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

tcatribune@gmail.com



GUARANTEED APPROVAL of EVERY CUSTOMER

Down Payments as low as \$1500

with Credit Acceptance

\$500 OFF

if you mention

this ad!!



Currently accepting new patients (with a referral)



10 James Street Homer, New York 13077 Open Monday-Friday 8am-4:30pm 607-749-2640

Dr. Eduardo Bonilla-Trejos Dr. Jianghong Yu • Dr. Sheetal Rayancha



4301 ROUTE 11 - CORTLAND, NY

Facebook at: PeacocksAuto1 CALL (607) 753-8989 FAX 753-3625



Water softeners Sulfur & iron removal **Purification systems** Water testing **Goulds water pumps** 

LaFayette, N.Y. (315) 677-5552 (607) 749-0120

**Bladder tanks** Water lines repaired & installed **Excavation services** Water wells drilled

**Over** 50 Years!

We are family owned & operated

# Clean, Safe Water for Your Family!



Comfort Keepers.

Don't Just Make A Living, Make A Difference.

Applications accepted at ckithacany.clearcareonline.com/apply "In Home Health Care" - Hiring PCA, HHA, LPNs, RNs, CNAs and Companions

1301 Trumansburg Road Suite A, Ithaca, NY 14850





Expert Auto Body Repair

**BODY WORK • CUSTOM PAINTING • HAIL DAMAGE** FRAME STRAIGHTENING • INSURANCE WORK



\$19.<sup>95</sup> OIL CHANGE

**COLLISION REPAIR SERVICES • CUSTOM PAINTING • DENT REPAIR** FRAME REPAIR • PAINT REPAIR • PAINTING • SCRATCH REMOVAL **TOUCH-UPS • TOWING • WINCHING • 24 HOUR TOWING SERVICE** WRECKER SERVICE • EMERGENCY ROADSIDE ASSISTANCE FLATBED SERVICES • ACCIDENT REMOVAL • AND MUCH MORE!

> **GIFT CERTIFICATES AVAILABLE**

**LOANER CAR** AVAILABLE W/ **COLLISION REPAIRS** 

WINTER-PROOF YOUR VEHICLE FOR THE COLDEST TIME OF THE YEAR



2 South Street, Suite 309 Auburn, NY 13021 Phone: 315-252-2354

Fax: 315-252-2196

Website: www.homeinstead.com/706 Email: sal.santora@homeinstead.com

❖Alzheimer's/Dementia Care ❖Light Housekeeping ❖Laundry ❖ Meal Preparation ❖ Medication Reminders ❖ Companionship ❖Supervision ❖Incidental Transportation

**Caregivers Needed:** Are you interested in enhancing the life of a senior? Visit our website or call Melissa 315-252-2354 for more information.

Serving Cortland, Cayuga, Tompkins, Seneca, Ontario, and Wayne Counties providing the highest quality reliable, compassionate, non-medical homecare for seniors 7 days a week, 24 hours a day including holidays.



- ☐ CHECK/CHANGE OIL
- **CHECK BATTERY**
- ☐ CHECK HOSE & BELTS
- ☐ CHECK TRANSMISSION
- ☐ CHECK WIPER FLUID
- ☐ CHECK TIRE TREAD
- CHECK ANTI-FREEZE
- □ CHECK HEATING SYSTEM □ CHECK BRAKES

233 ELMIRA RD., ITHACA NY 607-273-6310 WILLCOXTIRECENTER.COM

VE SELL USED C

# **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!

March 6 - Spring Antiques & St. Patrick's Day Issue

Deadline 3/1

March 20 - Spring Home Improvement, Real Estate & Think Spring Issue

Deadline 3/15

April 3 – Spring Motorcycle/Car Care & Pre-Easter Issue

**PLUS** Spring/Summer Travel Guide Distrubuted with this issue

Deadline 3/29

April 17 - Pre-Mother's Day, Lawn/Garden & Easter Issue

Deadline 4/12

May 1 - Mother's Day & Pre-Memorial Day Issue

Deadline 4/26

May 15 - Memorial Day Issue

Deadline 5/10

## TRIVIA QUESTIONS

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

- 1. What year was the bikini swimsuit unveiled?
- What phenomena made popular in the 1950's allowed everyone to become an artist?
- 3. What was the Beatles' first single as a group?
- 4. Does a duck's quack echo?

## 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!

## **BUMPER STICKER OF THE ISSUE** WATCH OUT FOR THE IDIOT BEHIND ME

Have you ever seen a clever bumper sticker on someone's car in front of you at the red light or fast food drive-thru and thought, "That's a good one"! Do you have one on your car that's worth sharing?! The newest addition to The CAT is quotes from Bumper Stickers! If you have one to share with our  $readers, please\ email\ it\ to\ tcatribune@gmail.com\ or\ call\ them\ in\ to\ 607-844-8228$ 

# illowbrook Manor **Senior Citizen Housing** VILLAGE OF DRYDEN

Residency available for those age 62 or over. (or handicapped/disabled regardless of age)

- Short Waiting List
   Laundry on Site
- Walk to Shopping
   Bus at Door
   Elevator
- ~ Rent and Eligibility Determined by Income ~

Request an application from:

P.O. Box 522 Dryden, NY 13053 844-8000 • TDD: 1-800-662-1220 8:30am til 12:30pm Mon/Wed/Thur



## **WELCOME NEW ADVERTISERS**

## **ATTORNEY – DEBT RELIEF**

SINGLE CH 7 BANKRUPTCY \$800.00

Foreclosure Relief + Divorce + Real Estate Auto Accidents Serious and Small Injury Mark Gugino • 144 Bald Hill Rd Ithaca 607-319-0766 • bk@twcny.rr.com Attv Advertising Debt Relief NDNY Only

## AUTOMOBILE SALES

www.smsmotorsportsllc.com

764 Route 13 Cortland, NY 13045

## **BEAUTY SALON**

Nail Tech • Hair Stylist BOOTH RENTAL **AVAILABLE** Massage Therapist

**FULL SERVICE SALON IN DRYDEN FULL TIME OR PART TIME MUST HAVE OWN CLIENTELE CALL FOR DETAILS-607-844-4111** 

## **IN-HOME SENIOR CARE**



1301 Trumansburg Road Suite A, Ithaca, NY

Comfort Keepers. 607-272-0444 607-423-7390

a **sodex** brand

## WOODWORKING

**Cortland Woodworks** 

1307 Starr Rd, Cortland www.cortlandwoodworks.org 607-342-0128



New words-only, 1/32nd page ad — 50-word maximum. Single font at a single size. \$20 for one-time run. 4 for \$75 — run consecutively, no changes. Payment must be included. No exceptions! Great for classifieds or businesses on a budget! Call 607-844-8228 or email tcatribune@gmail.com today to place your ad!



Want more timely local news & community events? Search for us: "The Cortland Area Tribune"

## 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)!

## SAVE A TREE—RECEIVE EACH ISSUE IN YOUR EMAIL INBOX

Email your request to tcatribune@gmail.com.

## The Cortland Area Tribune P.O. Box 67 • Dryden, NY 13053 (607) 844-8228 • tcatribune@gmail.com ${f cortlandareatribune.com \cdot @tcatribune}$

necessarily reflect those of the paper. All sales are final. No refunds.



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

607-753-0300

PAVING \* DITCH WORK RESIDENTIAL \* COMMERCIAL ASPHALT SEALING \* OIL & STONE *LINE STRIPPING \* EXCAVATION* 

5008 Health Camp Rd. :: Homer, NY



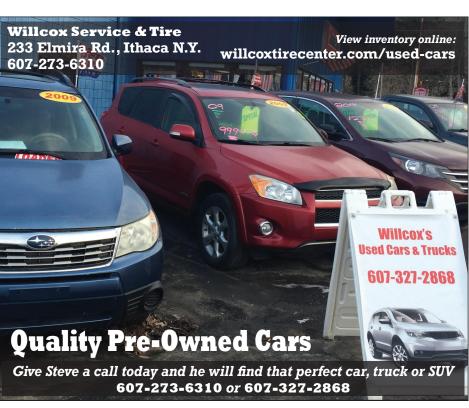


Radomir D. Stevanovic, MD, P.C. Ithaca Primary Care

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

IthacaPrimaryCare.com (607) 266-9100

2343 N. Triphammer Rd. Ithaca, New York









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

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



© 2019 Bombardier Recreational Products Inc. (BRP). All rights reserved. <sup>®</sup>, <sup>TM</sup> 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, 2019 to February 28, 2019. 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. \*\$ 2 as up 52, 2019 on select 2019 models: Eligible units are select new and unused 2019 Ski-Doo models. Rebate amount depends on the model purchased. While quantities last. \*\$ FINANCING OPTION with Sheffield Financial: Financing as Low as 0% APR for 60 Months: Eligible units are select new and unused 2019 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 60 monthly payments of Tiers A - B Customers only. \*\$133.33 sech. Interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 sech. interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 sech. interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 sech. interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 sech. interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 sech. interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 sech. interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 sech. interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 sech. interest Rate is 0% (ANNUAL PERCENTIAGE RATE 0% (E)). This A - B Customers only. \*\$133.33 se









## **IN-HOME BLOOD DRAWS DELIVER PHLEBOTOMY SERVICES TO PATIENTS**

SABELLA CARTER OF CORTLAND HAS her Coumadin levels checked every few weeks to make certain the anticoagulant medication is at the proper levels in her bloodstream. Getting the proper dosage of the blood-thinning drug is complicated: Too much Coumadin puts Isabella at risk for bruising and hemorrhaging, and too little puts her at risk of developing blood clots. Some foods and medications interact with the drug that may enhance or reduce the medication's anticoagulation effect.

Following a heart episode in 2012, Isabella, who is now 90, had surgery to implant a pacemaker that keeps her heart beating in proper rhythm. After the surgery, Isabella's physician prescribed Coumadin and began close monitoring to make sure the medication's dosage was correct.

Isabella had depended on a friend for the drive to her physician's office for regular blood draws. When her friend's health worsened, Isabella needed to find an alternative way of getting her blood tested. She explained the problem to her Cortland family medicine physician, Lynn Cunningham, MD, who recommended an in-home service for blood draws offered by Cayuga Medical Center Laboratory. The service makes 10 patient visits each weekday.

Every few weeks, a lab assistant arrives to see Isabella at her apartment, which overlooks the historic Cortland County

ORDER YOUR

SPRING CHICKS

"The lab people are all so nice and professional," Isabella says. "Having them come to me for the blood test makes this so convenient. And, it is not easy when you're 90 getting around

The Home Phlebotomy Service has been operating for more than 20 years. It's designed for patients who require blood work, but who are unable to travel to one of Cayuga Medical

Center Laboratory's patient service centers locations in Ithaca, Dryden, Cortland, and Schuyler Hospital in Montour Falls. On-site phlebotomy services are also provided for nursing home residents in Cortland, Tompkins, and Schuyler counties.

The blood and specimen samples are tested at Cayuga Medical Center Laboratory, which operates the most advanced laboratory technology in the region. Results are usually available the same day as the blood draw, and in urgent cases rapid results can be arranged.

"The Home Phlebotomy Service is particularly useful for oncology patients who may be immune-compromised and need to reduce their exposure to germs outside the home," says Brian Porter, Laboratory Outreach Supervisor. "Joint replacement patients who are homebound use the service, as well as those with disabilities who have trouble getting

To use this service, contact your doctor's office and ask if they can make arrangements for you to have home phlebotomy

## Cayuga Medical Center Laboratory

The full-service Laboratory at Cayuga Medical Center provides all major areas of clinical laboratory testing, including chemistry, special chemistry, cytology, molecular  $microbiology,\ pathology,\ urinalysis,\ hematology,\ coagulation,$ and blood banking.

The Cayuga Medical Center Laboratory is accredited by The Joint Commission, the world's leading health-care accrediting body, which is responsible for setting national patient-care standards. The lab works in collaboration with the Mayo Medical Laboratories, which serves as the official reference laboratory for Cayuga Medical Center Laboratory as well as 4,000 other hospitals and laboratories in more than 60 countries.

