

FREE

January 9-22, 2013

Tax Time Edition

FREE

Do You Know Where This Is?  
SEE PAGE 3 FOR CONTEST

# THE CORTLAND AREA TRIBUNE

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**WELCOME TO OUR TAX TIME 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 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)

**April 3** – Spring Motorcycle & Car Care Edition  
(Deadline 3/29)

**April 17** – Golf Enthusiasts & Dental Health Month Edition  
(Deadline 4/12)

**May 1** – "Pamper Me - Warmer Weather", Mother's Day & Lawn/Garden Edition  
(Deadline 4/26)

**May 15** – Memorial Day & Restaurants with "Outdoor Dining" Edition  
(Deadline 5/10)

**May 29** – Camping, Dairy Days & Pre-Dad/Grad Edition  
(Deadline 5/24)

**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 18th for the next Edition.

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# COMMUNITY CALENDAR

**January 12 – Pancake Breakfast**  
8 – noon: Pancake Breakfast: Varna Community Center (943 Dryden Rd./Rte. 366). Includes Pancakes, French Toast, Bacon, Sausage, Scrambled Eggs, Hash Brown Potatoes, Sausage Gravy & Biscuits, Fresh Fruit, Breakfast Breads & Beverages. \$6.50 – Adults, \$6 – Seniors, \$5 – ages 5 – 12, under 5 free.

**January 15 – Contemporary Singles Open Meeting**  
Endicott Visitors Center, 300 Lincoln Ave., January 15, 2013, 7:00PM. Program: Trivia. All singles welcome. 748-1860.

**January 17 – Book Reading for Children (K-5)**  
When: 3:30 p.m.

Where: Cornell Lab of Ornithology, Adelson Library (second floor), 159 Sapsucker Woods Road, Ithaca Title: Counting is for the Birds by Frank Mazzola, Jr. Description: Count the colorful feathered guests as they stop to crack seeds at a feeder. They are prepared to feed all day, but the hungry cat lurking below has other ideas! After the reading we'll learn more about our common feeder birds and a Cornell Lab project you can do to help scientists keep track of these feathered friends. Admission: Free Contact: (800) 843-

2473, cornellbirds@cornell.edu

**January 20 – Cross-Country Skis & Snowshoes Workshop**  
11 am to 3pm, Lime Hollow Center, 338 McLean Road. 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 20 – Annual Business Meeting/Covered Dish Dinner**  
12:30pm. Everyone who attends Christian Assembly of God is invited to this. If you are a voting member it is necessary for you to be there. We will be having a covered dish dinner for everyone and their family.

**January 21 – “The New Jim Crow: A Community Conversation”**  
12noon to 1:30pm, YWCA, 14 Clayton Avenue, Cortland. In honor of Martin Luther King Jr. Day, join the YWCA of Cortland in a conversation about race, colorblindness, and racial castes in the United States. We will be watching a speech from Michelle Alexander, author of “The New Jim Crow,” and discussing the book.

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

**January 24 – 4-H Public Presentations Program Kickoff Workshop**  
Youth ages 5-19 are invited to participate in our annual 4-H Public Presentations Program Kickoff Workshop on Thursday, January 24th from 5:30-7:30 p.m. at the Cornell Cooperative Extension of Tompkins County office, 615 Willow Ave., Ithaca, NY. Beginners to expert youth presenters are encouraged to attend this workshop. Participants will learn more about the program and enhance their public presentation skills. New this year-volunteers and parents interested in learning more about the program and how to teach 4-H public presentations are invited to attend. Dinner and materials will be provided. To register, please call or email Megan Tiff at 607-272-2292 ext. 138, megan.tiff@cornell.edu no later than January 22nd.

For more information on the overall Tompkins County 4-H Public Presentation Program, please visit: [csetompkins.org/sites/all/files/79/2013Promotional%20Flyer.pdf](http://csetompkins.org/sites/all/files/79/2013Promotional%20Flyer.pdf)

**January 25 – Owl Prowl**  
7 to 9pm, Lime Hollow Center, 338 McLean Road. 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.

