cortland
753-9612
We sharpen & wax skis & snowboards
-- REPAIR SHOP ON PREMISES --
M, W, Th, F 10 - 5:30, Sat 10-3 -- Closed Sun & Tues

SNOWMOBILES & ACCESSORIES

DOUG'S POWERSPORTS
4019 Rt. 281
Cortland
753-1263
dougspowersports.net

SPA & SALON

Crystal's SPA & SALON
IT'S FOR YOU
2416 N. Triphammer Rd
Ithaca
607.257.3334
www.crystalsspa.com

GREEK PEAK MOUNTAIN RESORT
Waterfalls Spa
2177 Clute Road
Cortland, NY 13045
GreekPeakMtnResort.com
Open to the Public!
800-955-2754
Option 4 for the Spa

SPRAY TANNING

mielbeauty
spray tanning · makeup artistry
FRIDAY AVAILABILITY AT
Highlight Your Life Salon
2215 Dryden Rd.
607-844-4111 or Mielbeauty.com

STORAGE

CORTLAND SELF-STORAGE
(607) 756-4307
(fax) 607-756-2180
P.O. Box 227
Homer NY, 13077
www.cortlandself-storage.com

STOVES

LITTLE'S LAWN EQUIPMENT
113 Elmira Rd, Rt 13, Newfield
607-272-3492
Mon-Fri: 8-5 Sat: 9-3
littleslawnequipment.com

TANNING

TANFASTIC
High Pressure · Upgrades · UV Free
609 West Clinton St. · Ithaca, NY
607-272-5598
mytanfastic.com
Tanning · Spray Tanning · New · Red Light Therapy

THEATRE - LIVE PERFORMANCE

CORTLAND REPERTORY THEATRE
PO Box 783
Cortland, NY 13045
Admin Office: 607-753-6161
Box Office: 800-427-6160
www.cortlandrep.org

TRAVEL

CORTLAND TRAVEL CENTER
11 CLINTON AVE. - CORTLAND, NY
CORTLANDTRAVELCENTER.COM
(607) 299-4226 Mon-Fri 8:30am - 5:00pm
CINDY@CORTLANDTRAVELCENTER.COM
DEBBY@CORTLANDTRAVELCENTER.COM

TRAVEL AGENCY

POINT TRAVEL
2634 Main Street -- P.O. Box 359
Whitney Point, NY 13862
(607) 692-2334
pointtravel@aol.com

UNIFORMS & ACCESSORIES

SCRUBS 'R' US
Cherokee, Iguana Med, Littman, Crocs, Koi & More!
223 Elmira Rd. Ithaca, NY
M-F 10-6 Sat 9-1 Closed Sun
(607) 241-3333
scrubsrus2011.com

UPHOLSTERY

FALL CREEK UPHOLSTERY
Residential & Commercial
Joyce 607-844-9983 Walt 607-229-2129
joycenkirk@gmail.com
20 West Main Street Dryden, NY
Call 607-844-9983 for an appointment

USED AUTO SALES

MGM AUTO SALES & SERVICE
Our Reputation Speaks Loudly
607.756.2600 607.745.1313
Marty & Terry Marble
4002 West Road, Rt. 281 • Cortland, NY 13045

USED CARS

VAN SKIVER Motors
801 N. Franklin St., Watkins Glen, NY
(607) 535-4434
Pre-Owned Vehicles
At Affordable Prices

VETERINARIAN

James A. Zwart, D.V.M.
2034 Dryden Road
Freeville, NY 13068
(607) 844-9788
Office Hours By Appointment

WANTED TO BUY

Frank Noxie's
SIMPLY HEIRLOOMS
WANTED! Your gently work heirloom & better
costume jewelry -- FAIR PRICES PAID!
Monday, Wednesday & Friday 9:30am - 5pm
17-29 Main St., Ste. 243 Cortland, NY
(607) 591-6579

WATERCRAFT SERVICE & ACCESSORIES

DOUG'S POWERSPORTS
4019 Rt. 281
Cortland
753-1263
dougspowersports.net

WINDOWS

Nightingale's TULLY LAKES HARDWARE
6 Elm Street • Tully NY
(315) 238-7050
OPEN 7 DAYS
www.truevalue.com/nightingale

