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cathy@sevenvalleyagency.com

## **WELCOME TO OUR SENIOR CITIZEN EDITION**

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

March 4 - Spring Antiques & St. Patrick's Day Edition
Deadline 2/27

March 18 - Spring Home Improvement, Real Estate & Pre-Easter Edition

Deadline 3/13

April 1 - Spring Motorcycle & Car Care and Easter Edition
Deadline 3/27

April 15 - Dental Health Month & Lawn/Garden Edition
Deadline 4/10

**April 29 - Mother's Day & Lawn Care Maintenance Edition**Deadline 4/24

May 13 - Memorial Day & Restaurants That Offer "Outdoor Dining" Edition
Deadline 5/8

May 27 - Camping, Dairy Days & Pre-Grad/Dad Edition
Deadline 5/22

June 10 - Graduation & Father's Day Edition

Deadline 6/5

June 24 - Bed & Breakfast, 4th of July & Tast of Downtown Edition

Deadline 6/19

**July 22 - BBQ, Outdoor Recreation & Ice Cream Month Edition**Deadline 7/17

August 5 - Need for "Speed" Edition
Deadline 7/31

August 19 - Pamper Your Pets & Labor Day Edition
Deadline 8/14

**September 2 - Fall is for Planting and Hunting & Fall Home Improvement Edition**Deadline 8/28

**September 16 - Bridal, 13th Anniversary & Great Pumpkinfest Edition**Deadline 9/11

September 30 - Fall Antiques Edition
Deadline 9/25

October 14 - Fall/Winter Car Care & Halloween Edition
Deadline 10/9

#### **WELCOME NEW ADVERTISER:**

#### **EXCAVATING**





#### **CHECK OUT THE BUSINESS SERVICE GUIDE!**

Easily accessible at the back of the paper! Growing with every Edition! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please tell them you saw them listed in The CAT! Shop local and save gas!

#### CORTLANDAREATRIBUNE.COM

Visit our newspaper online! Each issue is posted online, along with additional content we couldn't squeeze into the printed edition! Also find us on Facebook and Twitter (@tcatribune)!

#### **ONLINE CLASSIFIEDS**

Due to the increased amount of content we're putting into print these days, we've had to move our classifieds exclusively online. This allows for a wider audience and makes it easier to link to and share to spread the word. Email them to tcatribune@gmail.com or submit them online. Find the most recent on our home page and the rest at cortlandareatribune.com/classifieds/.

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



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# MYSTERY PHOTO CONTEST

Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct – your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, February 27th for this edition. By entering, you give us permission to print your name in our next issue. Each contest generates hundreds of entries!





#### **Answer from the Previous Edition**

McKay's Sales and Service at 8 James Street in Homer

The winner of last issue is Charles Preston. Charles won a gift certificate from Dickey's Barbeque Pit located in the Riverside Plaza in Cortland plus a \$5 discount card from Shipwreck Amusement Center! The winner of this issue will win a gift certificate from Back to Basics Grocery & Deli located at 2207 Dryden Rd in Dryden plus a \$5 discount card from Shipwreck Amusement Center! *Enter your guess today!* 

We are looking for old photos to stump our readers! Do you have an old photo we could use?! Please call us or email us – THANK YOU!

# **DO YOU KNOW WHERE THIS IS?**

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

Charles Preston
of Homer

# CALENDAR

#### February 18 – Ash Wednesday Service

The Varna United Methodist Church will be holding service on Ash Wednesday evening (February 18th) at 7:30 P.M. Ash Wednesday marks the beginning of Lent and at our service there will be the placing of ashes. Please come ioin us on this special

#### February 18 – Cortland Men's LGBT Group Meeting

The next monthly meeting of the Cortland Men's LGBT Group will be February 18, 2015 at 6 PM. The meeting will take place at The LGBT Resource Center, 73 Main St, Cortland, NY 13045. Bring a dish-to-pass for a pot-luck supper. ( If you are unable to bring anything, just bring yourself). The meeting is open to all members and allies of the LGBTQA++ community in and around Cortland and central New York.

