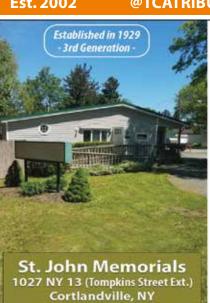
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IN-HOME CARE SERVICES

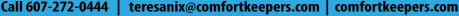
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WELCOME TO OUR SENIOR CITIZEN ISSUE

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 8 – Spring Antiques & St. Patrick's Day Issue

Deadline 3/3

March 22 – Spring Home Improvement, Think Spring & Go Fishing Issue Deadline 1/6

April 5 - Spring Motorcycle/Car Care & Easter Issue **PLUS** 51ST ANNUAL CNY MAPLE FEST

Deadline 3/31

April 19 - Pre-Mother's Day, Lawn & Garden Issue

PLUS SPRING & SUMMER TRAVEL GUIDE

Deadline 4/14

May 3 – Mother's Day, Pre-Memorial Day & Airbnb Issue

Deadline 4/28

May 17 – Memorial Day & Dairy Days Issue

Deadline 5/12



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

BUMPER STICKER OF THE ISSUE

I CAN'T BELIEVE I GOT FIRED FROM THE CALENDAR FACTORY. ALL I DID WAS TAKE A DAY 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 $readers, please\ email\ it\ to\ tcatribune@gmail.com\ or\ call\ them\ in\ to\ 607-844-8228$

The Cortland Area Tribune P.O. Box 67 • Dryden, NY 13053 (607) 844-8228 • tcatribune@gmail.com cortlandareatribune.com · @tcatribune



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TRIVIA QUESTIONS

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

- 1. How old was the founder Harland David Sanders when he started Kentucky Fried Chicken?
- 2. We are born with 350 bones in our skeleton. Over the course of time and during our aging process, bones fuse together leaving us how many bones as adults?
- 3. In response to learning, senior citizens can grow what over time which can help fight off dementia?
- 4. When it comes to voting in the US, what age people cast more ballots than any other age group?

CHECK OUT THE BUSINESS SERVICE GUIDE!

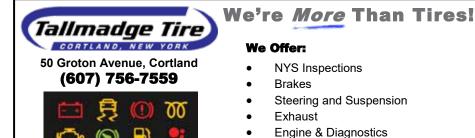
Easily accessible at the back of the paper! Growing with every Issue! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please 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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CORTLAND COUNTY TRIVIA FROM THE CORTLAND COUNTY **HISTORICAL SOCIETY**

N THE LAST ISSUE OF the CAT, we asked if you could name the two brothers who developed a successful business built on wire. Chester Wickwire and his brother Theodore developed a huge industry built on wire screen, but it all began with a hardware store on Main Street in Cortland. During everyday business, customers were able to barter to buy goods and to pay their debts to the store. In the course of one such transaction, the Wickwire Brothers acquired a weaving loom from an individual who owed them some money. Chester Wickwire was mechanically inclined, and he set about converting the loom to weave wire into fine wire screen. In an age where a great many households kept livestock, including horses for transportation needs, there were lots of flies buzzing around. In summer, when people opened their windows, those flies were quite a nuisance! Wire screen became a useful item to keep pests out of houses and it helped Chester and Theodore launch a tremendous business that eventually included poultry netting, nails, hardware cloth, industrial wire cloth, and welded wire fabric.

Wire screen was not invented by the Wickwire Brothers, but they found a way to make it faster and cheaper, and they were able to successfully infiltrate the market and build an empire.

Can you name the two brothers who came to Cortland in 1812 and established a successful bank, hotel, and store?

THREE YARD QUILT CLASS AT SHAKIN THE TREE **FEBRUARY 25**

10AM

Shakin the Tree Fabric Boutique • 23 South Main St., Homer

TN THIS CLASS, WE WILL make a quilt from three yards of fabric. This Lclass is appropriate for beginners, with the minimum requirements being the ability to use a rotary cutter and ruler and proficiency in using your machine. Participants under 15 must be accompanied by an adult. Participants must bring their own sewing machine and supplies (thread, cutting tools, etc.). A complete supply list will be emailed to participants prior to the class. An ironing/pressing station is available at the shop. Price includes a copy of "3-Yard Quilts" by Donna Robertson, which includes seven patterns (including the one being used for the class). Expect to be here from 10AM until 4PM. Contact LindaGlover@ShakinTree.com (607) 218-6076. \$40