WINE & LIQUOR

NORTHEAST LIQUOR
189 Homer Ave.
Cortland, NY 13045
607-756-5591
Doug & Tami Little

WINE & SPIRITS

Dryden Wine & Spirits Inc.
23 West Main Street
Dryden
844-8135

GROTON AVE. LIQUOR STORE
87 Groton Ave.
Cortland, NY 13045
607.753.3101
Open 7 Days A Week

PETE'S
805 W Buffalo St,
Ithaca
607-273-3142
Mon-Thurs 10-10pm
Fri & Sat 10-11pm
Sunday 12-6pm
peteswineandliquor.com



COMMUNITY COUPONS

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

TO ADVERTISE: The Cortland Area Tribune • P.O. Box 67 Dryden, NY 13053 • (607) 844-8228 • tcatribune@gmail.com

Wine & Spirits
23 West Main Street • Dryden
607-844-8135
Phone or Fax

OPEN SUNDAYS NOON TO 5 PM
10% OFF ANY WINE PURCHASE
NO EXCLUSIONS! with this ad -- expires 1/1/13
- GIFT CERTIFICATES AVAILABLE -

ALWAYS FEATURED AT DRYDEN WINE AND SPIRITS
• 15% DISCOUNT ON WINE CASE BUYS
MIXED OR SOLID - 1.5 liter is considered 2 bottles
FREE PERSONALIZED WEDDING LABELS OR SPECIAL
OCCASION LABELS WITH YOUR WINE PURCHASE
A Wine & Spirits Store & So Much More!
...We Are Service Driven...

Try a **FREE CLASS** with this ad!

jazzercise
It shows.

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

CORTLAND HEALTH FOODS
64 Main Street • Cortland, NY • 756-8811
NATURAL FOODS & VITAMINS HERBS & ESSENTIAL OILS
GLUTEN FREE PRODUCTS

NATURAL CLEANING PRODUCTS
HEALTHY SNACKS
Natural Health & Beauty Care
LOCAL
Honey & Maple Syrup

10% OFF With this Ad
Minimum \$3 Purchase Required

QUICK STOP

6¢ with this coupon
EXP 12-31-12
Bottle & can drives welcome!

NYS 5¢ REDEMPTION CENTER
OPEN 7 DAYS A WEEK
Locally owned & operated
126 WEST RD • CORTLAND, NY
607-753-6451
M-F 9-6 • Sat 9-5 • Sun 10-5

HEARTH & HOME



Hearth & Home
Ithaca's Premier Stove and Fireplace Store

Presents...

NEW! power miser
PAC Green Distributors

Introducing the Power Miser, an innovative device that cuts your electrical demand down, causing you to use less electricity and have lower electric bills! Also works as a whole home surge protector.

The Power Miser can save you up to 25% on your electric bill. The average savings is between 18%-22%.



**Stop in at
Hearth and Home
and start Saving
on your utilities
today!**

Ok, How does it work?

The Power Miser reduces the amount of power drawn from your utility by storing (in its capacitors) otherwise lost electricity (watts) caused by the inductive motors in your home. The technology applied by the Power Miser unit supplies that stored electricity back to your inductive loads, thus causing you to decrease your demand from the utility. If you decrease your demand from the utility, your meter slows down, you use less electricity, and the result is you save on your utility bill. The bottom line is, you've already paid for that electricity, so why pay for it and waste it? With the Power Miser unit, you can pay for your electricity, store it, and reuse it again. This whole process is called Power Factor Optimization.



• Wood Stoves • Fireplaces • Pellet

• Gas • Coal • Corn

273-3012 • 726 W. Court Street • Ithaca
www.HearthHome.com • Mon-Fri 8-5 | Sat 10-3 | Sun 10-2

HEARTH & HOME

Its not too late to

SAVE MONEY
In the New Year with a new stove or fireplace from Hearth & Home



Happy New Year
from all of us at
Hearth & Home



Coal • Gas • Corn • Wood • Pellet • Fireplaces • Stoves & Inserts

273-3012

726 W. Court Street, Ithaca
Mon-Fri 8-5, Sat 10-3 & Sun 10-2
www.HearthHome.com



HEARTH & HOME