**February 2 – Dryden Caroline Drifters Snowmobile Poker Run**  
9-11am - Dryden VFW. \$10.00 per hand. Additional hands available. Annual cash raffle drawing following Poker Run. Questions call Kim Frost 351-0112 or Lisa Frost 844-9659

**February 9 – A Taste of Chocolate**  
“A Taste of Chocolate” will be held on Saturday February 9, from 1-4 pm, at the Columbian Presbyterian Church, corner routes 11 & 20, LaFayette. There will be dozens of sample-sized treats to taste. Tempt your taste-buds with savory and sweet treats, made with all types of chocolate. We will also have a Dessert Table with full-sized goodies for sale. Be sure to fill a box with sweets to take home for your sweetheart. Proceeds will benefit LaFayette Outreach and the church. If you have questions or would like to help: 677-3293, or cpresbyt.tweny.rr.com.



**FEBRUARY**

02 **TAJ MAHAL TRIO**  
13 **JEFF MANGUM**  
17 **GALUMPHA**  
25 **PENTATONIX**  
26 **THE CHIEFTAINS**

**MARCH**

16 **GOLDEN DRAGON ACROBATS**

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Please send all pertinent information, including a date, location, time, price, and a brief description to us at [tcatribune@gmail.com](mailto:tcatribune@gmail.com), and we'll be happy to help inform the public!

**FOR A COMPLETE LISTING OF UPCOMING EVENTS:  
[CORTLANDAREATRIBUNE.COM](http://CORTLANDAREATRIBUNE.COM)  
[TWITTER.COM/TCATRIBUNE](http://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](mailto:tcatribune@gmail.com). Leave us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, January 18th 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:

**Barbara Coon  
of Homer**

**Answer from the Previous Edition:**

Montgomery Wards of Main & Court Streets, Cortland

The winner of last issue is Barbara Coon. Barbara won a gift certificate from Barn House Antiques & Collectibles located at 308 Peruville Rd. (Rt. 34B) in Lansing. The winner from this issue will win a gift certificate from Midway Sales located at 3106 Route 11 in Lisle! 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!



## JACKSON HEWITT TAX SERVICE FORMERLY CNYS IS READY TO SERVE TAXPAYERS

WITH TAX SEASON HERE, JACKSON Hewitt, formerly CNYS Tax Service is open and ready to help you with your tax return. The tax professionals there are well versed and updated on the very latest breaking tax laws and changes for the upcoming season.

As the tax season approaches and consumers start to make plans for filing their 2012 tax returns, Jackson Hewitt offers these suggestions on what to look for in a tax preparer:

**Experience:** Select a tax preparer that is well-established and has proven experience preparing many different types of tax returns. For example, if you are self-employed, be sure to ask if your preparer has expertise in this area.

**Knowledge:** The 2012 tax year has not seen too many significant changes in tax laws thus far, but in light of all the local disasters, ensure that your preparers is knowledgeable on Casualty and Loss tax returns.

**Accuracy:** Verify that a tax preparer has quality, up-to-date software with built-in error checks. For an additional accuracy check, work with a tax preparer who files tax returns electronically via IRS e-file, which checks for common mistakes, provides confirmation that a tax return has been received by the IRS and offers faster receipt of an expected

refund. Jackson Hewitt provides free electronic filing with paid tax preparation.

**Guarantee:** A reputable tax preparer stands by his or her work. Ensure that you will be reimbursed all penalties and interest charged by a taxing authority for any tax preparer error. At Jackson Hewitt, every paid tax return comes with a free Accuracy Guarantee. (Terms and conditions apply. Ask tax preparer for details.)

**Year-Round Support:** Finally, be sure that the tax preparer provides year-round access should tax-related questions or concerns arise.

To learn more please visit the office conveniently located off of Route 13 at 114 North Street, Dryden, NY or call 607-748-1400.