PEG O' MY HEART DINNER AT **1890 HOUSE MUSEUM FEBRUARY 25**

The 1890 House Museum• 37 Tompkins Street Cortland, NY

YOME HAVE DINNER AT THE 1890 House with a special someone and Proceeds benefit the 1890 House Capital Campaign. The price includes entertainment and dinner. The menu includes food by Hope's of Ithaca and will consist of assorted fresh breads, Green Salad with Cucumbers, Berries, and Candied Walnuts in a Raspberry Vinaigrette, Penne alla Vodka pasta, Chicken Piccata, Rice Pilaf and a choice of assorted cheesecakes for dessert. Also included will be an assortment of non-alcoholic beverages, including coffee/tea. Per person \$50. Contact info@the1890house.org (607) 756-7551



CREATURE FEATURE PORCUPINES & FISHERS IN WINTER

 ${f P}^{
m ORCUPINES\ DON'T\ HIBERNATE\ IN\ WINTER,\ but\ during\ bouts}$ of severe weather they seek shelter inside hollow logs and trees, under stumps, windfalls and rock ledges, or in the abandoned burrows of other animals. When porcupines aren't waiting out fierce storms or hiding from hungry fishers, these specialized rodents spend most of their time in trees, just resting or feeding on the bark of thinner branches. They have dexterous hind feet which help secure a safer perch -- nevertheless, porcupines do fall from trees and impale themselves. In wintertime, their bulky profiles are easier to spy among the naked tree limbs, and while they are primarily nocturnal, porkies may be observed foraging during the day.

Fishers remain active this time of year but they too may hunker down during bouts of harsh weather. Typically, they must expand their winter hunting range as prey becomes harder to find. As fishers hunt for porcupines, rabbits and squirrels, they follow well-used trails, traveling both on the ground and through the trees. Sometimes, when a fisher drops down from a tree into deep snow, it leaves behind a full body impression, including its long, thick tail. Fishers are one of the few mammals that effectively prey on porcupines which helps keep porcupine populations under control. However, they aren't always victorious during these epic battles. In fact, fishers can get seriously injured or even killed by the sharp barbs of their quilled quarry.

Article by Margie Manthey Photo by Tammy Nash

CENTRAL NEW YORK MAPLE FESTIVAL APRIL 15 & 16

Marathon, NY

THE CENTRAL NEW YORK MAPLE Festival will be celebrating the 51st Anniversary the weekend of April 15 & 16 in Marathon, New York, which is the home of the annual event.

The Maple Festival Stage, located in the Marathon High School Auditorium, will spotlight home grown Cortland County talent! The "Cortland County's Got Talent" theme is expected to be the main feature of the continuous entertainment that is free to the Maple Festival Goer!

Got a talent? Live in Cortland County? Do you whistle, juggle, play an instrument, sing, dance, tell family jokes, do magic, tricks, and etc.? Now is your chance to be on stage and share $\,$ your talent! Just send a postcard or letter to: Maple Festival Entertainment, % Connie White, P.O. Box 291, Marathon, NY 13803. State your name, address, phone, describe the talent and you will be contacted and scheduled.

Question: What will an entertainer or act receive for performing? Answer: A pancake meal with real maple syrup,

TLC EMS INTERVIEW: FIRST RESPONDERS

By Jaxyn Boyce

TN SEPTEMBER OF 1991, TLC EMS, located in Cortland County, $oldsymbol{oldsymbol{L}}$ was founded by David Butler. It has continued to operate and can be recognized by local billboards and logos. Not to mention their acknowledgment in the community for being hardworking and patient. After speaking with the employees they could all agree on one thing: the importance of the human connection. This isn't a high-paying job and it has a lack of state funding from New York State, but this doesn't stop them from going above and beyond on every call they receive. TLC EMS has a special place for senior citizens in the community.

Speaking of Cortland's community, first responders often plan and organize events and training. With their volunteer programs, they plan to educate the general public on basic first aid that could save a life. In addition, they assist the fire department, youth groups, and girl scouts. Equally, EMS has its hand in events like the pumpkin festival, dairy parade, and the annual Cortaca celebration. Suny Cortland health services are also reinforced with their medical training. Additionally, there are booths where people can get a check-up. Cortland EMS's goal is to educate and grapple with New York State laws for better treatment of emergencies and people.

To better explain, dispatchers will typically respond to 25 and 30 calls a day. First responders not only provide medical treatment but supportive care as well. More time is spent with first responders than with any other medical professional. This gives one on one time with a patient who may be feeling lonely. The elderly are at the highest risk of loneliness and that's why it's so important that people take the time to listen to their life stories and give hands-on treatment. Cortland first responders value this and understand that senior citizens are entrusting them with care and being in their homes.

