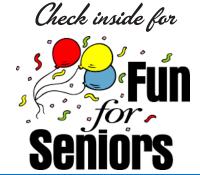
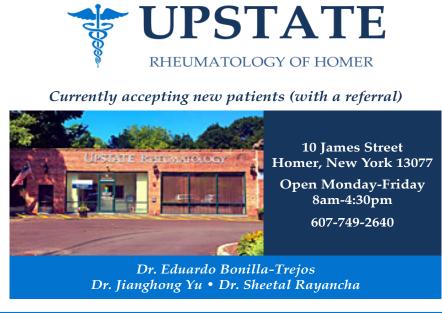
CORTLANDAREATRIBUNE.COM

607-844-8228













Good old-fashioned down home cooking!

SHOPPING FOR INSURANCES

Call us at 607-753-1821

SERVING STEAK & Lobster Dinner

NEW DAILY SPECIALS Fresh homemade soups & pies made daily!

KIDS MENU Breakfast served all day every day!

COUNTRY KITCHEN WHITNEY POINT, NY (607) 692-4952

COUNTRY KITCHEN II RIVERSIDE PLAZA (NEXT TO DEWITT'S PRODUCE) (607) 756-2356

BIG NEWS! WE'RE CHANGING OUR NAME!



www.UpstateTractor.com



SAME GREAT PEOPLE, SAME GREAT SERVICE

UPSTATE MOWER & TOWER 315.696.5432

5765 Marybelle Road, Tully, NY

www.sevenvalleyagency.com Or stop in —

18 Tompkins St., Cortland

Visit our office or website for a free quote!

Next to YMCA





WELCOME TO OUR SENIOR CITIZEN ISSUE

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, Whitney Point, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette. Here's some upcoming issues for you to look forward to!

February 28 - Antiques & Pre-St. Patrick's Day Issue

Deadline 2/23

March 14 - Spring Home Improvement, Real Estate, St. Patrick's Day & Pre-Easter Issue

Deadline 3/9

March 28 - Spring Motorcycle/Car Care & Easter Issue

INCLUDES Distribution of the 2018 Travel Guide! **PLUS** Marathon Maple Fest coverage! Deadline 3/23

April 11 - Think Spring! & Lawn Maintenance Issue

ADDITIONAL DISTRUBUTION To be handed out at the

Cortland County Chamber Business Showcase on April 14th—come find us! Deadline 4/6

April 25 - Pre-Mother's Day & Lawn/Garden Issue

Deadline 4/20

May 9 - Mother's Day & Pre-Memorial Day Issue

Deadline 5/4

TRIVIA QUESTIONS

See if you know the answer without looking it up! Answers in the back.

 Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?

Who originally sang That'll Be the Day? in 1957?

3. What new type of telephone was invented in 1963?

4. Who along with Philips developed the CD in the late 70s?







BERKSHIRE, NEW YORK

RED IRON =REPAIR=

SCOTT CRISPELL

Serving **TOMPKINS • CORTLAND BROOME • TIOGA**



607.423.7903 **369 LEVEL GREEN ROAD BERKSHIRE, NEW YORK**

WELCOME NEW ADVERTISERS:

CONSTRUCTION

Gary Tyler Home Improvements

44 Jenksville Hill Rd. Candor, NY 607-659-5540 · gtimprovements73@gmail.com Fully Insured

RHEUMATOLOGY

10 James St. MEDICAL UNIVERSITY

Open Mon-Fri 8am-4:30pm 607-749-2640 · www.upstate.edu

ROOFING

We stop leaks! - Syracuse & Surrounding

THE ROOFMAN Residential & Commercial Office Specialists 315-416-1999 Fabius, NY No Job Offing Specialists

TRACTORS & MOWERS



Formerly Scott's Small Engine 5765 Marybelle Rd., Tully, New York upstatetractor@yahoo.com

315.696.5432 · upstatetractor.com



Homer, NY

CHECK OUT THE BUSINESS SERVICE GUIDE!

Easily accessible at the back of the paper! Growing with every Issue! 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 issue! Also find us on Facebook and Twitter (@tcatribune)!

The Cortland Area Tribune P.O. Box 67 • Dryden, NY 13053





The Cortland Area Tribune is not liable for typographical errors, copy omission or ad layout beyond cost of ad space thus affected. We cannot guarantee ad position beyond original commitments. The Publisher reserves the right to reject or cancel any advertising for any reason at any time without notice. The paper will be distributed both physically & digitally. The opinions of advertisers, expressed or implied, do not necessarily reflect those of the paper. All sales are final. No refunds.





For Appointment or Contact Call: 607-862-9795, Marlene & Ed Pittsley

Wed-Sun 10am-5pm · Closed Mon & Tues

Whitney Point, NY

February 14-27, 2018

CALENDAR

February 15 – Truxton Senior Center Brunch

8-10:30am. Truxton Senior Center Brunch. United Methodist Church on 3670 Route 13 in Truxton. Come have a healthy and hearty breakfast and visit with some friendly people. Bring a friend with you for Friendship month. For more information visit the Cortland County Area Agency on Aging website.

February 17 - Cortland Chili-A-Bration Annual Chili Cook Off and

Winter Tasting Tour in Historic Downtown Cortland Info and tickets at hdc. yapsody.com

February 17 – Black History Month Multicultural Festival

4pm SUNY Cortland, Old Main Brown Auditorium History Black Month Multicultural Festival. Celebrating Black History with special performances by Cortland Gospel Choir, Rock. jazz and blues ensemble. Africana Dance, PyroDynasty Step Team, Drama Dance Team, Poets, Singers and many more talents. 607-345-7968. Free and open to the public.

February 17 - Buffet Pancake Breakfast Center Lisle Cong. Church Lisle, NY 8:00-11:00 am Adults \$6.00 Children \$3.00

February 17 – McLean Pulled Pork Dinner
President's Pulled Pork
Dinner Event

Saturday February 17 McLean Community Church 50 Church St. McLean 4:30 pm until gone Open Face Pulled Pork Sandwich, Cole Slaw, Macaroni Salad, Homemade Cake, and Beverage. \$8.00. Take Outs Available!

February 18 – Groton Rod & Gun Club Max's Goulash Membership Drive

Starting at 12 noon till gone. 888 Elm St Ext, Groton.

February 20 – Groton Public Library Free Community Meal

Groton Public Library Free Community Meal is on February 20 at 6 p.m. with tomato soup and grilled cheese sandwiches! Gibrian Hagood, Energy Educator from Cornell Cooperative Extension of Ithaca will be on hand to talk about energy efficiency. He will have free products to give away plus applications for weatherization assistance programs and recommended

referrals to other agencies for assistance. So come enjoy a hot delicious meal and learn energy saving techniques.

February 20 – Senior Walking Program 4:30-7pm Barry Elementary School 20 Raymond Ave., Cortland Seven Valleys Health Coalition (SVHC) in partnership with the Cortland City School District, the Cortland Youth Bureau, and the Area Agency on Aging's Retired Senior Volunteer Program (RSVP) has started a new Senior Walking Program at Barry School. Barry School opened its doors to seniors in the community who would like a safe, warm, dry location to walk the halls for exercise this winter. Program hours will take place every Tuesday evening from 4:30-7pm. The program is free and open to any seniors in the community. Those taking advantage of the program are required to signin with the RSVP volunteers who will be overseeing the program. 607-756-4198 sevenvalleyshealth.org

February 21 – Making & Using Biochar in Your Garden

6:30 - 8:30pm @ CCE-Tompkins Education Center, 615 Willow Avenue, Ithaca,

NY What is biochar and how does it improve garden soil? Sean Dembrosky from Edible Acres will lead this workshop on the benefits of biochar and show how to make it yourself. We'll discuss easy ways to make biochar in the wood stove, in simple outdoor pits, in mobile containers, and more. We'll also explore how biochar can provide amazing boosts to your soil and discuss appropriate ways of incorporating Pre-registration required. Register and pay online at ccetompkins.org/ biocharclass or call CCE-Tompkins at 272-2292 and we will register you online with your input. Cost is \$7-\$10/person sliding scale, pay what you can afford. Questions? Contact Chrys Gardener. cab69@cornell. eduor at Cornell Cooperative Extension of Tompkins (607)272-2292 County

February 23 – Tween Night Night

(Voicemail #241)

Tween Night Night is back at the Library on Friday, February 23 from 7 to 9:30 p.m. sharp. This month's movie is Wonder [Rated PG]. We will also have Minecraft, iPads, Legos and more! Free Pizza and Snacks will be provided. Parents, please come into the Library to sign your kid(s) in! Free and open to kids 9 and older.

February 26 – Dryden Senior Citizens Lunch

The Dryden Senior Citizens Lunch will meet on Monday. February 26, 2018 at the V.F.W. on Route 13 just outside of the Dryden Village toward Ithaca. Lunch is served at 12:15 p.m. with announcements starting at 11:45 a.m. Table service will be provided. The meal cost for members is \$7.00 and \$8.00 for non-members. The meal will be macaroni and cheese, applesauce, tossed salad, beets with vinegar on the side, and cherry cobbler. Our speaker will be Michael Joseph, retired Superintendent of Marathon Central Schools who will talk about rural schools. Anyone 55 or older in the area is most welcome. We hope you can come and join us.

February 27 – Thriving With Your Spirited Child

6:00-8:00pm @ Dryden Elementary School, 36 Union Street, Dryden, NY This FREE, 7-week workshop series is for parents and

caregivers who want to learn how to effectively supportive and raise their spirited child(ren). Learn how to understand a child's temperamental traits. identify clues leading up to challenging behaviors, cope with tantrums and blowups, and develop strategies for reducing or eliminating power struggles. Workshop is led by trained facilitators Mary Hicks and Megan Redmond and meets on Tuesdays February 27, March 6, 13, 20, (no 27th) April 3, 10, 17. 2018.[Note: no one may join the class after March 6]. Please call by Friday Feb. 24 for free childcare: space is limited. Call Cornell Cooperative Extension of Tompkins County (607) 272-2292 to register. Contact Jennifer Gray at jcg33@ cornell.edu with questions or for more information.

March 11 – "Spring Thaw" Antiques & Collectibles Flea Market

9 am to 3 pm FREE ADMISSION We will have vintage bottles, local milk bottles, glassware, postcards, paper items, books, records, stoneware, toys, tools, jewelry and much more. Finger Lakes Bottle Collectors Association fingerlakescollecting.org

FOR A COMPLETE LISTING OF UPCOMING EVENTS: CORTLANDABEATRIBUNE.COM

CORTLANDAREATRIBUNE.COM TWITTER.COM/TCATRIBUNE



419 West Seneca St., Ithaca

Refrigerators
Ranges
Washers
&

Dryers

Reconditioned and Guaranteed!



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!





290 MOTT ROAD • DRYDEN
ALL PRODUCTS SOLD IN US TONS

VISA





NOW OFFERING LARGE FORMAT ENGINEERING COPIES & PRINTS







CARROZZA PIZZA COMPANY

115 North Street Dryden, New York 13503 (607)-844-8808 www.carrozzapizza.com

ARROZZA PIZZA COMPANY LOCATED IN the heart of Dryden ✓offers a variety of your favorite appetizers, wings, pizza, calzones and pizza rolls plus tasty salads too! Specialty pizzas include mouth watering chicken wing, bbq chicken, Hawaiian, tomato basil, carnivore (lots of meats), herbivore (veggies galore) and chicken broccoli ranch! Or order a supreme loaded with meats and veggies! Pizzas are available in medium (14"/6 slice), large (16"/12 slice) or sheet (32 slices). Pizza specials include party pack, jumbo pack or our famous Carrozza pack! Other specials include mini pack, slice special or chicken tender meal – something for everyone's appetite!

Choose from meat and/or veggie toppings to create your own specialty pizza!

Wings are available in traditional or boneless and sauces to pick from are garlic parmesan, honey bbq, bbq, mild, medium, hot or all new "Thai Chili" flavor - a little sweet and tangy!

On the lighter side - order a garden salad, buffalo chicken salad or the newest addition to the salad line is the antipasto salad! The antipasto salad is a customer favorite loaded with

generous portions of provolone wrapped with ham, banana peppers and home-made pickled onions!

For dessert - order freshly made fried dough sprinkled with powdered sugar! Yum!

Give us a call to place your order 607-844-8808 or stop in at 115 North Street in Dryden Monday - Saturday: 11am - 9pm and Sunday: Noon until 8pm. Dine in or take out. Delivery available. Like us on Facebook! For complete menu and prices check out their website www.carrozzapizza.com

Here are some of their customers' reviews:

- We stopped for the first time on Friday night. The pizza was delicious!! Service was excellent. Take the drive over to Dryden you will not be disappointed.
- Came in for lunch and ordered a medium pizza - it was delicious and had a great, thin NY-style crust. Great sauce, lots of topping choices. Inside of restaurant is clean and updated, would be good to dine in as well. Staff/owners are friendly!
- Best pizza this side of Ithaca, maybe the best in the county.
- Great pizza and garlic knots. Driving from Cortland just for the chicken wing pizza!
- Five star service, great food! I stop there every time I travel from Syracuse to Ithaca!





TAX UPDATE: THE NEW PASS-THROUGH DEDUCTION

IF YOU OWN A BUSINESS OR rental property where the income is taxed on your personal income tax return, you should get up to speed on the new "pass-through" deduction for 2018. It's likely that you have heard about the pass-through deduction being up to twenty percent of your "qualified business income" from a sole proprietorship, partnership, limited liability company or S-Corporation. That's true, but there are many caveats and complex provisions to this law that may reduce that amount. Before you get into the nitty gritty details with your



Don't miss this once a year opportunity!

SPRING 2018

Presented by

THE CORTLAND AREA TRIBUNE

Distributed March, April & May in 7 counties starting with our March 28th issue!