#### February 20 – Revolutionary War Historical Program

7pm to 8pm, Cortland Community Center, 90 Central Avenue in Cortland. A FREE presentation on the American Revolution on the New York State frontier with a display of weapons, uniforms and equipment of the period - by Herman

Wallace. Refreshments will be served in honor of Washington's birthday. informationFor more call 607-753-9441, e-mail cortlandcommunitygroup@ yahoo.com or visit www.facebook.com/ cortlandcommunitycenter.

#### February 20 – Free Revolutionary War Program

7:00 PM at the Cortland Community Center at the old railstation, 90 Central Ave, Cortland. A FREE presentation on the American Revolution on the New York State frontier with a display of weapons, uniforms and equipment of the period - by Herman Wallace. REFRESHMENTS will be served in honor of Washington's birthday. This will be a nice event at the center, interesting to tall ages. Will run about 1 hour. Please come!!!!!!

#### February 20 – Teen Night @ Groton Public Library

Showing episodes of the popular TV show - Once Upon a Time On February 20 ~ Friday at 7:00-9:30 p.m. With Minecraft - Pizza iPads - Computers - Popcorn For more information: 607-898-5055 or director@ grotonpubliclibrary.org

#### February 21 – Boy Scout Troop 91 Spaghetti Supper

to 7pm, McGraw Community Center. Fabulous meal of spaghetti, salad, bread and dessert. Ticket price \$6. For more information e-mail scoutmastertroop0091@ gmail.com or visit Facebook.

#### February 21 – Nature Hike

10am, 338 McLean Road in Cortland. Bundle up each month and take a stroll with a Lime Hollow Naturalist. Monthly hikes include a fun topic or theme. All hikes will depart from our Visitor Center on McLean Road and typically last an hour and a half. Don't forget binoculars, field guides, small snack and a water bottle. There are some binoculars available to borrow. Free admission, donations appreciated. For more information call (607) 662-4632 or visit www. limehollow.org.

#### February 21 – Ithaca Seed Swap

Seedy Saturday - 3rd Annual Ithaca Community Seed Swap

Cornell Cooperative Extension of Tompkins County, 615 Willow Avenue,

Saturday, February 21, 11:00 AM - 3:00 PM

Cost: \$5.00 donation, or free if you bring seeds to share Spring is coming and soon it will be time to plant seeds for this year's garden!

Bring your home-saved seeds or surplus purchased seeds to share with others, pick up some seeds for spring planting, learn how to save your own seeds, and gettips on starting plants from seed for this summer's garden. There will also be demonstrations on starting plants from seed, seed saving and seed cleaning. This event is open to all - you don't have to bring seeds to swap to attend! No registration required. For more information, contact Chrys Gardener at cab69@ cornell.edu For guidelines on bringing seeds to swap, go to http://ccetompkins. org/events/2015/01/01/ community-seed-swapguidelines

#### February 21 – Adirondack Chapter of the North American Rock Garden Society

1 pm: Members' Share meeting by the Adirondack Chapter of the North American Rock Garden Society. At least 4 different presenters will share their pictures of local gardens and those farther away (Chanticleer, for example,

near Philadelphia). 1 pm in the Whetzel Room, 404 Plant Science Bldg, Cornell. Come earlier with your brown bag lunch for socializing! Everyone welcome!

#### February 21 - Katrina Morse, **Children's Author and Illustrator**

The Groton Public Library is proud to present Katrina Morse, Children's Author and Illustrator on Saturday, February 21 @ 11 AM

Listen to the author read

Join in and make the sounds and motions from the stories.

See original artwork from the books.

Learn how books are created.

Have some family fun!

Katrina is an illustrator, writer, painter, and graphic designer who lives in Ithaca. She is also Assistant Director at Family Reading Partnership. Sponsored by the Rosen Library Fund of the Community Foundation of Tompkins County. For more information contact director@ grotonpubliclibrary.org 607-898-5055

#### February 21 - Nature Hike

10am, 338 McLean Road, Cortland. Bundle up each

month and take a stroll with a Lime Hollow Naturalist. Monthly hikes include a fun topic or theme. All hikes will depart from our Visitor Center on McLean Road and typically last an hour and a half. Don't forget binoculars, field guides, small snack and a water bottle. There are some binoculars available to borrow. Free admission, donations appreciated. For more information call (607) 662-4632 or visit www. limehollow.org.

#### February 23 – Dryden Senior Citizens Lunch

The Dryden Senior Citizens Lunch will meet on Monday, February 23, 2015 at the Dryden Fire Hall. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Please bring your own table service.

