

FREE

April 3-16, 2013

Spring Motorcycle & Car Care Edition
PLUS 43rd Annual Marathon Maple Fest

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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Do You Know Where This Is?
SEE PAGE 3 FOR CONTEST



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MAY HOURS: Mon-Fri 9-6, Sat 9-5; Sun 11-3:30

THE 43RD ANNUAL MARATHON MAPLE FESTIVAL

Saturday, April 13th
& Sunday, April 14th

In beautiful Marathon, NY

Check out maplefest.org for the weekend events!

Free Parking - Free Entertainment
Free Sample of Fresh Maple Syrup

Come and celebrate the rites of spring, in one of America's Favorite small towns.

Something for the whole family! Dive into a stack of pancakes!

Learn about making maple syrup, meet the crafters, taste all things maple, see the quilt show, enjoy historical exhibits and re-enactments, and so much more.

It is all happening in Marathon, be there!

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- SECURE** make, model, license numbers of all cars involved.
- MAKE** rough drawing of scene, showing position of cars & other details.
- DON'T** hastily accept claim settlement at scene of accident.
- REMAIN** calm, courteous & consistent in your version of accident.
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WELCOME TO OUR SPRING MOTORCYCLE & CAR CARE PLUS MARATHON MAPLE FEST EDITION

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette.. Here's some upcoming editions for you to look forward to!

- April 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)
- June 12** – Graduation & Father’s Day Edition (Deadline 6/7)
- June 26** – Bed & Breakfast, 4th of July & Taste of Downtown Edition (Deadline 6/21)
- July 24** – BBQ, Outdoor Recreation & Ice Cream Month Edition (Deadline 7/19)



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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/.



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COMMUNITY CALENDAR



April 4 – Women Build Workshop at Lowe’s

Learn new skills and help improve your community by participating in Habitat for Humanity’s Women Build program! As the national underwriter for Women Build, Lowe’s is hosting free how-to clinics on the first Thursday of each month at its Ithaca store to help prepare women volunteers to build Habitat houses in the area. Our next free training is April 4th from 6-7pm at Lowe’s in Ithaca. Learn new home improvement skills! Everyone will take home new skills from this session and all are welcome! To sign up for the clinics or to learn more about Habitat for Humanity’s Women Build program, interested volunteers should email womenbuild@tchabitat.com or call 607-898-4148.

Please contact Cecile at 607-319-4036 or at ceciles1@rocketmail.com for more information. The group is facilitated by peers who have survived a loved one’s suicide.

April 5, 6, 7, 12, 13, 14 – “Once upon a Mattress” Musical Comedy

Friday/Saturday at 8pm, Sunday at 2pm, Brown Auditorium in Old Main, SUNY Cortland. Based on the fable of the princess and the pea, directed by Kevin Halpin. Tickets: \$18 general public, \$15 seniors & SUNY faculty/staff, \$8 all students & children. Recommended for all audiences. For more information visit SUNY Cortland Performing Arts Dept. or call 607-753-2811.

April 5 – First Friday Art Event

The featured art exhibit is titled “Armando Santa Ana: Tlacuilo” in the Cortland Corset Factory building. Tlacuilo is an ancestral Mexican name for writer-painters, and Santa Ana’s exhibit will include paintings and a solar sculpture. The evening’s festivities include music by Colleen Kattau and Will Fudeman, refreshments, and tours of the shops and studios in the building. For more information visit cortlandfirstfridays.org.

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April 6 – Prom Closet Giveaway

9am to 12noon, Youth Center, 35 Port Watson Street in Cortland. Free formalwear and accessories. (Our supply of men’s formalwear is limited - call ahead for availability.) Bring your student ID. If you are unable to attend please call for an appointment. This program

is made possible thanks to community donations. For more information call (607) 753-3021x26.

April 6 – Roast Beef Dinner

4-7 pm: Varna Community Center; 943 Dryden Rd/Rte. 366. Adults - \$9; Seniors - \$8.50; Youths (5-12) - \$7 (kids under 5 free). Menu includes: Roast Beef or Vegetarian Lasagna Entree, Mashed Potatoes w/Gravy, Tossed Salad, Carrot Salad, Cranberry Sauce, Green Beans, Rolls, Desserts & Beverages. Eat in or take out. This is a Fundraiser Dinner to support a local youth who volunteers for several community organizations. For more information, call 272-3325.

April 6 – AgStravaganza!

10:00am-4:00pm The Shops at Ithaca Mall, 40 Catherwood Road, Ithaca NY. Learn about local agriculture at this FREE fun, family event! There will be educational exhibits and lots of farm-themed games, crafts and activities. Meet the Dairy Princess and Ronnie Raindrop, sample ice cream, and see some bunnies and poultry up-close. There will be informational displays from the Tompkins Co. Soil & Water District, Tompkins County Farm Bureau, Wood’s Earth, and Cornell FFA. Meet local farmers from

Sunset View Creamery, Ithaca Organics, Glenwood Farms, Jerry Dell Farm, and Heller’s Farm. Head outside and climb into some really big farm equipment. For more information, contact Debbie Teeter at (607) 272-2292 or dlt22@cornell.edu. Sponsored by Tompkins County Farm Bureau with CCE-Tompkins. See slides from prior years at: <http://csetompkins.org/agriculture/events/agstravaganza>

April 6 – Cortland County Chamber of Commerce 29th Annual Business Showcase

10am to 3pm at the J.M. McDonald Sports Complex, 4292 Fairgrounds Drive, Cortland.

April 8 – Dryden Senior Citizens Lunch

The next Dryden Senior Citizens Lunch will meet on Monday, April 8, 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 spaghetti with meatballs, tossed salad, garlic bread, and jello. Musical entertainment will be provided by Aaron and Claudia Karppalla. 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.