Travel Guide ADVERTISING RATES

Full pg 8" wide × 9.75" tall &WHITE \$505 WITH COLOR \$600

Travel Guide

1/2 pg

8" wide × 4.8" tall

&WHIT \$320 WITH COLOR \$380

1/4 pg

3.9" wide × 4.8" tall

3.9" wide × 9.75" tall

&WHITE \$190 WITH COLOR \$230

1/8 pg

3.9" wide × 2.325" tall & WHITE \$105 WITH COLOR \$130

1/16 pg 3.9" wide × 1.075" tall

&WHITE \$70 WITH COLOR \$85

PAYMENT IS DUE WITH AD PLACEMENT **CAccepting**

CHECK



THE CORTLAND **AREA TRIBUNE**

THE CORTLAND AREA TRIBUNE PO BOX 67 DRYDEN, NY 13053

DEADLINE FOR AD COPY IS FRI, MARCH 16

SPACE IS LIMITED – DON'T MISS **OUT! PLACE YOUR AD TODAY!**

607-844-8228

2018 **LOCAL EVENTS SPRING SUMMER FALL** WINTER **FESTIVALS! FAIRS! CAR SHOWS!**

THE WILLIAM **GEORGE AGENCY**

Care & First

RESIDENTIAL CARE FOR YOUTH & YOUNG ADULTS

CURRENTLY HIRING FOR:

REGISTERED NURSE: A Full Time position in a residential treatment center for adolescents. Experience with adolescents preferred, good communication, organization skills & ability to multi-task, includes preventative health maintenance, evaluate, and triage care and record keeping.

RECREATION WORKER: A Full-Time position in the Recreation Department, working with adolescents in a residential treatment center. 5 day work week. Extensive background in sports and recreation required. BS/AAS in Recreation or Physical Education preferred. Valid NYS Drivers license required.

Full benefit package available. Apply online at: www.wgaforchildren.org; or send resumes to: The William George Agency 380 Freeville Rd, Freeville, NY 13068 EOE. Fax to: 607-844-4998.

To download an application and for complete job description please see our website at: www.wgaforchildren.org

JOIN OUR TEAM! YOU CAN MAKE A DIFFERENCE IN THE LIVES OF OTHERS

"Every kid is one caring adult away from being a success story" — Josh Shipp

TRAVEL GUIDE WILL ALSO BE ONLINE AT CORTLANDAREATRIBUNE.COM

tax advisor, you should understand a few general details of how this deduction will impact you.

Many people ask if the pass-through deduction will reduce one's business's income subject to self-employment tax? No dice. It will, however, shelter your ordinary income, apart from capital gain income that is taxed at lower capital gain rates. The calculated passthrough deduction will show up on your tax return below the adjusted gross income "line" where your standard or itemized deduction is taken to determine taxable income. Remember that for 2018 the personal exemption for you, your spouse and dependents no longer

If your business is a service-type business, other than engineering or architecture, and your taxable income without the pass-through deduction exceeds \$157,500 as a single person or \$315,000 as a couple, the pass-through deduction will begin to phase out and the calculation can get complicated. The level of wages paid in your business and depreciable property will also impact the level of the pass-through deduction you can take.

The level of your itemized deductions that shelters your ordinary income from tax and the amount of your other income and losses you claim may also reduce the level of the pass-through deduction. In a simple example, John and Mary own a bake shop partnership that nets \$100,000 of qualified business income. They take the standard deduction of \$24,000 and have no other income. Their pass-through deduction will be based on 20 percent of taxable income of \$76,000 or \$15,200. If they had other income that exactly offsets their standard deduction, they may be able to take the full \$20,000 deduction and pay income tax on \$80.000. Each business you own will have a separate pass-through deduction calculated on it for your personal

Have our firm prepare your taxes for 2017 and we will provide you with a tax projection for 2018, so you can see how tax reform will impact you personally. Give us a call at 607-756-5691 or email us at

Peter VanderWoude, MS, CPA, CGMA

MAHANOY CITY, PA.

Equus Advisors / Cortland Bookkeeping and Tax Service



WOODFORD

BROTHERS, INC.

We Sell COAL, STOVES & WOOD PELLETS

WE SERVICE COAL

STOVES TOO!

RICE - BUCKWHEAT - PEA - CHESTNUT - STOVE

BULK COAL \$240/Ton

PRE-BAGGED COAL \$275/Ton

DRY CREEK PELLETS \$259/Ton

DRIVER REFRESHER CLASS MARCH 7 & 8

 $\ensuremath{\mathsf{SIX}}\xspace+\ensuremath{\mathsf{HOUR}}\xspace$ refresher course geared for drivers aged 50 and Aolder, but open to drivers of any age, is being offered over two days on Wednesday, March 7 from 1:30 - 4:30 and Thursday, March $8\ {\rm from}\ 1{:}30{\text{-}}4{:}30$ at the Homer Senior Center located in the Homer Town Hall at 31 North Main Street in Homer with parking and the entrance at the back of the building. Participants are encouraged to bring your AARP Membership Card and a sweater or jacket.

This course is approved by the N.Y.S. Department of Motor Vehicles for points and insurance reduction.

Preregistration is required by calling the Cortland County Health Department at 758-5509. Class may be rescheduled due to lack of registrations, and walk-ins might be turned away

This class is sponsored by AARP, the Cortland County Health Department, the Cortland County Area Agency on Aging, and the Cortland County Retired and Senior Volunteer

PANCAKE EATERS WANTED

Tant to raise money for a "not-profit entity"? How about eating pancakes at the 48th Annual Central New York Maple Festival, to be held on April 7 & 8? To enter the April 7th contest, held at 9 a.m. in the Marathon High School Auditorium, contestants must send a post card or letter to: Pancake Eating Contest, P.O. Box 291, Marathon, NY 13803 stating the name and address of the Not for Profit organization and the contact person, along with the name, address and telephone number of the "pancake eater". Once an applicant has been accepted, they along with the "not for profit" organization can begin soliciting pledges per pancake or out right donations for the April 7th contest. All money raised goes to the organization, plus the CNY Maple Festival kicks in too! This is a fun way to raise money and celebrate the coming of spring in Marathon where all things are maplely sweet on Maple Festival Weekend.

Creamery Hills Apts.

Are you 55 years of age or older? You may qualify to live in this building senior living community in the Town of Richford. 1, 2 and 3 bedroom apartments in this building provide decent affordable housing for seniors. Community room ~ Elevator ~ Laundry ~ Parking ~ Secured Entry System ~ 24 hour on call emergency maintenance and more. Must meet income eligibility.



For Rental Information: Tel: 607-844-8229 Tel: 607-723-8989 TDD: 607-723-0438 Or visit our website: www.seppinc.com



WE STOP LEAKS!

SERVING SYRACUSE & SURROUNDING SUBURBS

RESIDENTIAL & COMMERCIAL ROOFING SPECIALIST

Shingle Roofs / 25 & 30 Yr Shingles Slate & Tile Repairs
 Flat Roof Repairs Porches •Dormers •Garages Rubber Roof Repairs •New Roofs •Reroofs Leak Repairs • Rotted Plywood Replaced •Rain & Wind Storm Damage ·ICE & SNOW REMOVAL

All Work Guaranteed - Warranty 5, 10, 30 Years

Compare Prices - You'll Be Glad You Did! Fully Insured Free Estimates Insurance Claims

315-416-1999

PROTECT

1. Your car 2. Your house 3. Your bank account

Save an average of \$761*

Protect yourself with America's #1 car and home insurance company.**

— CALL ME TODAY —

based on a 2015 national survey of new policyholder * Based on A.M.



Lee Newhart Jr, Agent

1011 W. State St. Ithaca, NY 607.273.6391

lee.newhart.btw6@statefarm.com





LUBE, OIL FILTER • TIRES NEW YORK STATE INSPECTION

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



116 North Street

ACDelco

945 Dryden Road **Ithaca, NY 14850**



Dryden, NY 13053 607.844.8333 | 607.275.0611 BELLSAUTO.COM

coal.woodfordbros.com 6500 State Route 80, Apulia Station, NY 13020

Fall - Winter - Spring Hours:

M-F 7am-5pm; Sat 8am-4pm; Sun 10am-2pm

315-696-6620 - 315-696-8972



SHIPWRECK AMUSEMENT CENTER BIRTHDAY PARTIES!

BIRTHDAY PARTIES ARE A GREAT boost to any child's selfesteem. Making them feel like kings (or queens) for the day is one of the best (and most lasting) gifts you can give them. But where and how should you start? How about Shipwreck Amusement Center? We offer a large variety of options for your child's special day.

If you decide your home or apartment isn't suitable for a children's party, there are several options that come with obvious advantages (including being able to come back to a clean home after the children have been picked up). For a small fee, you can reserve our party room. We include everything from invitations to gifts for all guests. Pick your activity from bounce or mini golf. Our hostess will decorate your room, serve the food and clean up after the presents are all unwrapped. Add the treasure chest gem dig or stuff one of our plush animals. Whatever you need we will work with you to have the best birthday party ever!

Don't go it alone. Everything will be much easier when you have your birthday party or event at Shipwreck Amusement Center. Our parties are the best value in the entire area.

Call us at (607) 758-8585 or visit shipwreckgolf.com for more details





COUNTRY KITCHEN & COUNTRY KITCHEN II

COUNTRY KITCHEN HAS BEEN IN business at the same location for over 34 years at 2884 US Rt. 11 in Whitney Point. Easy access off Route 81 at exit 7. Country Kitchen is always open with the exception of Christmas day serving their loyal patrons delicious daily specials. They make their own pies, treats and homemade soups are fresh daily!

Country Kitchen II is located at the Riverside Plaza (next to Dewitt's Produce) in Cortland, just around the corner off Route 81 exit 11. Both restaurants offer a warm friendly environment to relax and make yourself feel like home with their good old fashioned, down home cooking! Many of their awesome meals are created from family recipes that have been passed down for generations!



Country Kitchen keeps their prices as low as possible to offer their customers the best deal for their money! Mouth watering sandwich platters, charbroiled burgers and steaks, 3 egg omelette breakfast sandwiches and more are among the menu items that will keep you well-fed and happy when you leave! Both diners offer daily specials such as chicken and biscuits, meatloaf dinner, mac and cheese, fish fry and more. Plus, kid's menus and offer a 10% senior discount every day. And breakfast is served all day every day at the Cortland Country Kitchen II and till 2pm at the Whitney Point Country Kitchen!

Valentine's Day is Country Kitchen's favorite time of year! Both Country Kitchen in Whitney Point and Country Kitchen II in Cortland are serving their delicious Steak and Lobster Dinner on Wednesday, February 14 plus other specials will also be offered. Reservations are appreciated. Cortland's phone number is 607-756-2356 and the Whitney Point's phone number is 607-692-4952.

Cortland Country Kitchen II can host your special event up to 30 people! Anniversaries, birthdays, wedding rehearsal

dinners, weddings, corporate parties/meetings or holiday parties! Let us do the cooking while you relax and enjoy the party!





THE FROSTY COW

THE FROSTY Cow - IS not just ice cream we are now proudly serving Coffee Mania coffee.

Just north of TC3 on Route 13. Look for the white building with the black cow spots.

The Frosty Cow has been in operation for eleven years. It has always been family owned and operated. The Frosty Cow is a well know destination in Tompkins and surrounding counties.





The Frosty Cow is located in a country setting with a great view, with an occasional visit by the local cows in the pasture near the shop.

The Frosty Cow has always focused on providing a quality product, generous servings at a reasonable price. We have always prided ourselves on cleanliness and customer service.

Our convenient drive-thru open is open at 6am Mon-Sat and at 7am on Sunday (it's on the back side of the building, for those who have not ever used it or are new to The Frosty Cow).





WWW.JERRYDELLFARM.COM

41 Fall Creek Road, Freeville, NY | Winter hours: Th-Sa 10-6 Produce by Ithaca Organics. Visit ithacaorganics.com for CSA info.



Radomir D. Stevanovic, MD, P.C. Ithaca Primary Care

Competent, comprehensive medicine, with dignity and compassion for all.

IthacaPrimaryCare.com (607) 266-9100

2343 N. Triphammer Rd. Ithaca, New York

February 14–27, 2018

If its nice out and you want to get out of your car, come to one of the front windows. Our Baristas will make sure you get exactly what you want. If it's not on the menu just ask, we can probably make it for you!

Besides delicious coffee we also serve espresso, smoothies, teas, lattes and K-cups! Tasty baked goods are also available! We have customer loyalty cards - buy 9 get the 10th FREE. Our hours are Mon-Sat 6am-5pm, Sun 7am-2pm. Please help us spread this news or stop by for your favorite cup of brew.

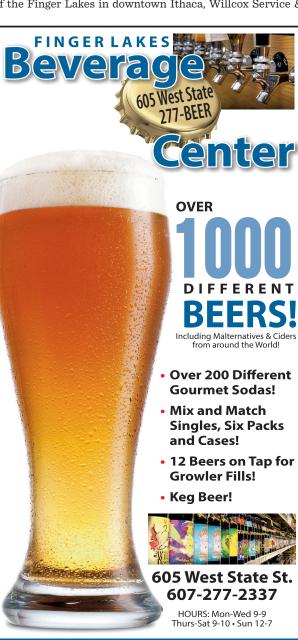
Check out our Facebook page for specials and updates and double punch days! Gift certificates available. We hope to see you all soon.

We will begin serving ice cream in March!



SNOW TIRES ON SALE AT WILLCOX SERVICE & TIRES CENTER

WINTER IS THE WORST TIME to break down – the snowflakes are falling and cold weather is here! Schedule an appointment today for service or new tires! Battery replacements, shocks, oil changes, NY State Inspections—we do it all! Call 607-273-6310 for a quote! Located in the heart of the Finger Lakes in downtown Ithaca, Willcox Service &



www.fingerlakesbeverage.com



Tires Center has been the #1 choice for quality, affordable work and customer satisfaction since 1986.

Locally owned and operated, Willcox offers high-quality automobile repair and great tires at affordable prices. From brakes to air-conditioning to tires to fuel pumps, Willcox is your vehicle's one stop automotive supercenter. Celebrating our 31st year! Whether your vehicle is foreign or domestic, it doesn't matter to us—we can fix it! Stop by and see us today and see why we are Ithaca's top rated automotive tire and service center!

