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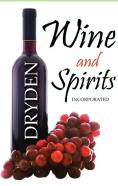
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# WELCOME TO OUR BBQ & OUTDOOR RECREATION & HOT WEATHER CAR CARE ISSUE

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!

August 5 - Need for "Speed" (Motorcycles/Cars/Race Tracks) Issue

Deadline 7/31

August 19 – Pamper Your Pets, Back to School & Labor Day Issue

Deadline 8/14

September 2 - Fall Home Improvement & Fall is for Planting/Hunting Issue

Deadline 8/28

September 16 – Fall Bridal & The Cortland Area Tribune's 18th Anniversary Issue Deadline 9/11

September 30 - Get Ready for Fall, Fall Antiques, **Columbus Day & Fire Prevention Week Issue** 

Deadline 9/25

October 14 - Fall/Winter Car Care & Halloween (Corn Mazes & Pumpkin Farms) Issue

**PLUS** Fall/Winter Travel Guide

Deadline 10/9

October 28 - Restaurant Guide/Catering (Holidays) & Pre-Thanksgiving Issue

Deadline 10/23

**November 11 - Thanksgiving & Black Friday Issue** 

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

- 1. Barbecuing techniques include what methods?
- 2. What is the most common utensil used for preparing barbecue side dishes?
- 3. What does basting mean?
- 4. What is a "rub"?

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# **BUMPER STICKER OF THE ISSUE** PEOPLE SAY CONGRATS BECAUSE THEY CAN'T SPELL CONGRAZULASION

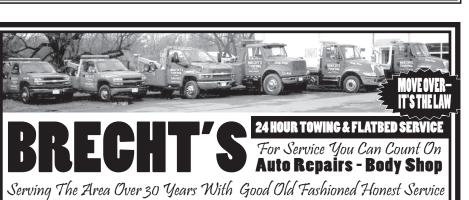
Have you ever seen a clever bumper sticker on someone's car in front of you at the red light or fast food drive-thru and thought, "That's a good one"! Do you have one on your car that's worth sharing?! The newest addition to The CAT is quotes from Bumper Stickers! If you have one to share with our readers,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

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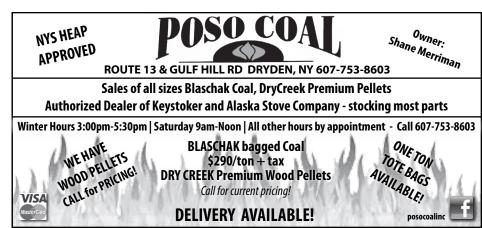
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he is able to bring his family into this life through our new store.

### Who Is Who??

Of course, we have already discussed our founder and owner, but now let us talk about the family who will be staffing and working to help make his dream a reality. First, we have our store's matriarch, the boss of the boss: Jerry's wife Tina Robinson. She is the main person behind making sure everything in the store and in our home, stays running and stays organized. Then we have Kenneth Van Vorce, the eldest of the couple's four children who has years of management and jewelry experience behind him which he brings to the store. Next is Amanda Van Vorce, a certified geologist with lots of jewelry sales experience and is currently working towards her gemology degree though Gemological Institute of America. The third child is Joel Robinson, a student at Tompkins Courtland Community College who will be working part time at the store. Lastly,

we have Ella Robinson, the

youngest of the family's children who is currently enrolled at Groton Middle School. Also making appearances are Jerry's two grandchildren and our store's adorable mascot: Steel the French Bulldog.

### **Our Family: Our Business**

Our family is extremely friendly, and we welcome you with open arms and maybe a friendly bark from Steel, every time you come to visit. This store has been a longtime goal of our owner, Jerry, for many years and the entire family is excited to embark on this new adventure, so we are inviting the local communities of Cortland, Dryden, Groton, Ithaca and anyone who finds themselves in the area to stop on by and visit us. We will be carrying many such brands and lines such as: Galatea, Levian, Romance by Kim International, Elle, Ed Levin and many more to those who visit our store. Whether you come by to see our adorable mascot, Steel, who's in charge of making everyone happy, or if you want a new addition to your collection or repairs: come on down to our store and give us a visit. We hope that you have the chance to visit and that you'll think of Robinson Family Jewelers in the future for all your jewelry related needs.









