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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 1 – Spring Antiques/Pre–St. Patrick's Day Issue

Deadline 2/24

March 15 - Spring Home Improvement/Real Estate & St. Patrick's Day Issue

Deadline 3/10

March 29 - Spring Motorcycle/Car Care & Pre-Easter Issue

Deadline 3/24

April 12 - Think Spring! & Easter Issue

Deadline 4/7

April 26 - Pre-Mother's Day & Lawn/Garden Issue

Deadline 4/21

May 10 - Mother's Day & Pre-Memorial Day Issue

Deadline 5/5

May 24 - Memorial Day, Dairy Days & Pre-Grad/Dad Issue

Deadline 5/19

TRIVIA QUESTIONS

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

- 1. Which president of the United States was in office from Jan. 20, 1953 to Jan. 20, 1961?
- 2. What year did Disneyland open?
- 3. What singer had a hit with Sixteen Tons in 1955?
- 4. Which Olympic athlete set a record in 1972 by winning seven gold medals?

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!

WELCOME NEW ADVERTISERS:

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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 issue'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 24th for this issue. By entering, you give us permission to print your name in our next issue. Each contest generates hundreds of entries!



DO YOU KNOW WHERE THIS IS?

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

Gene King, Sr. of Cortland



Answer from the Previous Issue

Hart Electric at 70 Homer Avenue in Cortland

The winner of last issue is Gene King, Sr. Gene won a gift card from Dickey's Barbeque Pit located in the Riverside Plaza in Cortland plus a discount card from Shipwreck Amusement Center! The winner of this issue will also win a gift card from Dickey's Barbeque Pit located in the Riverside Plaza in Cortland plus a 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!

COMMUNITY

February 17. 18. 19. 24. 25. 26 – Crazy For You- The New Gershwin Musical

Fri/Sat. 8pm, Sun. 2pm. Dowd Fine Arts Center Theater. Winner of the 1992 Tony award for best musical. New York banker Bobby Child is sent to a small mining town in Nevada to foreclose on a property. When Bobby arrives and discovers that the property is an old theater, he has another idea. Bobby recruits the whole town as well as some Broadway Follies dancers to put on a show, save the theater and win the heart of the sweetest girl in town. With fast-paced antics, plot twists and mistaken identities, "Crazy For You" is a comedic delight. The book, by the master of farce Ken Ludwig, seamlessly weaves together an iconic score by George and Ira Gershwin featuring some of the most well-known standards of the golden age of musical theatre. The lineup includes such classics as "Embraceable You," "They Can't Take That Away From Me," "Someone to Watch Over Me" and a tap dancing extravaganza: "I Got Rhythm!" Adults \$19, Faculty/Staff/Senior \$16, Students \$9. Purchase tickets atcortland.edu/boxoffice. For more information call (607)753-2831, email jeffrey. whetstone@cortland. edu or visit cortland.edu/ departments/performing-

February 17 – Free Tax Preparation

5:30pm, United Presbyterian Church, 25 Church St., Cortland. The VITA program offers free tax help to people who generally make \$54,000 or less, persons with disabilities, elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRScertified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. Call 211 or (877)211-8667 during regular business hours for an appointment.

February 17-19 – Women's Retreat

February 17, 5:30 pm February 19, noon Pure and Simple Yoga and Healing 75 East Court St. Cortland, New York Open to all women interested in improving their well-being. The weekend will include: Various styles of yoga at the warm and cozy Pure and Simple studio... no experience required. Nourishing food. A Friday night dance party. A "Paint and Sip" event at Uncorked Cortland. A winter hike. Discussions about setting intentions and goals for 2017, and beyond. Connect with old friends, meet new ones. Cure cabin fever. Renew, recharge and rediscover

vourself. \$175. register at www.pureandsimpleyoga. com. Space is limited. For more information call Peg Engasser: (607) 835-6734.

February 18 – Wine & Chocolate Night

6-8pm The 1890 House Museum at 37 Tompkins St., Cortland Americana Winery and Sinfully Sweet Café will be at the 1890 House for Wine and Chocolate Night. Join us for a night of wine and chocolate tastings! Wine and fudge provided by Americana Vinevards & Winery, Must be 21 years or older to attend. Reservations can be made at the museum during open hours or by phone at 607-756-7551. \$7 entry fee. Wine and chocolates purchased separately.