> For more information on the Laboratory, call (607) 274-



## **SNOW TIRES ON SALE AT WILLCOX SERVICE & TIRES CENTER**

O YOU NEED TIRES OR does your vehicle need to be serviced in the New Year? 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 & 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





# Office for People With Developmental Disabilities Career Opportunities

## Join the NYS Workforce

As a Direct Support Assistant (DSA)!

Salary range: \$32,325 - \$44,311

The New York State Office for People With Developmental Disabilities (OPWDD) is seeking to fill Direct Support Assistant (DSA) positions.

- DSAs perform a wide variety of person-centered supports and services for people with developmental disabilities, which include advocating for, encouraging, guiding, and teaching individuals to express personal choice, developing daily living skills and habits, taking care of their personal needs, assuring community integration, ensuring their health and safety, and maintaining
  - The supports and services DSAs perform depend upon the specific abilities of the person(s) being served and the nature of the setting where the activities are performed.

## Minimum Qualifications:

The minimum qualifications are taking a Civil Service exam, possessing a High School Diploma, GED or Direct Support Professional (DSP) Certificate, and a having a valid license to operate a motor vehicle in New York State and to meet physical, medical, and agility standards.

## For more information:

**Central New York DDSO** Office of Human Resources (315) 473-6980 or CNY.JOBS@opwdd.ny.gov

NYS Office for People With Developmental Disabilities (OPWDD) Office of Human Resources Central New York DDSO, 187 Northern Concourse, North Syracuse, NY 13212

Home Phlebotomy Service and Cayuga Medical Center

# Nightingale's

6 ELM ST ~ VILLAGE OF TULLY ~ OPEN 7 DAYS

**TULLY LAKES HARDWARE** 

(315) 238-7050



An Affirmative Action/Equal Opportunity Employer

February 20 – March 5, 2019

brakes to air-conditioning to tires to fuel pumps, Willcox is your vehicle's one stop automotive supercenter. Celebrating our 33<sup>rd</sup> 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 ATV's, 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
- 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 – <u>www.willcoxtirecenter.com</u> and like us on

## **YOGA FOR SENIORS**

JOGA FOR SENIORS COMBINES GENTLE physical poses  $oldsymbol{1}$  with mindfulness, breathing, and meditation. The combination of these practices increases mobility, and helps balance the nervous system. The research on yoga for seniors is preliminary, however, studies have found a yoga practice cultivates physical and mental wellness.

Yoga can improve strength, flexibility, and endurance, and studies have also found that regular practice may help things that seniors report experiencing, such as; lower the risk of cardiovascular disease, recovery from strokes and surgery, prevent falls, manage arthritis, pain and inflammation, manage diabetes, improve sleep quality, facilitate the grieving process, manage depression and anxiety.

When we consider these benefits on the whole, it's not surprising that practicing yoga measurably improves seniors' self reported sense of well-being. Yoga outperforms other exercises on several key metrics. For example, one study found that seniors assigned a yoga practice experienced greater improvements in regulating feelings of anger and anxiety, as well as increases to their sense of well-being and self-efficacy, than those in an exercise control group.

Yoga is unique in its ability to address a broad spectrum of wellness for senior students. Since yoga is not a purely physical practice, there is flexibility to adapt one's practice to meet one's needs. This is a significant factor why yoga has become so popular with seniors. In short, there IS a yoga practice available to you, no matter your age, or your physical limitations. Look for offerings of yoga for beginners, or yoga for every body, if you are not able to find a senior specific or chair yoga class.

Written by Jeannie O'Neill, Director of Development for the  $School\,For\,Radiant\,Living\,at\,Yoga\,Farm.\,For\,more\,information$  $about\,self\,care\,practices,\,visit\,\underline{www.RadiantLiving.us}.$ 

## **MIKE'S FISH TANK COMMON QUESTIONS**

 ${\color{red} {\bf C}}$  ome of the questions I get asked often. Why does my algae Deater keep dying. A lot of people put algae eaters in new tanks just set up. There is no algae. They basically starve. Wait til you see algae before adding them. Also algae eaters are tropical. They like warm water. If you put them in a cold goldfish tank, they may not last long.

Another common question is People needing a bottom feeder.

There really is no such thing. Some fish like cory cats, loaches and some of the sharks tend to hang more at the bottom of the tank. That's kind of where bottom feeders started. No fish will eat waste or old food that has

spoiled at the bottom of the tank. When you get a lot of bottom waste and old food, that's

when you use your siphon, to get rid of it. If you watch your fish after you feed them, almost all of them head to the bottom to search for food that was missed.

Always siphon once a month to get rid of excess food and waste. Not doing that will eventually make your water cloudy.

A lot of people want to put quite a few fish in 1 or 2 gallon tanks. However it seldom works. The small tanks are more suited for a betta. Goldfish are messy and need filtration which the small tanks don't have. Another common issue is don't feed the same food all the time. Fish can get sick of the same food and stop eating. Some people wonder why their fish die suddenly. Sometimes it's just because fish starve to death because they don't like the food. Have 2 or 3 kinds of foods and vary the diet



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

# **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



# Indoor Walking Track

At The J.M. McDonald Sports Complex 4292 Fairgrounds Dr. Cortland, NY 13045 (607)753 - 8100

> Walking is free to the public! Open Monday—Friday 7 AM-4 PM





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



116 North Street Dryden, NY 13053 607.844.8333

**ACDelco** 

945 Dryden Road Ithaca, NY 14850 607.275.0611 **BELLSAUTO.COM** 



We Now Sell & Service

# HITZER **Coal Stoves**

**We Also Have A Large Selection of Stove Parts** As Well As Leisure Line & Alaska Coal Stoves"

**RICE - BUCKWHEAT - PEA - CHESTNUT - STOVE** 



BLASCHAK BULK COAL

PRE-BAGGED COAL \$280/Ton

- Oiled Coal Is An Additional \$5/Ton -



Open 7 Days a week

## Winter Hours:

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

# coal.woodfordbros.com

6500 State Route 80, Apulia Station, NY 13020 315-696-8971



## **CORTLAND COUNTY HOME INSTEAD SENIOR CARE**

TOME INSTEAD SENIOR CARE CELEBRATED 10 years of service to our community this past October. Although located in the historic Phoenix building downtown Auburn, Home Instead Senior Care has provided non-medical home care over the last decade to hundreds of seniors wishing to age in their own homes in Cortland County, as well as the surrounding Finger Lakes counties. "Our services have enabled older adults to remain independent far longer than they would have been able if it weren't for our caregivers" said Sal Santora, coowner. "My wife Nancy and I started this business in 2008 because we were seeing my own mother aging and in need of more supervision. We didn't know where to turn and realized there were others who were having the same experience."

As the largest growing sector of the population, seniors 65 and older will outnumber children under 5 for the first time in history by the year 2020. And according to aging research, current baby boomers are expected to double the number of people over the age of 85 by the year 2030. Add to that the increasing number of Alzheimer's and dementia diagnoses and families face many challenges. For those wishing to age in place, resources are limited, and many rely on an adult child or a neighbor to help with groceries, meals, rides to appointments, laundry, and cleaning. More and more baby boomers are deferring retirement and remaining in the work force longer which limits the time adult children can devote to caring for an aging parent or parents. "Often one sibling is taking on more than the others because of proximity to the parent(s). We see the stress this puts on families," said Nancy

The Santoras commented, "We are proud to be a part of this community for ten years and our success is due to a strong team of dedicated caregivers and a cohesive administrative team comprised of AnnMarie Bates, Liza Kelly, and Melissa Slater. These key staff members believe in our mission to provide individualized attention to each client and caregiver situation." The office was nominated and awarded the 2016 Excellence in Small Business Award. "It was an exciting event for our office. We realized that after the early years of being an unknown entity, the community recognized that our efforts were improving the lives of seniors in our community. That's what makes it all worthwhile", agreed the Santoras.

With homecare available 24 hours a day, 7 days a week, the Home Instead Senior Care office has been providing not only services, but employment opportunities in Cortland County for a decade. Some of the caregivers work a full schedule, some a few hours a week, overnights, or just weekends. This flexibility has made employment at Home Instead Senior Care an option for those who have recently retired from the typical 9-5 job, or those who may want to supplement their income by doing something meaningful and personal to them.

## **Attention Business Owners**

Would you like to have an article with photos printed about your business?! Call Judy Kilmer at 607-227-0606 or email tcatribune@gmail.com to find out how!



## **RON'S BODY & PAINT** CELEBRATING OUR 30<sup>TH</sup> YEAR

EEP YOU AND YOUR LOVED ones safe with new tires and a tune up Kfrom Ron's Body & Paint! Contact the auto body and paint experts - Ron's Body & Paint in Cortland for all of your automotive services at 362 Route 13 to schedule your appointment at the Cortland location 607-662-4543. Since 1989, Ron Stanley and family have been offering the absolute finest in contemporary automotive services at their one-stop vehicle service center in Marathon at 31 Cortland Street (607-849-6898) and both locations are providing the same great services Ron's Body & Paint has been known for Why would you ever need to call Ron's Body & Paint? Here are five reasons to call!

One: they are the biggest body shop in the area, and the place to call for body and paint work done using a state-of-the-art down draft paint booth and waterborne paint. Plus, loaner cars are available.





Antiques, Collectibles, Linens, Jewelry, Buttons, Beads, Lamps, Glassware, Pottery, China, Crystal, Toys, Dolls, Post Cards, Advertising, Furniture



Make an offer

## WINTER SALE

Make an offer



Buy now while selection is at it's best! Thousands of items in the 50% off category! Gold & Silver 20% Trains & Moser Glass 00% All Else is 50% off! Lighting, Furniture, Pictures, Paintings & Plaques 40%



Open Wednesday-Sunday 10am-5pm Closed Monday & Tuesday 3 RAILROAD STREET - WHITNEY POINT, NY

607-862-9795 grandmaspretties.com







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



February 20 – March 5, 2019

Two: they are a full-service center that handles everything from brakes, inspections, and oil changes for only \$19.95. 4-wheel alignments to deals like a 10% discount with the purchase of 4 tires. Makes a great gift – gift certificates available!

Three: 24-hour towing for all vehicles, tractors, and heavy and light vehicles. Complete with AAA roadside service.

Four: they have 30 years of experience, featuring mechanics who are

Five: because they are a locally-owned business with 2 locations to serve you. Ron's Body & Paint, on Cortland Street in Marathon, and on Route 13, across from Elm Tree golf course in Cortland.

And of course, your satisfaction is always guaranteed. ASK RON ABOUT A LOANER CAR WHILE YOUR COLLISION REPAIR WORK IS DONE!

Like them on Facebook! Or on the web ronsbodyandpaint.com.



## A FAMILY TREE WITH **DEEP ROOTS**

HUTE'S WATER SYSTEMS AND SHUTE'S LaFayette Well Drilling has been a family-run business serving Central New York for more than 50 years, drilling wells, installing pumps and treating problem

Originally known as LaFayette Well Drilling, established in 1963 by Howard Shute, and brother-in-law, Warren Shetler, both the business and their reputation grew over the years. Shute continued on with the business after Shetler decided to pursue other interests.

Shute was then joined by his sons, Mark, Neil and Scott. Howard Shute retired at nearly 80 years of age while his sons continued the family tradition of providing safe and pure water to the community.

Today, Shute's Water Systems is run by Scott Shute and Matt Farkas, and Shute's Excavation is run by Todd Shute. Scott's wife Becky runs the office with Mark Shute's daughter Jill. The family attributes the

majority of its continued success from recommendations it receives from satisfied customers.

Shute said many municipal water systems contain calcium and magnesium, which as "hard" substances, form scale and create problems in water heaters, dish washers and plumbing systems.

Water purification can include the removal of iron, sulfur, chlorine and bacteria in a chemical-free process. Softening the water is also important and has many benefits, not only for family members, but for plumbing systems and appliances too.



"Uncontaminated water is essential for good health," Shute said. "Foul-smelling or unusual odors from your water should make you question your water's quality and safety."

Many families throughout Central New York use well water as a sourceof drinking water and for all its household needs. Unfortunately, water containing hydrogen sulfide gas has a distinctive "rotten egg" odor which is especially noticeable when running hot water.