April 11 – Fall Prevention: Caregivers Working with Specialized Populations

1:30-4pm. There is a \$5.00 registration fee. This workshop for professional and family caregivers. Learn the appropriate techniques for transferring through interactive demonstration and educational presentations. Presenters: Fran Pizzola, Community Education Coordinator, Access to Independence, Raj Panwar, Physical Therapist and Director of Rehabilitation, Cortland Park Rehabilitation and Nursing Home and Jessie Cornell, Associate Program Director, Alzheimer Association of Central NY. Sponsored by the Cortland County Coalition for Long Term Care. For more information call (607) 753-5060 Contact info: Debbie.Walls@dwalls.com, 607-753-5060

April 12 – McLean Church Chicken BBQ

4 pm until gone at the McLean Fire Station. There will be halves and full dinners. Dinners include half chicken, salt potatoes, beans, drink, and dessert. \$6 halves, \$8 dinners. Take out or eat inside.

April 4 – SUPPORT GROUP: Survivors Of a Loved One’s Suicide (SOLOS)

Survivors Of a Loved One’s Suicide support group provides a safe, supportive environment for you to talk about your lost loved one. The group meets every first Thursday of the month. The April meeting will be held Thursday, April 4 at 7:00pm in the conference room of the Cortland Youth Bureau (35 Port Watson St in Cortland). Please note, this is a new location for the meetings.



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, April 12th 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:
Milton Parker of Marathon

Answer from the Previous Edition:
Marathon Methodist Church in Marathon, NY
The winner of last issue is Milton Parker. Milton won a gift card from A1 Pizzeria & Restaurant located at 151 North Street in Dryden! The winner from this issue will win a gift certificate from Toad’s Too Ice Cream Oasis located on Route 38 in Freeville! *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!



2013 Marathon, New York Maple Festival

**Saturday and Sunday,
April 13 & 14, 2013
in Marathon, NY**

For More Information:
www.maplefest.org

EVENTS SCHEDULE

AROUND THE TOWN

- Peck Memorial Library - Used Book Sale, Meet the Author - Amber Hines, jewelry, tour new renovations
- First Baptist Church - Quilt Show, antique Bible display, special Maple Sunday service (out of doors) 11-11:30am and 11:30 to noon on Sunday
- American Legion - hop on a bus and go to the Legion where "Shadows of the Old West" will present shows both days, pony rides, bounce house, crafts, delicious food - BEEF BQ sandwiches
- Rail Road Depot - model train exhibit, raffles, railroad souvenirs and tour 1850 station
- Old Town Hall (outside) - Maple Mobile races, both days
- Morton Building (Firemen) - clam chowder, chicken tenders, chili, hot dogs, fries, hamburgers, coke products
- Methodist Church - BBQ chicken dinner (includes 1/2 chicken, baked potato, coleslaw, roll, beverage & dessert) or 1/2 chicken alone
- Main Street - Knickerbocker's smoked beef sticks
- Lion's Club - canoe raffle
- Marathon Maple Leaf Senior Center - maple milk shakes, muffins, cookies, lemonade, Iced tea, hot coffee, hot tea, hot chocolate, maple lollipops, bottled water
- Presbyterian Church - hot dogs (chili, kraut or plain), chili, veggie chili, chicken noodle soup, peanut butter & jelly sandwiches, yogurt, beverages, baked sale, white elephant, The Candy Man, quilt raffle
- Boy Scouts - maple cotton candy & bottled water
- Cub Scouts - popcorn, bloomin' onions, bottled water
- Marathon Area Historical Society's Tent - (all things maple) sandwiches - (maple pulled pork, maple pulled chicken), maple coffee, maple tea, maple hot chocolate, maple cream donuts, Saranac soda, Pennsylvania Dutch Candy
- Masonic Lodge - The Famous Maple Festival "All You Can Eat Pancake Meal" served from 9 am to 3 pm both days.

(Same meal served in High School Cafeteria)

LOVELL FIELD AREA

- Peck Memorial Library's famous Maple Elephant Ears
- Antique gas engines
- PTO's - Merry-Go-Round & other outdoor rides
- One Room School House - original to the area, fully equipped, historically correct
- Horse drawn rides
- New York State Fire Safety House
- Worthington Kennels - Hunting dog demonstrations
- Helicopter rides
- Trapper's Cabin - hosted by the Cortland County Trapper's Association
- 1861 Building - Now the Marathon Area Historical Society's Museum - filled with exhibits and opportunities to chat with Historian and area folks
- Maple Museum or Sugar Shop - all the maple products are sold here - syrup, sugar, cream, candy. Credit cards accepted. Festival Souvenirs, demonstration of making maple cream, Marathon Maple Sugar 4H Club-maple sundaes and display of antique maple syruping equipment
- Maple Sugar Shack - free samples of warm maple syrup, a working display, sap evaporator making syrup, chat with maple producers

IN THE HIGH SCHOOL

- High School Cafeteria - The Famous Maple Festival "All You Can Eat Pancake Meal" served 7am to 2pm both days. (Same meal served at Masonic Lodge)
- FREE New York State Certified Identification for all ages - sponsored by the Masonic Lodge-receive a CD with fingerprints
- Killawog Methodist Church - popcorn, quilt raffle, rada cutlery, hand crafts, baked sale, coffee, juice packs & water
- McDonald Gymnasium - Juried Craft Show
- High School Auditorium - free continuous entertainment

Hallways and classrooms on the first floor - local churches selling baked goods, raffles, snacks; Girl Scout Cookies; Cortland County Dairy Princess; chair massage; face painting; baby diapering station; Children's Discovery Center; apple dumplings

JUST OUTSIDE OF HIGH SCHOOL

Chicken spiedies, sweet potato fries and butterfly chips, hot sausage/peppers & onions, Doc's City Chicken, hot & cold cider, quilt raffle & Gertrude Hawk candy bars

FIRE STATION

NYS Comptroller's Unclaimed Funds, Firemen's Auxiliary, Aid to Women Victims of Violence, NYS Fisheries, NYS Police, Red Cross

VILLAGE GREEN

All Maple Products, (credit cards are accepted) Mountain Men encampment, chainsaw carver Mark Watson, WXHC radio broadcast (Saturday morning)

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THE STAGE IS SET!