Looking for an odd size tire or mud tires?! They specialize in the hard to find sizes and tires for ATVs, boat trailers, tractor trailers, dump trucks or even hand cart tires! Plus, Willcox Service and Tires Center also sells used cars!

Our Automotive Repair Services Include:

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

Willcox Service & Tires Center is located at 233 Elmira Road in Ithaca and is open Monday thru Friday from 8 am to 5:30 pm and on Saturday from 8 am to noon. Stop by and say HI to the team at the front desk – Steve, Tom and John! Check us out on the web – www.willcoxtirecenter.com and like us on Facebook.





THE PEOPLE'S MARKET OF LANSING

45 Atwater Road, Lansing, NY 14882 (607) 533-1012

peoplesmarketoflansing.com

THIS VALENTINE'S DAY AND BEYOND, do something special for someone you love and stop in The People's Market of Lansing... located behind the mini mall in Lansing coming up from the lake. You will be literally amazed at what you

find inside. It's not a grocery store or some box store... it's a walk down memory lane, it's an "outing"! The People's Market is a gift shop of locally handcrafted items, unique choc keys and memorabilia from your past. Make shopping for your loved one fun! There is literally something for everyone including locally made soaps (from bees/sheep/goats), local photography, cards, used book selection.









sports memorabilia, antiques and one of our favorite sought after items... alpaca socks! We also feature local foods like honey, syrup, salsas, gluten free granola... but for your sweet... gourmet cupcakes, cookies, and macaroons! We also support you in the act of decluttering by reselling your items on eBay, Craigslist and Facebook. Perfect for when you just want your old stuff gone! Let this be the gift your friends and loved ones talk about for years to come when you surprised your loved one with a gift from The People's Market! Keep up with what's happening at "The Market" on Twitter and Facebook with regular updates of the latest items and new vendors. Tues. Fri. 11am - 6pm; Sat. 11am - 4pm; Sun. and Mon. by chance but open often due to Engels' Accounting on the premises!

844-9336 **290 Cortland Road Dryden, NY 13053**

G.L. Mullen BODY SHOP

FREE ESTIMATES - All Makes & Models
Insurance Claims
ALL WORK GUARANTEED

WE DO EVERYTHING—IF IT'S PAINTABLE, WE DO IT February 14–27, 2018



TOBACCO CONTROL

Tobacco Free Zone and Reality Check Youth Leaders
Educated State Lawmakers About Tobacco Control
Programs and Unmet Needs Among Specific
Communities

Those with poor mental health, low education and low income smoke at twice the statewide average; middle, high school e-cig rates double in two years

Messages to Elected Officials:

- Tobacco Control #SavesLivesandMoney
- #TheFightIsntOverNY

NEW YORK STATE (NYS) TOBACCO Control Partners and youth supporters were at the Capitol February 6, 2018 focusing not only on their successes, but on the unmet needs in tobacco control efforts around the state, particularly among highest need communities. Throughout New York, 33.7% of those with mental illness, 27.5% with less than a high school education and 26.8% who earn less than \$15,000 a year smoke citarettes.

"We celebrate the adult smoking rate dropping to an all-time low of 14.2 percent." said Deborah Mendzef, St. Joseph's Health Systems for Tobacco-Free NY. "However, while this is great news the fight isn't over. We need to ensure that all New Yorkers regardless of income, education, race or mental health status, are given the help they need to quit tobacco use and, more importantly, to live in an environment that makes it less likely they will become addicted to the single leading cause of preventable death and disease in our state."

NYS Tobacco Control Partners have contributed substantially to the drop in tobacco use rates among adults and youth through evidence-based practices, policy-driven and cost effective approaches to decrease youth tobacco initiation and support current tobacco users to quit. These approaches are now being focused on communities and populations with high tobacco use rates, especially those with poor mental health, low education and low income.

Another population that warrants attention is youth. While youth smoking rates have significantly declined, electronic cigarette use among the state's middle and high schoolers has doubled from 2014-2016 [1], and studies show e-cigarettes can be a precursor to cigarette smoking in youth, even those who were not likely to smoke cigarettes [2].

"I see classmates using electronic cigarettes much more frequently than regular cigarettes." said Sara Hubbard, Cortland High School Reality Check Youth Leader "As a Reality Check youth this is alarming as my peers don't realize that using these products are harmful." In Albany, Tobacco Free Zone, Reality Check and St. Joseph's Health Systems, educated lawmakers about their tobacco control work with local communities and health care organizations, including these critical areas of need Participating in legislative visits were Cortland Junior Senior High School students Kelsey Gibbons, 17, and Sara Hubbard, 17, their Relay for Life Club Advisor and teacher, Kat Chambers, Trumansburg High School students Ellie Gardener, 14, and Morgan Weatherby, 14, and Reality Check Coordinator, Melissa Potter. They met with Senator James Seward, Assemblywoman Barbara Lifton and Assemblyman

Kelsey Gibbons, Senior at Cortland High School was also recognized with an Honorable Mention for Youth Advocate of the Year 2018. She received an award and a resolution from NYS Assembly.

"State-funded Tobacco Control Programs prevent youth tobacco use and reduce adult smoking rates and ultimately save lives and millions of state tax dollars," said Melissa Potter, Reality Check Coordinator for Cortland and Tompkins Counties. "But, as this data about New Yorkers with low income, low education, mental illness and youth tobacco use

show, when it comes to deadly and addictive tobacco use, the fight to save *their* lives isn't over."

The CDC recommends that the Tobacco Control Programs in NYS be funded with \$203 million, yet actual funding for these programs only totals \$39 million [1]. The health and economic burdens of tobacco-use could be significantly reduced if these programs were fully funded.

Annual health care costs directly caused by smoking in New York State are \$10.39 billion. This expense results in a tax burden of \$1488 dollars for each New York State household every year [4]. There are 28,200 deaths in New York State each year due to smoking, and thousands who are living with illnesses related to tobacco use [3].

What more can be done?

Action needs to be taken to:

- Decrease youth exposure to tobacco marketing, including electronic cigarettes;
- Increase tobacco-free outdoor environments;
- Eliminate smoking in multi-unit dwellings;
- Ensure that all patients are screened and treated for tobacco use and dependency; and
- Improve access to cessation services especially among those disproportionately impacted by tobacco use.

The NYS Tobacco Control Program is made up of a network of statewide contractors who work on Advancing Tobacco-Free Communities, which includes Community Engagement and Reality Check, the Health Systems for a Tobacco-Free New York, the NYS Smokers' Quitline and Surveillance and Research. Their efforts are leading the way toward a tobacco-free society. For more information, visit Tobacco-FreeNYS. org, Tobacco-FreeNY.org and NYSmoke-Free.com. For more information specific to Cortland and Tompkins, visit TFreeZone net.

- 1. NYS Dept. of Health, Bureau of Tobacco Control StatShot Vol. 10, No. 1/Mar 2017, accessed 1/2/18, https://www.health.ny.gov/prevention/tobacco_control/reports/statshots/volume10/n1_youth_cigarette_and_ends_use.pdf
- 3. Campaign for Tobacco Free Kids, Key State-specific Tobacco-Related Data & Rankings, FY18, accessed 1/2/18, https://www.tobaccofreekids.org/assets/factsheets/0176.pdf
- $\frac{https://www.tobaccofreekids.org/problem/toll-us/}{new_york}$

HEALTHY NEIGHBORHOODS PROGRAM

THE HEALTHY NEIGHBORHOODS PROGRAM SEEKS to reduce the burden of housing related illness and injury through a holistic, healthy homes approach.

Home Assessments

 $\begin{tabular}{lll} The & program & provides & in-home & assessments & and \\ interventions & within the Cortland County community for: \\ \end{tabular}$

- Asthma
- Fire Safety
- Indoor Air Quality
- Lead
- Other Environmental Health Hazards
- Tobacco Cessation

Goals

The goals of the Healthy Neighborhoods Program are to:

- Increase Radon Testing and Mitigation
- $\bullet \quad \text{Prevent Asthma Hospitalizations} \\$
- Prevent Indoor Air Pollution
- Prevent Lead Poisoning
- Prevent Residential Fire Deaths
- Reduce Falls Among Children and Residents Over 65
 - Reduce Indoor Tobacco Use

During the Home Assessment

During the healthy home assessment staff will discuss different ideas on promoting a healthy home and offer educational materials as well as refer to outside agencies if needed. Staff will also provide products to help participants meet these goals.

Products may include (with availability and need):

- Child Safety Items
- Flashlights
- Home Fire Extinguisher
- Night Lights
- Outlet Covers
- Personal First Aid Kits
- Radon Kits
- Smoke and Carbon Monoxide Alarms

How Healthy is Your Home?

If you would like a free healthy home assessment, call today to qualify! Contact the Healthy Neighborhoods Program at 607-428-5410.

DRYDEN SENIOR CITIZENS

T He Dryden Senior Citizens meet on the second and fourth Mondays of the month except for the summer months. We meet on Monday at the Dryden VFW Home on Route 13 just outside the village toward Ithaca.

Lunch is served at 12:15 p.m. with announcements starting at 11:45 a.m. Please bring your own table service. The meal cost for members is \$7 and \$8 for non-members.

We have a good caterer so our lunches are tasty.

We have either a speaker or entertainment after the lunches. We have 2 drawings for a free lunch provided by the First National Bank of Dryden. We also have a 50/50 drawing for two people, and the amount is usually about \$15 each.

If you want to join you only need to show up for a lunch and pay the \$5 a year membership.

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

CPR AND FIRST AID CLASSES

ORTLAND FIRE DEPARTMENT HAS INSTRUCTORS available for American Heart Association CPR and First Aid classes at your workplace, school, civic or youth group. Courses are also hosted regularly at the Armory Building at 25 Wheeler Ave. These courses are for anyone with limited or no medical training. CPR is a means to save heart muscle until a cardiac arrest victim can get to advanced care. Cortland Fire Department also provides Healthcare Provider CPR for agencies needing more specific coursework. Heartsaver Courses are \$30.00 per course. Call for quotes on other courses.

 $2018 \, \mathrm{Dates:} \ \ 4/7/2018, 6/9/2018, 8/25/2018$

First Aid starts at 8:30 am ending at 12:30 pm and CPR starts at 1:00 pm ending at 5:00 pm

Heartsaver® CPR AED is a classroom, video-based, instructor-led course that teaches adult cardiopulmonary resuscitation and automated defibrillator use, as well as how to relieve choking on an adult. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

Heartsaver® First Aid is a classroom, video-based, instructorled course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies.

CPR is the second most important link in the chain of survival for victims of sudden cardiac arrest. The first is the recognition that a person is in trouble. Even if you don't take a course learning to recognize the signs of an emergency can save a life. American Heart Association has information at their website to learn about heart attack, stroke and many other life threatening emergencies.

CALENDAR OF EVENTS

FEBRUARY 17 -PARENTS APART®

 $9^{:00 {\rm Am-4:00 pm}}$ @ Confidential Location, provided upon registration Parents Apart $^{(8)}$ is a six-hour workshop for parents who want to learn how to help their child(ren) adjust during their separation or divorce. The workshop is taught by therapists and attorneys and focuses on how children react emotionally to their parents' separation or divorce, and what parents can do to help them adjust. Registration is confidential and parents of the same child(ren) are placed in different workshops. Cost: \$60-\$100, self-determined sliding-scale. Reduced rates available. No one will be turned away. For information, to pay by credit card, to request a reduced fee, or to discuss concerns about safety or other special circumstances, contact Jennifer Gray at jcg33@ cornell.edu or at Cornell Cooperative Extension of Tompkins County (607) 272-2292.

MARCH 3 - FABIUS HISTORICAL SOCIETY MEETING

AT., MARCH 3, 1PM: THE FABIUS HISTORICAL SOCIETY Will meet at the Fabius Community Center (7786 Main St., Rt.80). Local author Cheryl Pula will speak on her topic titled "Lady Liberty: The Story of the Statue of Liberty". Free and open to the public. Refreshments will follow the program. Please join us. For an update please call Sandy at 315-683-

GROWING OLDER GRACEFULLY

By Kathy Hammond

T's FUNNY HOW OUR PROSPECTIVE on old age changes as we grow $ldsymbol{\bot}$ older. We may start out thinking 40 is old, then 50, then 60, 70, and so on. As we approach each new decade of our lives, it doesn't seem to be as "old" as we once thought. Many of us try to avoid the inevitable with tummy tucks, Botox, face lifts, dyed hair, etc. Our body grows older, but our spirit doesn't. On the inside we feel like the same person, but on the outside we are seeing and feeling changes that come with aging.

Change happens continually all around us and the longer we live, the more changes we experience, including changes in the way we look and feel. We may not be able to avoid the aging process, but there are some things that may prolong the inevitable. In his book "How to Feel Good As You Age", John Barnett outlines three areas that may speed up or slow down the aging process. "They are (1) dietary habits, (2) how you handle emotional stress, and (3) exercise or activities".

Let's talk about dietary habits first. We've all heard the phrase "you are what you eat". With so much of the population being obese, we have become aware of the problems obesity causes, especially as we age. Barnett reminds us that excess weight causes mobility problems, joints problems, heart conditions that will shorten our lives, and it is "a contributing factor in the development of adult-onset diabetes." Obviously, the remedy for this is to lower your calories and eat a healthy and nutritious diet. Barnett points out that "a compound called pentosidine, associated with the onset of age related diseases, is produced in smaller amounts with caloric restriction." "Eighteen secrets for a longer life" found on www.webmd.com suggests that we "eat like an Okinawan". This article states that the Okinawans once had the longest life expectancies in the world. Their diet was "high in green and yellow vegetables and low in calories."