### About Jackson Hewitt Tax Service Inc.

Based in Parsippany, N.J., Jackson Hewitt Tax Service Inc. is an industry leader providing full service individual federal and state income tax preparation. The company had more than 6,400 company-owned and franchised offices, most being independently owned and operated, throughout the United States during the 2012 tax season. Jackson Hewitt Tax Service® also offers an online tax preparation product at [www.jacksonhewittonline.com](http://www.jacksonhewittonline.com). For more information or to locate the Jackson Hewitt Tax Service office nearest to you, visit [www.jacksonhewitt.com](http://www.jacksonhewitt.com) or call 1-800-234-1040. Jackson Hewitt can also be found on Twitter and Facebook.



Back row: Tammy Longabaugh, Margaret Tracy and MaryAnne Hamilton

Front row: Renee Granato-Cranmer and Cassandra Kelly



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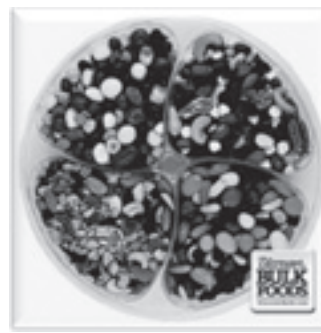
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## BALLARD'S TAX SERVICE

THE NEW YEAR MEANS ITS tax season! Gather up your tax info, W-2's, statements, receipts, bring insurance (medical), 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 introduced her new associate to Ballard's Taxes – her daughter, Jessica Maley last year! Joyce and Jessica both specialize in personal and business tax preparation and new clients and walk-in's are welcome! E-filing available! Questions – Email [ballardstaxes@aol.com](mailto:ballardstaxes@aol.com) or call Joyce or Jessica at 607-692-4594. Ballard's Tax Service is located at 2643 Main Street in Whitney Point, in the same building as Piccadilly Lane Country & Primitive Store.

## SNOWMOBILE SAFETY TIPS DURING HARSH WINTER MONTHS



THANKS TO SNOWMOBILING, POWDERY WINTER storms and the deep chill are often something to look forward to. Snowmobile enthusiasts welcome the low temperatures and high snowfalls!

"Nothing beats cruising through fresh powder on your sled, until something unexpected happens," said Allstate spokeswoman for New York, Krista Conte.

"Allstate offers affordable coverage that helps protect you, your passengers and your snowmobile, including: Liability Coverage, Medical Payments Coverage, and Physical Damage Coverage."

Here are some tips from Allstate's power sports insurance brochure to help you have a worry-free snowmobiling season.

### Plan for Success

- Create a kit of essentials (driver's license, money, medications, insurance forms, cell phone, water, high-energy food) to carry with you.
- Create a plan using detailed maps.
- Before you head out, make sure someone knows your plans.

### Chill out on Ice

- You have far less traction for starting, turning, and stopping on ice than on snow, so always travel at low speeds.
- Be absolutely certain that any ice you ride on is safely frozen.

### Remember the Basics

- Always wear a helmet and insist any passengers do the same.

- Never drink and sled.

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

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## TIPS FOR ENDING CHRONIC INSOMNIA

SLEEP IS ONE OF THE most deeply healing and revitalizing experiences known. When we get enough restful sleep each night, the entire world looks brighter. Insomnia is a lack of healthful, restful sleep and is a problem experienced by as many as 20 to 30% of American adults at various times in their lives. Statistics report one-fifth of American adults and half of American seniors have difficulty falling asleep on any given night (Reiter and Robinson, 1995). The most prevalent sleeping disorder is chronic insomnia, which is experienced by 15% of adults.

If you take medications for hypertension, allergies or depression, it is possible that these drugs could be contributing to your insomnia. Many medications, including beta blockers can interfere with sleep quality. So can antidepressants and decongestants. Such drugs could be keeping you awake.

Here are a few tips you may find useful for improving your sleep patterns:

Maintain a regular sleep schedule. Arise at a specific hour each morning, regardless of the previous night's sleep to help set your biological clock. Exercising regularly helps deepen sleep; however, strenuous exercise should be completed three to four hours before going to bed. Arrange the bedroom so you are in a comfortable setting. Insulate your bedroom against sound and light by using carpets and curtains; ear plugs and eye masks may be helpful.