The meal cost for members is \$7.00 and \$8.00 for nonmembers.

The menu will be macaroni and cheese, applesauce, tossed salad, beets with vinegar on the side, and pie.

Our speaker will be Amy Dickinson who writes the "Ask Amy" column in the Ithaca Journal.

We hope you can come and ioin us.

## 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!

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Please call the Snow Conditions Line at 1-800-365-7669 for updated hours and conditions at the Ski Area.

#### DAILY SKI AREA SPECIALS

(Only Available During Non-Holiday Periods) Not Available 2/13/15-2/22/15

#### Monday Madness - College Night on the Peak!

Monday Madness nights are College Night at Greek Peak. College students pay only \$15 for a night lift ticket. Limit one per person per day. Have a valid College ID ready.

#### Buy One Get One Free Tuesdays

On Tuesdays, buy one lift ticket and get a second lift ticket for free! Valid for both day or night lift tickets on the Peak!

#### **Wednesday Wing Night**

Purchase a \$25 night ticket and then receive twenty (20) wings at .50 cents each at Trax Pub & Grill. Season

pass holders purchase 1 pizza and receive twenty (20) wings at .50 cents each per pizza at Trax.

Greek Peak Mountain Resort & Trax Pub and Grill are now proud to offer NFL Sunday Ticket and DirectTV programming.

#### Sunday Fun Day Special

Includes: Order of Wings, 10" Pizza, and Personal Pitcher of Domestic Beer (\$1.00 for additional topping). \$20.00

#### **FEBRUARY SPECIALS**

#### Massage for Two

VISIT

Side by side 50 minute aromatherapy massages. This timeless therapy using long soothing strokes along with relaxing massage techniques will leave

you feeling invigorated and restored. A journey of inhaled essential oils adds a sensory stimulating and organic element to enhance the experience. 50 min/\$175 (Normally \$220)

#### **Pedicures for Two**

Includes 50 minute side by side foot baths filled with soothing essential oils, cleansing of the feet, exfoliation, clay mask application, massage, toe nail and cuticle care and polish. 50 min/\$90 (Normally \$110)

#### The Ultimate Glow Facial

We have combined two of our favorite facials to give you the ultimate glow! A double exfoliation through the use of microdermabrasion and a 15% glycolic peel will leave your skin refreshed, free of dead skin cells, and prepared to receive maximum benefits from your brightening treatment mask. Additionally you will receive a 15% discount off of the purchase of any Decleor skin care product with this treatment. 60 min/\$120 (Normally \$160)

A 19% gratuity, tax and fee charge will be added to each service.  $To\ make\ a\ reservation\ call\ 866-948-3320$ 

Offer valid February 2015

Not valid with any other discounts or promotions

#### MARCH SPECIALS

#### Leprechaun Pedicure

Celebrate St. Patrick with a 50 minute relaxing pedicure. The aroma of mint will fill the air as you indulge in a remineralizing pedicure sure to bring you luck! \$45 (Normally

#### Pilates Massage (50 Min)

Based on the Pilates exercise method, this massage will gently stretch the muscles of the body, which in return realigns the skeletal structure and loosens tightness in the joints allowing synovial fluid to flow freely. This therapy is done while the client is fully clothed and is great for any age. \$75 (Normally

#### **Executive Facial**

When time is of the essence enjoy the benefits of a 30 minute facial that includes deep cleansing, toning, exfoliation, facial massage, mask and application of moisturizer. \$50 (Normally

To make a reservation call 866-948-3320 or ext. 1293Offer valid the month of March 2015

Not valid with any other discounts or promotions

#### MONTHLY RESORT SPECIALS/EVENTS

\*We will not be offering the following promotions/ specials/discounts during the holiday period of 2/13/15-2/22/15

#### Splash N Tube\*

\$35.00 per pass;

Friday Adventure Center Tubing 4PM-6PM; Waterpark Access 6PM-Close

Sunday Adventure Center Tubing 2PM-4PM; Waterpark Access 4PM-Close

\*Not Available during Holiday Periods, blackout dates apply. Weather Permitting

Splash N Ride\*



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- 4) Put a shed on layaway Make payments this Winter possibly by Spring/Summer -You'll be ready for delivery