February 18 – Adventures in Time Story Hour

10-11am, Cortland County Historical Society, 25 Homer Ave., Cortland. This monthly children's story hour will feature topics from the past. Our first program is on transportation, then and now, and our guest reader is "Cortland Standard" reporter, Katie Keyser, a.k.a. "Bike Girl." Come and take a step back into the past and see what our great grandparents' transportation options were. We will also feature transportation related photos and information from Cortland County's past. This program is free and suitable for ages 5-9. For more information call 607-756-6071 or email cchsresearchrequests@ yahoo.com.

February 20 - Print all In new window McLean Church President's Day Dinner 4:30 until gone.

Featuring a soup & sandwich supper. Soups: Chicken Corn Chowder, Beef Barley, Split Pea with Ham, and Chili. Sandwiches: Ham Salad, Egg Salad, Turkey, and Grilled Cheese. Homemade Cakes. \$8

February 20–24 – Open Public Skating

McDonald Sports Complex, 4292 Fairgrounds Cortland. Public Skating 12-1pm, 1:15-2:15, 2:30-3:30pmeach afternoon this week. Open Figure Skating Monday and Thursday 10:15-11:45am, Skate-n-Shoot Tuesday, Wednesday and Friday 10:15-11:45 am. For more information call (607) 753-8100 or visit jmmcomplex. com.

February 22 – LGBTQ Youth Suicide Prevention

12-3pm, Career Works, 99 Main Street.Cortland LGBTQ Center and Cortland County

Mental Health invite you to a three hour workshop on preventing suicide among LGBTQ youth. This presentation was created by The Trevor Project, the largest LGBTQ suicide prevention service in the United States. The workshop will cover an introduction to LGBTQ identities, the differences between sexual orientation and gender identity, risk factors for LGBTQ youth suicide, and suicide prevention methods. All are welcome! For more information or to RSVP email Ethan Lewis at elewis@ fescortland.org or call him at (607) 756-8970. OASAS credits will be available! Email for more information. Light refreshments will be provided. No admission fee.

February 22 – Trevor Project Training

12-3PM Career Works (99 Main Street) The Cortland LGBTQ Center and Cortland County Mental Health will be cosponsoring a training on LGBTQ Youth suicide risk and prevention techniques. Please RSVP to Ethan Lewis at elewis@fcscortland.org To learn more about The Trevor Project, visit http://www. thetrevorproject.org/

February 24 - Free Tax Preparation

5:30pm, United Presbyterian Church, 25 Church St., Cortland. The VITA program offers free tax help to people who generally make \$54,000 or less, persons disabilities, with elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRScertified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. Call 211 or (877)211-8667 during regular business hours for an appointment.

February 26 – Harford Fire Dept. Pancake Breakfast

8am to 11am. Harford Fire Dept. (394 Route 38). Real maple syrup, pancakes, eggs to order, sausage, orange juice and bottomless cup of coffee. Adults \$7. Ages 6-12 \$4. Ages 5 and under are free.

February 27 – Dryden Senior Citizens Lunch

The Dryden Senior Citizens Lunch will meet on Monday, February 27, 2017 at the V.F.W. on Route 13 just outside of the Dryden Village toward Ithaca. Lunch is served at 12:15 p.m. with announcements starting at 11:45 a.m. Table service will be provided. The meal cost for members is \$7.00 and \$8.00 for non-members. The meal will be macaroni and cheese, applesauce, tossed salad. beets with vinegar on the

side, and cherry cobbler. Our speaker will be Carl Havnes. from Tompkins, Cortland, Community College. The annual dues are still \$5 per person and free for those 85 and over. Whenever Dryden Schools are closed, we will not have a Senior Lunch. We hope you can come and join