Many of us turn to food to address underlying problems such as stress, frustration, depression, etc. because that seems to be the most available source for immediate gratification or comfort. Learning to manage these emotional conditions rather than feeding them could contribute to slowing down the aging process. This leads us to John Barnett's second area of speeding up or slowing down the aging process, "how you handle emotional stress". Although most of us cannot completely avoid stress there have been numerous articles and books published on managing stress. Some suggestions are yoga, meditation, or deep breathing. Researchers have found that just a few minutes of this each day can make a difference.

Physical activity can also be a stress reliever. Being physically active not only reduces the risk of many health related ailments such as heart disease, stroke, and diabetes, but it can also reduce stress, anxiety, and depression. Learning to manage emotional stress can aide in slowing down the aging

"Exercise and activities" is John Barnett's third area of speeding up or slowing down the aging process. Barnett puts a lot of emphasis on this. He states that "at least 50 percent of physical decline associated with aging can be prevented by increasing physical activity". He goes on to say that if you start exercising, you will "(1) reduce your chances of dying prematurely, (2) cut the risk of developing heart disease, colon cancer, diabetes, high blood pressure, or osteoporosis, and (3)be better able to control your weight and resist depression and anxiety." In other words, keeping physically active encompasses it all and can be a huge contributor in slowing the process of aging. He reminds us that until the 1930s and 1940s, physical activity was more or less a way of life. "People mowed the lawn with push mowers, shoveled the sidewalk and driveway, walked to the store for groceries, hung the laundry to dry, raked the leaves, etc".. These physical activities used to be a part of daily life. Since our lives have become physically less active in this day and age without these types of activities, we should make an effort to exercise on a daily basis. Some of Barnett's suggestions for physical activity are walking, jogging, tread mill, swimming, aerobics, stair climber, etc. If you haven't been physically active, it's never too late to start. Start out small and build up from there. Being physically active will make you feel good as well as slow the aging process.

In addition to Barnett's suggestions, mywebmd.com "18 Secrets for a Longer Life" suggests that making friends or socialization might slow down aging. This article states that "Australian researchers have found elderly social butterflies were less likely to die over a 10-year period compared to people with the fewest friends." This article also suggests that you should "embrace a siesta" and "make sleep a priority". WebMD states that "studies have shown that regular nappers are 37% less likely to die from heart disease than occasional nappers." And that "researchers think naps might help the heart by keeping stress hormones down". WebMD also indicates that sufficient sleep can "lower the risk of obesity, diabetes, heart disease, and mood disorders." In 1996 Sophia Loren said that sleep is one of her "secrets". She said, "I sleep a lot, soundly and without nightmares, avoiding TV temptations". If you have seen any photos of her in her later years, you will agree that it seems to work for her.

Whatever age or stage of life you may be in, remember to live life to its fullest and enjoy the life you have. We all grow older. Aging is inevitable. It isn't easy to accept that we are getting older, but our attitude about it can make a huge difference. Grow older gracefully by keeping as active and fit as you can.

Kathy Hammond is an Aging Services Specialist with the Cortland County Area Agency on Aging.

GRANDPARENTS RAISING GRANDCHILDREN PARENTS"

By Kathy Hammond

The children have grown and you are now an empty nester with the freedom to pursue those dreams of having time and the home to yourself. Or so you think. For many, this new found freedom has been interrupted with the responsibility of raising grandchildren or becoming "second time around parents". Having become of the age of grandparenting myself, I am noticing more and more that this is the case for many of my own peers. I see them parenting for the second time around with the responsibility of raising their grandchildren. These are exceptional grandparents who have taken on this responsibility and the challenges, difficulties, and sacrifices

The number of grandparents raising their grandchildren has continually increased over the past few decades. The US Census Bureau showed a 30% increase in the number of children living in households maintained by grandparents

from 1990 to 2000. The US Census Bureau showed another increase from 2.4 million grandparent caregivers to 2.7 million from 2000 to 2010. Statistics show that the number of grandparents raising grandchildren continues to grow.

There are a number of reasons grandparents are raising their grandchildren including parent alcohol/drug abuse, mental health issues, physical disabilities, abuse and neglect, teen pregnancy, death of the parent(s), or other traumatic events. In some cases, grandparents are caring for the children of a parent(s) who is serving in the military and has been deployed for active duty. Whatever the case may be, grandparents, out of love and concern for the grandchildren, have stepped up to the plate and taken on the responsibility of raising the grandchildren

Parenting the second time around is not without challenges. Grandparent caregivers may run into legal difficulties related to guardianship when trying to enroll the grandchildren in school or obtaining medical records. In many cases, the grandparents have not had time to preplan or prepare financially or emotionally for an unexpected second time around of parenting. Because of limited income and financial resources, grandparents may find paying for food, clothing, furnishings, and added shelter expenses difficult. Transitioning from the traditional role of grandparent to that of parent may be a challenge. Being older the second time around, grandparents find that they have limited energy and may have physical or health issues that make it difficult. Often, the grandchildren may present behavior issues as a result of feelings of insecurity, stress, or anxiety due separation from the parents.

Despite the challenges, there are many benefits to having grand parents assume the role of parenting their grand children.Because the grandchildren are not being placed in foster care (one of the alternatives), they have the chance to remain with their siblings and are not moved around from place to place. The grandchildren may also have more of an opportunity to have contact with their parents. The grandchildren are more comfortable in a familiar environment with family and people they know. "The Benefits of Parenting a Second Time Around" by Emi DiSciullo and Rachel Dunifon from Cornell University College of Human Ecology reports that "grandparents who act as primary caregivers have considerable strengths, such as wisdom and maturity that comes with age and experience, religion, increased time to spend with the children in their care, a sense of relaxation that is common when parenting the second time, and the opportunity to develop a close relationship with their grandchildren." This article refers to a study done by Dunifon and Kopko in 2011 which showed religion to be one of the biggest sources of strengths. According to Dunifon and Kopko, "Grandparents who were very religious were found to be less angry with defiant children, had a better relationship with teens, and received social support and a sense of community from their religious

Help and assistance is something that grandparents raising grandchildren should not be too proud or embarrassed to ask for. No matter how much they love their grandchildren, taking on the responsibility of raising them can be life changing and stressful. There are many resources available that can assist in relieving some of the stress. Local support groups, religious communities, friends and other family are just a few places that can be reached out to for assistance, emotional support, and respite care. Benefit programs such as WIC, Temporary Assistance for Needy Families (TANF), SNAP/FS, Medicaid, Social Security/SSI, and Legal Aide are all resources that can assist those who qualify, with the financial challenges of raising grandchildren.

If you have a friend or relative who has taken on the responsibility of raising their grandchildren, don't be afraid to reach out with a helping hand by offering emotional support, respite care, or providing any other resources that may be able

To find more information on resources available for "second time around parents" contact the Cortland County Area Agency on Aging at 607-753-5060.

(Resources for this article include: http://www. raisingyourgrandchildren.com "Grandparents Raising Grandchildren"; Cornell University College of Human Ecology, Parenting In Context, "The Benefits of Parenting a Second Time Around"; http://www.womenshealth.gov "Raising Children again"; and American Association for Marriage and Family Therapy, https://www.aamft.org, "Grandparents Raising Grandchildren")

Kathy Hammond is an Aging Services Specialist with the Cortland County Area Agency on Aging.

February 14–27, 2018





UPSTATE TRACTOR & MOWER FORMERLY SCOTT'S SMALL ENGINE

5765 Marybelle Road ·Tully NY 13159

New Name - Same Great People - Same Great Service

THY DID WE CHANGE OUR name? Because we are so much more than just a small engine shop. Did you know that we sell compact and sub-compact tractors? Residential and commercial outdoor power equipment such as lawn and garden tractors, zero-turn mowers, push mowers, snow blowers? UTVs? Generators, pressure washers, chain saws? Snapper XD Lithium-Ion battery powered mowers, trimmers?

Fully

INSURED!

All of our brands are hand-picked for their quality and durability. They work hard so that you can

work smart.

Upstate Tractor and Mower is family-owned and operated.

Our name may have changed, but the commitment to our customers has not. We pride ourselves on consistently delivering exceptional customer service. Whatever your needs are - we will spend the time to help you choose the right equipment for you. And our service goes beyond the sale. We provide free set-up and free delivery of your new equipment. We don't just drop it off either, we'll make sure you know how to operate it. We

that your purchase is an investment, we will be there for the life of your equipment.

Looking for a tractor? Yanmar tractors are some of the best in the industry - fuel efficient, productive, reliable, and versatile. We have the SA, YT2 and YT3 series in stock, plus a great selection of attachments.

Fighting with your lawn all the time? We have a comprehensive selection of mowers ranging from Masport push mowers to commercial grade zero-turn mowers from Country Clipper,

Simplicity, Hustler Turf. Whatever you are mowing - from a small yard to professional mowing - we've got the right mower for the job.

How about a Utility Vehicle? Have you seen these in action? If you have some serious work to get done - the Hustler MDV LeveLift will get it done for you. Load, lift, dump - it does it all. We also now carry the Yanmar series of UTVs. At the jobsite, out in the field, or running on trails Yanmar UTVs

provide power, handling and comfort beyond compare, and are available with seating for 3 or 6 adults!

Tired of shoveling snow? We have a great selection of snow blowers. Whether you are clearing a sidewalk, or a large driveway we've got the snow blower to handle it.

Upstate Tractor and Mower is located off Route 281 between Tully and Preble. We are open Monday through Friday from 9am to 5pm, and on Saturday from 9am to 1pm. Check out our inventory online at www.upstatetractor.com and like us on Facebook to keep informed of specials. Call us or stop by to schedule a test drive of our equipment.





General home repairs • Window & door replacements Seasonal openings & closings • Decks & porches Renovations • Finished basements Log home staining & repairs

44 Jenksville Hill Rd. Candor, NY • 607-659-5540 • gtimprovements73@gmail.com



BOTH STORES LOCATED AT 430 W. STATE ST. ITHACA

BALLARD'S TAX SERVICE

Over 40 years experience—How do you know the answer if you don't know the question?

WE OFFER Easy Returns!

We can e-file your return, print it, and will stand behind you after completion.

> **Joyce Ballard** (607) 692.4594

BALLARDSTAXES@AOL.COM

2634 Main St. Whitney Point, NY

Walk-ins and





A REGISTERED NEW YORK STATE REDEMPTION CENTER

7861 Main St. Fabius

- at the future location of -

FABIUS COUNTRY STORE

NOW ACCEPTING COMMERCIAL ACCOUNTS

CONVENIENT DRIVE-UP



140 The Commons Ithaca, NU

UPSTATE

RHEUMATOLOGY OF HOMER

10 James St, Homer, NY 13077 (607) 749-2640

'PSTATE RHEUMATOLOGY IS LOCATED IN the heart of Homer, New York at 10 James Street. The office is conveniently located, has on-site free parking, and is easily accessible. The practice is currently accepting new patients with a referral. Current physicians include Dr. Eduardo Bonilla-Trejos, Dr. Sheetal Rayancha, and Dr. Jianghong Yu. The physicians specialize in areas of Arthritis, Rheumatoid Arthritis, Fibromyalgia, Gout, Osteoarthritis, Lupus, Nervous System Vascular Lesions, Dermatomyositis and other rheumatologic conditions. Treatments and Services include steroid injections, IV Infusions, and oral medications. Call to schedule an appointment today. (607) 749-2640





DR. EDUARDO BONILLA-TREJOS



DR. JIANGHONG YU



Lansing's Cooperative Artisan Market WELCOMES YOU!

Great hand-made and local items produced by local folks.

Locally produced foods, antiques, sports memorabilia and more. • Inventory changes almost daily.

50+ local artisans have come together to bring you *The People's Market.*www.peoplesmarketoflansing.com Tues.-Fri. 11-6, Sat. 11-4

For the people by the people...at 45 Atwater Road* Lansing NY • 533-1012

Watch our Facebook page for daily holiday updates

Now offering Craigslist and ebay services. Call or stop in for details

Come let us help you prepare for the cold winter ahead. We have a great assortment of alpaca and wool products including hats, mittens, scarves and gloves and best of all a large selection of alpaca socks in many styles and colors. Can't beat warm feet!

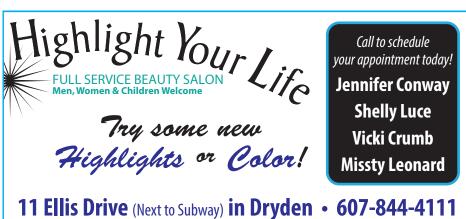


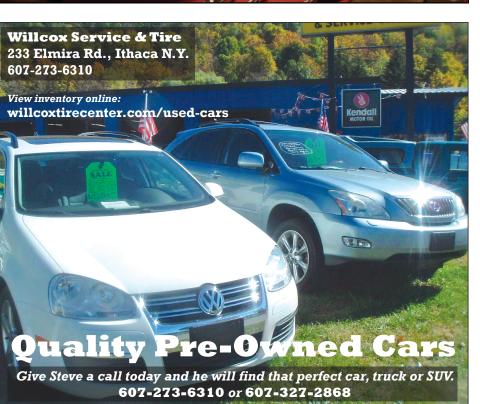


DR. SHEETAL RAYANCHA













\$11.99

M

Get One!

Haddock Fillet Homemade Mac-N-Cheese

Vegetable of the Day

M-TH...11-10pm



TECHNOLOGY AND THE CAREGIVER

By Kathy Hammond

NE OF THE NEW BUZZ words that have come into our vocabulary with the advancements in technology is "paperless". Our world is moving toward becoming "paperless". The world has turned to the use of technology for record keeping and conducting business in every field. Because of the improvements in technology and the convenience of it, the number of people who conduct their personal financial business, do their shopping, socialize, etc., through online accounts or through apps on their mobile device, has increased by the millions.

Among the people who are creating online accounts are our senior adults, many of which have become patients of caregivers since creating their own electronic accounts. Caregivers, who have the responsibility of managing their patient's business, run into the challenge of finding account user names and passwords for patients who have developed dementia, or have forgotten what accounts they have and how to get into the accounts.