Notably, a majority of the elderly are afraid to come forward. Having heard the phrase, "I don't want to be a bother" over and over, paramedics reassure them that it can be life-saving. Even if it is not an emergency, Cortland paramedics provide health and wellness checkups that include taking: blood pressure, glucose monitoring, and other services that would take a week to check at a doctor's office. Frequently, these employees will examine all aspects of the person's quality of life. This could be checking food resources, access to medical care and prescriptions, and transportation needs. Often senior citizens are at the most risk for having a lack of accessibility to required needs. Cortland EMS takes this information seriously and refers patients to the Cortland County of Aging to deliver important resources. Simple gestures that go a long way for Cortland paramedics are fluffing pillows and supplying blankets to make their time more manageable and comfortable in an emergency. An important point was made that, "there is no I but we instead." This shows that it's a team job and you have to be a team player. Finally, all first responders in Cortland County go the extra mile to make the local community a better place.

Creamery Hills Apts.

Are you 55 years of age or older? You may qualify to live in this building senior living community in the Town of Richford. 1, 2 and 3 bedroom apartments in this building provide decent affordable housing for seniors. Community room ~ Elevator ~ Laundry ~ Parking ~ Secured Entry System ~ 24 hour on call emergency maintenance and more. Must meet income eligibility.



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February 22 – March 7, 2023



DAYLIGHT SAVING TIME SUNDAY, MARCH 12 SPRING FORWARD!

ELCOME SPRING WEATHER WITH THE START OF Daylight Saving Time. At 2 am on Sunday, March 12, most US residents will set their clocks ahead one hour for the beginning of Daylight Saving Time. However, not all states observe the time change. Residents of Arizona, Hawaii and US territories Puerto Rico and the Virgin Islands will remain on their time normal schedules.

CORTLAND COUNTY AREA AGENCY ON AGING'S CAREGIVERS RESOURCE CENTER

Services and resources that are here for you...

Caregivers Resource Library - A collection of resources such as books, DVDs, pamphlets, and articles about caregiving and aging.

Project Lifesaver - A public safety program to locate missing persons who are at risk for wandering due to Alzheimer's disease or related dementia, Autism or Down syndrome.

Respite - Offers an opportunity to take a break from caregiving to rest, relax and refresh, or to take time for your own needs. Respite options include services of a home care aide, consumer directed aide or a social day program.

Grab & Go Notebook - A notebook for people who want to organize and keep all their medical information and important documentation in just one place, ready to "grab and go" to take to doctor appointments, emergency and hospital visits. Grab & Go's are available for \$6.00.

Caregiver Counseling - Trained specialists will guide you through the service system, help you formulate a plan of care, and assist you in handling the concerns, questions, and help you get the information you need to make the caregiving experience less stressful and confusing.

Caregivers Support Group - Meets monthly to provide information and peer support to those who provide care to someone 60 years of age or older who may be experiencing stress or need support.

Workshops/Seminars - Provide timely information on the physical, mental, and emotional aspects of aging and caregiving; community resources; legal services; Medicare and Medicaid.

Senior News Newsletter - An informational newsletter available in print and online that contains information, ideas, and suggestions to support and guide older persons and family caregivers.

TCARE (Tailored Caregiver Assessment and Referral) designed to support caregivers who are providing care to adults, of any age, with chronic or acute health conditions. The Process begins with a 40- to 60-minute assessment to assess the caregiver. Key information is entered into a computer database, and scores are calculated for each of the key measures. Using these scores and other algorithms, the care manager identifies goals, strategies, and an initial list of recommended services and resources. These recommendations are tailored to the caregiver's needs, preferences, and availability.

First 48 Hours Program - The "First 48 Hours" is a partnership between rural fire departments, Cortland County Department of Social Services/Adult Services Division, and the Cortland County Area Agency on Aging. The program is designed to assist older persons develop a "First 48 Hours" plan in the event of an emergency that affects the caregiver. The emergency may be a medical emergency, natural disaster or any other crisis that may occur.

For more information on Caregiver Support – contact the Caregivers Resource Center at the Cortland County Area Agency on Aging 607-753-5060.

WHAT IS SNAP?

NAP STANDS FOR THE SUPPLEMENTAL Nutrition Assistance Program, the nation's largest nutrition program provides many senior households assistance with buying food. Only 2 out of 5 eligible adults over the age of 60 are enrolled in SNAP. Meaning 3 out of 5 seniors who qualify are missing out. The goal of SNAP is to improve food security, a growing need for older adult nutrition services. Adults 60 and older now have an easier, two-page application to apply!