Shute said the danger lies in a gradual chemical reaction

"Hydrogen sulfide gas will corrode plumbing metals such as iron, steel, copper and brass, and the exposed metal parts in appliances such as dish washers and washing machines" Shute said. "Also,  $corrosion\ of\ iron\ and\ steel\ pipes\ from\ ferrous\ sulfide, or\ 'black\ water,'$ that can darken everyday tableware, discolor copper and brass utensils and alter the appearance and taste of cooked foods."

Additionally, Shute said, sulfur water can make washing clothes more

Shute's Water Systems can assure customers that these hazards and more can be avoided or remedied using its time-tested, ecological Shute's offers a free water analysis that will help lead to greattasting and healthy water from the tap. Located in LaFayette, Shute's Water Systems can be reached at (315) 677-5552, or visit  $\underline{ShutesWaterSystems.com}.$ 

See its ad on the front page of this edition of the Cortland Area



## **CREATURE FEATURE** THE WOODCHUCK (GROUNDHOG)

EBRUARY 2ND, GROUNDHOG DAY: THE traditional emergence of a sleepy, shadow-seeking rodent from its winter den. In reality, woodchucks are more apt to leave their burrows some time in March. The first ones to venture out in the spring are usually older males. Woodchucks are semi-fossorial, meaning they spend much of their lives underground, an existence for which they are well suited. They use their strong legs and thick claws to excavate simple, or some times interconnecting, tunnels, and employ tough teeth to chew through roots and loosen small rocks. Woodchucks live in pastures and fields, forest clearings and along grassy roadsides. Clovers, grasses, flowers, buds, fruits and garden crops make up most of their diet. They breed in early spring, and babies are born after a gestation of 30-33 days. They are tiny, weighing just 1 to 1-1/2 ounces each, and their eyeswon't open until they're 28 days old. The mother cares for them until they're ready to disperse in July or August. Hibernation begins in the fall, within a snug, earth-plugged underground chamber. During hibernation, their heartbeat slows to just 4-5 beats per minute. Woodchucks lose 30-40 percent of their body weight over the winter due to fat depletion. Unlike some animals, they don't store food for the winter, instead relying on fat reserves to see them through.

Article & Photo by Margie Manthey



# 2018 Chrysler 300 Limited AWD



Buy figure is after all rebates are applied. Buy figure does not include tax and fees. Buy figure is for Stock# 2184660 only. Must finance thru Chrysler Capital with approved credit, Ends 2/28/19

MSRP \$43,330.00 **BUY FOR \$34,330.00** 

9019 Jeen Compass 4X4

Stock #2192700

**BUY FOR \$24,499.00** LEASE FOR \$179.00/monthly

MSRP \$27,840.00

does not include tax and fees. Must finance thru Chrysler Capital. Buy and lease for stock number 2192700. Lease is with \$3000 down plus 1st payment, tax, fess, Total due at signing is \$4503.00 cash or trade equity. 42 month lease 10,000 miles yearly. \$0 Acg fee. For well qualified buyers pending approval thru Chrysler Capital. Lessee responsible for all maintenance, repair and excess wear and tear. Ends 2/28/19

Buy figure is after rebates applied. Buy figure

3878 West Rd., (Route 281) · 607-753-3352

2019 Jeep Cherokee Limited Stock #2191630

MSRP \$35,490.00 **BUY FOR \$29,999.00** 

LEASE FOR \$209.00/monthly

DODGE

Buy figure is after rebates applied. Buy figure does not include tax and fees. Must finance thru Chrysler Capital. Buy and lease for stock number 2191630. Lease is with \$3000 down plus 1st payment, tax, fess. Total due at signing is \$4620.00 cash or trade equity. 42 month lease 10,000 miles yearly. \$0 Acq fee. For well qualified buyers pending approval thru Chrysler Capital. Lessee responsible for

all maintenance, repair and excess wear and tear. Ends 2/28/19

## 9019 Ram 1500 Classic Quad 4X4



MSRP \$39,680.00 LEASE FOR \$289.00/monthly OR BUY FOR \$30,499.00

Buy figure is after rebates applied. Buy figure does not include tax and fees. Must finance thru Chrysler Capital. Buy and Lease for stock number 2190980. No money down lease, just as first payment and fees at signing. 36 month lease 10,000 miles yearly.

Payments on lease includes tax. \$595 Acq fee. For well qualified buyers pending approval thru Chrysler Capital. Lessee responsible for all maintenance, repair and excess wear and tear. Ends 2/28/19







# **UPSTATE**

## RHEUMATOLOGY OF HOMER

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

Testate 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 EDITARDO RONTLLA-TREJOS



DR. JIANGHONG YU



DR. SHEETAL RAYANCHA

Highlight Your Life

Hair Salon



Call to schedule your appointment today! **Jennifer Conway Shelly Luce** Vicki Crumb

Missty Leonard

Try some new Highlights or Color!

**Property Management** 

Homer, New York 13077

607-423-5296

11 North Main Street-Suite 1

## **PEACOCK AUTO SALES FEATURED VEHICLES** THIS WEEK

TE HAVE NEW INVENTORY COMING in with down payments starting at \$1,500 with Guaranteed Approval for any buyer.

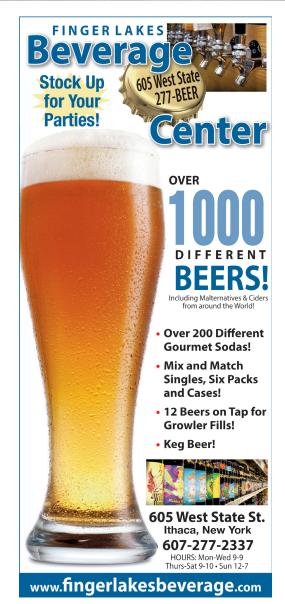
Our 2011 Chrysler Town and Country has Automatic Sliding Doors and an Automatic Rear Hatch that will make life so much easier! This fully loaded, power steering, power locks, leather interior also comes with brand new Snow Tires to finish out these winter months. It also has dual DVD players and a navigation system. In fact, mention or bring this add with you to Peacocks Auto Sales and we will take \$500 OFF THE ASKING PRICE! On the lot we also have a 2011 Chevy G2500 Express 11 Passenger Van, Power Windows, Power Locks, Gray Leather Interior, AM/FM Radio, Runs and Drives Great. Check out our line up of Subaru's to choose from including a sharp 2012 Subaru Crosstrex with 97,000 miles with brand new tires, power windows, power locks, cruise control, etc. We have a 2012 Subaru Forester White Premium Sport Utility 4D, Power Windows, Power Locks, CD Player, 134,000 miles. We also have a 2012 Subaru Outback Silver complete with sunroof, black leather interior, fully loaded, power windows and power locks with 98,000 miles. Come see our line up of Chevys including a 2013 Chevy Impala- Silver with 102,000 miles, leather interior. We have a few different styles to choose from.



Peacock Auto Sales has been family owned and operated for over 14 years. We have proud reputation of providing quality, reliable and affordable vehicles to the local community. We are offering guaranteed approval even if you have Bankruptcy Chapter 7 or 13, Temporary Employment, First Time Buyers, Fixed Income, and even Multiple Repossessions. With a low down payment we can have you cruising into 2019! We are moving in new inventory each week and might have the vehicle you are looking for to make your whole year. You can stop down and check out our selection at 4301 Rt 11, Cortland or call them at 607-753-8989. We have new office hours Monday thru Friday 9am to 5pm and Saturdays 9am to 12pm. You can also find us on Facebook at Peacocks Auto 1. Applications are available online and with guaranteed approval what is stopping you from getting a new ride!









interiors in the renovated

Homer Exchange Building

in beautiful downtown

Historic Homer, New York!





Near Dovi Motors, Pizza Hut & Plaza 6 Cinemas



ctually ffordable onstruction

James M. Washburn 607-591-3051 Groton, New York

New Construction, garages, remodel, siding, windows, doors, much more....



CERTIFICATES

RESTORATION & CUSTOM GUNSMITHING

> Specializing in VINTAGE ITHACA GUN CO. FIREARMS

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

# Rt. 13 & Gulf Hill Road, Dryden, NY 13053 607-753-8603 Shane Merriman - owner Blaschak Coal - Rice - Buck - Pea - Nut - Stove Bagged or Bulk - Delivery Available

Hours: Monday-Friday 3-5:30 - Saturday 9-12
Other hours by appointment

RIPPING THROUGH THE COMPETITION

## TOP MONEY PAID

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

**WE BUY ALL BROKEN GOLD** 

607-662-4052 16 Main Street Cortland, NY 13045 NEWYORKPAWNBOSS.COM

M-F 10:30AM - 6PM SAT 10:30AM - 3:00PM **CLOSED SUN** 

**DVDS** 

**COLLEGE BOOKS** 

STOVE COMPANY SIMPLICITY EFFICIENCY

QUALITY

GAME

**SYSTEMS** 

PS4, X-Box, Wii

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

# G.L. Mullen BODY SHOP

FREE ESTIMATES - All Makes & Models G. L. Mullen Insurance Claims **ALL WORK GUARANTEED** 

> WE DO EVERYTHING-IF IT'S PAINTABLE, WE DO IT

# Fabius Bottle & Can

A REGISTERED NEW YORK STATE REDEMPTION CENTER

Call Us For 6¢ **Fundraisers With** Your Logo & **Our Custom Trailer** 



**SPORTS TEAMS SCOUTING GROUPS** CHURCH GROUPS **NON-PROFITS GROUPS** ETC.

**Open Now** (315) 683-5500 Fast, Friendly Clean & Honest

Keystoker Stoves**Commercial & Large Load Pickup Curbside Assistance** 

7AM - 8PM Every Day 7861 Main St. Fabius



## SLATERVILLE SPRINGS

Residency available for those age 62 or over. (or handicapped/disabled regardless of age)

\*1 Bedroom ~ Minutes to Ithaca! ~Short Waiting List ~ Elevator ~ Laundry on site ~Rent and Eligibility Determined by Income

Request an application from:



FOUNTAIN MANOR P.O. Box 322, Dryden, NY 13053

539-6320 ~ 9am til 2pm ~ Tues. and Thurs TDD: 1-800-662-1220



Call us & check out our Hot Sizzling Prices on coal & stoves

Specializing In

Pea, Nut, Rice

Bagged & Bulk Coal

Delivery Service Always Available

We Carry Coal Fired Furnaces & Boilers!

We Service & Clean All Makes & Models of Coal Stoves

Stoyell Stove, Coal & Equipment

(315) 497-2955 1968 Route 38A, Moravia, NY 13118 • Hours M-F 8-5 • SAT 8-1 RMS GRAVEL,



SAND · STONE · GRAVEL



290 MOTT ROAD • DRYDEN VISA ALL PRODUCTS SOLD IN US TONS







Chilla Bration

FEBRUARY 23, 2019 12:00PM - 4:00PM IN HISTORIC DOWNTOWN CORTLAND

\$15 INCLUDES 23 TASTING TICKETS & COLLECTIBLE SPOON

HDC.YAPSODY.com

TICKETS AVAILABLE IN-PERSON (CASH/CHECK) AT:

**FEBRUARY 16 - 23** 

CORTLAND

Downtown Partnership

BRU 64

TICKETS AVAILABLE ONLINE AT:

Annual Chili Cook Off + Winter Tasting Tour



## **GRANDMA'S PRETTIES ANTIQUES & COLLECTIBLES**

GET A JUMP START ON your Spring decorating and stop in and take advantage of Grandma's Pretties sale with thousands of items in the 50% category. Make an offer!

Trains and Moser Glass 0% Off. Gold and silver 20% Off! Lighting, furniture, pictures, paintings & plaques 40% Off! All Else 50% OFF! Sale continues until major inventory reduction is achieved. Browse through their PEZ dispensers, marbles, lamps, clocks, beads, buttons, models of vintage aircraft, records, 500+ dolls, 1,000's of earrings, vintage Boyd's Bears, furniture, glassware, Pyrex, baking dishes, jewelry, and a vast array of other items that are on display.