Caregivers who are responsible for managing business and financial affairs, can take proactive measures to help alleviate the problems of managing the online accounts of their patients/loved ones who have become unable to manage their own affairs. Some of the proactive measures the caregiver can take are:

- Acquire legal authority by obtaining Power of Attorney (POA) for the patient. This legal authority should be put in place before the patient becomes deemed unable to make decisions. With proof of legal authority, the caregiver may contact the customer support operations of the various accounts/businesses, and request assistance in gaining access to the account.
- In addition to gaining POA, the caregiver can try to gain access to the patient's email. By accessing the email account, the caregiver can find out if the patient is receiving paperless billing, dividend statements, etc., which will give the caregiver additional information on what accounts the patient has.
- If the patient is able to recall the accounts they have and the usernames and passwords, ask the patient what they are and write them down. Keep this information in a safe place.
- If the patient is still accessing the computer or electronic device, try to ensure that they do not change account information or create new accounts without your knowledge.

The ease and convenience of using technology does not end with managing the patients business and financial affairs. Electronic devices and apps can improve the safety of the patient and simplify the life of the caregiver. Following is a list of some of the technology that can assist the caregiver:

- Patient GPS Trackers These are devices that can be worn by the patient (on the wrist or attached to clothing). The devices very in their capabilities. Some track where the client is. Some will notify the caregiver when the patient goes outside a certain boundary. These devices can save the life of a wandering patient by notifying the caregiver of the whereabouts of the patient.
- Personal Emergency Response System (PERS) when the patient wears a PERS, the patient can press a button that will contact a call center when the patient is experiencing an emergency.
- Medication Reminder devices/dispensers these devices can remind a caregiver or patient when it is time to take a medication and may alert the caregiver when the medication was not taken. There are also many apps available that can be downloaded on an electronic device (iPad, iPhone, etc) that will offer medication reminders.
- Sensor-based home monitoring systems will alert
 the caregiver of an unusual situation or emergency, such as
 the patient remaining in the bathroom for an unusually long
 period of time, indicating that the patient may have fallen or
 may be experiencing some distress.
- Online health tracking tools, such as CaringBridge. org, Tyze.com, WebMD Health Manager, Health Vault and Mayo Health Manager. These online tools allow the caregiver to keep track of appointments, health records, insurance information, etc, all in one place.
- Websites for caregivers there are many websites that provide valuable information and support for caregivers

such as the Alzheimer's Association, Caregiver Alliance, or Caregivers.com.

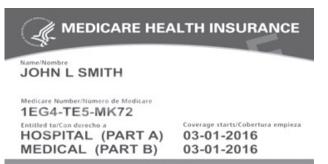
- Video chats and webcams these devices can provide a venue for visual connections with family and friends of the patient and caregiver, making it easier for them to keep in touch.
- Email, phone, and text messaging all allow caregivers a way to keep in touch with family and friends easily and conveniently. A group of friends or family members can all be sent information or updates at the same time through group texting or emails. Photos can be uploaded and sent through email or snapshots taken with a smart phone be sent immediately through text messaging. Important documents, records, or reports that need to be kept safe or shared with family, can be scanned and uploaded for safe keeping or sharing.

Improved and updated technology has provided numerous useful devices and tools to assist in making a caregivers life easier and more simplified. Managing business and personal affairs of the patient or loved one electronically can be very beneficial for a caregiver who has this responsibility. By using electronic accounts, apps, and devices, the caregiver is freeing up valuable time, becoming more organized, providing improved care, and using less energy, which eases some of the stress in the life of the caregiver.

To learn more about how and what technology can assist you as you care for you loved one, you may contact the Cortland County Area Agency on Aging at 607-753-5060.

(Sources: AgingCare.com - "Technology, Caregiving and My Patient"; Aplaceformom.com - "7 Ways Technology Helps Family Caregivers"; and Aplaceformom.com - "10 Ways Families Can Stay Connected When caring for an Aging Parent")

Kathy Hammond is an Aging Services Specialist with the Cortland County Area Agency on Aging.



NEW MEDICARE CARDS COMING APRIL 2018

Nenters for Medicaid and Medicare Services (CMS) will Ubegin mailing the new Medicare cards to beneficiaries starting in April 2018. CMS has assigned all people with Medicare benefits a new, unique Medicare number, which contains a combination of numbers and uppercase letters. Beneficiaries will receive a new Medicare card in the mail, and will be instructed to safely and securely destroy their current Medicare card and keep their new Medicare number confidential. New Medicare card delivery timeline is from April 2018 to April 2019. There will be a 21-month transition period where doctors, healthcare providers, and suppliers will be able to use either their current SSN-based Medicare Number or their new, unique Medicare number, to ease the transition. So don't fret if you don't get your card right away, you are able to use your old Medicare number until the end of 2019 without a problem.

Having your Social Security number removed from your Medicare card helps fight medical identity theft and protect your medical and financial information. But even with these changes, scammers will still look for ways to take what doesn't belong to them. Here are some ways to avoid Medicare scams – 1) Medicare won't call you. 2) Medicare will never ask for your Social Security number or bank information. 3) Your new Medicare card is free. Avoid giving out confidential information over the phone. It's important to remember, your new Medicare cards will be mailed to you automatically. Don't worry; there won't be any changes to your benefits, just your Medicare number.

The only proactive thing a Medicare beneficiary can do at this time is to make sure their address is correct with Social Security. If you have received a Social Security SSA-1099 tax form, Social Security benefits statement, or a Social Security 2018 verification letter in the mail, then Social Security has your current address. If you have not received anything from Social Security or CMS, you may want to call Social Security to verify they have your correct address. Social Security's hotline number is 1 (800) 772-1213. If you have any further questions about the new Medicare cards, you can contact a certified health insurance counselor. Counselors are available by phone or appointment at the County Office Building, 60 Central Ave, Room B-4, (607)753-5060.

MIKE'S FISH TANK 10 TIPS FOR A HEALTHY NEW TANK

 $A_{
m year,\,so\,I}$ want to share this again.

- 1. When setting up a new tank, wait 24 hours before adding fish. Make sure your temperature is stable for at least a day. Up and down temps cause fish to get sick.
- 2. Only add a few fish to the tank for the first 5 to 6 weeks, you need a good bacteria to grow which will break down the ammonia fish give off.
- 3. Be sure to siphon the bottom of your tank once a month. You want to get the excess food and waste out.
- 4. Feed your fish 3 times a day, but small amounts. Their stomach is only about the size of their eye. Fish do best when fed several feedings a day.
- 5. Do not add an algae eater until you see algae. Remember algae eaters are tropical and may not do as well in a colder goldfish tank.
- 6. Small tanks may have more aggression because the fish do not have as much room. Large tanks can sometimes hold community and aggressive fish because there is a lot more room. Tanks under 10 gallons can be difficult to keep fish alive in
- 7. Change your filter cartridge at least once a month. This will help keep your tank clean.
- 8. The fish farms do not recommend ph drops. Fish can adjust to ph but not if it keeps getting changed.
- 9. When buying fish, be sure to go right home. Fish need to get into their new tank as soon as possible.
- 10. Only float your bag of fish 5 minutes. That is all the time it needs to equalize the temperature.



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

A MATTER OF BALANCE CLASS SERIES COMING SOON

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because your fear for falling? If so, A Matter of Balance: Managing Concerns About Falls is a program for you.

A Matter of Balance is a free 8-week class series designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and halance

Cortland County Area Agency on Aging (AAA) and the Retired and Senior Volunteer Program (RSVP) will be offering A Matter of Balance: Managing Concerns About Falls class series this Spring at various locations, specific day and time to be determined. Pre-Registration for this 8-week class series is required. To learn more or to pre-register, call the AAA at 753-5060

TODAY IS ALL THAT MATTERS; PART 1

aue've all heard the question; 'How would you live your life today if you knew today was going We've all heard the Question; now would you have your like social and a second to be your last?'. People tend to answer with bucket list type responses and wildly imaginative

I would assert that a more meaningful question to work with is; 'How would you live your life today

When we Pause to Ask ourselves this question, responses tend to be more centered around ways of being that we cherish feeling such as; 'Td want to live my day as kindly as possible' or 'Td be more present with my family members and less busy' or 'T'd want to feel connected to the people I interact with regularly'.

We are hard wired to Connect and to feel Connection with others. We yearn to feel Purposeful and long for kind Connection with others more than anything else, which is the experience of living in

When we tend to our Bodies, daily, with Nourishment (nutrients & movement), when we tend to our Minds, daily, with stimulation that grows us, and when we tend to our Core of Being (some would call this the Heart or Soul) with inspired ways of creating or offering to others, -daily- we FEEL to be our most balanced, vibrant best. When we feel our best, we have the greatest possible chance of Being our best, with ourself and in relationship with others.

The common denominator in the equation of Fulfillment & Balance is 'DAILY'. Tending to the Body, Mind, & Core of our Being, daily, is the Key that so often gets 'sold out' due to our extremely busy

For the next two weeks, I invite you to track in a journal, each day, simply where you consciously nourished your Body, Mind, and Being. What patterns begin to emerge? What aspects do you tend to effortlessly? Where do you sabotage yourself? What roadblocks do you encounter? What is the effect of tending to all three in one day?

We'll continue with this as Part 2 in the next issue...!

Written by Daniela Hess, YogaFarm Director, Counselor, and Radiance Course Educator. For more information about self care practices, visit <u>www.YogaFarm.us</u>



PAWN B

RIPPING THROUGH THE COMPETITION

February 14–27, 2018

TOP MONEY PAID

GOLD & SILVER, LAPTOPS, GAME SYSTEMS, TOOLS, COINS & MUCH MORE!

WE BUY ALL BROKEN GOLD

М-F 10:30ам - 6рм 607-662-4052 SAT 10:30AM - 3:00PM 16 Main Street Cortland, NY 13045 **CLOSED SUN NEWYORKPAWNBOSS.COM**

DVDS

SYSTEMS PS4, X-Box, Wii

COLLEGE BOOKS

GAMES

SENIOR SAFETY FOR CAREGIVERS

with Sheriff Mark Helms

WEDNESDAY, FEBRUARY 21, 2018 11-12 in the COB Dining Room



Learn tips and about programs available to you to help reduce potential health and safety risks and what to do to remain safe in your home and community.

Hosted by the Cortland County Area Agency on Aging Caregivers Resource Center

Please call (607)753-5060 to register for this FREE presentation.



The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office of the Aging under the Title III of The Older Americans Act of 2016, as

Feeling Stretched?

Let's Face It...

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



Balance Your Life



Spring 2018

Powerful Tools for Caregivers Classes

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

You will learn to:

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

The program consists of 90-minute class sessions

These classes are offered free of charge to those caring for spouses, parents or other adult relatives/friends. (It is not intended for professional caregivers.)

> Wednesdays, March 21—April 25 10:30 AM — Noon

at Kendal at Ithaca Conference Room A 2230 N. Triphammer Rd., Ithaca

Mondays, March 26 — April 30 6:00 PM—7:30 PM at McGraw House 221 S. Geneva St., Ithaca

Register as early as possible as class size is limited.

To register or inquire about the program, call the **Tompkins County Office for the Aging:** 607-274-5482



sponsored by the Cortland County Legislature in

Conjunction with the New York State Office for the

Aging under Title III of the Older Americans Act of 2016, as amended.

Name of the LLC is Matt Libbey Tools, LLC. Articles of Organization filed with the NYS Department of State on January 19, 2018. Office location is Cortland, NY. SSNY designated as agent for LLC upon whom process against it may be served and shall mail process to principal business location at 2670 NYS Route 11, Marathon, NY 13803. Purpose is any lawful business activity.

Notice of Formation of LLC - Name of the LLC is Expanding View LLC. Articles of Organization filed with NYS Dept of State on 2/9/18. Ofc location is Cortland NY. SSNY designated as agent for LLC upon whom process against it may be served & shall mail process to principal business location at 4478 Cosmos Hill Rd, Cortland NY 13045. Purpose is any lawful business activity.





AVAILABLE

211 Dey Street, Ithaca, New York 607.273.4510 • diamondgunsmithing.com

VINTAGE ITHA GUN CO. FIREARMS









· Commercial & Personal

Business Cards & Letterheads

Envelopes, Newsletters

Laminating, Wedding Invitations

607-753-3034

4000 West Rd. • Cortland, NY 13045 (Rte. 281)









STAY UP-TO-DATE

DSPHOWS.COM

MURPHY'S LAW W/ MILL BASTARDS 2/16 2/22 THE LIZARDS PHISH TRIBUTE 2/24 BIG YOUTH BOB MARLEY CELEBRATION SHOW 3/2 START MAKING SENSE **DEER TICK** 3/3 LUCERO W/ JAKE LA BOTZ 3/4 MELVIN SEALS & JGB 3/11 3/13 TAB BENOIT 3/18 THAT 1 GUY

THE HAUNT

"WEIRD AL" YANKOVIC 3/14 3/23 THE MUSICAL BOX: 50 YEARS OF GENESIS 3/24 MIKE BIRBIGLIA 3/30 DEMETRI MARTIN 4/13+14 TWIDDLE TWO NIGHTS! 4/15 BRIT FLOYD: ECLIPSE 4/19 DWEEZIL ZAPPA RODRIGUE7 4/20 5/4 THE MOTH MAINSTAGE 5/6 ART GARFUNKEL

5/8 BRANDI CARLILE 5/13 BRIAN REGAN 9/30 FRANK TURNER

HANGAR THEATRE 2/27+28 PAT METHENY 3/4 **HOWARD JONES** 4/11 JAKE SHIMABUKURO 4/12 JOAN OSBORNE 4/18 JESSE COOK 4/22 TODD SNIDER ON SALE FRIDAY SMITH OPERA HOUSE 3/14 LYLE LOVETT AND SHAWN COLVIN

4/23 THE DECEMBERISTS **COWBOY JUNKIES** 5/3

IN OR OUTDOOR GOLF Exp. Feb 28, 2018

For up to 6 people Not valid with other coupons or discounts

Mini Golf, Bounce & more Open year round



759 Rte. 13 Cortland (607) 758-8585

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





DETAILS!

