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Deidre Blake, MD Orthopedic Surgeon and Medical Director, Cayuga Orthopedics

Presenter Dr. Deidre Blake will discuss knee pain and today's treatment options. SEATS ARE LIMITED.

To register call: 607-274-4498 or online: cayugarobotics.org/seminar Buffet style dinner will be served.

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WELCOME TO OUR VALENTINE'S DAY ISSUE

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

February 26 – Senior Citizen (Discounts & Care Facilities) Issue

Deadline 2/21

March 11 - Spring Antiques & St. Patrick's Day Issue

Deadline 3/6

March 25 - Spring Home Improvement, Real Estate, Think Spring & Fishing Issue

Deadline 3/20

,

April 8 - Spring Motorcycle/Car Care, 50th CNY Maple Fest & Easter Issue <u>PLUS</u> Spring/Summer Travel Guide

Deadline 4/3

April 22 - Pre-Mother's Day, Lawn & Garden Issue

Deadline 4/17

May 6 - Mother's Day, Pre-Memorial Day & Airbnb Issue

Deadline 5/1

May 20 - Memorial Day & Dairy Days Issue

Deadline 5/15

June 3 – Summer Car Care, Local Race Tracks & Pre-Grad/Dad Issue

Dea dline 5/29

June 17 — Grad/Dad, Summer Music, 4th of July & Local Wine/Brewery Issue

Deadline 6/12

July 22 – BBQ & Outdoor Recreation & HOT Weather Car Care Issue

Deadline 7/17



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

BUMPER STICKER OF THE ISSUE HONK IF PARTS FALL OFF

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



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TRIVIA QUESTIONS

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

- 1. Valentine's day is the 2nd leading holiday for sending cards which other holiday is the first?
- 2. Venus was the god of beauty and love. Who is the son of Venus?
- 3. About how many people buy their pets a gift for Valentine's Day?
- 4. When were sweethearts or conversation hearts invented?

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!

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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)!

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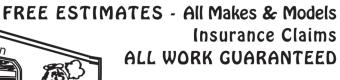
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A FAMILY TREE WITH DEEP ROOTS

C 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 water.



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 source of 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 difficult.

Shute's Water Systems can assure customers that these hazards and more can be avoided or remedied using its time-tested, ecological systems

Shute's offers a free water analysis that will help lead to great-tasting and healthy water from the tap. Located in LaFayette, Shute's Water Systems can be reached at (315) 677-5552, or visit ShutesWaterSystems.com.

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

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CAYUGA HEALTH & THE SHOPS AT ITHACA MALL TO PROVIDE WALK FOR WELLNESS PROGRAM

CAYUGA HEALTH (CH) AND THE Shops At Ithaca Mall have teamed up to provide **Walk for Wellness**, a new walking program at the Ithaca Mall. To make it fun and easy, foot decals have been installed throughout the Mall to help keep walkers on track while walking their way to health. One time around the inside of the Ithaca Mall is approximately one mile.

"We met with the Cayuga Health team last year to discuss how we could remind the public how beneficial mall walking can be," states Gina Speno, General Manager, The Shops at Ithaca Mall. "Cayuga Health really stepped up by providing foot decals and a branded kiosk in the mall to assist in promoting mall walking. We are excited to launch this program - just in time for the change in weather."

Mall walking hours will be:

- Monday Saturday: 8am 10am, Noon -2pm, 5pm - 9pm
- Sunday: 8 am 10am [Dog walking allowed from 8-10am, must have updated shot records and be on a leash], 10am - noon, 3pm
 - 6pm

"Walking is an excellent form of physical activity and has been shown to have numerous health benefits," states Dr. Martin Stallone, Chief Executive Officer of Cayuga Medical Center and Cayuga Health. "These include but are not limited to lowering the risk of heart disease, stroke and type 2 diabetes; having a positive impact on depression, weight, and fall risk. In addition, walking (and subsequent increased physical activity) has been shown to delay and reduce symptoms related to cognitive decline and dementia. This finding may be because malls' enclosed environments, safe walking surfaces, places to rest, convenient rest rooms, and absence of traffic offer fewer distractions to those who are cognitively challenged. A walking program allows a person who is inactive or unfit to increase their physical activity safely."