> Grandma's Pretties located at 3 Railroad Street in Whitney Point and is open from 10am to 5pm Wednesday through Sunday. Closed Monday & Tuesday. Cash, checks, and credit cards are all welcome. The

store is a one owner owned shop with a 25+ year history and is owned by Marlene Pittsley.

Grandma's Pretties buys merchandise, such as jewelry, clocks, glassware, furniture, and miscellaneous items. View their website www.grandmaspretties.com and Like them on Facebook. Call (607) 862-9795, or visit the handicapped accessible shop: take a right on to Main Street by the Speedway station, and take a left onto Railroad Street before you reach the railroad tracks.

## **COMFORT KEEPERS ELEVATING THE HUMAN SPIRIT**

1301 Trumansburg Rd. Ste. A, Ithaca, NY 607-272-0444 • 607-423-7390

ONSUMER RESEARCH ILLUMINATED THE PRINCIPLE that seniors desire in their lives the same things that we all do connectedness, love, purpose, hope and joy. This doesn't change from what we wanted throughout our younger years. It's fundamental to how we define quality of life, going beyond keeping them safe and secure at home.

### Talking about Love vs. Fear

Every decision in life is motivated by one of two emotions. At the most basic level, it boils down to love and fear. When it comes to senior care, that's an extremely emotional decision. People are motivated by love or fear for that too, and unfortunately the industry, tends to lean toward worry, or fear. Make sure you keep them safe and secure so nothing

No wonder families can take over a year before they decide on home care for their loved ones! There are all kinds of emotional barriers that need to come down first... so what if we helped them along? Comfort Keepers is going to change the conversation about caring for our seniors. We are going to be talking about love... not fear.



Teresa Nix



Summer

Local Travel

2019

LOCAL EVENTS

**SPRING** 

**SUMMER** 

**FESTIVALS!** 

FAIRS!

**CAR SHOWS!** 

**DEADLINE FOR AD** 

COPY IS FRI, MAR. 22

Jeff Nix

Don't miss this once a year opportunity! today!

**SPRING/SUMMER 2019** 

Presented by

THE CORTLAND AREA TRIBUNE

Guide! Distributed April & May in 7 counties starting with our April 3rd issue!

# Travel Guide ADVERTISING RATES

Full pg 8" wide × 9.75" tall &WHITE \$520 8'' wide  $\times$  4.8" tall BLACK \$340 WHITE \$340 COLOR \$400 1/2 pg 3.9'' wide  $\times$  9.75'' tall BLACK \$190 1/4 pg 3.9'' wide  $\times$  4.8'' tall COLOR \$230 &WHITE \$105 3.9'' wide  $\times 2.325''$  tall 1/8 pg COLOR \$130 BLACK \$70 WHITE COLOR \$85 1/16 pg 3.9'' wide  $\times$  1.075'' tall

**PAYMENT IS DUE** WITH AD PLACEMENT



Made payable to:

THE CORTLAND AREA TRIBUNE THE CORTLAND AREA TRIBUNE PO BOX 67

DRYDEN, NY 13053

A Bit About The Cortland Area Tribune...

The Cortland Area Tribune, nicknamed The CAT, is a free biweekly newspaper offering affordable advertising rates since 2002. 24 for 32 pages per issue! Distributed every other Wednesday in Cortland, Tully, Lafayette, Groton, Homer, Dryden, Marathon, Whitney Point, Moravia and Ithaca. Each issue has a new them to go with the season in The CAT.

Moravia and Ithaca. Each issue has a new theme to go with the season or suggested topics – such as DAD/ GRAD, EASTER, CHRISTMAS, NEED FOR SPEED, PAMPER YOUR PETS, CAR CARE MONTH, BRIDAL and more! The CAT's popular 4 pg pull-out biz/ service guide only \$99/4 months per listing. Includes 1 FREE 1/16th pg black & white ad inside with new and/

or renewed listings! Plus discounted advertising rates while listed in

in The CAT.

Front page advertisements include a FREE article and pictures printed inside about their biz! It's like getting 2 ads for the price of one!

Don't miss out! Inform the community about YOUR business! Folks are curious about what's inside The CAT

Judy Kilmer, Publisher

call or email for a rate brochure plus upcoming dates and deadlines.

**CONTACT** JUDY KILMER

PUBLISHER TEXT/CALL 607.227.0606 for advertising info!

**EMAIL YOUR AD** tcatribune@gmail.com PDF • JPEG • TIFF

TRAVEL GUIDE WILL ALSO BE ONLINE AT CORTLANDAREATRIBUNE.COM

## **New Brand Promise**

Comfort Keepers elevates the human spirit for today's seniors and their families through a unique, individualized approach to care that helps seniors thrive and achieve greater wellbeing by fostering everyday positive moments, connection and a more purposeful life no matter their age or acuity.

Our Comfort Keepers brand promise is that we elevate the human spirit for today's seniors and their families. We know that people want the same things no matter how old they are - connectedness, love, purpose, hope and joy. Everyone is so focused on safety and security but what both seniors and their families want even more is how to help them thrive and live their lives – regardless of physical condition or mental state. That's why Comfort Keepers is all about Elevating the Human

We help our clients reclaim all that life has to offer and focus on daily doses of joy that can make all the difference. We employ Interactive Caregiving as well as technology and other services that help our clients connect with themselves, with others and with the outside world, helping them thrive both mentally and physically no matter their level of acuity.

- Our approach to caring for our elders is rooted in science and medicine
- Seniors who feel better can live healthier and longer.
- Social isolation and loneliness is health equivalent of 15 cigarettes

- Volunteering = lower depression, higher wellbeing
- Elderly people who feel younger than their age show less brain aging, better memory and less depression
- Socially isolated seniors have a much greater risk of mental and physical decline
- Lower depression = less falls
- Socialization and interaction slow Alzheimer's and Dementia patients' decline
- Social isolation and loneliness is health equivalent of 15 cigs/day (AARP.org)
- As little as 2 hours per week of volunteering is associated with a lower risk of depression and a higher feeling of well-being (Psychology Today)
- Elderly people who feel younger than their age show less brain aging, better memory and less depression (thirdage. com)
- Social engaged seniors have higher levels of physical, mental, and cognitive functioning (Stanford Center on Longevity)

- Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation. (Forbes)
- There is a correlation between depression in seniors and the number of falls that a senior may experience.
- Socialization and interaction slow Alzheimer's and Dementia patients' decline. A study analyzing the correlation between loneliness and risk of developing AD revealed that lonely persons had higher risk of AD compared with persons who were not lonely. On the other hand, it has been reported that we can prevent cognitive decline and delay the onset of AD if we keep mentally active and frequently participate in social activities. (NIH.gov)

## CORTLAND COUNTY AREA AGENCY ON AGING CAREGIVERS SUPPORT GROUP

EVERY 4<sup>TH</sup> THURSDAY OF THE MONTH (NOVEMBER AND DECEMBER WILL BE THE 2<sup>ND</sup> THURSDAY) FROM 3-4 PM



AT THE GUTHRIE CORTLAND MEDICAL CENTER IN THE BASEMENT, CONFERENCE ROOM B

FOR MORE INFORMATION CALL THE CAREGIVERS' RESOURCE CENTER AT 753-5060 - WALK-INS WELCOME!

Selfless Love... What we do for ourselves dies with as. What we do for others and the world remains Immortal, -Albert Pine



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 amended.





BERKSHIRE, NEW YORK

# RED IRON =REPAIR=

SCOTT CRISPELL

Serving **TOMPKINS • CORTLAND** 

**BROOME • TIOGA** 



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

## CORTLAND SENIOR CENTER

Location: County Office Building 60 Central Avenue Cortland, NY 13045

Hours: Monday-Friday 8:00am-3:00pm Thursday 8:00-7:30pm

Breakfast: Monday & Thursday 8:00-9:00am

## **CREAMERY HILLS SENIOR CENTER - HARFORD**

Location: Creamery Hills Living Center 355 Creamery Road Harford, NY 13835

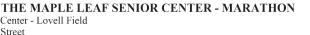


## Hours: Monday-Thursday 8:30am-2:30pm THE DAVID HARUM SENIOR CENTER - HOMER

Location: Homer Town Hall 31 North Main Street

Homer, NY 13077 (607) 749-2362

Hours: Monday 2:00-7:30pm Tuesday-Thursday 9:00am-2:30pm



Location: Civic Brink Street Marathon, NY 13803 (607) 849-3884

Hours: Monday-Friday 8:00am-3:00pm

## MCGRAW SENIOR CENTER

Location: McGraw Community Hall Clinton Street

McGraw, NY 13101 (607) 836-8916



## Hours: Monday-Thursday 9:00am-3:00pm

## SCOTT SENIOR CENTER

Location: United Methodist Church Route 41

Homer, NY 13077 (607) 749-7973

Hours: Monday-Thursday 8:30am-2:30pm

Hours: Monday-Thursday 8:30am-2:00pn

Friday: 6:00am -12:00pm Breakfast Served: 7:30-9:30am

## TRUXTON SENIOR CENTER

Location: United Methodist Church 3670 Route 13 Truxton, NY 13158

(607) 842-6253



Hours: Monday-Friday 8:00am-3:00pm Route 41 Willet, NY 13863 Friday: 6:00am-1:00pm Brunch served 8:00-10:00am (607) 863-4887

## **Cortland County Nutrition Program Helping Hands Food Pantries**

## Cortland

Cortland Senior Center Cortland County Nutrition Program County Office Bldg., Room B-10

60 Central Avenue 753-5061

Pantry Contact Person: Sara Teeter

Pantry Hours: Emergency Food Available Monday-Friday 8:00a.m.-3:00p.m.

1st & 3rd Friday: 9:00a.m.-12:00 Noon

**Truxton** 

Truxton Senior Center United Methodist Church 3670 Route 13 842-6253

Pantry Contact Person: Kelly Rotunda Mon., Wed., Thurs. 8:30a.m.-2:00p.m. Tues. 2:30-7:00p.m.

Willet

Willet Senior Center Town Hall

863-4887

Pantry Contact Person: Laurie Snyder Mon.- Thurs. 8:00a.m.- 3:00p.m. Fri. 6:00 - 1:00p.m.



## **DRYDEN SENIOR CITIZENS**

 $\mathbf{T}$ HE DRYDEN SENIOR CITIZENS MEET at the VFW outside of Dryden on Route 13 toward Ithaca. We meet twice a month on the 2nd and 4th Mondays of the month. If the Dryden Schools are closed then the Lunch is cancelled for that day. If the day happens on a National Holiday there is no lunch, i.e. Memorial Day. The meeting begins at 11:45 and lunch is served at 12:15. The cost for members is \$7, and guests are \$8. After the lunch we have a speaker or entertainment. Anyone 55 or over is welcome to join us. June 10 is our indoor picnic and the last lunch for the spring. There are no lunches during July and August. The fall lunches begin on September 9. Membership is \$5 per person for the year.

This year our Spring Bazaar is on Saturday, April 6 at the Dryden Fire Hall. It runs from 9 am to 2 pm and lunch is available from 11 am to 1:00 pm.

If you have any more questions, please email me or call me at 607 844-9543.

## **MEDICARE PREVENTIVE SERVICES**

NE OF MEDICARE'S PREVENTIVE SERVICES include coverage for two separate pneumonia vaccines. Part B of Medicare will cover the first shot if you never received a pneumonia shot before. In addition, you are covered for a different, second vaccination one year after receiving the first shot.

If you qualify, Original Medicare covers pneumonia shots at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover pneumonia shots without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

Call the Cortland Area Agency on Aging at 753-5060, for information on this and other Medicare related questions.

## **WHAT'S NEW IN MEDICARE** FOR 2019?

The Center for Medicare & Medicaid Services (CMS) has made several important changes to the Medicare program for 2019. A few of the key changes effect enrollment periods. Medicare Advantage plan members will have a continuous Medicare Advantage Open Enrollment Period from January 1 through March 31 each year. During this period, eligible Medicare Advantage members will be able to switch to a different Medicare Advantage plan or drop their Medicare Advantage Plan and return to Original Medicare and coverage under a stand-alone Part D drug plan. CMS has also changed the Extra Help Special Enrollment Period (SEP) for Medicare Part D Low-Income Subsidy (LIS) and Dual-eligible beneficiaries. These beneficiaries can no longer change their plans monthly. In 2019, these beneficiaries are limited to change once per quarter for the first three quarters and rely on Fall Open Enrollment for the last quarter.