BUSINESS SERVICE GUIDE

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

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

ΓISE HERE FOR ONLY \$99/4 MON

ACCOUNTING & TAX SERVICE



Cortland, New York 13045 607.756.5691 ifo@EquusCPA.com • www.EquusCPA.com **ANTIQUES**

APPLIANCES

Mon-Fri IIam-7pm

Saturday 10am-3pm

ATVS

Past Peddlers Antiques & Crafts

BIG RED BARN BEHIND THE WILLET BALLPARK

1319 Church Street Willet, NY

607-345-8810

Thurs-Sun 10-5 & Other days by chance or appt.

ARCHITECT. DESIGN & PROJECT MGMT.

ARCHERY EQUIPMENT & SALES

Crossbows and accessories in stock

TEPORTS

UNLIMITED

AUCTION SERVICES

"THE REGION'S LEADING AUCTION HOUSE"

Equipment - Estates - Antiques - Coins - Collectibles

DON'T GET Call for a FREE appraisal BEFORE you

Gallery in Ithaca | 607-592-7884 | charlie@fleaco.org

sell to dealers or nickers!

dougspowersports.net

Complete Estate

Services... CALL TO SELL!

Applied Design

Research Associates

adra@twcny.rr.com **844-4601**

5 Main Street, P.O. Box 306 • Freeville

KLEIN'S

ARCHERY

119 Freeville Rd. Dryden, NY

New & Used

3871 US Route 11

www.cnypowersports.com

756-6578

From Selling Individual Items to

Entire Estates and Collections,

WE DO IT ALL!

(607) 692-4540 1 (800) MANASSE

12 Henry St. (Rt. 26S) PO Box 738

Whitney Point, N.Y

4019 Rt. 281

753-1263

ski-doo

Cortland

Refrigerators • Ranges Washers . Dryers

273-6611

419 West Seneca St.

Providing Accounting, Payroll and Tax Services Since 1976

ADULT BOUTIQUE



1136 Rt. 222 Groton Ave. Plaza, Cortland 753-8800

www.tikkisadultboutique.com Like us on Facebook

Lingerie, Corsets, Leather, High Heels, Club Dresses, Adult Novelties

ADVERTISING



Martha Nelson, Sales Consultant 607-345-2239 (after 3pm) & mnelson7@twcny.rr.com Nanci McCraine, Advertisina/Marketina Consultant nydesignsbynanci@gmail.com

Linda M. Bates, Advertising Consultant 607-423-4746 & LMBatesCAT@gmail.com

ADVERTISE WITH US



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

AFTERMARKET ACCESSORIES

Aftermarket Effects LLC

1134 NYS Rt. 13 (Tompkins St.) Cortland, NY 'Your one stop auto accessory and snowplow warehouse"

607.756.1756

aftermarketeffects.com M-F 8:30a - 5:30p Sa 9:00a - 1:30p Closed Su "Unlimited accessories fo your truck and car" Specializing in audio & remote starters

AMISH FURNITURE

Midway Sales Ecountry Store

∞ (607) 692-2180 * midwaysalesny.com ∞ 3106 Rte. 11 Lisle, NY ※ Mon-Sat 9-5 ⋅ ...

Just off Route 81 – Exit 8 3 Showrooms - 75 Sheds on Lot - We Deliver

AMUSEMENT CENTER

Mini Golf, Bounce, Target Paintball & more

Grandma's Pretties

3 Railroad Street

Whitney Point, NY 13862

Wed-Sun 10am-5pm - Closed Mon & Tues

We Buy and Sell Quality Antiques & Collectibles

For Appointment or Contact Call: 607-862-9795

Open Year Round

759 Rte 13, Cortland (607) 758-8585 www.shipwreckgolf.com

ANTIQUES



41 James Street in Homer, NY (Next to village police station)

607-749-6148

Tues-Fri 10-5, Sat 10-4, Sun 12-4, Closed Mon



AUTOMOBILE BODY & PAINT



manasseauctions.com • manasseauctions@aol.com

AUTOMOBILE DETAILING



BUSHY'S PRO SHINE AUTO DETAILING

985 St. Rte. 13 (Tompkins St.) Cortland (next to Enterprise/across from CountryMax) Mon-Fri 8am-5pm · Sat by appt.

Shop: (607) 758-9582 Mobile: (607) 351-7124

AUTOMOBILE DETAILING

CLEAN RIDES: 4

Professional Automotive Reconditioning

AUTOMOBILE PARTS



161 MAIN STREET • CORTLAND 52 1/2 NORTH STREET • DRYDEN 3862 WEST RD. (ROUTE 281) • CORTLAND

844-8175 753-9671

napaonline.com Also stores in Moravia and LaFavette

AUTOMOBILE REPAIR & SERVICE

BELL'S AUTO CARE



945 DRYDEN RD in ITHACA (VARNA) 275-0611

Like Us on Facebook

CHRYSLER Jeep 🗑 RAM DODGE

3878 West Road Cortland, NY

CUTTING'S GARAGE



347-4873

Mike Gabriel



Cortland, N.Y. 13045

(607) 753-3417

4048 West Road (Route 281)

HARTLEYS **AUTO & RV CENTER**

Sales • Service • Parts & U-haul

3830 US Rt 11 · Cortland, NY 13045 607-756-5302 · cortlandry.com

Complete Auto Service & Quality Used Vehicles

1850 Danby Road (Rte 96b) Ithaca, NY

F 607-272-2514 lanesautomotive.net



Friday 8am-5pm



31 Cortland St. 362 Route 13 Marathon NY Cortland, NY 607-849-6898 607-662-4543

LOANER

www.ronsbodyandpaint.com

SMITHS TRANSMISSION SERVICE INC.

AUTOMATIC TRANSMISSION SERVICE

607-749-3323

Tallmadge Tire CORTLAND, NEW YORK

50 Groton Ave. **607-756-7559**

AUTOMOBILE REPAIR & SERVICE



Tires, Brakes, Oil Changes, & more 607-273-6310 TIRES WILLCOX

Cortland • 607-299-4362

Centers Mon-Fri 8-5:30

WE SELL USED CARS willcoxtirecenter.com

233 Elmira Road

AUTOMOBILE REPAIR & USED CARS



Complete Auto Repair & Rebuilder
Alternators • Electric motors & generators • Battery cetos • New York State inspections • Oil changes • Til
Preowned cars starting at \$3000.00

AUTOMOBILE SALES

AUTOMOTIVE CONSULTANTS

607-273-2800 automotiveithaca.com 217 Elmira Road, Ithaca NYS qualified services since 1959

CORTLAND

CHRYSLER Jeep TRAM

Darin Colangelo, General Manager Phone/Fax/Text (607) 216-9769 darin@cortlandjeep.com

Main St Auto Sales

436 Main St., Newfield, NY Cell: 607-423-2208 • Phone/Fax: 607-564-6022 philempson@yahoo.com

🥯 POP'S AUTOMOTIVE 🤏 New location at the intersection of Rt. 41 & 281

Homer, NY - 607-758-POPS (7677) Weekdays 9-5 & Sat 9-Noon Quality used car sales and service

AUTOMOBILE SALES & SERVICE

MGM AUTO SALES & SERVICE Our Reputation Speaks Loudly

607.756.2600 607.745.1313 Marty & Terry Marble 4002 West Road, Rt. 281 • Cortland, NY 13045

WXM AUTO

3960 US Rt 11 Cortland, NY 607-218-6752 wxmauto@gmail.com



ČUROŠITY

BARBER, BEAUTY & CURIOSITY SHOP

Chasing Memories Chase's BARBER - STYLIST SHOP & PERMS - CUTS - STYLES

7861 Main St. Fabius, NY · 315–683–5342 fabiusclipper@gmail.com 8:30am-4:30pm · Closed Wed or by Appt

BEAUTY SALON

Highlight Your Life Jennifer Conway
Shelly Luce Vicki Crumb 11 Ellis Drive

Dryden, NY

73 N Main St Cortland • 607.591.9724 • CleanRidesCNY.com

753-9601

116 NORTH STIN DRYDEN **844-8333**

CORTLAND Ron Mathews

cortlandchrysler.com · (607) 753-3352

1834 Dryden Road Freeville

COMPLETE AUTO REPAIR

gabrielsautomotive.com

193 HOMER AVENUE, CORTLAND 607-753-0316

LANE'S AUTOMOTIVE

P 607-272-0852



Ron's Body & Paint



5485 State Rt 41 Homer, NY

M-F

8–5

(607)-844-4111

CLEANING

INDEPENDENCE CLEANERS CORP

Residential & Commercial

Housekeeping • Windows • Awnings • Floors

 $\textbf{High Dusting} \bullet \textbf{Carpets} \bullet \textbf{Building Maintenance}$

24/7 Emergency Cleaning Services

607-697-3294 • 607-227-3025

Spotless Cleaning Services

74 Pendleton St. Cortland, New York

607.745.5617 — buchalla77@yahoo.com

Stoyell Stove, Coal & Equipment

Driveways, mulch, topsoil & much more!

Pea, nut, rice, bagged & bulk coal

1968 Rte. 38A, Moravia, NY

315-497-2955

DENNIS COAL & STOVE CO., INC.

7987 #5 Road West Fabius, NY

coal.woodfordbros.com

6500 State Route 80, Apulia Station, NY

315-696-6620 · 315-696-8972

COMPUTER SERVICES & VIRUS REMOVAL

PLAN FIRST

Computer Services

(607) 427-0307 · dproofingit@aol.com

□□ Home Improvements

44 Jenksville Hill Rd. Candor, NY

607-659-5540 • gtimprovements73@gmail.com

Fully Insured

Gary Tyler

New lower

coal prices

Assessments - Servers

Networking - Firewalls

Consulting - Email

Troubleshooting

DUSTIN PRICE

Free Estimates

Fully Insured

315-677-9383

denniscoalandstove.com

120 Groton Ave.

Cortland, NY 13045 607-756-9347

www.p1tech.net

CONSTRUCTION

Roofing & Construction

COAL, STOVES & WOOD PELLETS

COAL, STOVES & EQUIPMENT

BICYCLE SERVICE & ACCESSORIES



64 Pendleton Street Cortland

753-9612

Specialized Bicycles
REPAIR SHOP ON PREMISES -- NEW LOCATION! Cross Country Skis & Snowshoes M, W, Th, F 10 - 5:30, Sat 10-3 -- Closed Sun & Tues

BOARDING KENNELS

LaFayette Kennels Indoor/Outdoor Heated Runs . Secure Outdoor Play Area

lafavettekennels.com

3033 US Route 11, LaFayette, NY 677-PAWS (7297) woof@lafayettekennels.com



BUILDING SUPPLIES

BAKER-MILLER LUMBER

102 W. Cortland St. Groton, NY 13073 607.898.5851 www.baker-miller.com

decking, paint, hardware,

BUILDINGS - STEEL/WOOD

ESSEX STRUCTURAL STEEL CO., INC



607 Route 13 Cortland, NY 13045

607-753-9384 Fax 607-753-6272

essexsteel.com

CAKES

ICE CREAM CAKES - BAKED CAKES WEDDING CAKES

dottiesicecream.com at: DottiesiceCream (607) 257-0513 - dottiescakes1@gmail.com

DOTTIE'S CAKES

CARPETS & FLOORING

1st Class Tile & Flooring

607-753-8428

4030 Route 281, Cortland, NY www.firstclasstileandflooring.com



(607)756-4142

880 Rte. 13 • Cortland, NY



4073 West Road (Rte. 281) • Cortland 13045 (607) 753-9504

M,T,W,F 8-6 • Thurs 8-8 • Sat 9-2 Carpet, Wood, Ceramic Tile, Vinyl & Laminate

CATERING



Ti III Call us ... 607-749-9999 11 North Main Street Historic Homer New York

CHAIN SAW SALES & SERVICE

Chain Saw Center 9 East River R Cortland, NY

.Jonsered

CHEESE STORE

Cortland County

37 Church Street, Cortland, NY 13045

(607) 756-2814

www.cortlandareachamber.com

JUST SAY CHEESE!

A Cheese Shop & More! Over 50 different kinds of cheese Stoltzfus yogurt · Cheese curd Honey & maple syrup · Jams & jellies Local consignments

Cortland Bulk Milk 3819 Rte. 11, Polkville • 607-753-0322

Hours: Mon - Fri 10am-6pm & Sat. 10am-1pm

CHILDREN & FAMILY SERVICES

Dolmar Sat 8:00 - 1:00 (607) 756-5677

f @ 🟏 👯 Hamilton

(607) 299-4838 hamiltonbuildingservices.com

1115 NYS Rt. 222 Cortland, NY

Building Services **CHAMBER OF COMMERCE**

Old School Artisan Custom design, building and remodeling since 1974

Residential, Commercial, Historical, Agricultural

Robert Reeve

PO Box 892 Cortland, NY | 3045

315-447-7220 • 607-745-9900 www.oldschoolartisan.com Camp, Porch and House Jacking

Garages & Barns Straightened – All Concrete Work GOT BAD BEAMS? Rotted, sagging, split or cracked. Beams replaced in barns or cellars. FOUNDATIONS REPAIRED 55 Years Experience

CALL RON 315-487-0247 315-345-2223

CONVENIENCE STORE



Convenience at its best!

SEEN SAME

134 Main St. Cortland • (607) 344-3366 Open M-Th till 11pm & F-Sa till 12am

ELITTE DENTIAL + DENTIURE P.C.