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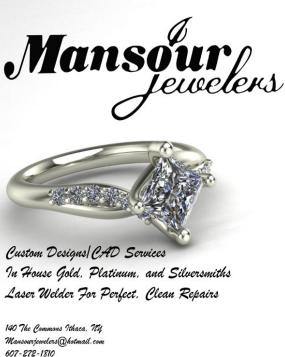
# THE SCARLET TANAGER

N ADDITION TO THE HANDSOME northern cardinal, there's **⊥**another ruby-hued gent in the treetops, and he's just as dazzling -- perhaps more so. It's the scarlet tanager. The male bird is easy to identify this time of year; he is fiery red, except for a black tail and wings. The female is pale yellow and has an olive-toned tail and wings. You will likely hear the scarlet tanager more often than see it: the male is very vocal during the breeding and nesting season. His melodic song is reminiscent of a robin's, but with a scratchy-sounding quality. Male birds often engage in singing disputes over territory which can escalate to feathered brawls. Another common vocalization is an emphatic "chickbur!" This species spends much of its time high up in the tree canopy, stalking insects among the branches. It also catches flying insects from mid-air. Many pests are eaten throughout the season, including caterpillars, moths, beetles, wasps and aphids. In cooler weather, the bird may forage closer to the ground. The scarlet tanager is not a year-round resident. By summer's end, it will migrate south, traveling mostly at night, to spend wintertime in the tropical rainforest located just east of the Andes.

Article & Photo by Margie Manthey











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# LEG, FOOT PAIN AFTER WALKING OR EXERCISE CAN BE A SIGN OF A STRESS FRACTURE

Early treatment with rest and therapy often avoids the need for surgery

By Alec Macaulay, MD

TRESS FRACTURES ARE COMMON INJURIES that begin with repetitive and excessive stress on a bone, usually involving the leg or foot. Unlike a traumatic bone fracture, many patients overlook the early stages of stress fractures until the injury worsens, causing significant pain and swelling. Ignoring the pain can lead to worsening of the fracture and occasionally even necessitate surgery.

Typically, stress fractures occur when physical activity or exercise strains a patient's leg or foot bones beyond their strength. Even moderate activity can cause a stress fracture when patients have not gradually conditioned their bodies and are vitamin D deficient, factors that affect bone strength. After a long winter of inactivity and reduced sunlight that allows our skin to produce vitamin D, many Finger Lakes

residents are at risk for stress fractures. That risk can be reduced by easing back into physical activity, cross-training, including non-impact exercises, and talking with your primary physician about using a vitamin D supplement. Patients with eating disorders or conditions resulting in malabsorption of vitamin D, bone loss, or osteoporosis are at greater risk for stress fractures and should consult with their physicians on treatment.

### What are the symptoms of a stress fracture?

Pain and swelling at the site of the fracture that gets worse with physical activity are common symptoms. Stress fractures most commonly affect the leg — often the tibia, or shinbone, the foot — frequently the navicular bone located between the ankle and the midfoot, and the metatarsals behind the toes. The fifth metatarsal on the outside of the foot is a common location for a stress fracture.

### Who is at risk for a stress fracture?

Women have a slightly higher risk than men. Athletes, military recruits, and those participating in high-impact activities such as gymnastics, basketball, volleyball, soccer, or run over 25 miles per week are more likely to get stress fractures. Smoking, having over 10 alcoholic drinks per week, and lack of exercise are also risk factors. Rapidly increasing physical activity or an exercise program can also cause stress fractures.

# How is it diagnosed?

Sometimes a diagnosis is made from a medical history and physical exam, but imaging tests are often needed. Those include:

- **X-rays.** This is a good initial test for stress fractures but do not catch all stress fractures, especially early fractures.
- Magnetic resonance imaging (MRI). An

MRI not only shows stress fractures but can show stress reactions, which are essentially pre-stress

Bone scan. The test uses a small dose
 of radioactive material given through an
 intravenous line. The radioactive substance
 is absorbed by areas where bones are being
 repaired and shows up on the scan image as
 a bright white spot. This test may be used for
 patients who cannot get an MRI.