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OF

February 18 – March 3, 2015

\$35.00 per pass Friday; \$30.00 per pass Sunday

Friday Adventure Center Unlimited Mountain Coaster 4PM-6PM; Waterpark Access 6PM-Close

Sunday Adventure Center Unlimited Mountain Coaster 2PM-4PM; Waterpark Access 4PM-Close

\*Not Available during Holiday Periods, blackout dates apply. Weather Permitting

#### Tube N Ride\*

TUESDAY & THURSDAY 3-6pm. \$20.00

Two Hour Tubing Tickets & 1 Mountain Coaster Ride

\*\*\*\*SPECIAL – Bring in a receipt from any previous day and any purchase at Greek Peak and get the Tuesday/ Thursday Tubing for only \$12.00\*\*\*

#### Women's Ski Clinic with Former U.S. Ski Team Member Lisa Densmore

Grab the girls and hit the slopes! Greek Peak Mountain Resort will be featuring a Women's Ski Clinic led by Lisa Densmore, a widely acclaimed coach, instructor and ski racer, and assisted by Greek Peak's top instructors.

Participants of the Women's Ski Clinic will enjoy:

- Ski clinics with Lisa Densmore and Greek Peak's top instructors
- Two days of lift tickets for Friday and Saturday March 6th & 7th, 2015
- Two continental breakfasts
- Friday apres ski hor derves cocktail reception (cash bar)
- Free Rossignol demo skis
- Give aways and discounts from Bergers Ski Shop in Binghamton
- \$75.00 gift card for Greek Peak food or Spa services

## BEWARE THE IDENTITY THIEVES: TIPS FROM ALLSTATE

#### THIS YEAR, TAKE NOTICE OF CHARGES THAT MAY NOT BE YOURS!



Onsider your reaction when bills arrive in your mailbox for products you never ordered or services you never used. Suddenly you notice that "mistakes" are appearing on your credit card and/or bank statements, and debt collectors are calling about debts that don't belong to you.

Allstate gives its eligible auto and homeowners policyholders peace of mind from ID theft whether from a lost or stolen laptop, wallet, purse; a fraudulent credit card charge; or anytime you feel that your identity might be vulnerable. The company offers proactive education to help prevent identity theft and comprehensive case management for the duration of the identity resolution process.

"Anyone who has experienced ID theft understands the challenge to stop the fraud and restore your credit," says Jaclyn Darrohn, Allstate New York spokesperson. "Our team helps guide our policyholders to help protect against identity theft and resolve fraud if it happens."

For around \$35 per year, the company's Identity Restoration Coverage helps customers get restoration of their identity by managing the reporting process with FTC and police agencies and provides credit and fraud monitoring services for victims of identity theft. Reimbursement for covered costs due to identity theft like notaries, postage, lost wages to defend in court are also included with this additional coverage.

All consumers can access resources on identity theft from the Federal Trade Commission who suggests that they complete these steps immediately upon learning of fraud:

1. If you notice signs of fraud, place an initial fraud alert - Call one of the credit reporting agencies and ask that they place a fraud alert on your credit report. The agency you call is then responsible for alerting the other two, and the initial alert is

good for 90 days. The agency can also add a freeze to their credit files, in the more extensive fraud situations.

- 2. Order your credit reports Order your credit report from one of the three, nationwide credit reporting agencies. Review them carefully for errors or signs of fraud, and share notable information with the credit reporting company.
- 3. Create an identity theft report File a complaint with the FTC via their Web site or by calling them at 1-877-438-4338. The completed complaint is called an FTC affidavit. Take the affidavit to the police department where the theft occurred and file a police report. These two items comprise the identity theft report.

Once these steps are completed there are additional measures you can take that may help the situation:

A. Contact the issuers of your credit cards immediately - Most companies provide toll-free numbers that are manned 24/7 to deal with this type of event.

- B. Alert your bank(s) If they have a process in place to do so, consider putting a fraud alert on your accounts.
- C. Notify other, applicable organizations of the fraud, including (but not limited to):
  - Social Security Administration
  - Department of Motor Vehicles
  - Your utility companies
  - Your health providers
- 4. Take steps to repair your credit The <u>FTC provides tips</u> on things you can do to try to repair your credit after you have been the victim of fraud.