IT'S A SWEET WAY to kick off the 43 Annual CNY Maple Festival, on Saturday, April 13, when ten (10) pancake eaters mount the Marathon High School Stage, in the auditorium, for the 17th Annual Pancake Eating Contest. The 9:00am contest has become a "Festival favorite". The 15 minute contest begins when the newly crowned Maple Festival Queen drops a sap bucket with a loud bang! Forking down pancakes for their favorite "not-for-profit" organizations are: John Potter- CNY Living History Center; Patrick Rand- Moravia Volunteer Fire Department; Sam Rappolt- "Clarabug's Quest For A Cure"; James Cataldo-Presbyterian Church; Kevin Tillotson-

Methodist Church; James Davenport-Tully H.S. Golf Team; Ben Johnston-Cortland Homer Rugby Football Club; Hunter White-Lime Hollow Nature Center; Ken Padbury -MCS Girls Field Hockey Team and Lucas Erno-Cortland County Youth Hockey Association.

Pancakes are served 3 at a time. Every organization mentioned has been actively soliciting donations and pledges per pancake. The Maple Festival donates \$2 a pancake to each charity. Last year over \$8,000 was earned by the pancake eaters.

What is the record number of most pancakes eaten by a single eater? The number is 35 and that record was made by Joe LaRue of Vestal who now lives in Kentucky.

Coordinator and originator of the contest, Connie White, invites everyone to come and cheer on the participants. "This good old fashioned fun contest brings a lot of joy" she says, "every family has a pancake eating champ, these contestants are raising funds for worthy causes." Don't miss it!

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CUTTING'S GARAGE

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

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

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

MIKE'S FISH TANK BLOOD PARROT CICHLID

THE BLOOD PARROT CICHLID HAS become a very popular fish. It was first created in Taiwan around 1986. It's parentage consists of the Midas cichlid and the red head cichlid. Blood parrots should not be confused with the salt water parrots. Blood parrots are often bright orange in coloration, but there are other colors that happen naturally such as red or yellow. Other colors may be produced by dyeing the fish.

Adult fish can grow to a length of 8 inches or more and reach an age Of 10+ years.

As a result of inbreeding, the fish have deformities such as a beak-shaped mouth that cannot fully close. Some commercial foods have been developed specifically to be easy for blood parrots to ingest. Recently some blood parrots have been selectively bred to be able to completely close their mouth. Blood parrots sometimes can have deformed swim bladders, causing an awkward swimming pattern due to their unique shape. Male blood parrots generally are infertile, but successful breeding has occurred. Fish farms have begun introducing male blood parrots injected with a hormone to increase fertility. Most female parrots are fertile. Both parrots guard the eggs of their young.

Blood parrots are hardy and may be housed singly or in schools. The fish are voracious eaters and generate significant uneaten debris during feeding. High volume filtration and

frequent substrate suctioning is recommended to minimize nitrates.

As mentioned above, Blood parrots are often dyed and come in a variety of colors such as blue, purple, pink, green and yellow.

- PetsAPlenty is located in the Blockbuster Video Plaza, Rte 281 Cortland, 753-9213. Open 7 days a week. We now have a website. WWW.PETSAPLENTY.BIZ.
- check it out. I post care sheets, coupons, new animal arrivals, contests and more. Any questions, email me at friskyy@hotmail.com



SPRING CLEANING FOR YOUR INTESTINAL SYSTEM

PERIODIC CLEANSING OF THE INTESTINAL system is vital to so many body processes. Spring is the perfect time to rid your body of the buildup of toxins and other waste that accumulates in the colon tissues. Nature's Sunshine Products offers everything you need to cleanse and support your intestinal system from complete colon cleanse programs, to excellent fiber supplements, to products that can help build and soothe your gut.

Intestinal Soothe & Build provides herbs that help soothe and balance the bowel. The lower bowel contains millions of microorganisms that help the body process nutrients. Improperly digested or slow-moving foods affect the balance of intestinal flora. Intestinal Soothe & Build helps maintain the proper balance of micro flora for optimal function. Its ingredients also help relieve occasional bloating pressure, soothe the mucous membranes lining the intestinal tract, relax the bowel and encourage the removal of toxins. It contains slippery elm bark, chamomile flowers, plantain leaves, rose hips fruit, bugleweed aerial parts and marshmallow root.

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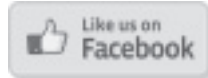
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Nature's Three provides insoluble and soluble fiber from three sources: psyllium, oat fiber and apple fiber. Both soluble and insoluble fiber are critical to a properly functioning intestinal system. Soluble fiber found in fruits, seeds, brown rice, barley and oats, helps produce a softer stool and chemically prevents the absorption of certain substances into the bloodstream. Insoluble fiber found in whole grains, vegetables and legumes, works like a sponge, absorbing many times its weight in water and leading to more efficient elimination.

Clean Start offers a complete colon cleanse in a convenient, pre-packaged two week program, consisting of a twice daily capsule packet and a twice daily fiber drink mix. It provides powerful nutrients to cleanse and detoxify the body, including 10 grams of daily fiber, absorbent bentonite clay, soothing aloe vera juice, nourishing chlorophyll, the natural sweetener stevia, along with powerful and effective herbs to cleanse and nourish the intestinal system. Not only does it support waste elimination, it may also provide a sense of improved energy and wellbeing.

I also carry additional intestinal system support products as well but space does not permit me to elaborate on them. If you wish more information please contact me.

Till next time,

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ROBINSON'S REPAIR SHOP A HIGH STANDARD OF AUTOMOTIVE SERVICE



1995. He eventually bought and renovated the building located at 3 Cortland Street, hired three additional people, and opened Robinson's Repair Shop in June, 2001.

Though there have been ups and downs, as with any business, Jim is happy with the way Robinson's Repair Shop has progressed. "I really enjoy the customers," he said. "We try to give the best quality service possible."