### How is a stress fracture treated?

Eliminating the activities that caused the injury and prevent it from healing is essential. Patients may need crutches, casts, walking boots or similar aids for several weeks to rest the bone and let it start to heal. Addressing vitamin D deficiency is also important.

The earlier you visit your doctor about a stress fracture, the sooner you will return to your activities. Most stress fractures heal without problems, but some fractures, such as those in the tibia, may require surgery to heal properly.

Dr. Alec Macaulay is an Orthopedic Surgeon with Orthopedic Services of CMA and serves on the medical staffs of Cayuga Medical Center and Schuyler Hospital. His clinical interests include both the surgical and non-surgical treatment of athletic injuries, arthritic conditions, and musculoskeletal trauma. He specializes in surgery of the knee, ankle and foot and can be reached at (607) 272-7000.

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# MIKE'S FISH TANK NEON TETRA

The Neon Tetra is a freshwater fish of the characin family. This type of species is native to blackwater clearwater streams in the Amazon basin of South America. Its bright colouring makes the fish visible in the dark blackwater streams, and is also the main reason for its popularity among tropical fish hobbyists.

It grows to approximately 3 inches in overall length. The female having a slightly larger belly, and a bent iridescent stripe rather than the male's straight stripe. They have recently become available in a long-fin variety, but those are hard to get at the present time.

Most neon tetras available in the United States are imported from Hong Kong, Singapore, and Thailand, where they are farm raised, or to a lesser extent from Colombia, Peru, and Brazil, where they are collected from the wild. I have found while doing some research that during a single month, an average of 1.8 million neon tetras with an estimated value of \$175,000 are imported into the United States for the aquarium trade.

The color and the iridescent stripe of this fish may become dim at night, and can be virtually invisible after a period of darkness. The color may also fade during a period of stress. You may often read that the neon tetras like a low pH and high acidity, but these captive raised neons do just fine in a higher pH and low acidity. They are susceptible to ick if chilled. I stock them and rarely lose any of them. They are a much hardier fish then they used to be.

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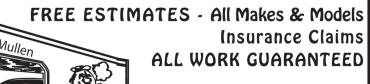
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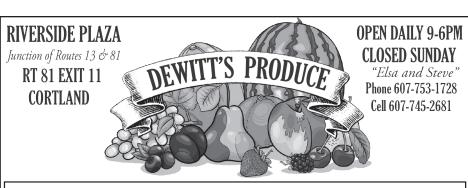
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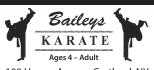
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# PUZZLES & GAM

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

S	е	0	h	S	е	S	r	0	h	р	I	n	b
t	r	у	C	n	S	p	i	е	d	i	е	S	q
е	0		е	u		е			0	C	u	k	d
a	C	a	g	b	b	r	f	r	d	n	q	n	h
k	n	i		r	i	b	b	S	d	i	е	i	n
S	е	е	n	d	u	r	a	S	a	C	b	r	C
n	f	I	i	C	a	b	d	C	b		r	d	0
е	d	n	0	h	i	n	m	r	k	0	a	d	a
k	е	t	C	h	u	p	i	a	a	У	b	d	
C	I	b	е	n	n	r	n	r	h	t	a	a	S
i	I	S			0	r	t	i	a	u	S	r	k
h	i	е	h	0	t	d	0	g	S	m	h	u	d
C	r	е		i	S	h	n	C	h	0	0	a	m
S	g	n	0	t	k	0	g	k	S	C	S	a	r

tongs hamburgers kabobs chicken beef drinks salads • barbeque • charbroil • grilled

# 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!

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

# SUDOKU

7	1	6	2	8	9	4	3	5
8	5	3	7	1	4	2	6	9
2	9	4	5	3	6	7	8	1
6	3	7	1	2	5	8	9	4
4	8	1	6	9	3	5	7	2
9	2	5	4	7	8	6	1	3
3	6	9	8	5	2	1	4	7
1	4	2	3	6	7	9	5	8
5	7	Я	q	4	1	Q	2	6

# THIS ISSUE'S TRIVIA ANSWERS

mustard

spiedies

cornhole

backyard

- 1. Smoking, roasting or baking, braising and grilling
- 2. Aluminum foil
- 3. Brushing sauce on meat as it cooks
- 4. A blend of herbs and spices that gets rubbed on meat

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