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WELCOME TO OUR HAPPY NEW YEAR & HEALTH/FITNESS 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!

January 13 - Cold Weather Car Care Issue

Deadline 1/8

January 27 - Bridal, Super Bowl & Tax Time Issue

Deadline 1/22

February 10 - Valentine's Day Issue
Deadline 2/5

February 24 - Senior Citizen Issue

Deadline 2/19

March 10 – Spring Antiques & St. Patrick's Day Issue

Deadline 3/5

March 24 – Spring Home Improvement, Think Spring, Go Fishing & Easter Issue

Deadline 3/19



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

BUMPER STICKER OF THE ISSUE I AM NOT THE TYPE OF PERSON YOU SHOULD PUT ON SPEAKERPHONE

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. Who wrote the song "Auld Lang Syne"?
- 2. When did dropping the ball in Times Square become a classic tradition?
- 3. What custom do many Americans do when the ball drops?
- 4. In what country do people wear red underwear to bring themselves good luck all year?

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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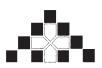
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☐ INCE ITS INCEPTION IN 1895, The William George Agency for Children's Services has been at the forefront of residential

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What drives this tremendous growth and impact? At the heart of everything we do is our motto: "Care First"



We are committed to providing a safe and caring residential environment supported by proven therapeutic, clinical, and medical care for at-risk youth. Our innovative, highly regarded programs serve high need, specialized populations who have been historically underserved. We care first about the youth we serve, while helping them develop the attitudes, social skills and self-direction that will enable them to become contributing members of the community, and we respect, empower, and partner with families to support their efforts in successful reunification and family preservation.

In addition to providing outstanding residential care, The William George Agency strives to create an exceptional work environment as well. We provide an excellent wage and benefits package, and we offer extensive support, training, and



advancement opportunities. It's challenging work, but if you like building relationships and working with people, if you enjoy making an impact by teaching and helping others, this may be the rewarding career for you.

If you would like to know more about our Agency, or you would be interested in exploring career opportunities with us, we invite you to visit our web page wgaforchildren.org or contact us by phone at (607) 844-6460.

> No scanner or fax at home? We have an app for that.



2020 INCOME TAXES ARE MORE COMPLEX

UST WHEN YOU THOUGHT YOU could say goodbye to 2020 and $oldsymbol{oldsymbol{phi}}$ the life changes that the pandemic wrought on us, you will still have to deal with the tax impact of the governmental stimulus programs hastily created to alleviate the loss of income when the economy was partially shutdown.

Here is what may have to be dealt with: reconciliation of the Economic Impact Payment received in 2020 on your income tax return-it was an advance on a tax credit in the 2020 tax return; Unemployment benefits, especially if little to no income taxes were withheld; Payroll Protection Program loans-if forgiven, how will it impact the deductibility of



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expenses paid with the loan proceeds; payroll tax deferrals,

Every businessperson should consult with their tax advisor as you provide your tax documents for preparation of your 2020 income tax return. Everyone else may want to choose having a tax professional prepare their 2020 taxes, if they regularly do it themselves.

While there is light at the end of the long pandemic tunnel we are experiencing, given that COVID-19 vaccines are becoming available, the upcoming tax season will have to commence under pandemic protocols nonetheless.

There is no need to come to our offices. You can have your tax consultation with Equus Advisors and your income tax return prepared in a remote environment.

We use a secure application called Liscio to message, send and respond to tasks, share files of tax source documents and the completed tax return, and launch a video call through Zoom right to your smartphone or laptop or other device. Our clients love using it and so do we!

Go ahead and check out our website at https://www. EquusCPA.com and fill out the Get In Touch form if you would like to discuss working with our firm.

Please stay safe during this holiday season and beyond!

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TAILEY COMPARETTA IS A NYS licensed esthetician, owner of Babyface Esthetics with a little bit of business in her background at just 20 years old. She focuses mainly on lash extensions fit for each and every one of her clients! Hailey studied esthetics in Syracuse NY and is local to the area. She works all around the 607 including Binghamton, Whitney Point, and Dryden. Come see her here at 17 West Beauty in





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Our product portfolio includes, draperies and panels, plantation shutters, roller shades, interior and exterior solar shades, vertical blinds, wood and faux wood blinds, roman shades, mini aluminum blinds, pleated shades, and cellular shades. Many color and design options are available.

Now is a great time to start planning for your window treatments if you are planning a new home or a remodeling project. We provide treatments for one room or many rooms. No job is too small or large. Serving a large area we plan our appointments when we are in your neighborhood.