Jim strives for excellence in by maintaining high standards in his business. "My shop is AAA and NAPA

accredited," he said. "Both have very stringent approval guidelines. I am also ASE certified. ASE has testing facilities that employ eight different fields in which you are tested; if you pass all eight, you become a Master Tech. I am a Master Tech; there are two Master certified techs that work here." These certifications assure the knowledge of automobiles necessary to provide quality service.

Jim believes strongly in diagnostic ability. "I am well-invested in the most up-to-date diagnostic equipment," he explained. "It is important to be able to correctly diagnose the problem and fix it right the first time. We don't just throw parts at the problem in a haphazard, trial-and-error way; we know what's wrong with the vehicle before we replace any parts." Robinson's Repair Shop offers a pick-up and delivery shuttle service in the Marathon area, as well as a 5% Senior Discount and a 10% Veterans and Active Servicemen Discount. You can also enter a monthly drawing to win a free oil change (up to \$45). There is one winner per month, drawn on the first day of each month; winners are posted at Robinson's Repair Shop. Plus at Robinson's - 6th oil change is always FREE - ask for details!

In addition to providing automobile repair services to the Marathon area, Robinson's Repair Shop is also active in the community. Jim is the Vice President of the Marathon Business Organization and a member of the Marathon Lions Club. He also donates to the local scholarship fund and organizations such as D.A.R.E. "I like to contribute to those organizations that involve and benefit the town locally, he said."

Robinson's Repair Shop is open Monday through Friday 8 a.m. to 5 p.m. and Saturday, 8 a.m. to 12 p.m. "If you need repairs done on your automobile, you should give us a try," Jim said. "You will be pleased with the way I run my business." If you have questions about auto repairs or to schedule an appointment to have your car serviced, call Robinson's Repair Shop at (607) 849-6410.

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Today's fuels are hard on your engines, optimize your engines potential with a complete fuel injection cleaning service for your vehicle from Grant Street Repair and Parts. Improve your tire wear, gas mileage and handling with the state of the art vehicle alignment with our John Beam Imaging alignment system. We also do NYS vehicle, heavy truck motorcycles and FMCSA inspections. Grant Street Repair and Parts is a certified Bully Dog Gas and Diesel Performance Product dealer. As well as, Edge, F.A.S.S. Fuel, MBRP & BP performance products. Stop in and ask one of our qualified technicians about what our performance products can do for your vehicle.

Grant Street Repair and Parts is fully stocked with all popular fluids, lubricants, cleaners, air lines, electrical needs, brakes, brake chambers, drums, air valves, seals and bearings, lighting, after market vehicle accessories, after market body parts,

drive line components, exhausts, transmissions, engines, clutches, air bags, springs and suspensions, rear axles, fifth wheels, along with any other parts your vehicle may need.

Grant Street Repair and Parts is open daily Monday thru Friday 8:00 am to 4:30 pm and on Saturdays by appointment only, for all your automotive needs. Our highly qualified parts and repair technicians will be happy to answer all your questions concerning your vehicle and provide you with top of the line service and parts.



DO YOU EVER HAVE A long day of work and you have to come home to a hungry family and cannot think of something to make? Hi, I am Hannah Baker, the Tompkins County Dairy Princess. Growing up on a dairy farm there are many nights we all don't get in from the barn until late and of course we are hungry! The easiest solution is to get fast food but it never tastes that good. And of course you are not getting your three every day servings of dairy at some a fast food joint. Here is a great recipe that helps get you a part of your needed dairy for the day and also is quick and delicious!

BEEF BURRITO WITH PEPPER JACK CHEESE AND BLACK BEANS

Makes 6 Servings
Prep Time: 15min
Cook Time: 9min

- 1/2 pound ground beef sirloin
- 2 teaspoons minced garlic
- 1 cup chunky salsa, divided
- 2 cups cooked brown or white rice
- 6 (9-inch) whole-wheat flour tortillas
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (11-ounce) can corn kernels, drained
- 2 cups shredded Pepper Jack cheese
- 1/3 cup sliced green onion, including green tops

In a medium non-stick skillet, brown ground beef and garlic over medium heat; (break beef mixture up into smaller chunks with a spoon). Drain fat and stir in 1/2 cup of the salsa; set aside.

Spread 1/3 cup of rice on center of a tortilla, leaving a 1/2-inch border. Scatter about 2 tablespoons of beans and 1 1/2 tablespoons of corn over rice. Spread 1/3 cup of the beef mixture and 1/4 cup of the cheese over corn. Top with 2 teaspoons of the salsa and a few pieces of green onion. Fold in two opposite edges of tortilla one inch each and roll up. Place, seam side down, on microwave safe dish. Repeat with remaining tortillas.

Place burritos in a microwave oven and heat 1 minute or until heated through. Serve with remaining salsa.

Recipe created by 3-Every-Day™ of Dairy.

Nutritional Facts
Calories: 450
Total Fat: 16 g
Saturated Fat: 8 g
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Sodium: 900 mg
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Our Automotive Repair Services Include:

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- Water Pump Replacement

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- Fuel Pumps / Gas Tanks
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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 in and say HI to the team at the front desk - Kelly and Tom! Check them out on their new website - www.willcoxtirecenter.com!



G. L. MULLEN BODY SHOP

MULLEN'S BODY AND PAINT SHOP has been in business in the Dryden area for over 30 years. Owner and Dryden resident, Gary Mullen is proud to bring the community quality and professional, reliable work at a reasonable price to ensure customer satisfaction. If it's paintable - they will paint it. Along with body and fender repairs, expert refinishing and

used car sales, Mullen's will sand and paint a bicycle frame, trailer, or motorcycle tank! Mullen's has a knowledgeable and experienced staff, which are able to provide his customers with quality work within a timely manner. Working along side with Gary at Mullen's Body Shop for over 30 years as body technician is Nelson Stull. Nelson started shortly after the shop opened on January 1st, 1982.