Know that SNAP is not a charity

Like Social Security and Medicare, you pay into it. This is a vital resource for many people to get the food they need to remain healthy at home. Nutrition affects the overall wellbeing of seniors.

Not embarrassing

"Food stamps" no longer exist. SNAP dollars load automatically onto a debit card each month to use at most grocery stores. It's there when you need it.

SNAP helps the economy

SNAP benefits are spent in local grocery stores, supporting local retailers, creating jobs.

There's more than enough

Enrolling in SNAP means you are also never taking benefits away from someone else, you have paid into and, if eligible, you are entitled to.

Resources are okay

Most resources, i.e. your home, car, bank accounts, and life insurance policies don't make you ineligible for SNAP.

Expenses count

Your monthly benefit is calculated based on shelter, utilities, medical, and other expenses.

How do I get SNAP?

There are several ways to apply for SNAP. A simplified SNAP application/recertification form is now available for households where every person is age 60 or older, or has a disability, and no one in the household has earned income. If you meet eligibility requirements for SNAP, take advantage of the resource. Call 607-753-5060 for assistance on the new SNAP application today and our specialists can help you navigate your way through the process.

New words-only, 1/32nd page ad — 50-word maximum. Single font at a single size. \$20 for one-time run. 4 for \$75 — run consecutively, no changes. Payment must be included. No exceptions! Great for classifieds or businesses on a budget! Call 607-844-8228 or email tcatribune@gmail.com today to place your ad!









DUDE'S DELIGHTS

Nookies! The mostly round, but sometimes square or heartshaped, holiday themed, nutty buttery or chocolatey, crispity crunchity, or chewy, brown red or all colors of the rainbow, sweet sweet cookies! At Dude's Delights in Tully, NY the Chief Delight Creator, Roger Wilcox (Dude), has deep roots in the art of baking cookies. He was born into a family of professional cookie bakers that owned and operated Elite Bakery in downtown Rochester. He grew up around ovens the size of car garages, used old worn sheet pans as sleds, and would play hide and seek in empty 50 pound flour bags. When Dude's folks were not at the bakery, there was a high likelihood they were baking at home, making cookies for friends, family gatherings, school events, and holidays. Eventually, the bakery was sold, but for Dude the phenomenon of baking cookies was just beginning. After college, yada yada yada, working a demanding engineering job 9 to 5, yada yada yada, Dude's baking continued as a hobby. Friends and family started requesting cookies for special events and he couldn't say no. In 2022, Dude's Delights was born after receiving approval as a NYS home processor to be able to prepare homemade baked goods for sale (under strict limitations and guidance).

The journey began selling cookies to friends and at local craft fairs and then across social platforms. After months of making classic cookies, Dude fell in love with the macaron and so did his followers! We are not talking about coconut macaroons, or the president of France, but the French-style macarons! An extremely challenging cookie sandwich to conquer indeed, but when perfected it is a highly rewarding delight. They require mixing a perfect meringue, delicate macaronage (mixing macaron batter), piping techniques, humidity and oven temperature control, and lots and lots of patience. Macarons are designed to be slightly crunchy on the outside, chewy on the inside, and are a canvas for all sorts of flavor and color combinations. Dude's Delights takes custom orders via Facebook & Instagram direct messages, phone, and email. Follow Dude's Delights socials on Facebook and Instagram @dudesdelights for monthly Delight Flights and available pop-up flavors, as well as where you can find him! Questions or to order call or text Dude's Delights 315-956-1842 or email dudesdelights@yahoo.com.

Photos by Beth Boline Photography







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Hope, connectedness, purpose, and joy. These are all qualities that we want to maintain throughout our lives. But as our loved ones begin to age, it can quickly become apparent that, in order for them to experience all that life has to offer, they may require some additional help. Choosing to find care for your loved ones doesn't have to be negative – but it's important that you find someone you can trust. We're here to help you do that.

Initiating a conversation. Positive and productive. These are the two words to keep in mind when discussing your loved ones' need for care. Instead of approaching it as "The Conversation," treat it as an ongoing series of chats. Remember to address one issue at a time rather than trying to resolve everything at once. Below are additional tips for starting discussions:

69% average decline in wildlife populations since 1970, says new World Wildlife Fund report. See the report with Google search: 69% average decline WWF Endangered Animals

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Change begins at home. Sustainable Finger Lakes is working hard to help prevent these tragic losses. We need your help.