As often as possible, work out family or job-related problems before going to sleep. Keep your bedroom at a cool to moderate temperature. Excessive heat disturbs sleep. Do you have cold feet? Wear socks to bed. Avoid liquids before going to sleep to minimize nighttime trips to the bathroom. Avoid alcohol, tobacco and caffeinated beverages (especially in the evening). Alcohol may help a person fall asleep, but it causes subsequent sleep to be fragmented. If liquids are not a problem, try drinking a small hot beverage (dairy, rice, almond or soy milk or a relaxing tea such as peppermint) at bedtime.

Use the bedroom for sleeping and sexual activity only. If you can't fall asleep, get up, leave the room, and engage in another activity like reading. Move your clock if you find yourself waking up to check the time. Avoid napping longer than 1 hour or after 4 pm. Try a relaxation technique, such as meditation or massage to prepare the mind and body for sleep. Evening routines like soaking in a hot bath with a few drops of chamomile or lavender oil added can ease your way to slumber. Others find relaxation tapes helpful.

Some people find 250 to 500 mg of magnesium at bedtime helps them. Others use Herbal Sleep, Melatonin or Gaba to invite peaceful repose. Those who suffer from adrenal exhaustion may discover Nervous Fatigue Formula will work wonders in getting to sleep and sleeping through the night. Thai Go has helped improve sleep patterns for others. Ask for assistance in determining which suggested remedy will work best for you.

Till next time,

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

## MODULAR HOMES CONSTRUCTION REINVENTED

By Kevin McMahon, TCBRA President  
Tompkins Cortland Home Builders & Remodelers Association

INDUSTRY EVOLVES. IT IS ONE constant in an ever-changing world. Whether you're talking about the progression from carriages to cars, switchboards to smart phones, computer mainframes to mini-tablets, we continue to invent, reinvent and improve the way we do things. And systems-built housing is no different.

The building-system idea has been around for more than a century. Sears "kit" homes introduced the concept in the early 1900s to an eager buying public. But as with all technologies, systems-built housing has evolved greatly.

Now, systems-built homes are manufactured in a controlled, technologically advanced environment by a skilled labor force, creating efficiencies that reduce both waste and cost and following a condensed, more predictable construction timeline. Weather-related delays are nearly eliminated, as the typical home is often assembled onsite and dried in within 2-3 days. Homes constructed under these conditions are built to state and national codes and are independently inspected numerous times before they leave the manufacturer's facility.

Modular homes, which are homes that are built in manufacturing plants and shipped in modules to the home site for assembly, are durable, attractive, efficient and strong. In catastrophic weather events such as Hurricane Sandy, many modular homes came through the event with minimal to no structural damage.

Constructing a home in a sophisticated and controlled manufacturing environment also ensures that a new home will not be delayed by subcontractor absences or a mix up in materials. The home's site prep and foundation work can be completed simultaneously, while the home is being constructed offsite, so buyers can anticipate that the house will be move-in ready soon after it arrives on site - often within one to three months.

In the past, modular homes have been categorized as cookie-cutter, repetitious and aesthetically dull. But that is an incorrect stereotype. Modern modular homes are built with the same materials used by traditional builders and, when finished, are indistinguishable from "site built" homes. Modular home buyers are not limited to choosing amenities from a list of available options - customizing a modular home today means that the buyer plays an integral role in the overall design and floor plan of their new home.

Purchasing a modular home allows the same financing and insurance opportunities as site-built homes. And modular homes are often quite affordable. Structural integrity and energy efficiency are inherent in modular construction, and speed of construction offers reduced soft costs to most buyers.

To find out more information about modular homes and other home building options, or to find a modular home manufacturer or home

builder near you contact us at: info@tcbra.com, www.tcbra.com or visit www.nahb.org/modulardirectory. You may also come meet and talk to our building experts in person at our 25th Annual Home & Garden Show March 9-10 at TC3 College in Dryden.

## ROLLING THROUGH 2013 WITH THE CROWN CITY ROLLERZ

BLOOD, SWEAT, TEARS, AND DERBY gear - do you have what it takes to be a roller girl? Cortland's very own women's flat track roller derby league wants you! The Crown City Rollerz are holding an informational session on January 15 at 6:15 p.m. on their upcoming New Skater Training Academy.