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

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

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



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CALENDAR OF EVENTS

April 13 – Grace & Holy Spirit Church Big Sale

13 Court Street from 8 am to 2 pm. Large selection of household items, electronics, CDs, books (paperbacks and hardcover), children's and adult clothing, holiday decorations and more items coming in every day. Don't miss the Bake Sale with a wide selection of pies, cakes, desserts and breads. Luncheon will be available from 11 am with hot dogs, homemade salads, chips, and soda. You won't want to miss this Sale so mark your calendar. Proceeds will benefit the Cortland County Council of Churches.

April 14 – Pancake Breakfast

Varna Community Center (943 Dryden Rd./Rte. 366). Includes Pancakes, French Toast, Bacon or Ham or 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.

April 14 – Regulation of the Death-Care Industry in New York State: A View from Albany
Deborah Orecki, Director of the Bureau of Funeral Directing, New York State Department of Health, will deliver a public talk on Sunday, April 14 at 2:00, in the Auditorium at Kendal at Ithaca (2230 N. Triphammer Rd.). The title of her talk is "Regulation of the Death-Care Industry in New York State: A View from Albany." Sponsored by the Funeral Consumers Alliance of the Finger Lakes (formerly the Ithaca Memorial Society), one of nearly 90 affiliates of the national Funeral Consumers Alliance.

Free and open to the public. Ample parking in north and south parking areas.

April 16 – Contemporary Singles Open Meeting

Edct Visitors Center, 300 Lincoln Ave, 7:00PM. All singles welcome. 748-1860.

April 16 – Vegetable Gardening, Beyond the Basics

Learn about less common veggies, maximizing your crop, seedstarting tricks, which seeds to start when, techniques to extend the season, using microclimates, and more. For a more basic discussion of how to get started with veggie gardening, attend "Getting Started with Vegetable Gardening" on Tues. April 16. Veggie Gardening, Beyond the Basics, will be held Thursday, March 14, 6:30-8:30 pm, at the Tompkins County Cornell Cooperative Extension Education Center, 615 Willow Avenue, Ithaca. Fee \$5; pre-registration preferred. Please call 272-2292 for more information or registration.

April 20 – Access to Independence Bowl-a-Thon

11am to 3pm, Cort-Lanes. Raise funds to help support ATI programming and advocacy efforts. Bowlers bowl for free, teams welcome. Food and drinks, door prizes. Sign up by calling 607-753-7363. Handicap accommodations available upon request. All proceeds benefit Access to Independence.

April 20 – Kidsville – Caring for Today and for Tomorrow!

10am to 1pm, County Office Building Gym, 60 Central Avenue in Cortland. Celebrate the Week of the Young Child at Kidsville, the place where Cortland

County comes together with hands-on fun and information for young children and their families. This event is free and sponsored by the Child Development Council. Call 607-753-0106 for more information.

April 21 – Cortland Blooms Green Fair

County Office Building gymnasium and the Cortland Corset Building. These two locations, two blocks apart, will be connected with an Art and Bike Trail, acting as a connective corridor. Local businesses and organizations will showcase the important work they do and services/products they provide at the County Office Building gymnasium. The Cortland Blooms Festival showcasing the unique work of artisans, vendors of local products, musicians and artists, will take place at the Cortland Corset Building. This event is free and open to all ages. For more information, to volunteer or participate, please contact Sara Watrous at cortlandblooms@gmail.com or (607)753-2253. Cortland Blooms is part of Sustainability Week, sponsored by SUNY Cortland. Sustainability Week encompasses numerous events, both on and off campus. For more information as it becomes available, visit sustainablecortland.org.

April 22 – Grief 101: For Grievers

TIME: 5:30-7:00 p.m. LOCATION: Nina K. Miller Hospicare Center, 172 East King Road, Ithaca PLEASE REGISTER BY: Friday, April 19 (event is free and open to the public) This one-time educational presentation is for bereaved adults, those who are anticipating the loss of a loved one, and anyone interested in more information about the grieving process: what can be expected, how to know if you need more support, and a perspective on helpful ways to cope with grief. Hospicare's bereavement counselors will present information about grief in general, as well as provide time for questions and discussion. Free and open to the public, but please register by April 19 with Donna George, LMSW, FT, (dgeorge@hospicare.org) or Kira Lallas, LMSW, (klallas@hospicare.org), or call 272-0212.

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MAY 30: TOOTS & THE MAYTALS

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SPRING IS AROUND THE CORNER AT VALLEY VIEW GARDENS & THE CINNAMON APPLE COTTAGE!

WINTER IS HOLDING ON FOR dear life, but very soon everything will change! Spring is about to burst upon the scene with colors, fragrances and, best of all, warmer temperatures! We at Valley View Gardens and The Cinnamon Apple Cottage on Luker Road are excited about the 2013 season. We look forward to serving you and your family with quality plant material and charming gifts for the home and garden.

Does your home need a Spring 'face lift' on the inside--or a fresh new landscape on the outside? Look no further for unique home decor, distinctive gifts and quality plant material for your garden! A fantastic shopping experience awaits you at Valley View Gardens Retail Nursery and The Cinnamon Apple Cottage Shoppe located at 3797 Luker Road in Cortland! Truckloads of new gift items and stunning plants will be arriving soon!

Whether you long for beautiful, healthy plants to enhance your garden or professional expertise to help your landscape dreams come true, Valley View Gardens can provide both to your complete satisfaction. In addition to forty years' experience designing beautiful landscapes, we are able to advise those who need a professional point of view when planning their own projects. Finding the right shrub,

tree or perennial for a particular spot in your garden is our specialty.

We have operated our landscape design and nursery business for twenty years in Central New York, including this, our eighth year, at our Luker Road location. It has been a labor of love transforming our business from its origin as vacant property and pole barn to the current eye-catching display and picturesque New England style gift shop. From the very beginning, it has been our goal to provide a diverse variety of quality shrubbery, shade trees, fruit trees, ornamental trees, topiaries, perennials, annual flowers and much more! Valley View Gardens will provide a stronger, healthier plant than can be obtained in box store garden centers, and we can answer questions about the correct application of our diverse line of plant material. As an added bonus, our convenient location eliminates those costly trips out of town, ensuring a savings to you!

