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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 12 - Cold Weather Car Care Issue

Deadline 12/3

January 26 - Bridal, Super Bowl & Tax Time Issue

Deadline 1/21

February 9 - Valentine's Day Issue

Deadline 2/4

February 23 – Senior Citizen (Discounts/Care Facilities) Issue

Deadline 2/18

March 9 – Spring Antiques & St. Patrick's Day Issue

Deadline 3/4



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

BUMPER STICKER OF THE ISSUE

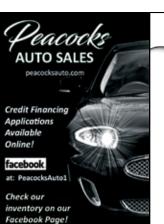
I'M IN SHAPE—ROUND IN SHAPE

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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- 1. What is the translation of the title of the song "Auld Lang Syne"?
- 2. At one minute before midnight in Spain, 12 of what is eaten before the clock strikes midnight?
- 3. When was the first Tournament of Roses in Pasadena, CA?
- 4. What are the triangles on the Times Square ball made from?

CHECK OUT THE BUSINESS SERVICE GUIDE!

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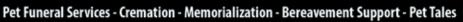
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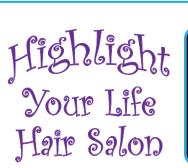
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We are committed to providing a safe and caring residential environment supported by proven therapeutic, clinical,





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 <u>wgaforchildren.org</u> or contact us by phone at (607) 844-6460.



UPSTATE

RHEUMATOLOGY OF HOMER



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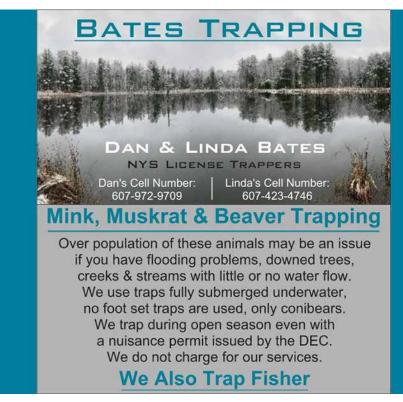
University is located at 10 James Street in the heart of Homer, New York. The office is conveniently located, has onsite free parking, and is easily accessible. The practice has assisted patients in getting their Rheumatology needs met without having to travel to a larger city like Syracuse. They have been established in the area for over 5 years, and continue to be a valuable service in the Central New York Region. Current physicians include Dr. Sheetal Rayancha, and Dr. Jianghong Yu. The physicians specialize in areas of Arthritis, Rheumatoid Arthritis, Gout, Osteoarthritis, Lupus, Nervous System Vascular Lesions, Dermatomyositis and many other rheumatologic conditions. Treatments and Services include steroid injections, IV Infusions, and oral medications.



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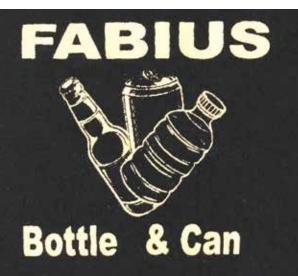
MAIN OFFICE: 119 Pendleton Street Cortland, NY 13045 (607) 753-8136

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TABIUS BOTTLE & CAN IS located at 7861 Main Street, at the intersection of Ridge Road and Rt. 80, in the picturesque village of Fabius. It opened in 2017 & shares space in the building with Fabius Country Store, which was once Anna's store. We purchased the store in 2016 and relocated it to its new, completely renovated home, with a large deck to relax on while enjoying an ice cream cone.

It has been a very busy year with Covid-19 and all the challenges that it presents, such as Health Dept. restrictions &

mandates, staffing issues, adding fresh meats, more produce, and other items in the store to better serve the community, struggling with product availability and shortages, and a sizable increase in can and bottle intake levels, but we have struggled to persevere, like so many other businesses, and our dedicated staff continues to work hard to keep us open and thriving during a very difficult situation.