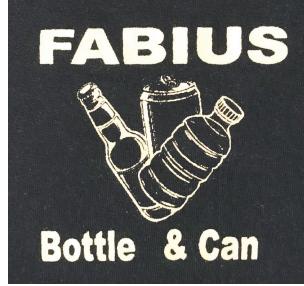


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PABIUS BOTTLE & CAN IS located at 7861 Main Street, at the intersection of Ridge Road and Rt. 80, in the picturesque village of Fabius. We opened the bottle return in May 2017, in the old Barber Shop and renovated the rest of the building to house Fabius Country Store, which opened on Memorial Day 2019.

We saw the need for this service in the area and our innovative ideas, like offering free pick up service for large loads and commercial customers, and periodic 6-cent specials, have contributed to our success. We pick up residential and commercial loads several days per week, and can mail you a check or you can stop in for your money and visit the new store.

Our customers enjoy the convenience of dropping off their load of cans on their way to work or to run errands and then stopping in to pick up their money on the way home, or receiving a call when it's finished. Some will bring a self-addressed stamped envelope and we'll send them a check. We have multiple trailers available, so call us to arrange a free pickup to clean out your barn or basement.

We also designed a prototype trailer with drop doors on the sides. It is used for 6-cent donations and bottle drives







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and has helped numerous nearby towns, schools, churches, scouting groups, our local food pantry, Veterans, area Fire Depts. and many other worthy organizations raise money for their causes. We are proud to have helped these groups raise thousands of dollars. Call 315-683-5500 to book the trailer for your organization or event in 2021!

Our other business, Fabius Country Store, offers a wide variety of grocery items and has a take-out menu that includes pizza, wings, subs and sandwiches, haddock dinners, soups and more. We have great homemade lunch specials and packaged meals to take with you. It may be winter, but we love our ice cream and we keep the ice cream counter open all winter. We offer soft serve, premade sundaes, ice cream sandwiches, and quarts of Purity ice cream. Our Fried Dough is becoming quite famous!! We now have beer and hope to add the lottery in 2021. We also plan to one day move the bottle return to the carriage barn and use that space to add indoor seating and more products and bake goods. Structural work has been completed, and the next project will be a new roof and an addition, along with finishing the interior.

Stay tuned for updates!!

Stop in soon with your cans and bottles, and while we count them for you, you can browse the store, enjoy an ice cream cone or fried dough, or grab a premade dinner or goodies to take home. You can also call ahead for hot pizza and wings or other menu items at 315-683-1061. Thank you!





RON'S BODY & PAINT

Does your vehicle Need a tune up or snow tires to get ready for your holiday road trip? Or ready to fix those "dings" in your paint? Ron's Body & Paint in Cortland is open for all of your automotive services at 362 Route 13. Call them in Cortland at 607-662-4543 to schedule your appointment. Since 1989, Ron Stanley and family have been offering the absolute finest in contemporary automotive services at their one-stop vehicle service center in Marathon at 31 Cortland Street (607-849-6898) and now at BOTH locations are providing the same great services Ron's Body & Paint has been known for.

Ron's Body & Paint is the only call you need to make for all types of prompt and professional automotive services. From the simplest dings and dents to some of the most serious auto body repair work, frame straightening and paint, to 24 hour personal and commercial towing services - they do it all! Ron's is also a complete automotive service center with the very best deals on all types of tires. Plus they also do N.Y.S. inspections and participate with Triple A – show your card and save! Ron's Body & Paint has a track record of automotive excellence. Leading the industry in experience and technology, they get the job done right the first time. And of course, your satisfaction is always guaranteed. ASK RON ABOUT A LOANER CAR WHILE YOUR COLLISION REPAIR WORK IS DONE! Like them on Facebook! Or on the

 $web\ \underline{ronsbodyandpaint.com}.$

Ron and Mary Stanley and everyone at Ron's Body & Paint wish you all a Safe, Healthy & Happy New Year!













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Celebrate the Season!



CREATURE FEATURE THESE GIFTS ARE "FOR THE BIRDS!"

Tis the season for exchanging gifts with the special people in our lives, but did you know that some wildlife species practice gift-giving, too?

Birds commonly offer gifts to one another. The male belted kingfisher catches fish to feed his partner, and the cardinal tenderly presents seeds to his mate. Cedar waxwings pass berries to one another. Meanwhile, the female cowbird sneaks into the nests of other bird species to lay her eggs, leaving the clueless gift recipients the task of raising her young: the ultimate Secret Santa!