The Part D Low-Income Subsidy (LIS) for New York State in 2019 is \$39.33. Medicare beneficiaries receiving the Full Low Income Subsidy (Extra Help), including those with both Medicare and Medicaid and/or a Medicare Savings Program, will receive this amount toward a Basic Part D plan premium. People with Medicare who pay a higher Part B premium based on income will also pay a higher premium for Part D. They will pay the standard part B premium and a surcharge, which will range from \$12.40 to 70.90 in 2019; this is a small decrease from 2018. There is also a new income bracket for beneficiaries with income over \$500,000 single/\$750,000 couple; they will pay a monthly surcharge of \$77.40

In 2019, the Medicare Part B Therapy Cap was eliminated. This includes physical, speech and occupational therapy services that will now be covered, as most Part B services are covered, as medically necessary. Claims in excess of \$3,000 may be subject to a medical review.

If you have any questions about Medicare or would like more information on the above changes, you can contact the Cortland County Area Agency on Aging to speak to one of their NY State Certified HIICAP Specialists at 753-5060.

## **LEGAL & FINANCIAL PLANNING** MONDAY, 3/18/19

10 a.m. - 12 p.m. Rm. 302 of the COB

THE DIAGNOSIS OF ALZHEIMER'S DISEASE makes planning for the future more important than ever this is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia. Topics covered will include:

- · Making legal plans that fit your needs
- Legal documents you'll need and what they mean for all of you
- How to find legal and financial assistance
- Practical strategies for making a long-term

## **UNDERSTANDING & RESPONDING** TO DEMENTIA RELATED BEHAVIORS **TUESDAY, 4/16/19**

1:30 p.m. - 3 p.m. Rm 302 of the COB

 ${\bf B}^{\scriptscriptstyle 
m EHAVIOR}$  is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

## **DEMENTIA CONVERSATIONS TUESDAY, 5/14/19**

2 - 3 p.m.Rm. 302 of the COB

 $W^{ ext{HEN}}$  someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Please join us for these free events hosted by the Cortland County Area Agency on Aging's Caregiver Resource Center, Call (607)753-5060 to register.

## **SENIUK AWAKUS**

O YOU KNOW OF AN older adult (age 60 +) who has done Something special for the community? The Tompkins County Office for the Aging is now accepting nominations for volunteers who have made significant contributions to the community through civic engagement. Awards will be presented at the Annual Meeting of the Office for the Aging

## **VOLUNTEERS NEEDED**

VOLUNTEERS NEEDED for our Project Care friendly visiting program. Project Care volunteers are paired with an older adult in the community and provide weekly visits to that older adult. Project care is a wonderful program that can greatly enhance the life of both the volunteer and the older adult. For more information contact Caryn Bullis at 607-274-5450 or cbullis@tompkins-co.org



## **COMMUNITY CONCERT FUNDRAISING EVENT**

VEYA WILL BE HOSTING A Community Concert on Saturday, March 16th, 2019 from 3:00-8:00pm at the Spencer-Van Etten High School Auditorium to raise money for a local boy, Liam Hickey, and his Family. Liam has been diagnosed with a rare form of skeletal dysplasia and recently underwent major leg surgery. We will be hosting this Family Fun Filled Event focusing on celebrating the Superhero Spirit of little children fighting big battles. The Community Concert will highlight local bands performing a variety of music-featuring Michael and Keagan Toyryla, in the father and son rock band, Tijuana Danger Dogs. We are looking forward to throwing a fun, energetic and uplifting SUPERHERO themed community

All funds raised from admission, concessions and raffles at the Community Concert will help provide financial assistance to Liam Hickey and his Family for his ongoing treatment, surgeries and recovery.

We thank you for your consideration in donating to our event and helping this One in a Million Super Hero, Liam!

With Gratitude,

The Family of Liam Hickey & SVEYA Fundraising Committee

"Liam has been diagnosed with an extremely rare form of skeletal dysplasia, called Opsismodysplasia. It is so rare, in fact, there is only one other child in the entire country living with this condition. We were amazed to find out that there have only been two dozen cases documented worldwide. Liam is a vivacious four year old, however, his bone age is newborn. His spine and leg bones are not ossifying, or hardening, leading to collapse and weakening of the bones. As a congenital disease, there is no cure. All we can do is treat what arises. Unfortunately, Liam's future will require multiple surgeries and procedures to help keep his skeletal system stabilized. Liam has an amazing team of specialists that are working together on his case and dedicated to treating his rare condition. Liam underwent a bilateral lower leg osteotomy on December 24th. He had his tibia and fibula bones broken, severed, wedged and reset to straighten and strengthen them. He was affixed with external fixation hardware. He has eight metal rods drilled into his bones with a metal traction device attached for stabilization. The hardware will remain in his legs for three to six months, depending on his healing abilities. After his bones are fully healed he will then have a second surgery to remove the rods. After his recovery, he will then begin the long and  $hard\ rehabilitation\ process.\ Little\ Liam\ will\ need\ to\ rebuild\ his$  $muscles\ and\ learn\ to\ walk\ again."$ 

-Amanda Hickey (Liam's Mommy)

"Sometimes Superheroes reside in the hearts of small children fighting big battles."





# alzheimer's \bigcep\{ \} association\( \)

## **LEGAL & FINANCIAL PLANNING**



If you or someone you know is affected by Alzheimer's disease or dementia, planning for the future is important. This program will give an overview of pertinent legal documents such as wills, powers of attorney, and health care proxies, as well as an overview of financial issues and options like Medicare, Medicaid or veterans benefits.

Monday, March 18, 2019 | 10:00 a.m. - 12:00 p.m. Cortland County Area Agency on Aging

> 60 Central Ave, Cortland, NY 13045 This program will be held in Room 302.

Registration required. Call 607.753.5060

AN EDUCATION PROGRAM OF THE ALZHEIMER'S ASSOCIATION 800.272.3900 • www.alz.org/cny

Advance registration is required at least 5 days before the program date. Unfortunately, programs with minimal registrations will be cancelled. If you do not register, you are still welcome to attend, but please call 800-272-3900 to confirm that the program is still scheduled.



"March for Meals"

## 13th Annual *"STRIKE OUT HUNGER"* **BOWL-A-THON**

SPONSORED BY: The Cortland County Area Agency on Aging Nutrition Program and Cort-Lanes Bowling Alley



SATURDAY, MARCH 16, 2019 1:00-4:00PM **CORT-LANES, CORTLAND** 



MARCH .

• FOR • • • MEALS •

MEALS WHEELS.

PRIZES FOR TOP THREE BOWLERS \$100 Gift Card – 1st Top Bowling Fundraiser \$75 Gift Card – 1st High Series Bowler \$50 Gift Card - 1st Low Series Bowler

Would you like more information? Call the Nutrition Program Office 607/753-5061

Interested in sponsoring a bowler? Call your local Senior Center or the Nutrition Program Office. Net Proceeds to benefit the Meals on Wheels Program and the Helping Hands Food Pantries

Bring in a non-perishable food item and receive a door prize ticket.

There will be a 50/50 Raffle, Basket Raffles and much more! Come and join us for an afternoon of fun and help us raise money for a terrific cause!!!

The Cortland County Area Agency on Aging is 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.

## Cortland Woodworks



Your Community Woodshop

1307 Starr Rd, Cortland cortlandwoodworks.org 607-342-0128

Fun woodworking classes for all ages and skill levels

Safe professional tools for members to use

private lessons and event hosting

Dream it oo Build it



Motorsports



764 Route 13 Cortland, NY 13045 607-344-3743

www.smsmotorsportsllc.com

2008 Suburu Impreza AWD 5 Speed 130K \$4,650 2011 Toyota Prius White 167K \$6,770 2011 Ford Fusion Auto AWD Heated Leather 121K \$5,990 2010 Ford Fusion Auto 2.4L Heated Leather 134K \$4,880 2011 Audi A5 Quattro Convertible 118K \$11.880 2008 Pontiac G6 Auto Hardtop Convertible Heated Seat 92K \$5,890 2009 Ford Ranger Auto 4x4 4.0L131K \$6,880 2007 Cadillac Escalade ESV7 passengers 115k \$13,880

2003 Ford F250 Auto 5.4L 4x4 Crew Cab Long Bed \$7,700 2006 Ford F250 Powerstroke 6.0L Bulletproofed 152K \$12,990 2006 Ford F250 Powerstroke 6.0L Bulletproofed 141K \$15,550 2005 Dodge Ram 1500 5Speed 4x4 4.7L BedCab 118K \$6,990 2005 Ford F150 Auto 4x4 5.4L Extended Cab 105K \$6,880 2007 Jeep Wrangler Auto 4x4 Lifted 35" Tires 102K \$15,990 2011 Chevy Equinox FWD Auto Remote Starter 112K \$6,880 2010 Nissan Titan Auto 4x4 5.6L Crew Cab 122K \$13,550

## FACING FORECLOSURE OR CREDITOR HARASSMENT? **AUTO ACCIDENT INJURY?**



Call Gugino TOLL FREE 8448 - CALL MG !!! ASK FOR "THE HAMMER"

SMALL TOWN PERSONAL SERVICE 144 BALD HILL ROAD ITHACA, NY 14850 **BK@TWCNY.RR.COM** 

ATTORNEY ADVERTISING DEBT RELIEF

# SCRUBS 'R' US



**Bonnie Warren** 

Cherokee, Littman, Koi, Nurse Mates, White Swan, Grey's Anatomy & More!

**WE SPECIAL ORDER!** 

LAYAWAY & GIFT CERTIFICATES **AVAILABLE** 

Like us on Facebook **f** 

223 Elmira Rd. Ithaca, NY M-F 10-6 Sat 9-Noon Closed Sun (607) 241-3333 scrubsrus2011.com

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

**Powerful** Tools

for Caregivers

**Spring 2019** 

## Powerful Tools for Caregivers Class

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 offered weekly for six consecutive weeks.

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

> Thursdays, March 21—April 25 1:30 PM—3:00 PM at Kendal at Ithaca **Staff Development Center** 2230 N. Triphammer Rd., 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

February 20 – March 5, 2019

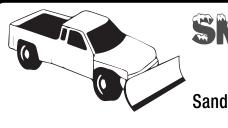
Commercial Energy Affiliate Program B2B Independent Energy Consultant Work from Home: P/T or F/T • Monthly Residual Commissions No cost to join as an Affiliate • For details & more information: Call Steve at 484-648-0620 — Mon-Fri from 9am to 5pm EST

CONTRACTOR OF THE STATE OF THE Nail Tech · Hair Stylist BOOTH RENTAL Massage Therapist **AVAILABLE FULL SERVICE SALON IN DRYDEN FULL TIME OR PART TIME MUST HAVE OWN CLIENTELE CALL FOR DETAILS—607-844-4111** 

**10% OFF ANY** WINE PURCHASE NO EXCLUSIONS with this ad -- expires 3/31/19 SUPPORT LOCAL...SHOP LOCAL WE APPRECIATE OUR CUSTOMERS! 23 West Main St. - GIFT CERTIFICATES AVAILABLE -Dryden, NY ALWAYS FEATURED AT DRYDEN WINE AND SPIRITS: 607-844-8135 15% DISCOUNT ON WINE CASE BUYS MIXED OR SOLID - 1.5 liter is considered 2 bottles

New words-only, 1/32nd page ad — 50-word maximum. Single font at a single size. \$20 for one-time run. 4 for \$75 — run consecutively, no changes. Payment must be included. No exceptions! Great for classifieds or businesses on a budget! Call 607-844-8228 or email tcatribune@gmail.com today to place your ad!