For that splash of color in your garden, you can choose from any number of gorgeous flowering shade-loving shrubs,



perennials, annuals and hanging baskets that will fill our six greenhouses shortly. Outside, you will find literally thousands of sun-loving plants and trees from which to choose. If you want to fill niche in that sunny or shady corner of your garden, we have an impressive assortment of perennials located in our perennial houses and outdoor displays that will do just that! Looking for that unique ornamental grass that caught your eye? We have many varieties

from which you can choose to bring texture and motion to your landscape.

The Cinnamon Apple Cottage has added a new room to our gift shop, totaling eleven rooms in all! Our pottery room, which used to be accessible only from the outside entrance on the porch, is now connected to the rest of the gift shop through

the new room, making your house and garden shopping more convenient than ever! For those who have yet to visit our store, The Cinnamon Apple Cottage is a unique gift shop located adjacent to Valley View Gardens on Luker Road. We have been told repeatedly by our customers that they love to shop in our lovely, now, eleven room gift shop. Quaint lovely music by Groton-born musician Scott Adams, creating a delightful backdrop to your shopping experience, can be heard and purchased in our shop. Each room has its own ambience and related product lines. Our reputation for amazing framed artwork is spreading far and wide. Our floral decorations, fragrant candles and potpourri; whimsical figurines, children's books and toys; outdoor decor and gift items; not to mention the delicious jams and fruit butters; soups, scones, bread and cookie mixes and much, much more can be found



in the 'general store' at The Cinnamon Apple Cottage! If you need a pick-me-up for yourself or your friends and loved ones, you are sure to find it at The Cinnamon Apple Cottage.

News Flash! Cinnamon Apple Bucks are making a return at The Cinnamon Apple Cottage! Our gift to you, the CA Bucks can be used on your next visit to the Cinnamon Apple Cottage Gift Shop for a special discount! Hurry in to take advantage of this great savings opportunity while it lasts!

Our hours? During APRIL, our hours will be Monday through Saturday, 9 to 5 o'clock (closed on Sunday).

Coming in MAY: Sunday hours! Beginning in MAY and continuing through Sunday, June 30, Valley View Gardens and The Cinnamon Apple Cottage will be open Monday through Friday, 9:00 to 6:00; and on SUNDAYS from 11:00 to 3:30 for your shopping experience.

Stop in and shop at our retail nursery and gift shop. Call Dan, Andrew and Pat Mones at 607-749-3130 to set up a consultation to help your landscaping dreams come true! You will be glad you came to Valley View Gardens and The Cinnamon Apple Cottage on Luker Road in Cortland! We look forward to meeting and serving you. See you soon!

Photo 1: The Cinnamon Apple's 'General Store'
Photo 2: Enchanting Decor at The Cinnamon Apple
Photo 3: Count Your Blessings at the Cinnamon Apple Cottage

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DOUBLE "J" BIKER SHOP

IF YOU LOVE RIDING AND the open road then ride on down to DOUBLE "J" BIKER SHOP. You will find all you need to enjoy your riding experience. Located at 1845 Route 13 North just a mile out of Cortland. They offer great prices and selection of merchandise along with a friendly and knowledgeable staff.

Double "J" has been taking care of biker's needs since 1992. No, they don't sell motorcycles but they stock everything for the rider and accessories for your bike. At Double "J", they want you to play hard, be safe and look good while doing it. Offering a full line of DOT and Novelty helmets, leather and textile jackets, chaps, overpants, rain suits, gloves, vests and halter tops.

For your bike check out their selection of fork bags, saddle bags, windshield bags, tour bags, tail bags, sissy bar bags, license plate holders and bolts, cup holders, cramp busters and lever and clutch covers.

They offer several brands of riding boots. for men, women and children.

The store is stocked to the ceiling with novelty items such as biker guardian bells, patches, decals, stickers, biker belt buckles and belts, vest extenders, hair gloves, lady's biker purses helmet mohawks and pony tails, leather bandanas, du-rags, face masks and zipper pulls.

In clothing Double "J" has Biker T-shirts - long sleeve, short sleeve and sleeveless, and sleeveless denim shirts.

For eye protection the stock includes BODY SPECS, HOT LEATHERS, CURVZ, MAXX and BOBSTER.

At Double "J" they celebrate the independence , freedom and longing in every person that takes to the road on a motorcycle. The owner, Linda Jones is an avid rider and has developed her store so that her customers know that they can buy with confidence, trusting her products, prices and service.

So step into the doors of DOUBLE "J" BIKER SHOP Wednesday through Friday 12:30-6 and Saturdays 10-4 and enjoy the shopping experience.



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NEW IN CORTLAND! YO WAY FROZEN YOGURT!

OPENING SATURDAY, APRIL 6TH ON 130 South Main Street, Cortland, NY is the first self-serve frozen yogurt shop in Cortland! Yo Way is a very modern and unique shop with bright colors, and unique chairs. Yo Way Frozen Yogurt has been established by Matt Kessler, 21, of Venice Center and Teddy Swan, 22, of Moravia, NY because of their desired passion for frozen yogurt. Yo Way has 12 different flavors of frozen yogurt at all times, and will be switching flavors based on the seasons/holidays. There is a variety of 36 toppings to choice from which will also vary slightly depending on the holiday season. The frozen yogurt is priced at 0.47 cents per ounce. There will be 50% off all sales with ad,

and 20% off for just walk in's with no ad. Frozen yogurt is comparatively low in calories and fat compared to ice cream. This makes it a popular choice with dieters and the health-conscious. In addition, frozen yogurt can be a good source of calcium and protein and has some of the digestive benefits of yogurt. A good way to keep up to date about Yo Way is by following them at <https://www.facebook.com/pages/Yo-Way-Frozen-Yogurt/319416518181260?ref=ts&fref=ts>

They can also be contacted via phone at 1-607-299-4072. The hours of operation are Sunday-Thursday, 12PM-12AM, and Fridays-Saturday, 12PM -1AM.

Come check us out on opening day and enjoy some delicious frozen yogurt!