Join the Crown City Rollerz coaching staff for an informational meeting on what it takes to become part of the wonderful world of roller derby and CCR's upcoming New Skater Training Academy. The meeting will be held in the league's winter practice space and attendees will be able to stay and watch skaters practice/scrimmage.

Coaching staff will brief attendees on the ins and outs of the New Skater Training Academy - an intensive 8-week program designed to prepare new and/or transfer skaters interested in becoming members of the Crown City Rollerz.

Several skaters will be on hand to answer any questions interested individuals may have regarding the roller derby experience. No commitment is required at this event, but the academy begins on January 30, so don't miss this opportunity to get all the details.

CCR has an exciting third season planned beginning in April, with five home bout dates and several away dates scheduled. The Royal Pains wrapped up last season with an undefeated 9-0 record. Come see what they're all about! You know you want to.

Email recruitccr@gmail.com to RSVP and for the location of their private practice space.

Crown City Rollerz (CCR) is a skater-owned and -operated organization operating a competitive roller derby league out of Cortland, NY. The members of CCR are strong and motivated women who train hard, respect their teammates and love the sport of roller derby as well as community-based philanthropy. Our skaters work to increase their power through discipline, hard work and focus. CCR strives to create a full-contact sport that inspires girls and women and appeals to all of our fans.

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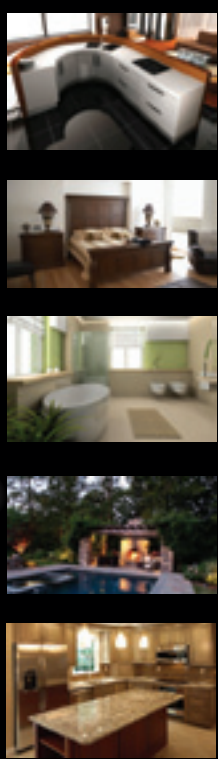
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## MIKE'S FISH TANK GUPPIES

GUPPIES ARE NATIVE TO ANTIGUA, Barbados, Brazil, Guyana, Jamaica, The Netherlands, Trinidad and Tobago, the U.S. Virgin Islands and Venezuela. However guppies have been introduced to many countries on all continents, except Antarctica. Sometimes this has occurred accidentally, but most often as a means of mosquito control, the hope being that guppies would eat the mosquito larvae, slowing the spread of malaria. While wild type females are grey in body color, males have splashes, spots, or stripes that can be any of a wide variety of colors.

Guppies are highly prolific livebearers. The gestation period of a guppy is 21-30 days, with an average of 28 days, varying according to water temperatures. After the female guppy is inseminated, the dark area near the anus, known as the gravid spot, will enlarge and darken.

Just before birth, the eyes of fry may be seen through the translucent skin in this area of the female's body. When birth occurs, individual offspring are dropped in sequence over the course of an hour or so. Guppies prefer water temperatures of about 68-81 degrees for reproduction. The female guppy has drops of between 2 and 50 fry at a time, typically ranging between 5 and 30. After giving birth, the female is ready for conception again within only a few hours. Guppies have the ability to store sperm up to a year, so the female can give birth many times without depending on the presence of a male. From the moment of birth, each fry is fully capable of swimming, eating, and avoiding danger. If not kept separate, the older, mature guppies will eat the fry, so the use of a breeder box, net breeder, or a separate tank is recommended. Live or fake plants can be used as hiding places for the fry.

*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*



## 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.



## PICCADILLY LANE COUNTRY AND PRIMITIVE STORE

WITH THE HOLIDAYS BEHIND US, now is the time to think about redecorating and its time to pamper ourselves with a new look in our home or office! How are those curtains? When did you last update them? Do you have a corner or bare wall that needs updating? Where do you start? How do you know how to redecorate and do it right?! Come to Piccadilly Lane - located on 2643 Main Street in Whitney Point! The welcoming and knowledgeable staff at Piccadilly Lane Country and Primitive Store invite you to come in and discover the numerous treasures that fill the eight room store. They have many one of a kind gift ideas on every wall, the stairway, corners and each room of this unique Shoppe - now it's your turn to discover the many easy ways to update a wall in any room and the ladies will assist you with picking out that perfect item. Such as - add a shelf on that wall and add some of your favorite items such as scented candles, tin items, a small lamp, small printed framed sayings, etc. and you have a new personalized look! Country decor, linens, furniture, pictures, candles, jewelry, antiques, curtains and more are beautifully displayed and easy to browse so "treat" yourself to something special in 2013! Buy a new piece of furniture and save with the coupon on the front page - 26% OFF!!