# SNOWPLOWING + REMOVAL

Sanding and salting also available

# LONGSRUN CONSTRUCTION & LANDSCAPING LLC

Fully Insured — Call: 607-206-4936



# CALENDAR

## February 20 – McLean Church **Pulled Pork Dinner**

50 Church St. McLean 4:30 p.m. until gone \$8.00 Meal includes open face pulled pork sandwich, coleslaw, mac & cheese, homemade cake, and beverage. Take outs available.

## February 22 – Community Family Night at Harmony UMC

726 Route 221 in Harford 6-8pm Food, music, games, & bible story. For ALL ages! Handicap accessible. Everyone is welcome.

## February 22 – Family Fun Night at Harmony UMC

Mark you calendars for Friday, February 22, for our Family Fun Night from

6-8pm. Bring the whole family and enjoy a meal, games, fun activities, bible story, music, and good fellowship. All ages are invited! Bring your favorite game.

### February 25 - Dryden Senior Citizens Lunch

The Dryden Senior Citizens Lunch will meet on Monday, February 25, 2019 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 entertainment will be Lisa Senwick who will sing and play the harp. Anyone 55 or older in the area is most welcome. We hope you can come and join us.

## March 2 – Fabius Historical **Society Meeting**

1PM: THE **FABIUS** HISTORICAL SOCIETY will meet at the FABIUS COMMUNITY CENTER (7786 Main St., Rt.80). Michele Henry will present her program about a woman who works on the Erie Canal. Free and open to the public. Refreshments will follow the program. Please join us.

## March 3 – Ithaca-Cortland PFLAG Meeting

The next meeting of Ithaca-Cortland PFLAG (Parents, Families, Friends, and Allies. United with LGBTQ People to move equality forward) will be held: 4pm Interfaith Center 7 Calvert Street Cortland, NY 13045 (Just off the SUNY-Cortland campus). All interested people are welcome and encouraged to attend.

## March 8 – Food Pantry for Harford

3:30-5:30pm Harmony UMC 726 Route 221 in Harford

## March 9 – Driver Refresher Class

A six-hour AARP "Smart Driver" refresher course geared for drivers aged 50 and older, but open to drivers

of any age, is being offered on Saturday, March 9 from 9:00-4:00 at The Cortland Community Center located at 90 Central Avenue in Cortland in the former train station. Participants are encouraged to bring a sweater or jacket and your AARP Membership card for a discount on the class fee. A one hour lunch break will be provided. 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

and Cortland County's Health Department, Area Agency on Aging, and the Retired and Senior Volunteer Program.

### March 10 – Spring Thaw Antiques & Collectibles Flea Market

Dryden Fire Hall, Rt 13, Dryden, N.Y. 9 am to 3 pm FREE ADMISSION Finger Lakes Bottle Collectors Association www. fingerlakescollecting.org We will have vintage bottles, milk bottles, glassware, postcards, paper items, books, records, stoneware, toys, tools, jewelry and more.

More listings at cortlandareatribune.com

# FOR A COMPLETE LISTING OF UPCOMING EVENTS:

CORTLANDAREATRIBUNE.COM TWITTER.COM/TCATRIBUNE



## 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!



MANY MORE SHOWS

STAY UP-TO-DATE

DSPSHOWS.COM

2/24 THE WAILERS WITH THE MEDICINALS + DJ MIKE JUDAH

2/28 BLACKALICIOUS

REMEMBER JONES ATRIBUTE TO AMY WINEHOUSE 3/2

3/8

CAAMP WITH PARKER LOUIS

DARK HOLLOW 3/9

3/14 LUCY DACUS WITH MAL BLUM +

3/15 BOMBINO WITH DEAD MESSENGERS

SATURDAY, MARCH 16
JUSTIN ROELAND AND NIGHTSWIMMERS LADY D AND THE SHADOW SPIRITS + THE SHALLOWS

HAUNT



3/14

4/4

4/5

4/16

5/10

5/12

5/14

10/29 JENNY LEWIS

**BOB WEIR AND WOLF BROS** 2/28 3/1

VINCE STAPLES WITH JPEGMAFIA

PUNCH BROTHERS WITH GABRIEL KAHANE BLACKBERRY SMOKE WITH IDA MAE

GET THE LED OUT: THE AMERICAN LED ZEPPELIN

KRIS KRISTOFFERSON & THE STRANGERS

**GORDON LIGHTFOOT** 

NEEDTOBREATHE WITH TRENT DABBS SHAKEY GRAVES WITH ILLITERATE LIGHT

JUST ANNOUNCED On Sale Feb 22

## HANGAR THEATRE

2/21 TOM PAPA

3/22

2/26 RACHAEL & VILRAY

3/1 JAMES MCMURTRY

**GEORGE WINSTON** 3/15 ROBERT EARL KEEN

6/21 DEATH CAB FOR CUTIE W/ JENNY LEWIS

BREWERY OMMEGANG (COOPERSTOWN, NY)

7/16 LORD HURON W/ BULLY BEAK & SKIFF APPLE ORCHARDS (LAFAYETTE, NY)

7/26 LAKE STREET DIVE +THE WOOD BROTHERS BEAK & SKIFF APPLE ORCHARDS (LAFAYETTE, NY)



# 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

# ISE HERE FOR ONLY \$99/4 MONT

## ACCOUNTING & TAX SERVICE



Providing Accounting, Payroll and Tax Services Since 1976

## ADULT BOUTIQUE

Tikki's Adult # Boutique

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

www.tikkisadultboutique.com Like us on Facebook

Lingerie, Corsets, Leather, Adult Novelties & DVDs

## **ADVERTISING**

The CORTLAND Area TRIBUNE Your Regional Bi-Weekly Newspaper (607) 844-8228 tcatribune@gmail.com

cortlandareatribune.com **Judy Kilmer, Publisher** 

Text/call 607-227-0606 Linda M. Bates, Advertising Consultant

607-423-4746 & LMBatesCAT@gmail.com Shannon R. Myers, Advertising Consultant

607-261-2173 & shannontribunesales@gmail.com Michael Farnsworth, Advertising Consultant

315-506-3032 & newspaperswork@gmail.com

## **AMISH FURNITURE**

Midway Sales we country store

🏿 (607) 692-2180 💝 midwaysalesny.com 🕸 3106 Rte. 11 Lisle, NY 

Mon-Sat 9-5

make the second of the second

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

## AMUSEMENT CENTER



(607)758-8585

Cortland, NY



## **ANIMAL FEEDS**



J.J. FEEDS

6333 Palmer Rd, Lafayette

315-677-3297







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

## Antiquity, Artemisian & Antiques

Buy • Sell • Appraise

Harry 607-800-1238 Sue 607-745-6497



## **ANTIQUES**



## **BLACK CAT ANTIQUES**

Fri & Sat 10-4 or by appt.

(607) 898-2048

blackcatantiques.webs.com Rte. 38 - 1 1/2 miles South of Groton



## 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

## 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.



Applied Design **Research Associates** 

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

## ARCHERY EQUIPMENT & SALES

Mon-Fri Ham-7pm Saturday IOam-3pm

KLEIN'S ARCHERY

119 Freeville Rd. Dryden, NY iguernsev001@twncv.rr.com

Crossbows and accessories in stock

## ATTORNEY – DEBT RELIEF

## SINGLE CH 7 BANKRUPTCY \$800.00

Foreclosure Relief + Divorce + Real Estate Auto Accidents Serious and Small Injury Mark Gugino • 144 Bald Hill Rd Ithaca 607-319-0766 • bk@twcny.rr.com Atty Advertising Debt Relief NDNY Only

## **ATVS**



New & Used 3871 US Route 11 www.cnypowersports.com

756-6578



4019 Rt. 281 Cortland 753-1263 ski-doo

## SECODO **AUCTION SERVICES**



(607) 692-4540 1 (800) MANASSE

12 Henry St. (Rt. 26S) PO Box 738 Whitney Point, N.Y manasseauctions.com • manasseauctions@aol.com

Estate Liquidation - Antiques - Collectibles - Coins - Estates - Misc



480 Lower Creek Rd. Ste. B, Ithaca (Etna) 607-319-4473 607-749-0707 (cell) thebigtinshed@hotmail.com

ESTATE AND AUCTION CO. Where you can expect respect. AUTOMOBILE BODY & PAINT

# Custom Paint

Collision Repair

3827 US RT 11 Cortland, NY (607) 758-3456

## **AUTOMOBILE BODY & PAINT**

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

## **AUTOMOBILE DETAILING**



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

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

844-8175

753-9671

## AUTOMOBILE PARTS

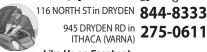


161 MAIN STREET • CORTLAND 52 1/2 NORTH STREET • DRYDEN 3862 WEST RD. (ROUTE 281) • CORTLAND

napaonline.com

## **AUTOMOBILE REPAIR & SERVICE**

BELL'S AUTO CARE



945 DRYDEN RD in 1THACA (VARNA) **275-0611** Like Us on Facebook

## CUTTING'S GARAGE



1834 Dryden Road Freeville **347-4873** 

## HARTLEYS **AUTO & RV CENTER**

Sales • Service • Parts & U-haul 3830 US Rt 11 · Cortland, NY 13045 607-756-5302 · cortlandrv.com

Complete Auto Service & Quality Used Vehicles

193 HOMER AVENUE, CORTLAND 607-753-0316



Open 8am-5:30pm Sat 8am-Noon

607-218-6024 · iaxservicecenter.com 49 Elm Street, Cortland

## Ron's Body & Paint



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 5485 State Rt 41 Homer, NY

607-749-3323



607-273-6310 233 Elmira Road WE SELL USED CARS

M-F

8–5

willcoxtirecenter.com AUTOMOBILE REPAIR & TIRE SERVICE



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

## AUTOMOBILE SALES



(607) 753-8989

f Find us on Facebook at: PeacocksAuto1

**Motorsports LLC** 

www.smsmotorsportsllc.com

764 Route 13 Cortland, NY 13045

## **AUTOMOBILE SALES & SERVICE**

## CORTLAND

🥕 POP'S AUTOMOTIVE 🦠

CHRYSLER Jeep RAM DODGE

Ken Terpening, General Manager Phone/Fax/Text (607) 238-5713 kterpening.cc@gmail.com

### 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

## **BARN RENTAL FOR SPECIAL EVENTS**

MSR RANCH Located in Center Lisle

257 Popple Hill Rd., Berkshire, New York Marcy & Roy Baker - (607)-222-2037

## **BEAUTY SALON**

# Highlight Your Life Jennifer Conway Vicki Crumb

Missty Leonard 225 North Road (607)-844-4111 Freeville, NY

Massage Therapist **AVAILABLE FULL SERVICE SALON IN DRYDEN** FULL TIME OR PART TIME

**MUST HAVE OWN CLIENTELE** 

**CALL FOR DETAILS-607-844-4111** 

Nail Tech • Hair Stylist BOOTH RENTAL

## BEVERAGES – BEER, SODA, ETC.



605 W. State St. Ithaca, New York

Mon-Wed 9-9 • Thurs-Sat 9-10 • Sun 12-7 www.fingerlakesbeverage.com

## **BICYCLE SERVICE & ACCESSORIES**



64 Pendleton Street Cortland 753-9612

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

## **BIRTHDAY TREATS**



2300 N Triphammer Rd Ithaca, New York Now delivering to Cortland

## **BUILDING SUPPLIES**

## BAKER-MILLER LUMBER

102 W. Cortland St. Groton, NY 13073 607.898.5851

www.baker-miller.com

Windows, doors, building materials, roofing, siding, decking, paint, hardware, kitchen, bath, and more

## **BUILDINGS - STEEL/WOOD**

ESSEX STRUCTURAL STEEL CO., INC 607 Route 13



Cortland, NY 13045

607-753-9384 Fax 607-753-6272 essexsteel.com

## **CARPETS & FLOORING**



607-753-8428

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



(607)

880 Rte. 13 · Cortland, NY

OSBORNE FLOORING

4073 West Road (Rte. 281) Cortland, New York (607) 753-9504

www.osbornesflooring.com arpet, Wood, Ceramic Tile, Vinyl & Laminate M,T,W,F 8-6 • Thurs 8-8 • Sat 9-2

## **CATERING**

SHERMAN HOUSE RESTAURANT LINANI'S Event CATERING 1

J. Maria 

Now Booking Parties

Dolmar

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

## **CHAIN SAW SALES & SERVICE**

**Chain Saw Center** 

.lonsered

MEGHO.