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AS PART OF YOUR SPRING CLEANING, INCLUDE A HOME INVENTORY

ALLSTATE RESEARCH SHOWS THAT MORE CAN BE DONE TO PREPARE IN THE UPCOMING YEAR, INCLUDING MAKING A HOME INVENTORY AND REVIEWING THEIR INSURANCE COVERAGE



NOW THAT THE **NORTHEAST** is finally ready to open the windows and let in some fresh air, many will also take part in the unofficial ritual of spring cleaning. But even as everyone tries to forget the destructive weather of the fall and winter, the time to prepare for the next season is now. A new survey shows that while Americans know that their homes could be impacted by a

natural disaster, many are not certain of their coverage and might be unprepared for such a disaster if it happens.

In the survey conducted last May, a large percentage of people with homeowners or renters insurance expressed concern about damage

caused by a natural disaster, and even believed that there has been a higher than normal amount of major weather events in the past few years. However, a much lower percentage were clear on exactly what their insurance policies covered; even less had looked at or discussed their policies in the past three years. This lack of awareness might leave the average homeowner or renter in a vulnerable position come hurricane season, which is why spring is a good time to start thinking ahead to the near future.

"There are many things that can happen in the event of damage or loss, but there are also plenty of proactive ways to prepare yourself before it happens," said Allstate Spokesperson in New York Jaclyn Darrohn. "Start by taking the time to create a home inventory – identify what you have, and learn what your policy covers. Allstate offers tools that help inventory homes and assess the worth of a home's contents. Taking advantage of those tools and reviewing your coverage can leave you better informed and better prepared."

Among the findings of the 2012 survey were the following:

43 percent of respondents were concerned about damage from a natural disaster, and 53 percent believed the country has faced more natural disasters than normal over the past several years.

22 percent were not certain or didn't know if they would be covered by their insurance policies in the event of a natural disaster.

Just 8 percent of respondents said they would take insurance documents or records with them if forced to evacuate their home.

30 percent of respondents have not read or reviewed their homeowners or renters policies in the last three years.

One way for those worried about their coverage after a disastrous event to take a home inventory is the Allstate® Digital Locker™, available online at DigitalLocker.com and as a mobile app for iPhone, iPod Touch, and Android. The free app guides consumers through the creation of a detailed home inventory that can be stored securely online and printed out for safekeeping. Allstate also offers What's Your Stuff Worth?, a site – available in English and Spanish – that helps assess how much belongings are worth and make real-world comparisons of costs to cover your possessions.

About the Survey

The survey was conducted by phone May 16, 17, and 19, among a national representative sample of 1,000 American adults with homeowners or renters insurance. The margin of error for the national sample of residents is ±3.1 percent. The survey was conducted by FTI Consulting, Inc. (FTI) for Allstate.

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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RIDING SAFE

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A whopping 75% of motorcycle accidents involve collision with another vehicle, where failure of motorists to recognize motorcycles is the leading cause. Per mile traveled, a motorcyclist is approximately 16 times more likely to die in a crash than an automobile occupant. And 3 times as likely to be injured.

Bikers need to use safety riding gear to help their odds in case of an accident. Or to help prevent an accident.

DOT APPROVED SAFETY HELMETS are the most critical factor in preventing death in an accident. Make sure that your helmet is DOT and has been properly fitted. Helmet use among fatally injured motorcyclists is below 50 percent! A startling 46% of fatally injured motorcycle drivers were not wearing helmets at the time of the crash! Helmets also offer shelter from wind noise and turbulence.

Secondly statistics show that in most fatalities to bikers the motorist states that "they did not see the motorcycle" So it's simple again **MAKE YOUR SELF MORE VISIBLE**. Biker jackets and helmets come in reflective material and hi-visibility colors. There are also lightweight vests that can be worn right over your current jacket.

EYE PROTECTION keeps all manner of debris and bugs from flying into your eyes. Visors in helmets offer built-in eye protection, but some riders prefer to wear separate eye protection so they can enjoy a tinted field of vision that's removable when the sun drops.

EARPLUGS are absolutely safety equipment. Wind noise on a motorcycle can become extreme at highway speeds, and your hearing can suffer damage after enough repeated exposure to loud sounds.

A wide variety of **JACKETS** are available, offering many options when it comes to upper body protection. The safest and most protective being armored at the elbows, shoulder and spine. Jackets reduce or prevent abrasion injuries

A basic human reflex to break your fall is an extension of the hands which can cause considerable damage if thrown off your bike. Protect your palms, knuckles, and fingers with sturdily constructed, well-padded **GLOVES** preferable gauntlet-style ones that extend past the wrist.

And finally a good pair of **RIDING BOOTS** to protect your feet and ankles.

RIDE SAFE and have fun.

There's nothing like the wind in your face and the freedom of the road.

Linda Jones
Owner, Double "J" Biker Shop



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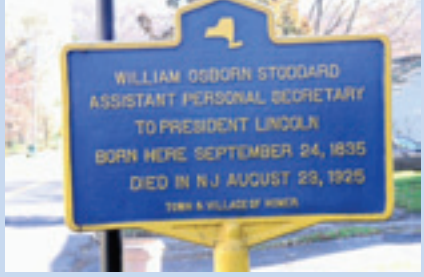

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CALENDAR OF EVENTS

April 28 – 13th Annual Color Splash Run to Support 4-H

Tompkins County 4-H will hold the 13th Annual 5K Fun Run on Sunday April 28, 2013, and this year's race will be more colorful than ever! The race will begin at 10:00 a.m. Participants will enjoy a flat, fast and fun 5k, with a twist. This year, participants will be showered with colored powder as they travel from Stewart Park and up the Cayuga Waterfront Trail. This environmentally-safe colored corn-starch will tie-dye our runners from head to toe, making this year's fun run extra bright! Water will be provided along the route, with fruit and refreshments post-race. The course will be staffed by volunteers as well as by Ithaca College Professor Craig Paiement's Sport Event and Facility Management students. Prizes donated by local businesses will be awarded to the first several runners to finish in each age category. Runners/walkers of all abilities are welcome! (Adults, children, strollers, wheelchairs, etc.) Pre-Register (\$20) until April 14 or \$25 on race day. All pre-registrants get a free t-shirt. To register, visit our website at <http://tinyurl.com/4hcolor> And don't forget to purchase your duck chance for the annual 4-H Duck Race for more chances to win great prizes, including a \$500 "Nest Egg"! This event would not be possible without our major sponsors.