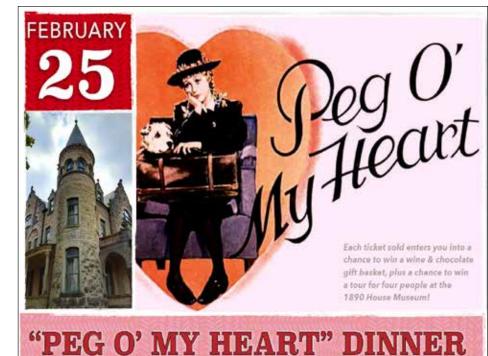
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INFORMATION/TICKETS: https://the1890house.org/events

Thank you for supporting the 1890 House. Proceeds to benefit the 1890 House Capital Campaign.



- · Begin early when your parents' health allows them to fully share their wants, needs, and
- Choose a time and place that makes everyone comfortable. Avoid special family occasions or events with time constraints so that you can have a relaxed, unhurried conversation.
- Make the experience non-threatening by letting your parents know you're concerned for their wellbeing and want to help.
- Offer options, not advice. Pose questions, listen, and offer more than one acceptable

Maintaining peace, joy, and comfort at home.

It's normal if your first thought is to move your loved ones to a facility. But it's important to know that moving seniors against their wishes can lead to frustration and depression. Formerly independent adults suddenly find themselves in unfamiliar and stressful environments, forced to comply with pre-set schedules. By contrast, helping them remain in their homes allows them to feel better and live fuller, happier lives. Aging in place has other benefits, not the least of which is cost savings. For those who already own their homes, growing old is often much less of a financial burden. Residence in an assisted living facility can cost hundreds of dollars per day. On the other hand, with the help of a caregiver or private duty nurse, care dollars stretch much further.

What to look for in a care provider.

With so many reputable care providers across the U.S., it can be hard to weigh the right choices for you and your family. For some agencies, caring is a job—but for others, it's a calling. How do you tell the difference?

Here are a few questions to ask:

- 1. How do you provide care that is geared toward physical as well as mental and emotional wellbeing?
- 2. How many years have you been in business?
- 3. How do you keep the family informed and engaged in care?
- 4. Do you have a method to match a caregiver to my needs?
- 5. Does your agency have liability coverage?

- 6. Are caregivers bonded and insured for theft?
- $7.\,Do\,your\,employees\,go\,through\,national\,and\,local\,background$ and driving checks?
- 8. Are all of your caregivers employees of your company (not contract workers), and are they covered by workers'
- 9. What is your system for tracking when caregivers arrive and leave a client's home?
- 10. Does your agency have a physical location where I can meet your staff and is there 24/7 phone service?

All caregivers are screened for Covid, insured and bonded. Please contact us for additional information and rates: teresanix@comfortkeepers.com.

CORTLAND HIGH SCHOOL AFTER PROM PARTY FUNDRAISERS

THE CORTLAND HIGH SCHOOL SENIOR All Night Party ■ Committee will be hosting two fundraisers to raise money for the After Prom Party. We will have a Spaghetti Dinner on Saturday, March 25 from 6:30pm - 7:45pm at the Cortland Elks on Groton Ave., Cortland. The dinner will include Penne in Red Sauce, Tossed Salad, Meatballs, Sweet Sausage, Italian Bread, Cookies, Water, Iced Tea, Lemonade & Coffee. (Not all you can eat) Cost is \$12 per person. No walkins - must have a ticket and choose seating time. To purchase tickets, please contact Val Chapman at vchappy@gmail.com. We are also hosting a Craft Fair on Saturday, April 29 at the Cortland Jr-Sr High School Gymnasium from 10am - 5pm. Our free craft fair will feature items such as: Home Decor, Jewelry, Handmade Crafts, Soaps, Bake Sale, Gifts, Raffles, and More! Admission is free. If you are interested in being a vendor at the Craft Fair, please contact Kati Coon at kcoon1@ dryden.k12.ny.us. All proceeds for both events will benefit the Cortland Senior All Night Party.

SENIOR DISCOUNTS

TERE ARE SOME RESTAURANTS THAT offer a senior discount. Always check with each establishment before ordering.