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

**CHAMBER OF COMMERCE** 



37 Church Street, Cortland, NY 13045

(607) 756-2814

www.cortlandareachamber.com

## **CHEESE STORE**

## **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**

Residential Care for Youth & Young Adults

380 Freeville Rd Freeville, NY 13068 wgaforchildren.org

## **CLEANERS**

## INDEPENDENCE CLEANERS CORP

Residential & Commercial Housekeeping • Windows • Awnings • Floors High Dusting • Carpets • Building Maintenance 24/7 Emergency Cleaning Services

607-697-3294 • 607-227-3025



74 Pendleton St. Cortland, New York 607.745.5617 - buchalla77@yahoo.com

## **COAL, STOVES & EQUIPMENT**



Rt. 13 & Gulf Hill Rd. Dryden Blaschak Coal (607) 753-8603 Alaska Stove Company Under new ownership Kevstoker

## **Stoyell** Stove, Coal & Equipment

Driveways, mulch, topsoil & much more! Pea, nut, rice, bagged & bulk coal

1968 Rte. 38A, Moravia, NY 315-497-2955

## **COAL, STOVES & WOOD PELLETS**



(315)696-8971 www.coal.woodfordbros.com Apulla Station, NY, 13020

## **COFFEE HOUSE**

13 Clinton St., Tully • (315) 403-9019 bloomincup@gmail.com Bloomin'Cup Mon-Fri 6:30am-7pm • Sat 8am-4pm • Sun 8am-2pm

## ADVERTISE WITH US The Cortland Area Tribune



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

## CONSTRUCTION

Decks • Arbors • Deck Restore • Painting Home Remodeling • Free Estimates

AndyGarrettConstruction@gmail.com 607-227-6203

Facebook: Garrett Building & Design/Construction



DUSTIN PRICE

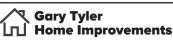
Free Estimates Fully Insured

(607) 427-0307 · dproofingit@aol.com



Commercial • Residential 30+ Years of Experience Free Estimates • Quality Work

Call Alex 315-420-7600



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



hamiltonbuildingservices.com

> 1115 NYS Rt. 222 Cortland, NY

## LONGSRUN CONSTRUCTION & LANDSCAPING LLC

Excavation • Concrete Work • Drainage Walk & Driveways • Lawncare Debris Removal • Retaining Walls • Water & Sewer Lines • Material Hauling Custom Cut Year-Round Firewood . Your Logs Cut into Firewood Handyman Services • Bulldozer • Fully Insured • 5 Star Better Business Bureau

607-206-4936

# IM&J CONSTRUCTION

Roofing • Decks • New Construction • Remodeling Interior/Exterior • Free Estimates • Fully Insured

315 **876-4424** 607 **283-1213** 

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**



State Rte. 80 Fabius, NY (315) 243-0731

## DIESEL, CONSTRUCTION & FARM REPAIR

DJ – WEDDINGS & KARAOKE

BERKSHIRE, NEW YORK RED IRON =REPAIR=

Tompkins . Cortland Broome • Tioga

607.423.7903 369 Level Green Road



Your Party And Event Specialist (607) 745-3153

718 South Main St. Groton, NY dalethedj@hotmail.com

## **DOG TRAINING**

## DOG OWNER COACH

Affordable family dog training

**Dryden** 607-591-7806 dogownercoach.com

## **DOORS - OVERHEAD**



(607) 753-3380

(607) 272-2494

11710 State Rte 90 Locke, NY 13092 (315) 497-0912

## **EMBROIDERY**

• GRAPHICS WEAR & PROMOTIONS •

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

## **ENTERTAINMENT**

## **Cortland Country Music Park & Campgrounds**



## **EXCAVATION**

## C&M Co LLC.

Chris Leonard, Owner 2056 Rt. 38, Moravia 315-497-1746 • 315-246-9131 gumbylnrd@aol.com



Erik Nelson (315) 492-3837 SCAPING 7000 S. Salina St. Nedrow, NY

## nmercial • Landscaping • Site Excavation • Drainage FARM & GARDEN CO-OP



Fertilizer • Lime • Feed • Seed • Trees • Shrubs • Perennials • Annuals Rose Bushes • Wood Pellets • Bird Seed • Garden Needs • Footwear

## **FARM MARKET**

## Daisy Hollow Farm

Breathe deeply Eat simply Live freely 830 Daisy Hollow Rd. Dryden, NY Email daisyhollowfarm@yahoo.com Call 607-423-6827



## 41 Fall Creek Rd. Freeville, NY

Winter hours: Thurs-Sat 10-6 jerrydellfarm.com



Fresh produce from our farm Thurs thru Sun 10am - 4pm 6905 Rte. 80, Tully • 315-683-5532 neilcaseysfarmmarket.com Find us on Facebook

## **FEEDS**

Tully Ag Center Feed Center 20 Onondaga St. Tully, NY - **315.696.6400** Fertilizer • Chemicals • Applications • H.M. & Dry Corn

Feeds & Seeds • Pet Food & Supplies • Bird Food

Like us on Facebook

## **FIREWOOD**

## LONGSRUN CONSTRUCTION & LANDSCAPING LLC

Excavation • Concrete Work • Drainage Walk & Driveways • Lawncare Debris Removal • Retaining Walls • Water & Sewer Lines • Material Hauling Custom Cut Year-Round Firewood • Your Logs Cut into Firewood Handyman Services • Bulldozer • Fully Insured • 5 Star Better Business Bureau 607-206-4936

## FITNESS CENTER & PERSONAL TRAINING



infinitestrength@yahoo.com

FREEVILLE, NY www.infinitestrength.net

GROUP FITNESS and PERSONAL TRAINING

## **FLORIST**



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

Finest Floral Arrangements • Beautiful Floral Designs • Gift Baskets & more



756-7569 Cortland 11 N. MAIN ST. CORTLAND

cortlandflowershop.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

## **FURNITURE**

## 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 **ENCHANTING GIFTS + HOME DECOR Gift Certificates!** 

Call for Hours

QUALITY PLANTS + LANDSCAPE DESIGN

3797 Luker Rd., Cortland \* (607) 749-3130 at Valley View Gardens Retail Nursery



Home Furnishings & Gifts 44 James St., Homer 607-756-0750 Monday thru Saturday

Piccadilly Lane Whitney Point, NY 13862 607-692-7418

# piccadillylane1@aol.com



45 Atwater Rd. Lansing, NY 533-1013

peoplesmarketoflansing.blogspot.com

## **Reakes Country Goods**

4107 Rte. 13 Truxton, NY



season May 2 607-842-6322

Second Dryden, NY 13053

## **GRAVEL**



765 RTE.13 CORTLAND, NY 13045 (607)756-2115



RMS Gravel Mott Road • Dryden

## **GROCERY STORES**

## **GUNS & AMMO**

## DIAMOND GUNSMITHING

211 Dey Street, Ithaca, New York 607.273.4510 · diamondgunsmithing.com repair@diamondgunsmithing.com

Crushed Gravel & Stone • Residential or Commercial

844-8196

Specializing in Ithaca Guns

9am to 5pm

## **GIFTS & ANTIQUES**

Cooperative

peoplesmarketoflansing.com

## Open for the

Antiques • Gifts • Furniture • Bedding Plants • Baked Goods the 129 North St.

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



## **HANDYMAN SERVICES**

Your Honey Do List Helper 607-241-7840 www.Takes2.info CrownPC@yahoo.com

HARDWARE-HOME, GARDEN, PET & LUMBER

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

607-844-8663 FAX 607-844-9744

## HEALTH





607-423-4746 - Oiler By Nature

## **HEAVY-DUTY TRUCK REPAIR**

### CASKEY'S GARAGE

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

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

caskeysgarage1976@gmail.com

1990 Dryden Rd., Freeville, NY 13068

## **HEAVY EQUIPMENT**



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

## **HERBS**

## Beth's Natural Way

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 Availability

## **HOME HEALTH CARE**



Reliable, compassionate, non-medical homecare for seniors & older adults

315-252-2354

2 South St., Ste. 309, Auburn, NY homeinstead.com/706 • sal.santora@homeinstead.com

## **ICE CREAM**



**Poole's Drive In** 

Between E. Homer & Truxton (607) 753-1912

Route 13

Food Daily 6:30-8pm Friday Fish Fry 11am-8pm

## IN-HOME SENIOR CARE



1301 Trumansburg Road Suite A, Ithaca, NY

> 607-272-0444 607-423-7390

a *sodex* o brand

## **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 --

James Warren Warren Insurance Agency LLC



AUTO · HOME · LIFE

State Farm Insurance Companies Home Office • Bloomington, Illinois

l Erie

State Farm Like a good neighbor,

223 Elmira Rd. Ithaca, NY 14850

(607)273-6391

lee@leenewhart.com

1011 West State Street • Ithaca

**INSURANCE** 



Auto · Business Home · Life

18 Tompkins St., Cortland (Next to YMCA)

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**



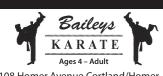
**JEWELRY & COINS** 

## ITHACA COINS & JEWELRY

614 W STATE STREET ITHACA NY 607-857-0006 INFO@ITHACACOINSJEWELRY.COM WWW.ITHACACOINSJEWELRY.COM

BUYERS OF GOLD, SILVER, COIN COLLECTIONS, JEWELRY, WATCHES, DIAMONDS, & ESTATES

## **KARATE**



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

20 years of leadership and quality in Cortland County!

## **LAWN FURNITURE (WOOD & POLY)**

# Midway Sales country store

3106 Rte. 11 Lisle, NY ※ Mon-Sat 9-5 ⋅

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

## LAWN CARE

## LONGSRUN CONSTRUCTION & LANDSCAPING LLC

Lawncare • Debris Removal • Bulldozer • Fully Insured Custom Cut Year-Round Firewood Your Logs Cut into Firewood • 5 Star Better Business Bureau

607-206-4936







Cleanup

## LAWN MOWERS

7000 S. Salina St - Nedrow, NY ecktreeandoutdoor.com • 315.492.3837 Cub Cadet, Troy-Bilt, Jonsered, Husqvarna, ECHO, Gravely, Ariens, Ferris



## **LAWN MOWING**



(607) 592-7693 Ed Morgan, Owner

Fully Insured • Residential & Commercial Snow Plowing, Lawn Maintenance, Mowing, Black-Top Sealing & Striping, Lite Landscaping, Tree/Shrub Removal

## LOGGING & FIREWOOD

# THAYER LOGGING & FIREWOOD

Timber Appraisals ~ Quality Logging ~ Land Clearing Property Management ~ Log Length Firewood

Mike Thayer 607-372-1023 Homer, NY

## **MASONRY**

## FORTITUDE CONSTRUCT

683 Hunts Corners Rd gregcrowningshield @gmail.com Richford, NY

**MOTORCYCLES** 

POWERSPORTS UNLIMITED dougspowersports.net

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

## MOTORSPORTS FACILITY



## **MOVING & STORAGE**

460 Livermore Rd Dryden, New York 13053

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

## MUSEUM

Central New York LIVING HISTORY CENTER

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

## **NAILS & ACRYLIC FINGERNAILS**



(607) 227-0207

Gel polish available • Credit cards accepted

## **NAILS & SPA**



Nails & Spa 607-662-4325

3291 State Route 281 Cortland, NY 13045 (Across from Tops Plaza)

## NURSERY & LANDSCAPING



Valley View Gardens RETAIL NURSERY
QUALITY PLANTS + LANDSCAPE DESIGN 3797 Luker Road • Cortland

(607) 749-3130 Cinnamon Apple Cottage Gift Shoppe ENCHANTING GIFTS + HOME DECOR

## **NYS AGENCIES**



187 Northern Concourse, North Syracuse, NY (315) 473-6980 · cny.jobs@opwdd.ny.gov

## **OPTICAL**



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

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

## PAVING

# RANDOLPH PAVING, INC

Paving - Residential Commercial - Asphalt Sealing Oil & Stone - Line Stripping Excavation - Ditch Work