April 28 – An Artistic Interpretation of Psalm 139

3 PM at United Presbyterian Church of Cortland; 25 Church Street; Cortland

Free; Reception following; Fully Accessible.

Experience Psalm 139 in images created by local artists, photographers, musicians, writers. Part performance, part demonstration, part "dramatic encounter." Participating visual artists: Tom Cain, Sandy Cowan, Marian Davie, Doug Hatch, Jane Newman, Joan Niswender, Marilyn Palmer, Linda Ruthig, Marian Strang, Lolita White, Jane Zogg. Music by the Choirs of the United Presbyterian Church, Judie Murphy, and Organist Paulette Fry.

CORTLAND BUSINESS SHOWCASE

Saturday, April 6
10 am - 3 pm

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**TIRE MAINTENANCE TIPS
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YOUR TIRES ARE THE ONLY part of your vehicle that actually touches the road when you drive. It only takes a couple of minutes of maintenance each month to keep your tires working at their best.

Check Your Air Pressure Once a Month

Incorrect air pressure is the leading cause of tire damage. To avoid tire damage you need to check your tire's air pressure once a month.

The correct tire pressure is listed on the vehicle placard & can be found in the following places:

- In the car owner's manual
- Under the gas tank lid
- Along the driver's side door edge
- Along the door post

The air pressure listed on the side of your tire is NOT the correct air pressure for your vehicle. That number is the maximum air pressure for the tire. Remember to check the air in your spare tire.

Don't get stranded or put out costly towing expenses. Check your air pressure on your spare regularly. Note: If you have different rims than came on your vehicle originally, make sure that the bolts on your spare tire are the correct fitting.

Failure to keep your tires properly inflated can increase wear and will have a negative effect on your vehicles handling.

When checking and adjusting tire pressure, the following should be kept in mind:

Check the air pressure when the tire is cold - tires become hot even after driving just a mile. If you must drive to add air, check your air pressure before you leave. Air pressure changes 1-2 pounds for every 10 degrees of temperature change. Air pressure goes up in warm weather and down in cold weather.

Tire pressure must be the same on the tires of each axle, but may be different on the front and rear axle.

Valve caps must be tightly closed to protect the valve from dust and dirt and prevent it from leaking.

Replace missing valve caps without delay.

Take this opportunity to inspect your tires to make sure there is nothing stuck in them or they have no deformities.

Tread Depth

To prevent hydroplaning and skidding your tires must have proper tread depth. The minimum tread depth is 1/16th of an inch.

Ask anyone, the easiest way to check your tread depth... the penny test. What is the penny test? Take a penny and place it in the tread of your tire. If part of Lincoln's head is covered by the tread your tires have enough tread. If you can see Lincoln's entire head, you should buy a new tire.

You should also check your tire tread for uneven wear. Irregular wear shortens the life of your tires, if you think you have uneven wear you should take you vehicle to your tire dealer.

Rotation

The best way to prevent uneven wear is to have your tires rotated every 6,000 - 8,000 miles or as specified in your vehicle's owner manual.

Potential Tire Troubles

Curbs can prove to be big trouble to your tires. Approach curbs with care, if you drive over them too fast or at the wrong angle the impact may cause the tire to crack.

Avoid potholes or debris in the road when possible.

Avoid fast stops & starts.

Be sure to check your owner's manual for your vehicles maximum load. Overloading your vehicle can shorten your tires life.

Replacing Your Tires

You should replace your tires with the same type of tires that came on your vehicle original equipment. This includes tire size, type and speed rating.

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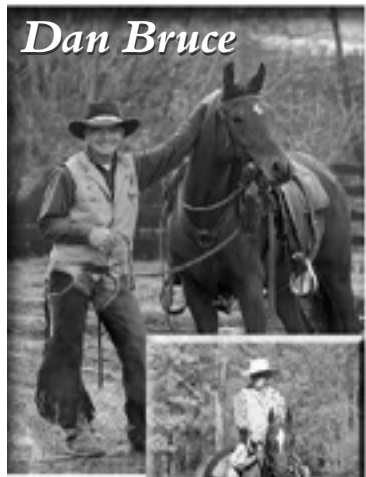
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Michael Troxler
WGA Equestrian Director



Monica's artwork has graced the covers of several magazines, and has appeared in many publications, including the book *The Best of Portrait Painting*. Her portraits have been included in news stories on CNN, NBC's *Today Show* and other television shows. She was among a select few invited to display her work alongside the paintings of Andrew Wyeth and Philip Pearlstein in the "Face of America" - an exhibition devoted to outstanding portraits in watercolor. Her paintings adorn numerous collections both domestically and abroad, including those of super-model Christie Brinkley, William Bristol III of Bristol-Myers Squibb, and the American Embassy in London, England.

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PUZZLES & GAMES

WORD FIND

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

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

automobile • gas tank • motorcycle • chain • tire rotation • spark plugs • alignment
 tire pressure • lube • belts • hoses • wiper blades • brakes • battery • antifreeze • tune up
 air conditioner • inspection • mechanic • automobile • diesel • oil • filter • tires • vehicle
 body shop • towing • mounting • balancing • track • mechanic • atv • motocross • pit stop • throttle

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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!

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

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- Pets-A-Plenty Pet Store • Ithaca TOPS • Cortland TOPS
- Riverside Plaza • Colonial Laundromat • Ramada Inn
- Main Street Downtown Homer • Back to Basics
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- Gregg's Market Marathon/Whitney Point • Dryden Agway
- Elite Dental • Pinckney Allstate Insurance Agency
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- 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

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

WORD FIND

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

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