The bottle return business has been very busy, and our innovative ideas, like offering free pick up service for large loads and commercial customers, and periodic 6-cent specials, have contributed greatly to our success. Our customers enjoy the convenience of dropping off their load of returnables on their way to work or to run errands, and then stopping in to pick up their money on their way home, or receiving a call when it's finished. We have had to alter our hours because of staffing issues this past year, but we expect to be open full time now, except for Sundays.

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





available, so call us to arrange a free pickup to clean out your barn or basement.

I recently bought out my partner's shares, so I'm flying solo now and have long-range plans, which include renovating the carriage barn on the property to house the bottle return. The business has been so brisk that we will also need an additional barn to store all these cans and bottles for pickup by the recyclers. When the bottle return moves, it'll free up space to expand the store to offer even more products and an indoor dining area.

Fabius Country Store opened in 2019. We are open 7 days a week, from 6am – 9pm, and offer a wide variety of beer, tobacco products, grocery items, and have a take-out menuthat includes pizza, wings, subs and sandwiches, haddock dinners, soups and more. Local folks say we that we have the best pizza in the area! We have great homemade lunch specials and packaged meals to take with you. We love our Purity ice cream and we keep the ice cream counter open all year. We offer soft serve, milkshakes, premade sundaes, ice cream sandwiches, chocolate dipped frozen bananas, and quarts of Purity ice cream from the freezer. Our Fried Dough is becoming quite famous!

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 for your patronage!



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THE WILLIAM GEORGE AGENCY







HAPPY NEW YEAR FROM RON'S BODY & PAINT

New Year - Time for new tires! Experience the benefits and safety of snow tires for you and your family when traveling this winter. Does your vehicle need a tune up to get ready for your snowy weather road trips? 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, hail damage, insurance work 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. Ron's Body & Paint is a TESLA certified repair shop!

ASK RON ABOUT A LOANER CAR WHILE YOUR COLLISION REPAIR WORK IS DONE! Like them on Facebook! Or on the web ronsbodyandpaint.com.

Stop by Ron's and put your name in for our monthly drawings! No purchase necessary. Drawings for this month are for #1 Dunkin Donuts \$20 Gift Card. #2 \$35 Ron's Body & Paint Gift Card. #3 \$80 Ron's Body & Paint Gift Card. #4 FREE Car Wash and Inside Car Detail. Just stop in! Winners are drawn at the end of the month! Good luck!

Ron and Mary Stanley and everyone at Ron's Body & Paint wish all their friends, family and customers a Happy New Year! They look forward to serving everyone in 2022!





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AIELLO'S RISTORANTE CELEBRATING THEIR 40TH YEAR

OCATED AT 2677 MAIN STREET in Whitney point for the last 40 Years Aiello's Restaurant has been one of best locations within driving distance to find authentic Italian Cuisine. It has become the go to place for people who are seeking a fine dining experience in a small town. The Aiello's family have stayed true to their beginning by providing their customers take out service for both their fine dining offerings and now famous pizzas. Aiello's has a 40 year tradition of using only the freshest and best ingredients when preparing their dishes whether it is their Grade A Black Angus Meats, fresh herbs and spices, top notch mozzarella and even 100 imported olive oil. Always innovators, Charlie and Vinny are





always looking for ways to up their game. Whether it is a new recipe, or a fine cocktail there is always something in store. Aiello's Restaurant has always been a family affair. Their father Vito Aiello helped Calogero (Charlie) and Vincenzo (Vinny) open a small pizzeria in the community. Inspired by Mama's busy kitchen and being around restaurants they grew Aiello's from a small pizzeria it was to the premier fine dining establishment it is today. Through the support and friendliness of the people of Whitney Point they have been able to grow their reputation and reach far beyond the area. Now people come from all over Central New York and beyond to enjoy the Aiello's experience. As the years have passed and the Aiello's has grown, they have embraced ways to improve the entire customer experience. In March of 2020, they updated their website aiellosrestaurant.com and were the first local restaurant in Whitney Point to offer their own online ordering dine in or pickup. Additionally, they specialize in catering events large and small. You can see both their regular menu and catering menu on their website. Don't worry if you aren't tech savvy, you can still give Aiello's a call at 607-692-4114 to order to go, make a reservation or set up your next catering event. They are open 7 Days a week from 11 am to 9 PM (10 on Saturday and Sunday). aiellosrestaurant.