March 1 - Food For Thought: National Eating Disorders Awareness Week

12-1pm, Cortland Career Works, 99 Main St., Cortland. Free presentation by Audry Mattle, an undergrad student at the University of Rochester studying Neuroscience and Pre-Med. She also is an active member of the U of R cross country and track teams. She has struggled with Anorexia, Depression, and Anxiety since 12 years old. She is now in stable recovery and is using her experience to educate others about the different aspects of eating disorders, through the lens that eating disorders are a disease of disconnection, how the media and eating disorder stereotypes play a role, and what recovery looks like. She will also discuss how you can help friends and family who are struggling as well as improve eating disorder awareness and access to treatment. Free lunch included. Presented by Cortland Prevention Resources and Mental Health Assoc of Cortland County. RSVP at foodforthoughtrsvp@gmail. com or (607)756-8970 x260. For more information call (607)756-8970 x260, email ldavis@cortland-co.org, or visit cortland-co.org/451/ Prevention-Services-for-

March 4. 10. 11 - CRT Guild's **Annual Mystery Dinner Theatre**

Doors open 6:30 pm, CRT Downtown, 24 Port Watson St., Cortland. "Death Joins the Club" starring the Acme Mystery Company! Buffet style dinner by Linani's Catering with beer/wine cash bar. Noses up, everyone! You and the other members of the posh Pfieffer Hills Country Club are gathering to consider applications for membership and you want to look your snobby best. Members of the wealthy elite are dying to get in, or rather, are waiting for you to die so they can get in. A word to the wise, dear member: some applicants are less patient than others. Tickets \$50 if purchased by Jan 31; then \$55. Online sales are not available for this event. Tickets available by calling 800-427-6160 or in person at CRT Downtown, 24 Port Watson St., Cortland.

March 4 - Fabius Historical **Society Meeting**

FABIUS 1PM: THEHISTORICAL SOCIETY will meet at the Fabius Community Center(7786 Main St., Rt.80). Chuck D'Imperio, from Oneonta, will be talking about foods created in New York and his latest book, A TASTE OF UPSTATE NEW YORK. Free and open to the public. Refreshments will follow the program. Please join us.

March 4 – 2017 Penny (Pennsylvania New York Country/ Bluegrass Association) Festival

Midwinter jam Vestal American Legion South Jensen St Vestal NY 8 bands and picking room. Food by American Legion 11 am to 6 pm \$8 members \$10 adults, children under 12 free with adult pass. Contact Gene Clayton 607-748-6671

March 4 – Soup & Salad Supper

4pm to 6:30pm. Free will donation. Great Variety of soups and salads, drinks and deserts at the Richford Congregational Church (just south of routes 38 & 79 intersection)

March 4, 10 & 11 – CRT Guild's **Annual Mystery Dinner Theatre**

Doors open 6:3 pm, CRT Downtown, 24 Port Watson St., Cortland. "Death Joins the Club" starring the Acme Mystery Company! Buffet style dinner by Linani's Catering with beer/wine cash bar. Noses up, everyone! You and the other members of the posh Pfieffer Hills Country Club are gathering to consider applications for membership and you want to look your snobby best. Members of the wealthy elite are dying to get in, or rather, are waiting for you to die so they can get in. A word to the wise, dear member: some applicants are less patient than others. Tickets \$50 if purchased by Jan 31; then \$55. Online sales are not available for this event. Tickets available by calling 800-427-6160 or in person at CRT Downtown, 24 Port Watson Street.

March 12 – Monthly Music Night

Harmony UM Church 726 Route 221 in Harford, NY 7-8pm Come enjoy a night of old & new songs with refreshments. Share your musical talent. Handicap accessible. All are welcome.

March 13 – Dryden Senior Citizens Lunch The Dryden Senior Citizens

Lunch will meet on Monday, March 13, 2017 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 corned beef, cabbage, boiled potatoes, carrots, onions, rolls, tossed salad, and pound cake with hot lemon sauce. Our speaker will be Harry Weldon who will present the Treasurer's Report. The annual dues are still \$5 per person and free for those 85 and over. Whenever Dryden Schools are closed, we will not have a Senior Lunch. We hope you can come and

March 18 – Fifth Annual Finger **Lakes Crossword Competition**

Tompkins Learning Partners (TLP) of Ithaca announces Central New York's premier crossword event, the Fifth Annual Finger Lakes Crossword Competition on Saturday, March 18th, 2017 from 1-4:00pm. This event is an important fundraiser for TLP, a LiteracyNY affiliated non-profit organization, which provides literacy tutoring, free of charge, for over 100 adults in our community. Puzzlemaster Adam Perl will once again three original crosswords for the event. Individuals, or teams of up to four, are invited to compete for prizes in one of three levels of difficulty. For the first time, rather than a set entry fee, players may choose to pay what they can comfortably afford. To see individual and team pricing, rules, schedule and online registration forms please go to our website at http://www.tlpartners.org. If interested in underwriting or sponsorships, call Gary Weissbrot, Event Chair, at 607-793-8010, for more information.