"We encourage walkers to grab a friend and walk in a safe, warm, indoor atmosphere," adds Speno. "Get a great low impact workout, meet new friends and 'window shop' as you walk. We have free water bottles and pedometers available for anyone who wants to participate in the program. Simply register at www.Cayugamed.org/walk-for-wellness and pick up at The Mall Management Office, Monday through Friday 9am - 4pm."

The Walk for Wellness program encourages walkers to go at their own pace and as far as they feel comfortable when they first begin. Then walkers can gradually increase speed and distance to build strength and stamina over time. Cayuga Health also offers a Blood Pressure machine located near the entrance of the movie theater. Walkers are able to test their blood pressure and check in on their health as they participate. Just get out there and follow the footpath to wellness!



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What is a dermatologist? A dermatologist is a physician who specializes in the treatment of skin conditions and diseases. Dermatologists are certified by the American Board of Dermatology after extensive education and medical residency. They treat everything from minor skin rashes, like hives, to chronic skin diseases, such as eczema or psoriasis. Dermatologists are experts in the field of skin biology, and provide advice based on scientific evidence to treat skin disease, optimize skin health and improve the overall appearance of skin as we age.

If you have any questions, please call our office at 607-708-1330.

Attention Business Owners

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CREATURE FEATURE **FISHER FACTS**

THE FISHER IS A MEMBER of the weasel family. It was nearly $oldsymbol{ol{ol{ol}}}}}}}}}}}}}}}}}}}$ comeback. Reaching 43" in length, it's not nearly as large as people believe, with a long, bushy tail accounting for a third of its length. Its thick fur is varied shades of brown, with darker points on the rump and tail. A low-slung body, partially retractable claws and hind limbs that can rotate 180 degrees allow the fisher to climb up and down trees fast enough to overtake a squirrel. Nocturnal, secretive and shy, it's rarely seen by people. It doesn't hibernate, nor does it have a home

After mating in the spring, the female fisher experiences a 10-11 month delayed implantation. The embryo implants the following spring and develops in just 6 weeks. Kits are born helpless and remain reliant on their mother for 4 months.

Contrary to the nickname "fisher cat," it doesn't fish, nor is it a feline. The fisher hunts small mammals like rabbits, squirrels and rodents, but also eats reptiles, amphibians, insects and fruits. It's one of the few mammals that can kill a porcupine. Fisher attacks on small pets are uncommon, but not unheard of. Where properties border woodlands, supervision of pets and domestic fowl is wise, especially at night.

Article by Margie Manthey Photo by Tammy Nash



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THE RED ROOSTER DINER

POPULAR DEMAND – THE Red Rooster Diner in Richford at 13334 State Route 38 is now open on Friday evenings till 8pm for your dining pleasure. Call ahead for takeout or stop in! They are open daily from 6am to 2pm every day and closed on Wednesday.

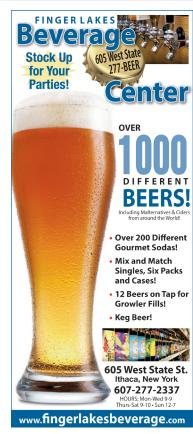
Choose from a breakfast menu all day or try one of their mouthwatering burgers! You need two hands to hold one of their delicious burgers! They also make scrumptious homemade desserts and soups/chili daily! The Red Rooster features outstanding food and wait staff - working to make your visit a great one by providing courteous service and to be welcoming to make their customers comfortable and relaxed in a family-like atmosphere.

Mouthwatering sandwich platters, 1/2 pound Angus burgers and steaks, omelets, breakfast sandwiches and more are among the menu items that will keep you well-fed and happy when you leave! Their biscuits and sausage gravy is super good! Like macn-cheese? Try The Red Roosters special mac-n-cheese dish!

Watch for Friday night specials on our Facebook page or stop in and check us out!

Our new phone number is 607-657-5120.

Thank you for your continued support and we look forward to serving you now in the evening every Friday!