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

The Allstate Corporation (NYSE: ALL) is the nation's largest publicly held personal lines insurer. Widely known through the "You're In Good Hands With Allstate®" slogan, Allstate is reinventing protection and retirement to help more than 17 million households insure what they have today and better prepare for tomorrow. Consumers access Allstate insurance products (auto, home, life and retirement) and services through Allstate agencies, independent agencies, and Allstate exclusive financial representatives in the U.S. and Canada, as well as via http://www.allstate.com/ and 1-800 Allstate®.





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#### **MIKE'S FISH TANK** ANIMAL FACTS

 $\mathbf{T}$  HIS WEEK SOME FACTS ABOUT small animals instead of fish. Here are some pet facts:

A lot of people ask us about why their pet bunny or hamster got diarrhea. Do not feed your bunny, hamsters or guinea pigs lettuce. This is especially bad when they are young. The young animals just can not handle it. As far as carrots, wait until your pet is a bit older and then only feed a baby carrot occasionally.

I know one woman whose guinea pig died and she had it autopsied. They found a lot of carrots in it's gut.

Stick to things like timothy hay or alfalfa as a treat, and again wait until your pet is like 3 or 4 months old when it can handle the fiber

Bunnies can get hairballs too. Just like a cat, they groom themselves and get hairballs. Feed your bunny papaya as a treat.

It helps break down the hair the bunny gets from grooming itself.

Do not feed papaya from the grocery store. Instead stop into PETS A PLENTY. We have treats with papaya in it and dried papaya chunks as well. Also Timothy hay will help the bunny break down any hairballs it may have. Timothy hay is extremely beneficial in rabbits, guinea pigs and chinchillas. In fact the Chinchilla farm told me that chinchillas can get constipated very easily and to be sure to give it some timothy hay several times a week. The animals love it and it's much much healthier than lettuce.

Does your water bottle leak. Do not use cold water. The cold expands the ball inside the bottle and you get drips. Instead, use lukewarm

Hamsters can have babies every 21 days. Rabbit gestation is only 30 days..the newborn are very tiny. Guinea pigs gestation is 60 days. The baby comes out fully formed and ready to eat solid food.



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.  $Any\ questions,\ email\ me\ at\ friskyy@hotmail.com$ 

## **VITAMIN D3 ISN'T JUST** FOR SENIOR CITIZENS

OST PEOPLE THINK OF VITAMIN D as the "sunshine Livitamin" and you would be correct. But who living in this frozen tundra of Central New York this time of year gets the 10-15 minutes of exposure to sunlight everyday with your skin exposed to the sun? I don't think anyone does. Hence supplementation is needed and I will tell you

Vitamin D is primarily known for its role in promoting calcium absorption from the intestinal tract. It helps to maintain adequate levels of calcium and phosphorus in the blood to enable the mineralization of bone. Without adequate levels of Vitamin D, bones become thin, brittle or misshapen. A severe deficiency produces the disease known as rickets in children and osteomalacia in adults. So Vitamin D is essential to adults as well. Scottish researchers reported that taking 1,000 IU of Vitamin D daily helped maintain bone density in older women. A combination of vitamin D and calcium reduced the risk of hip fractures, according to researchers at the Fred Hutchinson Cancer Research Center in Seattle.

Vitamin D is also vital for the immune system. It helps to promote phagocytosis (antitumor activity) and helps modulate the immune system. More than 60 studies have tied adequate vitamin D levels to a lower risk of various cancers, including those of the breast, prostate, colon and lung, as well as leukemia and myeloma. It is reported to also improve the survival rate of cancer patients, especially those diagnosed with lymphoma, colorectal cancer and breast cancer. New studies have found a 42 percent to 50 percent lower risk of death from breast cancer when women maintained relatively high levels of vitamin D.

Vitamin D can also help you live longer. A European study of more than 16,000 middle-age and elderly men and women determined that low vitamin D levels were associated with a 57 percent greater risk of dying from any cause, including cardiovascular diseases, over periods ranging from four to 16 years.

It also helps with aches and pains. A study of 60 Norwegian men and women with chronic pain, including fibromyalgia, discovered that one-fourth were deficient in the vitamin. After 3 weeks of regular sun exposure, the patients' vitamin D levels rose and they benefitted from an average 60 percent decrease in pain. Several previous studies have found that vitamin D supplements can help with low back pain.