The male crow frequently feeds his mate during courtship to strengthen the pair bond and demonstrate he is a worthy provider. Crows can also bond with other species that, for one reason or another, become important to them. Such special friends – like people who rescue or routinely feed wild crows -- may discover little presents left nearby: pebbles, tin can pull-tabs, pine sprigs, buttons, rusty screws, bones, crab claws and small dead things. Some believe these are tokens of appreciation. If you think such odd gifts are "for the birds," consider that crows occasionally bring their special people pieces of lost jewelry or other shiny baubles.

Birds offer such joy. You can give back with the gift of a wellstocked bird feeder this winter.

Happy Holidays!

Article by Margie Manthey







LOT OF PEOPLE ARE interested in other types of creatures **T**besides fish for their aquarium. Here are a couple ideas.

The blue crawfish are found in Florida. They are the only native species of crawfish in the everglades. It is the lack of a gene that causes them to be blue. Also known as the Electric Blue Crayfish. As far as feeding: pelleted fish food that settles to the bottom should be provided. Crayfish are omnivorous scavengers and will eat almost anything they can grab with their claws from small fish, to worms, to vegetation. Crayfish like to burrow and hide, so provide a cave or hiding rock.

Most shrimp are fine to keep with these guys because they are fast and stay out of the way of the Electric Blue Crayfish. They also enjoy logs to hide under, driftwood and rock shelters. Crayfish are very good at escaping so make sure to have a tight fitting lid on your tank.

Blue crayfish can be messy eaters so make sure to do regular water changes. If you have live plants in your tank ,there is a good chance they are going to eat them.

Regular crayfish can go into an aquarium too, but remember if a fish gets too close, they too may snag it and eat it. Regular crayfish and the electric blue crayfish can be mixed but give them lots of hiding places. This will help stop fighting with each other.

Ghost Shrimp, also known as Glass Shrimp, are excellent scavengers. They are inexpensive and efficient aquarium cleaners that will actively search for any kind of leftover food in your aquarium. Their transparent bodies and great food-searching behavior make Ghost Shrimp an interesting addition.



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



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CROSS COUNTRY SKIING WITH YOUR DOG

O YOU LIKE TO CROSS country ski? Do you have a good friend that watches you pull out the driveway as you leave for your ski? Your dog can also enjoy the fun and benefits of being in the woods and on trails as well. Dogs have a lot of energy and require exercise just like you or I. Depending on the type of dog you have will determine the extent of running he can do. Most medium to large size dogs from the hunting or working class groups (or a combination thereof) do well with cross country skiing. Obviously a little dog with short legs will have a tough time trying to keep up especially if the snow is deep. If you have a four legged buddy you want to take out on the trail for the first time it would be a good idea to talk to your dog's veterinarian about what you have in mind for him. It is important that your dog can handle the rigors and intensity of a trail run. A person on cross country skis can move right along at a good pace and cover many trail miles. If the dog is just a puppy, it's recommended to leave him home until he is at least 6+ months old. After he has gotten a little older, start your first slow and short cross country ski someplace where you can work out the little details. Dogs instinctively are pack animals and if you lead they will follow. Since he will be off the leash for the ski/run he needs to know a few important commands. The most important

607-242-8076

ones are "stay" and "come". Control of Fido is very important because of all the distractions on the trail. Distractions come in many forms, such as other people and possibly their dogs, snowmobiles, deer and other animals. If you start your ski from a spot near a busy road, it might be a good idea to keep him on a leash until you are ready to leave for the ski.

I have found another good way to break him in is to take him on a group cross country ski with other well behaved dogs. He will most likely be so excited to be in the woods, around you and the other dogs that he will follow without question; again it's the pack idea. Before you hit the trail you should have a checklist for Fido. Your list should include a water bottle just for him, a leash, and some first aid supplies and maybe some treats to lure him back when he strays (a little piece of a peanut butter Clif bar is our dog's favorite). So, you and dog are headed down the trail, now what? Well you'll find that while you are following some kind of trail, your 4-legged buddy will be running from one side of the trail to the other, smelling all those scents that drive a dog nuts. Some dogs can put on half again as many miles as you, so keep that in mind. Most dogs will want to be out front, but because of their sniffing, they may lag for a few seconds and then come charging up thru. It's important for you to hold your line, because that is what your dog is expecting. A few things that the new trail dog must learn and that is to stay away from the cross country ski tips or even $% \left\{ 1\right\} =\left\{ 1\right\} =\left\{$ stopping in the middle of the trail, not good. Usually if you shout "Go!" works, but sometimes a collision happens. Both you and the dog need to be alert and aware of what is going on.