HYDE'S DINER

157 Homer Avenue, Cortland (607) 753-8521

Hyde's Diner offers a senior discount of 10% off for people sixty-five and older

MOE'S SOUTHWEST GRILL

872 NY-13, Cortland (607) 344-3058/Chow Taxi

10% senior discount

Moe's SouthWest Grill offers AARP members over fifty-five a

Applebee's: 10% to 15% to 60+ at participating locations

Arby's Eat lunch and get 10% off your meal age 55+

A&W: 10% off discount for seniors, varies by location

Burger King: Offers 10% off discount 60+, varies on location

Ben & Jerry's: 10% off discount for seniors 60+

Chili's: 10% off senior discount 55+

Dairy Queen: Receive a 10% off discount or a small drink if you're 55 or older

Friendly's Restaurants: 10% off meal and a free coffee during breakfast hours, free sundae during non-breakfast hours

KFC: Free small drink with any meal, varies by location 55+

Krispy Kreme: 10% off

McDonald's: Discounts on coffee and other beverages 55+

Perkins Restaurants: Special menu and deals for patrons 55

Subway: 10% off 60+ varies by location

Taco Bell: 5% off; free beverages for seniors 65+

Uno Pizzeria & Grill: 25% off each Wednesday for "Double Nickel Club" members 55+

Wendy's: Many offer 10% off for seniors, but discounts vary by location

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WED., MAR. 8TH @9:00AM

To be held in our yard

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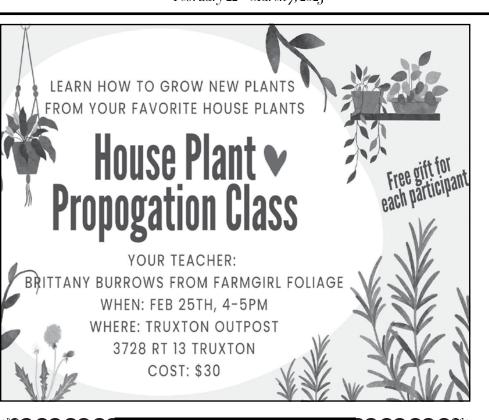
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In the Greenhouse Close for the season.

In the Country Store

Local grocery and whole food items. Milk, eggs, bread, cheese, goat milk products, coffee, flours, black and natural cocoa, sugar including raw and brown, a variety of oat products, spices and nuts. Also candy, chocolate covered goodies, and homemade pastries!

In the Pantry

Daily soups and sandwiches/wraps. Daily specials. Now serving "Breakfast Sandwiches" — 7am-10am

dedricksfarmmarket.com



Mon-Fri 7-6 Sat 8-6 (Deli open until 4)





YOUR WINTER WEATHER CAR CARE EXPERTS

BE SURE YOUR VEHICLE IS ready for winter weather and snow with new tires and a tune up or an oil change Call Ron's Body & Paint in Cortland for all of your automotive services at 362 Route 13 to schedule your appointment at the Cortland location 607-662-4543. 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 both locations are providing the same great services Ron's Body & Paint has been known for. They are also now a Tesla Certified Repair Shop! Why would you ever need to call Ron's Body & Paint? Here are five reasons to call!

One: they are the largest body shop in the area, and the place to call for body and paint work done using a state-of-the-art downdraft paint booth and waterborne paint. Plus, loaner cars are available.

Two: they are a full-service center that handles everything from brakes, inspections, and oil changes for only \$39.95.

Three: 24-hour towing for all vehicles, tractors, and heavy and light vehicles. Complete with AAA roadside service.

Four: they have 34 years of experience, featuring mechanics who are all licensed

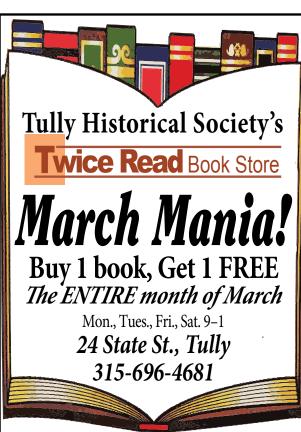
Five: because they are a locally-owned business with 2 locations to serve you. Ron's Body & Paint, on Cortland Street in Marathon, and on Route 13, across from Elm Tree Golf Course in Cortland.

And of course, your satisfaction is always guaranteed. ASK RON ABOUT A LOANER CAR WHILE YOUR COLLISION REPAIR WORK IS DONE!

Follow them on Facebook! Check out their specials on their website $\underline{\text{ronsbodyandpaint.com}}$.











*APY=Annual Percentage Yield. APY is accurate as of 11/16/2022, and available for a limited time. Minimum account opening deposit of \$500 required. Penalties may be imposed for early withdrawal. Fees may reduce earnings. Federally insured by NCUA.

\mathbf{I}



A FAMILY TREE WITH DEEP ROOTS

CHUTE'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."

