

CORTLAND BREAKFAST ROTARY NEWS

Together We Serve, Together We Make a Difference



CORTLANDBREAKFASTROTARY.ORG



EDITED BY SOPHIE WELBURN



President Terry Cahill

Front Desk:

Matt Banazek

Jim Dempsey

Thought for the Day:

Mike Shafer

Raffle Winner: Conrad Janke

Attendance: 22

Zoom: 2

Guests:

Frank Kelly

Stephanie Koslowski

Hailey Ruoff

"What do you need & how do you get there" Stephanie Koslowski & Hailey Ruoff



This week, the Cortland Breakfast Rotary Club was joined by Stephanie Koslowski and Hailey Ruoff as guest speakers! Koslowski owns and operates Main Street Acupuncture in Homer, and she and Ruoff are co-founders of Classy Canna right next door.

Classy Canna opened at 8 N Main St on January 1, 2025 as the first licensed cannabis dispensary in Cortland County. The building was originally intended to serve as Koslowski's acupuncture office, but she discovered it was simply too big and so started seeking out different ideas for the space.

Ruoff started out as a patient of Koslowski's, and they became friends; while brainstorming ideas for using the building, it was around the time that cannabis was legalized in New York. Ruoff has a cousin that had experience with helping get dispensaries up and running in other states, so the pair decided to give it a shot- with the blessing of then-mayor Hal McCabe!

The process of obtaining a license was a slow one, finally receiving it on September 11, 2024. Opening a few months later, Classy Canna has been a positive presence in the Homer community. Their products are sourced from primarily small, local businesses- Florist Farms, Ayrloom, and Veterans Choice Creations are all produced in-state.

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UPCOMING EVENTS

Anna McGraw Send-Off

* July 12, 2026

Meals of Hope

* July 31
& August 1, 2026

Summer Picnic

* August 12, 2026

Main Street Acupuncture continued...



The Classy Canna Shoppe offers locally made artisanal goods; a large window looks into the dispensary.

Koslowski also had a chance to introduce her other business, Main Street Acupuncture. After moving back to New York from Florida in 2015, Koslowski began to offer her services to help provide support in pain management, stress, headaches, insomnia, and more. She explained how acupuncture works by “stimulating an immune response; pain is not necessarily indicative of an injury, but can be caused by inflammation.” Acupuncture can help regulate the inflammatory process by bringing attention to those areas that might have been previously ignored by the immune system, bringing healing to those areas, and breaking the cycle of inflammation.

Koslowski has had such success with her practice that she is currently not taking new patients and is booked six weeks out. With that said, her goal is that she doesn’t “want you to have to need it.” She usually starts patients out with treatment once a week for three weeks, at which time many patients express a marked improvement. From that point, treatment can either end, or be reduced to something like once a month or as needed.

Ultimately, Koslowski explained that acupuncture is best for things that happen naturally, and might only provide temporary relief in such cases where the original cause of the issue is still present in the patient’s life– a certain medication that causes negative side effects, for example. “You need to address the sources, otherwise it becomes a matter of elimination versus management.”



**Conrad Janke (7/8)
Rosie Taravella (7/8)**

Anniversaries

Kathie O’Mara (7/1/1994)



Meals of Hope

Set-up:

Friday July 31st (6-8pm)

Work day:

Saturday August 1st

Table Captains @ 8am

Packing volunteers @ 9am

Clean-up & transport @ 11am

Happy Dollars

Frank Kelly: Got to spend time with Karen DeWitt at Youth Exchange training; Anna McGraw is getting closer to heading off on her exchange, party this Sunday!

Bob Martin: Enjoyed a trip to Maine; for his wife's birthday; sister and brother-in-law have gone into assisted living, something that was overdue.

Dianne Higgins: Granddaughter competed in national gymnastics event and earned a silver medal!

Chrissie Allen: For Dianne for teaching her secretarial duties- thank you for being patient; husband had successful knee surgery last week.

Terry Cahill: The cook at Loaves & Fishes retired, and it was looking like Terry was going to be filling in in the kitchen, but they got a new cook hired.

Karen DeWitt: Down to the wire on finding a new host family in the Cortland School District.

Mike Shafer: *In reference to Bob Martin's happy dollar* Has the extra note "Emma, I'm not kidding" on his "Do not resuscitate" notice.

Mike Catalano: Received the get well card from the club, it was uplifting.

Conrad Janke: For our guest speakers; for Rosie Taravella's and his own birthday.

YOU'RE INVITED!

This Sunday!



NOW TRAVELING

CHS Class of 2026 to Switzerland



ANNA'S GRADUATION & SEND-OFF PARTY

LOCATION

3492 DEERFIELD HEIGHTS
CORTLAND, NY 13045

DATE

SUNDAY
JULY 12, 2026

RSVP

646-729-5727 OR EAK58@CORNELL.EDU

TIME

1:00 PM - 4:30 PM



CNY
Rotary 

DAY AT THE BALLPARK
SUNDAY, JULY 19TH


VS


AKRON RUBBERDUCKS (AA-GUARDIANS) **SOUTHERN TIER SCOOP SCOUNDRELS**

FIRST PITCH 1:00 P.M. | GATES OPEN 12:00 P.M.

BARK IN THE PARK DAY
FEATURING AN APPEARANCE BY
MUTTS GONE NUTS DOG GROUP



TICKETS ARE \$9 PER PERSON
ANY ROTARY YOUTH
(PAST AND PRESENT) ARE FREE.

 **211 HENRY ST.**
BINGHAMTON, NY 13901

OUR

CATCH ON THE FIELD
ENTER THROUGH LEFT FIELD GATE, NEAR THE TARP


KIDSEAT FREE
COMPLIMENTARY HOT DOG & REGULAR SODA (CHILDREN 3-12)


HIGH FIVE CLUB
EARN UP TO 20% OFF IN THE TEAM STORE WHEN YOU HIGH FIVE STAFF MEMBERS

Summer Picnic

August 12th

5PM

BOB'S BBQ PROVIDED BY DON & LUANNE...BRING A DISH TO PASS, YOUR BEVERAGE, AND A SWIMSUIT IF YOU WANT TO SWIM. COST IS \$10 PER PERSON. AT DON RICHARDS' 692 HATCHERS RUN, CORTLAND