When the temperatures get really cold some dogs still sweat from their paws. This can cause ice balls to form between their toes which

can hurt them to run on. They will try to lick or pull off the ice balls with their teeth but this seems to make it worse. Sometimes booties can help but they tend to be problematic. I have had real good luck with Musher's Secret wax. I rub it in and between their toes/pads especially heavy and deep in the middle of their feet. Apply it just before the ski and by the time you get back it will wear off or be absorbed and not all over the inside of your car.

Cross country skiing with your dog can be a challenge, but patience and time will make it worth the effort. Just remember, that it will be difficult to pull out the driveway without taking your riding buddy along.

Happy trails to you and your furry friends!



BANANA SPLIT DESSERT

2 cups of Graham Cracker crumbs , 1 stick of melted butter, mix together and spread in a 9 \times 13 pan. Keep in the freezer until step 2 is done.

Mix in a bowl on high for a full 10 minutes, 2 cups of confectioners sugar, 2 sticks of room temperature butter, 2 large eggs and 1 teaspoon of flavoring. (I use banana flavor)

Slice ripe bananas on top of step 2.

Spread the 2 cans of well drained (drain as good as possible) pineapple over the bananas.

Cover with a large container of cool whip and garnish with cherries and walnuts. You can also drizzle a little chocolate over the pineapple if you want.

Enjoy!!!

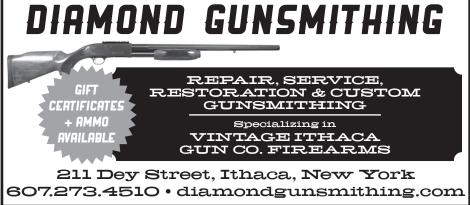
Legal Notice: Notice of Formation of CNY FreeRide Team LLC filed with Cortland County Clerk on 10/6/20. Office location: 46 Greenbuch St. Suite 105 Cortland NY 13045. CNY Freeride Team is a developmental program to support action sports athletes in reaching their goals through professional oversight and guidance. Courtland County Clerk shall mail to the attention of: Travis Skeels MacDowell 2150 Clute Road Cortland NY 13045. Purpose: any lawful activity



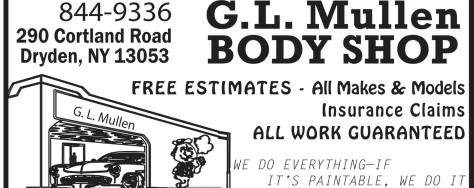














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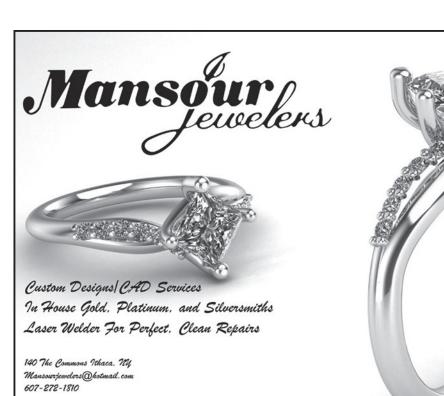


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PUZZLES & GAMES

WORD FIND

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

h	0	u	r	g		а	S	S	k	i	S	S	t	С
S	r	е	е	h		0			_		0	W	n	h
i	n	V	i	t	а	t	i	0	n	n	m	r	f	а
S	n	0	0	I	I	a	b	i	S	0	i	a	i	m
m	n	0	i	S	n	0	i	t	C	i	d	е	r	p
i	t	0	i	t	е	а	r	a	0	S	n	у	е	a
d	0	е	i	t	u		t	V	i	е	İ	W	W	g
n	k	n	t	t	a		a	r	h		g	е	0	n
i	n	h	t	m	i	r	0	е	t	a	h	n	r	е
g	C	r	е	0	d	d	b	S		k	t	р	k	W
h	t	r	f	a	C	m	a	е	е	е	a	S	S	S
t	S	u	n	I		0	a	r		r	S	i	a	V
a		C	0	t	t	t	i	t	t	е	f	n	0	C
i	е	C	C	g	S	r	h	у	W	C	C	у	t	n
C	k	j	a	n	u	a	r	у	p	p	a	h	m	у

countdown • dance • resolutions • toast • midnight • healthy • reservations hourglass • confetti • fireworks • noisemaker • confetti • cheers celebration • january • midnight • balloons • new year • clock • invitation party • traditions • predictions • streamers • happy • champagne • kiss • hats

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!

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

LASTISSUE'S PUZZLES

SUDOKU

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

THIS ISSUE'S TRIVIA ANSWERS

- 1. Robert Burns wrote "Auld Lang Syne" in Scotland in 1788
- 2. 1908
- 3. Kiss
- 4. Italy

WORD FIND



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