 $\label{lem:additionally} Additionally, Shute said, sulfur water can make washing clothes more difficult.$

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.



ST. JOHN MEMORIALS

NY. 95 years and 3 generations later it carries on the tradition of a full-service monument business supplying families with quality handcrafted memorials throughout Central New York.



Ty and Doreen St John, owners of St. John Memorials have been running the family business since 1993, after Ty grew up in business and was taught the "old school way "by his grandfather, Howard who started the business in Moravia back in 1929.

Together they have combined old school and modern technology to create lasting family memorials and civic monuments while still being a full-service company, engraving the monuments we sell.

Most monument companies don't do any of the hands-on work anymore, Ty explains, they are mainly a middleman, selling you the monument and ordering it from a manufacture already lettered and designed. It comes in a box and the monument company delivers it to the location. The family has no recourse if something is wrong, without waiting months for a replacement if at all.

Another major flaw in having it done at a factory, is there are many monument companies with orders in and it could take months to get your memorial and they charge per design and letter so there is no set price. When we sell a memorial and tell you the price, it includes all the lettering, design work and delivery, no hidden charges, we feel that is the fair way to do business, the family shouldn't be charged because their last name is three letters longer than the average.

We design and engrave what we sell, along with offering onsite lettering such as a final date, in cemeteries across Central New York. We have a large display at our main office in Scipio, and after looking for some time, found a perfect location in Cortland to open a sales office to service our families in our eastern service area at 1027 NY-13 (Tompkins St.) Cortland, right on the corner of Munson and Route 13.

Since 2020, Covid-19 has presented many problems for everyone, and the memorial business is no exception. We





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Magnetic Signs | Metal & Plastic Signs | Trade Show Displays | Window Graphics
Vehicle Graphics | Yard Signs | Drinkware | Pens | Pads | Koozies® | Post-it® Notes | & More!

have had supply issues with getting the granite, stencils and glues to do the engraving just to name a few. Manufacturing in Vermont at the granite quarries are at an all-time backlog and for us to just get the blank granite has slowed considerably. I can't imagine a family waiting 8 months or longer to get their family memorial engraved at the factory.

I am in constant communication with my wholesalers and have been to Vermont numerous times last year buying inventory to stay well stocked on our most popular monuments. I am proud to say that we have the largest display in the area and this year will be no exception, in fact we will be expanding our Cortland office display this Spring, with some new granite colors that are quite appealing.

We are open by appointment throughout the winter and invite you to call so we can set up an appointment at your convenience to discuss your needs for Spring delivery. This assures that we have plenty of time to have the granite completed to be delivered when the weather permits.

Depending on weather conditions we will be opening for regular business hours in Mid-March from 10-4 weekdays and 9-1pm on Saturday.

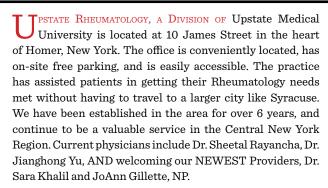
We do get very busy as better weather approaches and we do have a cut-off date for Memorial Day orders. Our main office is 315-364-8266 to arrange an appointment in Scipio or at our Cortland office.

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PEAR TREE BOOKKEEPING IS A brand new business to Cortland County. Sabrina Poirier started this business to help small business owners reach and maintain their financial goals.

You may be wondering why someone would choose a virtual

question that has many answers. You'll be able to save a considerable amount of money over

bookkeeper over an in-house bookkeeper. That is a fair

an in-house bookkeeper while you discover that most remote bookkeepers provide part-time services that meet your business's needs.

Additionally, virtual bookkeepers are contract workers, so you won't need to worry about paying vacation time, payroll taxes, and other benefits. You'll also notice savings because a virtual bookkeeper will typically offer affordable costs.

That is just one of many! For more information, branch out for a discovery call (607-283-4553) or email peartreebookkeepingservices@gmail.com and find out what Pear Tree Bookkeeping Services is about.

Not ready to branch out? Follow Pear Tree Bookkeeping Services on Facebook to learn tips and tricks to help your



We know the loss of a pet can be traumatic. That's why we built a facility just for pet families to say goodbye. Our Pet PassagesSM location offers many service options, including a private viewing in our Rainbow Bridge room, Pet Tales™ online memorialization, and cremation packages to meet every family's needs. With our 72-hour Service Guarantee and memorialization options, you'll see why Pet PassagesSM is the preferred choice. Call or visit our website for more information.