Finally a respectable body of research has shown that vitamin D, sometimes in combination with calcium, can prevent or control prediabetes and type 2 diabetes. Both nutrients are involved with insulin function and the regulation of glucose. A new study at the University of Massachusetts Medical School found that vitamin D supplements from eight to 16 weeks led to a 10 percent reduction in blood sugar levels. Another study showed it significantly reduced blood sugar and improvement in insulin resistance in women with gestational diabetes.

Nature's Sunshine Products Vitamin D3 contains 2,000 IU of natural D3 derived from lanolin harvested from the wool fat of sheep from New Zealand and Australia. These animals are certified BSE-free.

Till next time,



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

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

#### **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!





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#### THE SHERMAN HOUSE RESTAURANT

The Sherman House Restaurant (Formerly The Manor at Briggs Hall Restaurant) featuring Linani's Cookies & Catering is now open for lunch Tuesday through Saturday from 11am to 2pm! Call ahead for "Carryout" from their fantastic lunch menu! Call 607-749-9999 to place your order and pick up between 11am to 2pm! Choose from the delicious menu items for lunch such as chili, fresh soups and salads, burgers, sandwiches, wraps, penne pasta and more!

Looking for a new place in town to dine out from 5pm to 9pm Thursday thru Saturday? The Sherman House Restaurant offers a wide array of delicious homestyle buffet items and



assortment of roasts such as prime rib, pork loin, chicken plus pastas, vegetable and potato along with soups and chili. Menu changes nightly – call ahead for inquiries.

The Sherman House Restaurant is located inside beautiful Briggs Hall and a great place to enjoy a relaxing meal with friends or family. Family friendly and affordably priced for lunch or dinner. The food is artfully presented and the atmosphere is cozy, warm and intimate.

Do you have a wedding or party coming up in your future? The Sherman House Restaurant is available to book your event at their historic event location plus event catering for your upcoming shower, rehearsal dinner, wedding, reception or private party!! Or they will graciously cater your event at your chosen location. Call 607-749-9999 to reserve your event date today! The Sherman House Restaurant: located in the red brick mansion at 11 North Main Street in downtown Historic Homer. Check out their menus on Facebook - Linani's Catering.

Sale Prices on Special Orders! Spend your tax return dollars on furniture that will last a lifetime! We specialize in quality Amish and American furniture in oak, cherry, elm, maple and pine and have one of the largest selections in the area. Custom orders are always welcome for home, office and occasional furniture.

In our gift shop you'll find things you would have difficulty finding anywhere else. Check out our huge collection of Angel Chimes and taper candles from Germany plus wind chimes made in the U.S. Our Amish handcrafts include walking sticks, tin ware, bird shaped bird feeders, pictures, lap top servers, wine racks, lamps, rocking chairs and so much more. Don't miss our fir balsam and cedar incense from Maine, Yankee candles, Melissa & Doug items for children and much much more. Something for everyone!

We have delivery, layaway and gift certificates available. Remember if you don't see what you want, please ask as Treeforms can find it for you! We are located at the intersection of Routes 13 & 366 (1302 Dryden Road) between Dryden and Ithaca. Treeforms is open Monday through Saturday 10am to 5:30pm and Sunday from 12 noon to 4pm. Phone 607-272-2913. www.treeformsfurniture.com

Make sure that you stop by to take advantage of the Winter Sale going on right now at Treeforms!



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Our store will be closing March 31st.

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1-81. NORTH TO EXIT 11
LEFT ONTO RT. 13 SOUTH
RIGHT INTO RIVERSIDE PLAZA



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

O YOU NEED SNOW TIRES to blast through the snow or does your vehicle needs to be serviced or inspected? 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.

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- 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 – <a href="https://www.willcoxtirecenter.com">www.willcoxtirecenter.com</a> and like us on Facebook!



#### 8TH ANNUAL CHILL-A-BRATION SATURDAY, FEBRUARY 28 AT 12:00PM

This is Chill-A-Bration's eighth year and has become an anticipated mid-winter attraction downtown. It brings in well over 600 people to the Main Street area, giving restaurants and retailers a chance to show off their range of items. Running Noon to 4:00pm on Saturday, February 28, over 20 restaurants will feature either a winter menu item to sample, or will prepare a special chilientry to compete for the title of "Cortland Area's Best Chili". Chill-A-Bration goers are encouraged to cast a ballot for their favorite samples by 4:00pm. There's good incentive to vote, not only to support your favorite restaurants, but two ballots will be drawn to give away prizes.