CLEANERS DENTISTRY

Residential Care for Youth & Young Adults

380 Freeville Rd

Freeville, NY 13068

wgaforchildren.org

Professional Dry Cleaning • Full Service

East Hill Plaza East Shore Drive Pine Tree & Judd Falls Rd 1902 East Shore Dr Ithaca, New York Lansing, New York (607) 273-9923 (607) 273-7121 colonialdrycleaners.com

COLONIAL CLEANERS

Community Corners 903 Hanshaw Road Ithaca, New York (607) 257-1922

ACCEPTING NEW PATIENTS ALL INSURANCES ACCEPTED including Fidelis, Total Care + Medicaid

DERMATOLOGY



DERMATOLOGY P: (607) 257-1107 ASSOCIATES OF ITHACA F: (607) 257-0369 Healthier Skin Since 1983 ithacaderm.com

2333 N. Triphammer Rd., Ste. 203, Ithaca, NY New location! 3773 Luker Rd., Cortland, NY

DIESEL, CONSTRUCTION & FARM REPAIR

BERKSHIRE, NEW YORK

RED IRON ≡REPAIR≡

Tompkins • Cortland Broome • Tioga

607.423.7903 369 Level Green Road

DINERS

COUNTRY FOLK'S DINER

13334 St. Rt. 38

607.657.2800

Richford, NY M-F 5am-2pm S&S 6am-2pm

COUNTRY SIDEROAD DINER

Where good friends & good food meet! 3115 US Route 11 Lisle, New York 607-849-7811

Breakfast - Lunch - Dinner

DOG GROOMING 👺 FUR LUV GROOMING! 👺



Dog Grooming for all Breeds By appt. only Tues. - Sat. 208 Ellerson Rd. Whitney Point, NY

DOG TRAINING

DOG OWNER COACH

Affordable family dog training 607-591-7806 Dryden dogownercoach.com

DOORS - OVERHEAD



(607) 272-2494

EMBROIDERY

(315) 497-0912

• GRAPHICS WEAR & PROMOTIONS •

2607 Main Street 607-692-7875 Whitney Point, NY advancedgraphicswear.com

FABRIC & QUILTING



5 W. Main St. Marathon, N.Y. • 607-849-3611 myfabricpatch@gmail.com Winter Hours - Open Wed thru Sat

FARM MARKET



Badman's Bushel Basket Farm & Flower Market Open May-Oct

14698 Rt. 90, Cortland (607) 749-5233 Find us at Homer Farmers Market Wed & Sat

Daisy Hollow Farm Breathe deeply Eat simply Live freely

830 Daisy Hollow Rd. Dryden, NY Email daisyhollowfarm@yahoo.com Call 607-423-6827





FARMERS INSURANCE



Ed Greenblatt Insurance Agency 2359 N. Triphammer Rd. Ithaca 607.319.5999 • Cell 207.812.6295 egreenblatt@farmersagent.com agents.farmers.com/egreenblatt

FLORIST



3112 US Route 11 Lisle, New York (607) 634-4143 countrysideblossoms.com

Shaw & Boehler FLORIST AND GIFTS

31 Clinton Avenue · Cortland

607-756-2879

shawandboehlerflorist.com

FULL SERVICE BEAUTY SALON



10-7 Tues.-Fri. • 10-3 Sat. Walk-ins or by appointment 17 West Main Street, Dryden 607-227-0207

"Cortland's First

and Finest Florist

M-F 8:30-4:30

Sat 8:30-2

FURNITURE

≈RUSTIC LOG FURNITURE ≥

3800 Sperry Road, McGraw Buy direct from the builders and save Closed Sundays

TREEFORMS AMISH FURNITURE & GIFTS

SOLID WOOD FURNITURE Oak, Cherry, Elm, Maple & Pine Routes 13 & 366, Ithaca, NY 14850

607-272-2913 treeformsfurniture.com • Open 7 days a week

GIFT SHOPS

Cinnamon Apple Cottage Gift Shoppe

CLOSED FOR THIEHOUSEASOX



GIFTS & ANTIQUES

607-692-7418



45 Atwater Rd Lansing, NY 533-1013

Open for the

season May 2

peoplesmarketoflansing.com peoplesmarketoflansing.blogspot.com

Reakes Country Goods

4107 Rte. 13 Truxton, NY



607-842-6322 Antiques • Gifts • Furniture • Bedding Plants • Baked Goods

the 129 North St. Second Dryden, NY 13053

607-844-KNOB (5662) Knob Unique Gifts & Antiques Gifts & Antiques

GRAVEL



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

765 RTE.13





GUITARIST

Isaac Sharp - Guitarist & Teacher

Ithaca, Rochester, Binghamton, Finger Lakes area Private guitar lessons - Ithaca, Dryden, Cortland area isaacsharp@gmail.com

GUNS & AMMO



Performing at weddings, parties, openings & more -

PAWN SHOP

607-662-4052

16 Main Street

Cortland, NY 13045

PAWN BOSS

PERFORMING ARTS THEATRE

Top Money Paid: Gold & silver, laptops, game

systems, tools, coins & much more.

M-F 10:30AM - 6PM

CLOSED SUN

SAT 10:30AM - 3:00PM

The State Theatre of Ithaca

107 W State Street Ithaca, NY

607-277-8283

Tickets available at

State Theatre Box Office

105 W State Street

1-800-919-6272 Stateoflthaca.com

Cortland

GUNS & AMMUNITION



BOLTWORKS TACTICAL

DRYDEN, NEW YORK BOLTWORKS.ORG (607) 342-1305

Sun 9-Noon Tu-W Noon-7 Th-Sa 9-3

and sell firearms and supplies.

service.

transfer.

DIAMOND GUNSMITHING

Specializing in Ithaca Guns 211 Dey Street, Ithaca, New York

607.273.4510 · diamondgunsmithing.com repair@diamondgunsmithing.com

HALLMARK GIFTS

BRITTANY STATION

152 Main St. Groton 607-898-4994 · M-F 10-5:30 & Sat. 10-5 www.brittanystation.com

HAND CROCHETED ITEMS

C & M Hand Crocheted Items Charlyn Palmer & Mary Stanley Hats, Scarves, Mittens, Gloves, Fingerless Gloves, Shawls, Sweaters, Blankets, Afghans, Doilys, Pot Holders, Dish Towels, Dish Clothes, Dog Sweaters, Slippers, Leg Warmers, Baby Layettes & more

Come Up With What You Want And We Will Try To Come Up With The Pattern 607-543-0429 - 607-745-8134

Check us out on Facebook

HARDWARE - HOME, GARDEN, PET & LUMBER

Dryden Agway 59 W. Main St. • Dryden adryden1@twcny.rr.com

607-844-8663 FAX 607-844-9744

HAULERS

J.D. SUPER HAULERS 🛮

607-753-0209 • 315-450-2230 Haulers Junk + Clean Out Service Same day service — 7 days/week Rates starting at \$49



HEALTH





607-423-4746 - Oiler By Nature

HEAVY-DUTY TRUCK REPAIR

CASKEY'S GARAGE

SERVICE (607) 347-4170 (607) 347-4179

PARTS (607) 347-4184 (607) 347-4185



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

HEAVY EQUIPMENT



FULL SERVICE SHOP WELDING · PAINTING · FABRICATING · CYLINDERS REBUILT

Ph. **749-7950** Fax **749-5640**

HERBS

Beth's Natural Wa

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

Large Seleciton of Wild-Crafted Herbs Teas and Organic Spices

Store Hours: Call for Availa. **IN-HOME SENIOR CARE**



1301 Trumansburg Road Suite A,

Comfort Keepers.

Ithaca, NY

607-272-0444

a **sodex** brand

607-423-7390

INCOME TAXES

TAX SERVICE

New clients & Walk In's Welcome Personal & business Serving all Southern Tier & CNY areas. ballardstaxes@aol.com

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

INSURANCE

Benson Davis Insurance

AUTO · HOME · BUSINESS · FARM

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

bensondavis.com -- Competitice Rates ---- Friendly & Knowledgeable Service

Erie Insurance

James Warren Warren Insurance Agency LLC 223 Elmira Rd. Ithaca, NY 14850 warreninsagency.com 607-277-0267



JOHN DERMODY

3654 The Park Cortland. New York Office (607) 756-4440

Mobile (315) 569-3434 State Farm

AUTO • HOME • LIFE State Farm Insurance Companies Home Office • Bloomington, Illinois Like a good neighbor, State Farm is there. (607)273-6391

lee@leenewhart.com 1011 West State Street • Ithaca



Auto · Business Home · Life

18 Tompkins St., Cortland (Next to YMCA) AGENTS: Cathy Tilebein and Mike Mead

WWW.SEVENVALLEYAGENCY.COM CALL 607-753-1821

INTERNET, CABLE & PHONE



24 E. Tioga St. Spencer, NY 607-589-6235 800-338-6330 www.htva.net

JEWELRY



JEWELRY & COINS



(607)857-0006 614 W STATE STREET, ITHACA NY INFO@ITHACACOINSJEWELRY.COM

JEWELRY & REPAIR

David L. Huffman FINE JEWELRY

Expert Jewelry &

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

KARATE



108 Homer Avenue Cortland/Homer, NY 607-756-4202

20 years of leadership and quality in Cortland County!

LAWN CARE



Fully Insured Virgil Piercy

607-744-9058 virgilpiercy@gmail.com 25 Donnelly Drive

Whitney Point, New York Fall clean up, brush clean up, trimming & debris removal

LAWN FURNITURE (WOOD & POLY)

殛 COUNTRY' STORE 🎩 🛦

3106 Rte. 11 Lisle, NY

Mon-Sat 9-5

make the state of the state Just off Route 81 - Exit 8

3 Showrooms - 75 Sheds on Lot - We Deliver

LOGGING REASONABLE RATES

HIGHEST PRICES PAID Quality property management

Logging large & small lots Firewood sales · Tree service

(607) 372-1023

MOTORCYCLES



MOVING & STORAGE

MOVING & STORAGE

460 Livermore Rd Dryden, New York 13053

(607) 844-9771 (607) 277-9777 Fax: (607) 844-4884 Stephen Hicks, Owner

MUSEUM



4386 Rt. 11 Cortland, NY cnylivinghistory.org • 607-299-4185

MUSIC STORE



NAILS & ACRYLIC FINGERNAILS



(607) 227-0207

Gel polish available . Credit cards accepted

NAILS & SPA

Ann NAILS & SPA 607.662.4537 Phillip 6 762 Rte 13, Cortland

607-662-4831

Nails & Spa 607-662-4325

3921 West Road, Cortland, NY 13045 (3921 West Road Plaza, RT 281, Corland, NY 13045)

NURSERY & LANDSCAPING



OIL CHANGES, TIRES & BRAKES



334 Elmira Road Ithaca, New York

info@bruces-pit-stop.com • (607) 272-1179

OPTICAL



Falcon Optical 88 North Street • Dryden (607) 844-9477 falconoptical.com

Emergencies Accepted Complete Optical Services Eye Exams Available Where the "Focus" is on Service Mon 10-5 & Tues - Fri 10-7

PAINT PARTIES



Paint Happy Thoughts 607.882.3396 cheerfulandcreative@gmail.com

cheerfulandcreative.com Facebook: Cheerful & Creative 33 Main St. Cortland, NY Entrance on Central Ave

PAVING

RANDOLPH PAVING. INC 607-753-0300

Paving - Residential Commercial - Asphalt Sealing Oil & Stone - Line Stripping Excavation - Ditch Work 5008 Health Camp Rd. :: Homer, NY **PEST ELIMINATION**

Sweeney's NYS Certified Insured Bees • Cluster Flies • Ants • Roaches • Rodents

Bats • Bed Bugs • Gutter Cleaning • Nuisance Wildlife 607-749-8455 · 1-855-BUG-GUYS

PET SERVICES



No Barks About It!

Daycare • Grooming • Self Wash • Training (607) 533-0048

Lansing, New York

NoBarksAboutlt.com • fb.com/nobarksaboutit

PET STORE

Cortland email: friskyy@hotmail.com

PHOTOGRAPHY



PHYSICIANS



Ithaca Primary Care Radomir D. Stevanovic, MD, P.C.

2343 N. Triphammer Rd. Ithaca, NY www.IthacaPrimaryCare.com Competent, comprehensive medicine, with dignity and compassion for all.

PIZZERIA



115 North St., Dryden • carrozzapizza.com Monday-Saturday 11-9 • Sunday 12-8

POOLS & SPAS

807 State Route 13, Cortland, NY

DON'S LOG-N-CHAIN



DON JOHNSON

4000 West Road



www.MaxGraphicsCortland.com www.facebook.com/MaxGraphicsCortland

Nuisance Wildlife Agent — We Guarantee Our Work!

3114 North Triphammer Road

(607) 753-9213

Open 7 Days a Week - Mon 12-7, Tues-Wed 10-6, Thurs-Sat 10-7, Sunday 2-6



(607) 266-9100

607-844-8808



607-756-7000

POWER EQUIPMENT

POWER EQUIPMENT, SALES AND SERVICE



PRINTING & SIGNS



3624

Glenwood Ave Cortland. New York

M-F: 8:30-5:00 SAT: 8:30 - 12:30

(607) 564-7553

Route 281

PRODUCE & PLANTS

DeWitt's Produce

160 Clinton Ave. • Riverside Plaza Cortland, New York

607-753-1728 · 607-745-2681

PROPANE

America's Propane Company

RELIABLE, SAFE, RESPONSIVE

966 St. RT. 34 Genoa, NY 13071 Call 315.497.3140 www.amerigas.com

QUILTS

a Kaleidoscope

Where Memories Are Made One Stitch at a Time! 5000 Bolts of Fabric

6270 Little York Lake Rd., Preble • 607-749-2628 Tues-Thur 10am-8pm • Fri & Sat 10am-5pm • Sun 1pm-5pm

QUITLINE

NYS Smokers' Quitline

Free Coaching & Patches

Call toll free 1-866-NY-QUITS (1-866-697-8487) or visit www.nysmokefree.com

REAL ESTATE AGENT

SUZI POWERS

607-227-8125

suzipowers1@gmail.com

Re/Max In Motion

313 N. Meadow St. Ithaca, NY 607-277-1500



REALTOR



John Aspinwall Sales Person

IR MLS

4070 West Rd. (Rte. 281) Cortland, New York john@hagerealestate.com www.hagerealestate.com

Office: 607-753-6676 Fax: 607-753-6694 Cell: 607-745-5407

REDEMPTION CENTER

Fabius Bottle & Can

7861 Main St. Fabius 315-683-5500 7am-8pm 7 days per week • Drive-up curb & pick-up services



REDEMPTION CENTER (315) 209-5746

3106 N. Triphammer Rd. Lansing, NY Wednesday-Friday 9-5 & Saturday 8-3

REHAB & NURSING CENTER



28 Kellogg Rd, Cortland crownparkrehab.com · 607-753-6060

RESTAURANTS



Located on the corner of Rte. 11 & Main St.