Everyone at Aiello's wish their family, friends and customers a Happy and Healthy New Year!

CREATURE FEATURE — ANIMAL BASED MEDICATIONS

DID YOU KNOW THAT POWERFULLY toxic venom from scorpions, snakes and spiders can help combat debilitating infirmities including epilepsy, stroke, chronic pain and

For centuries, people have looked to wildlife for remedies, but many "cures" (like those found in Traditional Chinese Medicine and Ayurvedic Medicine) are not supported by scientific evidence and have exploited some animals to the point of extinction, as with both black and white rhinos.

There are, however, several scientifically supported drugs that are animal derived, while others are synthetics modeled after animal biologics. Today, researchers search a vast wildlife DNA database to identify unique compounds leading to the development of powerful, effective drugs to target specific

Animal-derived medications often have less side effects than typical drugs. For example, Ziconotide, an analgesic for chronic pain derived from cone snail toxin, is 1,000 times more potent than morphine but shows no evidence of leading to withdrawal symptoms.

Numerous animal-inspired pharmaceuticals are used today. including one derived from Gila monster [photo] saliva to combat diabetes, another modeled on pygmy rattlesnake venom to prevent heart attacks, and a pit viper extraction that treats high blood pressure. Ongoing research is exploring whether funnel-web spider and tarantula venoms can help reduce brain damage in stroke victims and kill cancer cells, respectively. Perhaps it's time to see these cringeworthy creatures in a new and grateful way!

Article by Margie Manthey • Photo by Jeff Servoss









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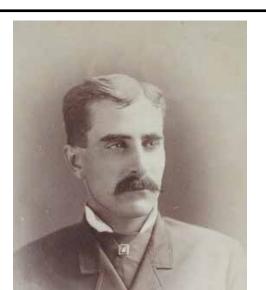
VACATION

ILLIAM GEORGE AGENCY





80



CORTLAND COUNTY TRIVIA FROM THE CORTLAND COUNTY HISTORICAL SOCIETY

INTHE LAST ISSUE WE asked you what Cortland County resident was an arctic explorer. David L. Brainard was an arctic explorer and US Army officer who fought in the American Indian Wars, the Spanish-American War, and World War I.

Though not a native of Cortland County, Brainard was a resident of the county for a number of years during his youth. He was born in Norway, NY on December 21, 1856 and moved to Freetown, NY with his parents at age 10. He attended school in Marathon and later the State Normal School in Cortland. After enlisting in the army in 1876, he spent time in Montana. In 1881 he volunteered for the ill-fated Lady Franklin Bay Arctic Expedition led by Adolphus Greely. Over a period of three years, as supply ships failed to reach the men, all but 7 perished. One survivor died on the rescue ship. During the entire expedition, Brainard kept a meticulous diary, later published in the book "Six Came Back." The harrowing story

of the expedition can be found in "Labyrinth of Ice" by Buddy Levy, available in the CCHS gift shop.

Brainard was commissioned as a second lieutenant in the 2nd Calvary in 1886 "as recognition of the gallant and meritorious services rendered by him in the Arctic expedition of 1881–1884." He then had the distinction of being the only living (active or retired) officer in the US Army commissioned for specific services. Brainard retired as a general, and upon his retirement from the US Army, Congress voted that President Woodrow Wilson bestow on him the rank of Brigadier General for distinguished service.

What year was the Waterworks established?

MIKE'S FISH TANK DWARF GOURAMIS

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OST DWARF GOURAMIS LIVE FOR about four years; with proper care, they can live longer. Dwarf gouramis are generally peaceful fish—unlike the much larger standard gourami, which can become aggressive. Dwarf gouramis do well in most community aquariums and are compatible with most fish, such as Platies, Mollies,

Plecostomus, Catfish, Tetras, and other docile fish. They require a tank that can hold at least ten gallons. They are usually found swimming in the middle or top regions of the aquarium. Dwarf gouramis do not do well with large, aggressive fish. Dwarf gouramis are so docile that they will allow themselves to be bullied to death rather than fight back.