March 18 – Comedian Keith Barany

7:30pm, CRT Downtown, 24 Port Watson St., Cortland. Who doesn't need a laugh in an upstate New York winter?! This former NYC native, now living in Utah has a "fresh, original, comic voice" and has been called "the wittiest comic working today"! A clean (PG-rated) comedian, he's worked as a TV writer for Seinfeld, The Jimmy Kimmel Show and the Emmys, and has been the comedy headliner on nine overseas USmilitary tours. A steady performer in Vegas, Keith has appeared at the Stardust, Excalibur and Caesar's to name a few, and appeared with Jerry Seinfeld, Joan Rivers, Ray Romano and Jon Stewart! Beer/Wine Cash Bar. \$20. To order tickets, call 800-427-6160, visit our Box Office at24 Port Watson Street, or order online.

FOR A COMPLETE LISTING OF UPCOMING EVENTS:

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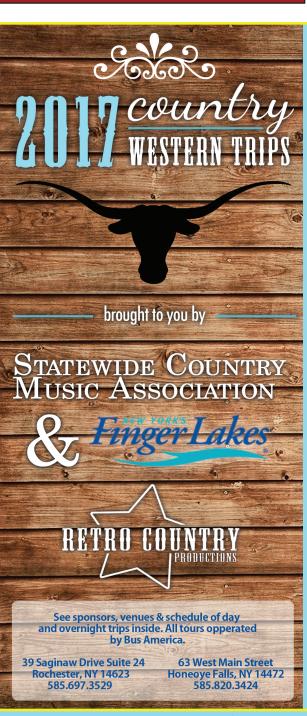
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June 15, 2017 11:00 AM - 3:30 PM Admission: \$35

Price includes Elvis Tribute show, a bbq chicken with sausage buffet & a ride to our rendition of petticoat junction.



RICH WILSON dinner show

July 13, 2017 11:00 AM - 3:30 PM Admission: \$35

Price includes the dinner show, a bbq chicken with pulled pork buffet & a ride to our rendition of petticoat



DONNA & DOC dinner show

August 16, 2017 11:00 AM - 3:30 PM Admission: \$35

Price includes country music, Hawiaan sliced ham with all the trimmings & a ride to our rendition of petticoat junction.

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Date: May 11, 2017 // Time: 12:30-4:30pm Price: \$30 Per Person including a chicken & biscuit dinner.

christmas INJULY Date: July 6, 2017 / Time: 12:30 - 4:30pm

Price: \$30 Per Person including a ham dinner with all the trimmings

TOM GILBO & blue suedes



Date: August 10, 2017 / Time: 12:30 - 4:30pm

Price: \$30 Per Person including a ham dinner with all the trimmings



COUNTRY STARS september

Traditional country will never die but neither will the stars of the 70's, 80's, and 90's.

Date: September 14, 2017 // Time: 12:30 - 4:30pm

Price: \$30 Per Person including a pork roast dinner & all the trimmings





This is a show you won't wanna miss! Date: October 5, 2017 // Time: 12:30 - 4:30pm

Price: \$30 Per Person including a turkey dinner with all the trimmings.



Country Mystics

Donna & The Country Mystics Christmas Spectacular Show! Date: December 7 &14, 2017 / Time: 12:30 - 4:30 pm Price: \$30 Per Person including a ham dinner with all the trimmings

1824 NYS Hwy. 13 N. • Cortland, NY 13045 Website: cortlandmusicpark.org

Please stop by the Opry Barn on Fri., Feb. 17-19 and pick up an itinerary for any of the day or overnight tours.

DRYDEN SENIOR CITIZENS

THE DRYDEN SENIOR CITIZENS MEET for lunch on the second and fourth Mondays of each month except only once in June and no meetings in July and August. We meet at the Dryden VFW on Route 13 just outside of Dryden on Route 13.