607-690-4114 · aiellosrestaurant.com Lunch, dinner, catering • Award winning

🗻 flutumn Meadows 🜬 RESTAURANT / BAR / EVENT CENTER

Thurs & Fri 5am-9pm • Sat 8am-9pm • Sun 8am-Noon 431 CORBIN RD. 607-843-8240

NC 607-316-4696 OXFORD NY



607-898-3480



RESTAURANTS

Chinese

180 Items That Change Daily 7 ft. Long Buffet Table

At the Buttermilk Falls 401 Elmira Rd., Ithaca • 607-277-3399 Sun-Thurs 11:30 to 9:30 • Fri-Sat 11:30 to 10:30

CORTLAND

117 Main Street, Cortland, NY 13045 PHONE: (607) 753-8304 EAT IN - TAKE OUT

Tues-Fri 7am-9pm, Sat 7am-9pm & Sun 7am-3pm

COUNTRY KITCHEN 2884 US Rt. 11, Whitney Point 607-692-4952

COUNTRY KITCHEN II Riverside Plaza, Cortland 607-756-2356

Open 7 days a week for breakfast, lunch & dinner Daily 10% Senior Discount

44 W. Main St. Dryden, NY 607.844.8293

Breakfast, Lunch, Dinner & Pizza 7 Days a Week



Mon 6am-3pm Tues & Wed 6am-7pm Thurs & Fri 6am-8pm Sat 7am-8pm • Sun 7am-2pm

Onondaga Nation Quarry Rd. Nedrow, NY Exit 16 off Route 81 315-469-8159



139 Main Street, Cortland 607-753-1151

Sunday-Thursday 11-9 Friday & Saturday 11-10



Lunch & Dinner

2177 Clute Road Cortland, NY 13045 GreekPeakMtnResort.com

Open to the Public! 800-955-2754



The Mountain View

(607) 662-4859 · 6662 Rt. 281 Preble, NY



Marathon, New York

Breakfast, Lunch & Dinner 7am-9pm Daily Pd Buffet —— Lodging from \$40.50 Weekend Buffet 607-849-3258 3 Broome St - Marathon



Serving Lunch & Dinner Mon-Fri 11:30am-10pm Sat 12-10pm, Sun 12-8pm

294 Tompkins St., Cortland • (607) 758-3062 Delicious Food - Great Drinks! • Happy Hour M-F 3-6 • Banquets & Parties

RHEUMATOLOGY



Homer, NY

Open Mon-Fri 8am-4:30pm 607-749-2640 · www.upstate.edu

ROOFING

We stop leaks! - Syracuse & Surrounding

ROOFMAN Fully Insured • Free Estimates • Insurance Claims

Residential & Commercial Roofing Specialists 315-416-1999 Fabius, NY Too Small Supering Specialists

SEAMLESS GUTTERS



26-77 Main Street (607) 778-0870

SENIOR & LIVING CENTER

Greamery Hills Senior Genter SEPP Management Co., Inc Creamery Road Luxury Living at Affordable Pricina

Harford, NY 1, 2, and 3 bedroom TDD 607-677-0080 Tel 607-844-8229 **Apartments** Fax (607) 723-0439 EHO/AD

SEPTIC SERVICES & POTTY RENTALS



Drain Cleaning • Septic Pumping • Portable Toilet Rentals 607.273.8311 • 607.753.1533 • 607.739.8311 www.thedrainbrain.com

SHEDS & GAZEBOS

Cold Spring Structures

Quality Storage Sheds and Garages *"FOR ALL YOUR STUFF 485 State Rt. 38 Locke, NY 13092 Retween Groton & Locke

Between Groton & Land ASK ABOUT ASK ABOUT RENT TO OWN! More Sheds on Display \
1432 State Rt. 38, Moravia Jay Brubacker - Builder/Retailer

Midway Sales we country store ...

∞ (607) 692-2180 💝 midwaysalesny.com 🐭 🐭 3106 Rte. 11 Lisle, NY 💝 Mon-Sat 9-5 🏎

Just off Route 81 - Exit 8 3 Showrooms - 75 Sheds on Lot - We Deliver

Thee Amish Structures

Custom, quality, 100% Amish built Sheds-Garages-Gazebos-Animal Structures 32 North St./Rt.13 Dryden

(607) 257-1070

theeamishstructures.com



SHOPPING

3915 Route 281 Cortland, NY 607.708.0034 siss62203@hotmail.com Find me on Facebook

SIGNS

Fast & Professional Printing & Signs™



Cortland, New York www.MaxGraphicsCortland.com www.facebook.com/MaxGraphicsCortland

Glenwood Ave

SKI SERVICE & ACCESSORIES



64 Pendleton Street Cortland 753-9612

-- REPAIR SHOP ON PREMISES -- NEW LOCATION! Cross Country Skis & Snowshoes

SNOW PLOWING

COMINGIOUS

(607) 592-7693 Ed Morgan, Owner Fully Insured • Residential & Commercial

Snow Plowing, Lawn Maintenance, Mowing, Black-Top Sealing & Striping, Lite Landscaping, Tree/Shrub Removal

SNOWMOBILE SERVICE & ACCESSORIES



Cortland 753-1263 ski-doo SEÑOO

4019 Rt. 281

SPA & SALON



2177 Clute Road Cortland, NY 13045 GreekPeakMtnResort.com

Open to the Public! Full Service Spa & Salon 800-955-2754 Including Massages, Facials, Mainicures, Pedicures & more

SPORTS COMPLEX



CORTLAND, NY 13045 ■ JM McDonald Sports Complex
WWW.JMMCOMPLEX.COM ■ JMMcDonaldSC

SPORTS MEMORABILIA

Daluisio's Sports Items CORTLAND, NY

607-423-6887 • 607-745-5142

dalsportsitems@aol.com • daluisiossportsitems.com MLB, NHL, NFL, NBA, NCAA, WWE

THEATRE - LIVE PERFORMANCE



PO Box 783 Cortland, NY 13045 Admin Office: 607-753-6161 Box Office: **800-427-6160**

www.cortlandrep.org

TOWING

Ron's Body & Paint



31 Cortland St. Marathon NY 607-849-6898 607-662-4543

LOANER Cortland, NY CARS

www.ronsbodyandpaint.com

TRACTORS & MOWERS



Formerly Scott's Small Engine 5765 Marybelle Rd., Tully, New York upstatetractor@yahoo.com

315.696.5432 • upstatetractor.com **UNIFORMS & ACCESSORIES**

SCRUBS 'R' US

Cherokee, Grey's Anatomy, Littman, Koi, Nurse Mates, White Swan & More! 223 Elmira Rd. Ithaca, NY M-F 10-6 Sat 9-Noon Closed Sun (607) 241-3333 scrubsrus2011.com

UPHOLSTERY

FALL CREEK UPHOLSTERY

Residential & Commercial Joyce 607-844-9983 Walt 607-229-2129 joycenkirk@gmail.com

24 Old Dryden Rd., Cortland, NY Call 607-844-9983 for an appointment

USED AUTO SALES



233 Elmira Road Ithaca, N.Y. Monday - Friday Saturday 8:00am-12:00pm

at perfect car, truck or SUV 607-273-6310 or 607-327-2868

VETERINARIAN



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

WATERCRAFT SERVICE & ACCESSORIES



dougspowersports.net

OPEN 7 DAYS

4019 Rt. 281 Cortland 753-1263 ski-doo SEÑADO

WINDOWS

Nightingale's

TULLY LAKES HARDWARE 6 Elm Street • Tully NY • Window Repair

(315) 238-7050 · Glass Cutting · Key Cutting · Tool Sharpening

WINE TASTING & EVENT HOSTING



All Winter Sat & Sun 12-6pm (315) 497-9463 chateaudusseau.com Also serving craft beers on tap

607 (9463)

1551 Slaterville Rd.

Ithaca, NY

SIXMILECREEK Sun-Fri 11am-6pm Sat 10am-6pm

sixmilecreek.com

YOGA

 ${f TWITTER.COM/TCATRIBUNE}$



404 Conlon Rd, Lansing First Class Free!

CORTLANDAREATRIBUNE.COM

PUZZLES & GAMES

WORD FIND

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

C	m	g	d	е	е	d	i	S	C	0	u	n	t	r
g		C	a	n	C	g	r	е	r	0	i	n	е	S
g	r	d	a	r	n	n	n	е	a	е	е	V	у	е
g	r	S	0	r	е	u	a	i	t	m	I	t		t
r		a	а	g	d	V	t	t	е	i	d	n	r	C
r	d	a	n	f	n	S	i	r	S	b	r	0	е	r
g	е	r	S	d	е	i	i	g	i	i	I	е	d	0
0	t	p	m	S	р	t	b	n	е	t	S			S
	r	f	n	C	е	a	У	i	n	r	i	S	е	S
d	a	I	f	r	d	S	r	n		n	a	0	a	W
е	V	0		u	n	t	е	е	r	S	r	C	n	0
n	е	r	d	I	i	h	C	d	n	а	r	g	S	r
е		i	a	r	r	S	е	r	u	t	n	е	d	d
е	Ī	d	m	е	d	i	C	a	i	d	d	е	S	е
h	е	a		t	h	n	е	g	у	X	0	t	u	е

health • nutrition • volunteers • cards • bingo • discount • aarp • gardening retirement • florida • travel • grandparent • grandchildren • silver • golden caregiver • dentures • safety • elderly • medicaid • diet • assistance glasses • well being • independence • oxygen • crossword • senior • retire

SUDOKU

It's easy to play Sudoku! Simply fill every column, row and 3.3 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!

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

LASTISSUE'S PUZZLES

SUDOKU

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

THIS ISSUE'S TRIVIA ANSWERS

- 1. Dwight D. Eisenhower
- 2. Buddy Holly and the Crickets
 - 3. Touch-tone4. Sony

WORD FIND



DROP OFFS

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

Main Street Downtown Cortland

Main Street Groton • Main Street Homer

Main Street Moravia • Wegman's - Ithaca

Doug's Powersports • Doug's Fish Fry

Pawn Boss - Cortland • Community Restaurant

Pets-A-Plenty Pet Store • TOPS - Ithaca/Cortland

Shipwreck Golf • Midway Sales • Three Bear Inn

Gregg's Market - Marathon/Whitney Point

Queen Diner - Dryden • Clarks Food Market - Dryden

Country Kitchen & Country Kitchen II

Hope Lake Lodge • Kinney Drugs - Tully • Tully Nightingales

Triphammer Mall - Ithaca • East Hill Plaza - Ithaca

Bill Andersons Farm Market • Lansing Market

Express Mart/Dunkin Donut - Lansing

G Plus Convenience Store - Lansing • Flynn's Roadhouse Cafe - Lansing

Wilcox General Store - King Ferry • King Ferry Corner Store

King Ferry Pizzeria & Bowling Center

The Village Market - Aurora • Shur-Fine - Union Springs

Jason's New York Pizzeria - Union Springs

Pit Stop Convenient Store - Genoa

Folks looking for The CAT at the P&C Fresh Riverside Plaza— Please pick up a paper at Cortland Kitchen II (next to Dewitt's Produce)

Also available online at cortlandareatribune.com



\$1,750

REBATE ON SELECT 2018 MODELS[‡]

FOR QUALIFIED CUSTOMERS

ON ALL 2018 AND PRIOR MODELS

OFFER ENDS FEBRUARY 28, 2018

FIND OUT MORE AT SKI-DOO.COM



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

Mon, Wed, Fri 9-6 • Tues & Thurs 9-7 • Sat 9-3

© 2018 Bombardier Recreational Products Inc. (BRP). All rights reserved. •, ** and the BRP logo are trademarks of BRP or its affiliates. In the U.S.A. products are distributed by BRP US Inc. This offer is valid in the U.S.A. only at participating Ski-Doo® dealers on new and unused Ski-Doo snowmobiles (excluding racing models and units sold under the Spring Fever promotion) purchased, delivered and registered between February 1, 2018 and February 28, 2018. The terms and conditions may vary depending on your state and these offers are subject to termination or change at any time without notice. See your Ski-Doo dealer for details. ‡ Get up to \$1,750 on select 2018 models. Eligible units are select new and unused 2018 3ki-Doo® models. Rebate amount depends on the model purchased. While quantities last. † FIMANCING OPTION with Sheffield Financials. Financiancia as Low as OS. APR for 36 Months: Eligible units are new and unused 2018 and prior Ski-Doo® models purchased from a participating BRP dealer. For example, on a purchase of an eligible unit where the Amount Financed is \$8,000, your Down Payment is \$0 with Branch Banking and Trust Company. Member FDIC. Subject to credit approval. Approval. Approval. Approval. Aproval. and any rates and terms provided, are based on credit worthiness. Tiers will be based on the customer's credit score obtained by Sheffield Financial. Other financing offers are available. Rates advertised are based on Tier A - B Customers with credit scores of 700 or higher. Minimum Amount Financed \$1,500, Maximum Amount Financed \$50,000. Other qualifications and apply, An origination fee of \$0 will be added to the amount financed in the above example, on the responsible for any errors, changes or actions related to financing provided by Sheffield Financial. Down payment may be required. See dealer for product eligibility and qualifications between 02/01/2018 and 02/28/2018. ["E" mean estimate.] Promotions are subject to termination or change a psecifications, prices, designs, features, models or