Speaking of "treat" - shop early for your sweetheart for Valentine's Day! Not sure what to buy - everyone love a gift certificate from Piccadilly! Ask the ladies at Piccadilly for advice - they have a beautiful array of jewelry and so much more!

Hours for the store are: Monday, Tuesday & Friday 10-6, Wednesday 10-2, Thursday 10-7, Saturday 11-3 and occasionally open on 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!

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



## V & V FURNITURE NEW YEAR - NEW FURNITURE!

V & V FURNITURE SALES at 113 Port Watson Street in Cortland, NY - owner Bill Vogt has the store fully stocked and ready for the New Year with wall to wall furniture! Bill has over 25 years of experience in selling, buying furniture, and offers good used furniture for retail. Located directly across the street from the Port Watson Street Hess Gas Station, V&V Furniture has end tables, night stands and ottomans just in time for the New Year! Stop by and pick out an ottoman for yourself and put your feet up and relax! Also at V&V - check out the variety of couches, recliners, chairs, dining room sets, hutches, chest of drawers, lamps, rockers, bedroom sets including new mattresses and more! Inventory changes often so stop in and shop often!

Good NY checks, VISA, MASTERCARD or Discover cards accepted for your payment convenience. V&V Furniture Sales is open Monday thru Friday from 10am to 5pm and Saturdays from 10am to 4pm - V&V carries new and quality used furniture for your home, office or dorm. Before you rent or buy new - stop by or call V & V Furniture Sales at 607-753-7930. Come peek in our drawers!





## ARE YOU RESOLVING TO EAT AND LIVE HEALTHIER IN 2013?



**I**F THIS IS YOU, EQUIP yourself with the proper tools by contacting Greenlife Nutrition Center, Inc. What better way to start out your 2013 with your own personalized nutrition counselor motivating you to reach those health goals!

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, 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 within Finger Lakes Xtreme Fitness at 106 W South St, Groton, NY 13073.

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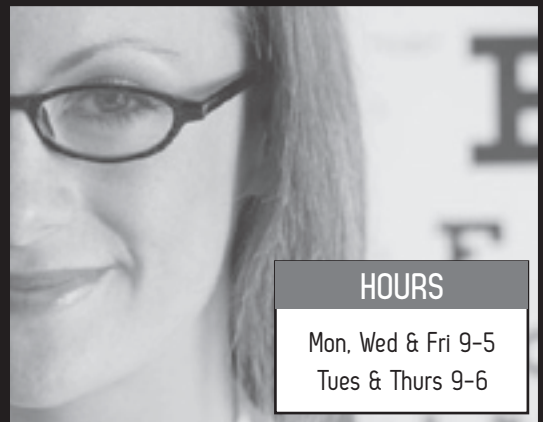
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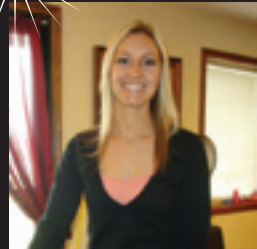
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# PUZZLES & GAMES

## WORD FIND

Find the 'Green, Pamper & Tax' related words below! Can you find them all? Good luck! Check our next edition for the solution!

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

- healthy • indulge • relax • salon • spa • spoil • therapeutic • vacation
- recycle • reuse • portions • breathe • control • natural • environment
- energy • peaceful • natural • reduce • earth • receipts • claim • taxes
- deductions • preparer • appointment • forms • return • medical

## 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!

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

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- 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

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

### WORD FIND

a	s	o	e	s	w	e	h	t	a	b	m	n	s	c	a
e	c	r	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	i	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	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	i	m	b	e





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