5008 Health Camp Rd. :: Homer, NY

## **PAWN SHOP**



systems, tools, coins & much more! M-F 10:30AM - 6PM 607-662-4052 16 Main Street SAT 10:30AM - 3:00PM

## PERFORMING ARTS THEATRE



Cortland, NY 13045

107 W State Street Ithaca, NY 607-277-8283 Tickets available at

The State Theatre of Ithaca

State Theatre Box Office 105 W State Street 1-800-919-6272 Stateoflthaca.com

**CLOSED SUN** 

## PEST ELIMINATION



Bees • Cluster Flies • Ants • Roaches • Rodents Bats • Bed Bugs • Gutter Cleaning • Nuisance Wildlife 607-749-8455 · 1-855-BUG-GUYS

Nuisance Wildlife Agent — We Guarantee Our Work

## PET ADOPTION CENTER



## **PET GROOMING**



607-753-9386 · cortlandspca.org Facebook: Cortland County SPCA

Pawdicure - Custom Haircuts - Dental Care - Deshedding Call ..... 607 - 844 - 9661 HOURS: Mon-Sat: By Appointment Only

Cortland

email: friskyy@hotmail.com

## **PHOTOGRAPHY**



kg1924@gmail.com • 607.423.4729 Portraits, Family & Children Photography, Senior Portraits, Special Events

Moravia, New York • 315-708-5934 classicphotobymiller@gmail.com Facebook @classicphotobymiller



## **PHYSICIANS**



Ithaca Primary Care Radomir D. Stevanovic, MD, P.C. (607) 266-9100 2343 N. Triphammer Rd. Ithaca, NY www.lthacaPrimaryCare.com



115 North St., Dryden • carrozzapizza.com



807 State Route 13, Cortland, NY

## **POWER EQUIPMENT**

DON'S LOG-N-CHAIN **POWER EQUIPMENT, SALES AND SERVICE** 



**DON JOHNSON** 

(607) 564-7553

M-F: 8:30-5:00

## PRINTING & SIGNS



Route 281

11 Ellis Drive - Dryden, NY 13053

## **PET STORE**

(607) 753-9213



CLASSIC PHOTO BY MILLER Since 2006



Competent, comprehensive medicine with dignity and compassion for all.

## **PIZZERIA**



607-844-8808

Monday-Saturday 11-9 • Sunday 12-8



607-756-7000



4000 West Road

## **PRINTING & SIGNS**

Fast & Professional Printing & Signs™



Glenwood Ave. Cortland, New York

(607) 753-1234 www.MaxGraphicsCortland.com

w.facebook.com/MaxGraphicsCortland

## **PRODUCE & PLANTS**

## DeWitt's Produce

160 Clinton Ave. • Riverside Plaza Cortland, New York 607-753-1728 • 607-745-2681

## QUITLINE

## **NYS Smokers' Quitline**

Free Coaching & Patches

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

## REDEMPTION CENTER

## Fabius Bottle & Can

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



3106 N. Triphammer Rd. Lansing, NY Monday-Friday 9-6 & Saturday 9-4

## **RESTAURANTS**

## Aiello's Ristorante 🖪

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

607-692-4114 · aiellosrestaurant.com

Lunch, dinner, catering • Award winning

## CORTLAND 117 Main Street, Cortland, NY 13045

PHONE: (607) 753-8304

**EAT IN - TAKE OUT** 

Tues-Sat 7am-9pm, Sun 7am-3pm, Closed Mon

## **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



The Mountain View Live Bands, Lunch & Dinner Specials

(607) 662-4859 · 6662 Rt. 281 Preble, NY M-Th 11am-10pm • Fri 11am-12am • Sat 11am-2am • Sun 12pm-8pm



Open 7am - 2pm Daily Open for Dinner on Fridays from 4:30pm - 7pm

(607) 761-2330 tbingo423@gmail.com

3115 Route 11 Lisle, New York 13797



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

## RHEUMATOLOGY

10 James St. 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 sidential & Industrial And Specialists 315-430-9903 Fabius, NY No Job Too Small

## SATELLITE-DELIVERED SERVICES

The Best TV & Internet Services for Rural Locations

## EMPIRE WIRELESS LLC

TV - Internet - Phone - Upgrades empirewirelessllc.com • 607-674-9529

## **SAWMILL**

pendellconstruction.com



607.423.4906 Lisle, NY, USA 607.423.2699

# **SEAMLESS GUTTERS**



26-77 Main Street (607) 778-0870

## **SENIOR & LIVING CENTER**

## **Ureamery Hills Senior Genter**

Creamery Road Harford, NY TDD 607-677-0080 Tel 607-844-8229 Fax (607) 723-0439

SEPP Management Co., Inc Luxury Living at Affordable Pricina 1. 2. and 3 bedroom

COULL HOUSING L

## **SHEDS & GAZEBOS**

## Cold Spring Structures

LOCAL OWNED, BUILT & SOLD! Storage Sheds and Garages "For All Your Stuff 315-497-9700

485 State Rte. 38 Locke, NY  $\label{eq:More sheds on display on} More sheds on display on \\ Rte. 34 Weedsport - 1/4 N of tollbooths$ 

# Midway Sales

 « (607) 692-2180 

 w 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

Sheds \* Barns \* Garages \* Gazebos \* Animal Structures 32 North St./Rt.13 Dryden (next to Dunkin Donuts



(607) 257-1070 Ask about Rent to Own

theeamishstructures.com

## **SHEDS & STORAGE**



FABRIC.CLOTHING.HOUSE WARES.GIFTS.CRAFTS 1019 State Route 96 N Waterloo, New York, 13165 (315-220-8360)

## **SIGNS**

Fast & Professional Printing & Signs™



3624 Glenwood Ave. Cortland. New York

www.MaxGraphicsCortland.com

## SKI RESORT



1 Song Mountain Rd, Tully (315) 696-5711



6935 Route 91, Truxton

So Many Trails!

## **SKI 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

## **SNOWMOBILE SERVICE & ACCESSORIES**



4019 Rt. 281 Cortland 753-1263 ski-doo SEŴ00

## **SNOWPLOWING**



Fully Insured • Residential & Commercial Snow Plowing, Lawn Maintenance, Mowing, Black-Top Sealing & Striping, Lite Landscaping, Tree/Shrub Removal

**SNOWPLOWING** 

## LONGSRUN CONSTRUCTION & LANDSCAPING LLC

Snowplowing & Removal • Sanding • Salting Bulldozer • Fully Insured • 5 Star Better Business Bureau

607-206-4936

Plowing • Salting Sanding • Removal

(607) 634-4286 | SWXINC.COM

## SPORTS COMPLEX



☐ JM McDonald Sports Complex
WWW.JMMCOMPLEX.COM ☐ JMMcDonaldSC

## **SPRAY INSULATION**

## Midlakes Insulation, Inc.

Closed & open cell foam . Loose fill fiberglass 315-720-5573 · Union Springs, NY

midlakessprayfoam@gmail.com midlakessprayfoam.com

## **STORAGE**



765-9114 5 Owen Hill Rd 765-7523 Lisle, New York Open storage for:

Boats & Trailers \$50 ● Cars & Trucks \$25 ● Motorcycles \$20



Email: idealstorage.ny@gmail.com | Website: www.i-dealselfstorage.con

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

LOANER CARS

www.ronsbodyandpaint.com

## TRACTORS & MOWERS



Quality Products
Exceptional Service
e have the equipment to get the job don
• Sub-Compact & Compact Tractors
• Utility Vehicles Lawn & Garden Tractors

Zero-Turn Mowers
 Self-Propelled Mowers
 Chain Saws String Trimmers
 Generators Pressure Washers
 Snow Blowers

UpstateTractor.com

## **UNIFORMS & ACCESSORIES**

## SCRUBS 'R' US

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

Patty's Custom Upholstery 45 James Street Homer, New York (607) 299-4261

pattyo1964@yahoo.com



## **USED AUTO SALES**



Ithaca, N.Y. Monday - Friday 8:00am-5:30pm Saturday 8:00am-12:00pm

233 Elmira Road

Give Steve a call today and he will find that perfect car, truck or SUV – 607-273-6310 or 607-327-2868

## **VETERINARIAN**



integrated

2034 Dryden Road Freeville, NY 13068 (607) 844-9788 Office Hours By Appointment

Low Cost Spay-Neuter Clinic 1155 Stewarts Corners Rd. Genoa, New York 315-730-3934

cgmom19992002gmail.com

Contact via phone, text or phone to schedule or for more info

## **WATERCRAFT SERVICE & ACCESSORIES**



4019 Rt. 281 Cortland 753-1263 ski-doo

## **WEDDING VENUE**



3800 Ball Diamond Road Hector, New York 607-279-3293 · loganridge.com

Apulia Station, NY

To schedule your private tour of the propertyplease call (607) 279-3293 or email us at info@loganridge.com

## WELDING

Logan Ridge

Estates

## Custom Metal (Fabrication

Welding • Steel • Stainless • Aluminum Custom Machining • Milling • Lathe CNC Plasma Cutting • Signs • Parts • Custom Art COMMERCIAL • AGRICULTURAL • RESIDENTIAL

We Design & Build Custom Parts Call: 607.591.5759 • Email: innovmet@cs.com 207 Main Street • Groton, NY 13073

## **WINDOWS**

Nightingale's

**TULLY LAKES HARDWARE** 

6 Elm Street • Tully NY • Window Repair (315) 238-7050 · Glass Cutting

· Key Cutting

· Tool Sharpening

## OPEN 7 DAYS www.truevalue.com/nightingale WINE & SPIRITS



Serving Dryden Since 1995

Drvden Wine & Spirits Inc. 23 West Main St. Dryden 844-8135 Support Local \* Shop Local

## M-Th 10:15-9:30, F-Sa 10:15-10, Sun 12-5 WINE TASTING & EVENT HOSTING

chateaudusseau.com

<u>Chateau Dusseau</u> 5292 Erron Hill Road Locke, New York

## WOODWORKING

(315) 497-9463

YOGA

## Cortland Woodworks

1307 Starr Rd, Cortland www.cortlandwoodworks.org 607-342-0128

www.YogaFarm.us | 404 Conlon Rd, Lansing 20+ classes every week • First class FREE!

TWITTER.COM/TCATRIBUNE

## CORTLANDAREATRIBUNE.COM

# **PUZZLES & GAM**

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

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

health • nutrition • volunteer • bingo • discount • aarp • gardening • retirement florida • travel • grandparent • grandchildren • silver • golden • caregiver dentures • safety • elderly • medicaid • diet • assistance • glasses independence • oxygen • crossword • senior • retirement • walker • puzzles

## 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!

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

## SUDOKU

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

## THIS ISSUE'S TRIVIA ANSWERS

- 1.1946
- 2. Paint-by-Number sets
- 3. "Love Me Do" in 1962
- 4. No and no one knows why

## WORD FIND



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 - Cortland • Groton • Homer • Moravia • Tully • Moravia

Ron's Body & Paint • Three Bear Inn - Marathon

Aiello's • Grandma's Pretties • Gregg's - Marathon/Whitney Point

Midway Sales - Whitney Point

Center Lisle Diner on Route 79 - Lisle

Doug's Powersports • Doug's Fish Fry • Pawn Boss

Community Restaurant • Marketplace Mall • Cortland Diner

Bill Anderson's Market

Daily Grind • Pets-A-Plenty Pet Store • TOPS Market - Ithaca/Cortland

Queen Diner • Clarks Food Market - Dryden

Country Kitchen/Country Kitchen II - Cortland/Whitney Point

Nice & Easy • Byrne Dairy - LaFayette • Kinney Drugs & Nightingales - Tully

Hope Lake Lodge • Virgil Country Store • Triphammer Mall

East Hill Plaza - Ithaca • Lansing Market - Lansing • Wegman's - Ithaca

Also available online at cortlandareatribune.com

# CMA provides high-quality orthopedic care to the Cortland community.



# **Cayuga Orthopedics**

1122 Commons Ave. | Cortland, NY | (607) 428-8004

cayugamedicalassociates.org

Experience Health Care that *Cares* about You.