Chill-A-Bration mugs with tasting map and tickets (for \$10 each) will be available for pre-sale February 23. As mug sales are limited and the event is popular, it's best to purchase mugs earlier before they sell out on event day. Mugs will be available for purchase the day of the event too.

Proceeds from this event help support future Chill-A-Bration celebrations and allow Cortland Downtown Partnership to present family-friendly events that market the heart of our city, Historic Downtown Cortland.





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

entire area.

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







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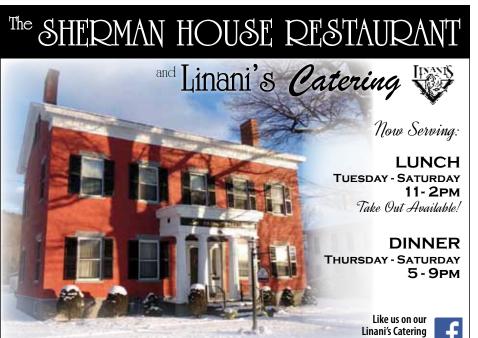
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#### Snow removal

Deep snow and icy sidewalks are dangerous for everyone but especially for senior citizens. Many seniors are not able to remove the snow from their sidewalks without assistance. If you need help shoveling or plowing, please call the Tompkins County Office for the Aging at 274-5482. We have a current list of paid and volunteers who can assist you in your area.

#### HEAP

The Home Energy Assistance Program (HEAP) provides assistance with fuel and utility expenses for income-eligible homeowners and renters. The Tompkins County Office for the Aging processes HEAP applications for persons over age 60 and for those who receive SSI or SSD and do not receive Food Stamps.

If you think you may be eligible for HEAP, contact the Tompkins County Office for the Aging (607) 274-5482 for more information.

#### **Powerful Tools for Caregivers Classes**

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of yourself. (Not intended for professional caregivers.)

March 30 - May 4th (Mondays) 5:00PM-6:30 PM at the Office for the Aging 214 W. Martin Luther King Jr./State St.

Pre-registration is Required. To register or inquire about the program, Call: Tompkins County Office for the Aging, 274-5482

### DRYDEN COMMUNITY CENTER CAFE

 $607\text{-}844\text{-}1500 \bullet drydenca fe.org$ 1 West Main St., Druden, NY 13053

Thursday, February 26 - Spaghetti Night change - The Dryden Village Police Department had to reschedule the night that they were to host. They will host one week later on Thursday, the 26th.

Sunday, February 22 - 1pm - DC3 Marketing Committee is looking for new people to join our committee. We want members to have an interest to discover, create, and promote the Cafe. For more  $information \ contact \ Cindy \ cindy. cantu@yahoo.com$ 

Sunday, February 29 - Open Mic Night! Is Back! Bring your poems, your guitars, your voices, and your friends. Not only will we have microphones, we will have a full drum set too. The exact time isn't set yet, so check the website for updates.







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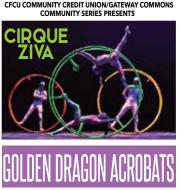
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MARCH 5



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# **PUZZLES & GAN**

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

S	d	n	n	I	r	t	t	р	S	S	g	i	g	С	n	0	n
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health • nutrition • volunteers • cards • bingo • discount • aarp • gardening • retire retirement • florida • travel • grandparent • grandchildren • silver • golden caregivers • dentures • appointments • safety • elderly • medicaid • diet • assistance glasses • well being • independence • oxygen • crossword • jigsaw puzzle • senior

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

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#### SUDOKU

4	8	6	2	3	5	7	9	1
7	9	1	4	8	6	2	3	5
2	3	5	7	9	1	4	8	6
6	4	8	5	1	2	3	7	9
3	2	7	6	4	9	5	1	8
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#### **WORD FIND**

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**DETAILS!** 

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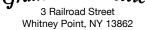
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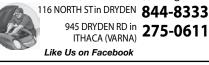
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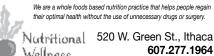
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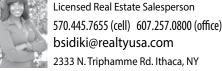
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