At each lunch we have a raffle and pull names for someone to receive a corsage and a free lunch. To be a member you need to pay only \$5 per person, except those 85 and older are free.

Lunches are \$7 for members and \$8 for non-members. Table service is provided. After lunch we have either a speaker or entertainment. Announcements begin at 11:45 am, and lunch is served at 12:15 pm. Visitors are welcome.

If you are 55 or older and live in the Dryden area you are encouraged to join. We have great programs and wonderful fellowship. We look forward to seeing you there.

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NEW REPORT DECLARES AFFORDABILITY CRISIS IN CORTLAND, & THE SOUTHERN TIER

NON-PARTISAN, NON-PROFIT GROUP NAMED Reclaim New York released a new study this week that finds taxes, and the cost of living in the Southern Tier, are keeping local families struggling to make ends meet.

The report, which covers seven counties including Cortland shows locals how much they have left after paying the combined burden of income, property, sales, and excise taxes, along with basic expenses like transportation.

The group calls these combined costs "Wake-Up Costs", and their report says they are causing an affordability crisis. For Cortland City, the report shows a family of four left with just \$2,212 after those "Wake-Up Costs" take a big chunk out of their median \$45,000 annual income.

"When you're working hard, but you're left with a fraction of your annual earnings, or maybe even have to take on debt, that is a crisis," said Brandon Muir, Reclaim's Executive Director. "The worst part is that our own governments, from Albany on down, are throwing these costs at us through taxes and regulations that are some of the worst in the country."

Reclaim released the study and held an event where over 60 local citizens listened to a presentation on the findings.

The group also urged residents to stay involved, and work towards fixing these problems by taking ownership of their

Reclaim will be at the Cortland County Auditorium on March 2 for a similar event, with details available on the group's

A review of the study's findings paints a rough picture for Cortland's middle-class families.

In the Village of McGraw, the median family the report examined earns more, \$60,545. But, at that income level they own a home. The additional expenses of home-ownership leave them with just 3 percent of their annual earnings after paying their taxes and expenses.

Reclaim's report looks at higher income earners as well, and recent graduates.

Even at double the median income for Homer, a family earning over \$100,000 per year watches 95 percent of that go to "Wake-Up Costs". And the report showed a recent college graduate in Cortland will only have 16 percent left over.

"College graduates lucky enough to find a job in the Southern Tier are hit with a hefty burden if they choose to stay. For too many, the bad economy means they don't even have that choice," said Muir. "The affordability crisis is a big reason for this, our state's not competitive, and we're not giving people the chance to build a future here right now."



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At some point care-related "stuff" begins to take over the house, and care-related acts take up all of your time. It becomes increasingly difficult for you, the caregiver, to find any physical personal space or personal time that is untouched by the caregiving situation.

Even the most loving and devoted caregiver needs to get away from it all now and then. Everyone needs some time off. In order to do the hard work of caregiving, you have to stay healthy, and to stay healthy you have to take care of yourself. Not everyone has family who can step in to provide a break for the caregiver. Not everyone can afford to hire respite care. What then?

Find Time

Setting aside time for yourself is not selfish! Try putting "me time" right on your calendar or your daily "to do" list. If you schedule it, you are more likely to actually do it. Take advantage of short breaks when you can. While your loved one is resting might be a good time. Even a break as short as 15 minutes can refresh and help refocus.

Find Space

If you are unable to physically leave, try designating a room or corner or chair you can consider a retreat. Keep it free of caregiving "clutter", and try to make it as soothing and peaceful as possible. Decorate your retreat area with pictures or items that make you smile when you see them. Use this space to distance yourself from the demands of caregiving, even if only briefly. Listen to your favorite music, read a few pages of a book, or calmly gaze out the window for a few minutes.

Finding time and space to recharge is an important way to take care of yourself so that you can continue to care for your



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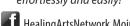
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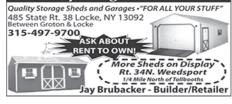
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		3	4	5				
		6		1			3	
	7		3			1		
	9		1			2		4
	4			9			1	
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				2	3	9		

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	5	1	4	2	9	6	3	7	8
	7	9	6	3	8	4	2	5	1
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 - 2. 1955
- 3. Tennessee Ernie Ford
 - 4. Mark Spitz

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