If a Dwarf gourami is put with faster swimming top swimmers like guppies, you should drop the fish food in a more spread out area so that the Dwarf gourami has a higher chance to snatch the food before the other fish do. Dwarf gouramis tolerate fairly high temperatures. Temperatures of 80 °F are easily tolerated.

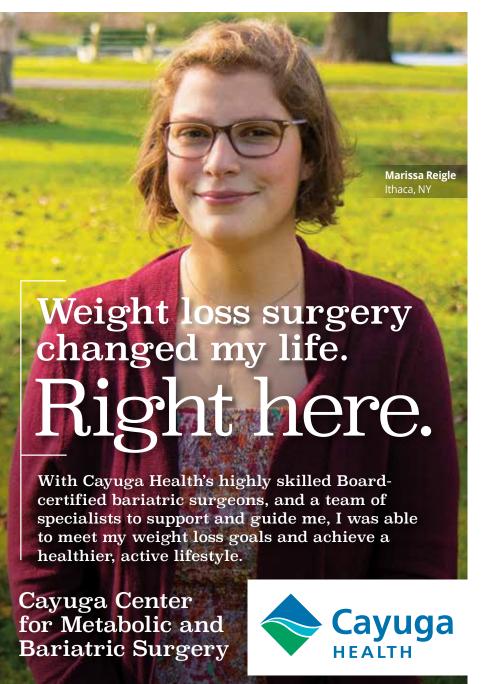
A varied diet is very important to the dwarf gourami, which is an omnivore that prefers both algae-based foods and meaty foods. An algae-based flake food, along with freeze-dried bloodworms, tubifex, and brine shrimp, will provide these fish with proper nutrition.

There are a wide range of colors when it comes to dwarf gouramis. Rainbow, powder blue, turquoise, fire,and a few other morphs. They are extremely popular fish and do very well in the community tank.

HOMER WINTER CELEBRATION JANUARY 28 & 29

Do you miss the Homer WinterFest? It won't be long before you get cabin fever. Come join your friends for the Winter Celebration hosted by the Homer Elks Lodge. Enjoy our Friday Night Fish Fry! Saturday features our famous wingeating contest, beer tasting with several local breweries, and our Clamfest! Music by DJ Philly C! More details will follow in the days to come.







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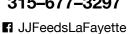
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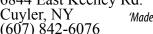
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Find the 'New Years' related words below! Can you find them all? Good luck! Check our next issue for the solution!

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W	W	S	а	n	n	h	е	S	S	n	i	S	h	n	m

exercise • diet • healthy • hydrate • weights • yoga • treadmill nutrition • trainer • run • bicycle • walk • classes • celebration • resolutions dinner • horns • toast • midnight • streamers • health • protein • calories aerobics • cardio • monitor • goals • workout • expectations • elliptical

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!

				2		4	9	1
4				7				8
	8						3	
6	2		5					
	7						6	
					9		4	3
	3						8	
7				3				9
2	5	6		1			20.516	

SUDOKU

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

THIS ISSUE'S TRIVIA ANSWERS

- 1. Times gone by
- 2. Grapes
- 3.1890
- 4. Waterford Crystals

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(yenmihcrlgrudolph e I I a a e w m n t s d a I t e c helvmcsrfyrremtto e e p o e w n r e e e s r s w e t a e y l j s o t j a o r b n n s s ange/l/s/s/noitaroced vuløtideseebøwtki e k i y r e c m c e l U g m a a p ş g e r e k c a r c t u n a n l btpreplnstssinnf ochrepcrswiegsewd pagehoo i amnioooe I christ mastocking y s i m o l e c a s h n d e o s s efnsllgnilorachor jehnugsmttrmtsnkc yniyimaceslgurydt



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