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THE CORTLAND COUNTY HISTORICAL SOCIETY is looking ▲ forward to participating in Leap of Kindness on Saturday, February 29. We are holding a cat food and supplies drive for our furry friends at CNY SNAP. The Cortland County Chamber of Commerce is sponsoring Leap of Kindness, a growing movement started in Saratoga Springs, held every 4 years on our "extra day," February 29th - LEAP YEAR! We will have a collection area in our lobby, for the following items on CNY SNAP's wish list from now through February 29.

FOOD: Canned pate style cat/kitten food; treats; Bisque

style treat pouches and 4Health dry food.

SUPPLIES: Laundry detergent; bleach; paper towels; heavv duty 13-gallon trash bags; old towels, wash clothes, blankets, sheets, and small area rugs; toilet paper; computer paper; 1" masking tape; pink/ blue/white 3x5" index cards; pens and dry erase markers: Q-tips: carriers (new or gently used, not fabric) and pine pellets for litter.

Thank you in advance for helping CNY SNAP. Watch for upcoming posts featuring photos that include cats from our historic photos collections on our Facebook page Cortland County Historical Society.

relatively low maintenance aquarium fish to keep. Like other African Cichlids, Peacocks require tropical temperatures, 72-It should be noted that Cichlids will sometimes eat plants. It

should also be noted that Cichlids dig caves and disrupt plants and decorations.

This is simply their way. They should be provided with plenty of hiding places. In order to maintain their brilliant coloration, you will need to offer your Peacock Cichlid with a diverse diet. Standard fish food diets usually include a healthy mix of plant and animal matter. However you can also feed frozen bloodworms, freeze dried or frozen brine shrimp. A high-quality varied diet will also help your fish to display their brightest colors and African Cichlids can rival saltwater fish for their beautiful colorations.

Peacocks can be mixed with other peaceful Cichlids from Lake Malawi and Victoria, like small, peaceful Malawi Haps.

Rainbowfish, Congo Tetra, Roseline Sharks, Silver Dollar, Tin Foil Barbs and Giant Danio's also work well in a Peacock Tank as these are decent sized fish. The peacock cichlids are very colorful, many have shades of blue, red and even pink.

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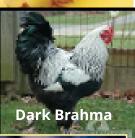


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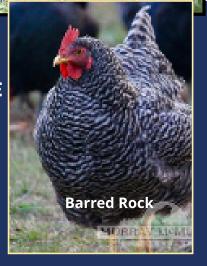






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enjoyment of all. Dinner included! Fat Tuesday Drink Specials as well as full bar selection available. For more information on any of the organizations involved please visit: Cortland Elks Lodge #748: http://www. cortlandelkslodge.com JazzHappensBand: http:// www.jazzhappensband. com/ Tickets: events.r20. constantcontact.com

February 24 – Dryden Senior Citizens Lunch

The Dryden Senior Citizens Lunch will meet on Monday, February 24, 2020 at the Dryden Veterans Home just outside of the Dryden Village toward Ithaca on Route 13. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Table service is 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, and peach cobbler. Our speaker will be Sara Warden from Syracuse, NY, who will speak about Hospice and Pallatative Care.

More listings at cortlandareatribune.com

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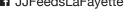
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d	У	r	I	е	W	е	j	n	е	r	0	
d	d	r	C	u	f		0	W	е	r	S	0
е	n	g	a	g				d	е	W	е	е
S	a	C	0	u	p	I	е	n	е	V	0	
S	b	h	C	C	r	t	S	е	S	0	r	g
е	S	0	a	i	i	b	t	i	S	S	a	g
r	u	C	n	t	i	h	е	r	0	m	n	u
t	h	0	d	n	е	i	r	f	У	0	b	n
d	k		У	a	b	a			0	0	n	S
i	i	a	r	m	t	C	p	r	C	C	d	W
p	S	t		0	a	е	g	i	u	h	i	S
u	S	е	a			r		g	n	f	u	r
C	u	d	d		е	S				k	f	g

sweetheart kiss hearts • february flowers cuddle pink smooch • snuggle date boyfriend airlfriend husband couple

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

SUDOKU

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

THIS ISSUE'S TRIVIA ANSWERS

- 1. Christmas
- 2. Cupid
- 3. Approximately 9 million

4. 1866

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