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Where:

26 N Main St, Cortland Access to Independence

How:

Call 2-1-1, Mon-Fri, 8:30am-5pm to schedule an appointment Alternative #: 877-211-8667

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FOR MORE INFO: BUFFERTEAM@U-S-C.ORG OR PHONE: (607) 687-3553

February 22 – March 7, 2023

DRYDEN SENIOR CITIZENS LUNCH FEBRUARY 27

THE DRYDEN SENIOR CITIZENS WILL meet on Monday, February 27, 2023 at the Dryden Veterans Memorial Home, Route 13, Dryden. Lunch is served at 12:15 p.m. with announcements and a meeting starting at 11:45 a.m. The menu will be Macaroni and Cheese, applesauce, tossed salad, beets, and peach cobbler.

The meal cost is \$8.00 for members and \$9.00 non-members. The musical entertainment will be by Jilissa Vellake singing for your enjoyment a variety of songs from the 1920's, 60's or 70's and hymns.

The yearly DSC membership is \$5.00 and we meet on the 2nd and 4th Monday of each month. Anyone in the area 55 or older is welcome to join this great group for a delicious meal, exciting programs, and wonderful camaraderie.

Join us and bring a friend!

LASS ENGAGEMENT CENTERS (LOCAL AGING ADULT **SATELLITE SERVICE)**

Cortland City

Main Hub- OPEN NOW! Cortland Crescent Commons 165 S Main St., Cortland.

Located on the first floor, entrance to the rear of the building. Open Monday, Tuesday and Thursday from 9 AM to 2 PM. Meals available for reservation by calling 607-753-5060.

Outlining County Centers

Harford- Creamery Hills Apartments, 355 Creamery Rd., Harford. Open Wednesdays and Fridays 11:30-2:30 PM. Activities include cards, bingo and more! Grab and Go Meals offered for preregistered seniors ages 60 and older. Contact Brandy Jackson at

Preble- Summer location, Preble Park, with bad weather change to Preble Fire Station. Open 1st, 3rd and 4th Wednesdays of the month, and 2nd Saturday. Times vary. Potluck style meals, activities, educational guest presentations. Contact Dave Morse

Scott-Scott Senior Club, 6816 Route 41, Homer. Open Mondays for Pitch at 9:30 AM, Fridays for Breakfast from 7-10 AM. Evening Meals once a month. Contact Kay Harvey at: 607-842-6871 or 607-749-9391.

Truxton-Truxton Living Well Center, United Methodist Church. Route 13, Truxton. Open Tuesdays from 4-7 PM for dinner meals and activities, and Thursdays from 8-11 AM for breakfast and activities. Meals served are potluck style. Arts, crafts, wellness activities. Contact: Jill Kraft, 607-244-1445.

Virgil- Virgil Seniors, Virgil United Methodist Church, 1194 Church St., Virgil. Open Tuesdays and Thursdays from 9 AM to Noon. Activities include: Exercise, guest speakers, puzzles, crafts, open computer lab and more! Contact Pastor Steph Brown: 607-857-3556.

Willet/Cincinnatus-Cortland Chenango Rural Services, hosting at Seton Hall, 2704 Lower Cincinnatus Rd., Cincinnatus, NY. Activities every Tuesday from 9 AM to Noon, Bingo 1-3 on Wednesdays, Breakfast on the 1st, 2nd, and 3rd Fridays of the month. Call ahead to confirm. Contact Joanne Brown-Garringer: 607-863-3828.

Local Community Activities for Older Adults

McGraw- Lamont Memorial Free Library, 56 Main St., McGraw, hosts a senior social every 2nd Thursday of the month. Call 607-836-6767 for more information.

Homer- Homer Town Hall, 31 North Main St., Homer. Open Wednesdays at 10 AM for Chair exercise, Bingo at 10:30, Bag Lunch at Noon, Pitch at 12:30 PM. Contact Sylvia Hammond at 607-749-7811 for more information.

Cortland- St. Charles Hotel, 83 Central Ave., Cortland. Shuffleboard: Mondays, 8:30-11 AM, and 12:30-3 PM. Tuesdays, 12:30-3 PM, Thursdays 8:30-11 AM. Contact Gary Mead for more information: 607-753-9945.



EVER GROWN LAWNCARE

evergrownlawncare.com evergrownlc@gmail.com607-793-8149

ROWING UP IN THE SMALL town of Newfield, Justin began Tmowing for several neighborhood locals and slowly falling in love with the art of lawncare maintenance. There was just something about taking a yard and turning it into his own personal masterpiece that he found so satisfying. He slowly began dreaming up an idea for his own personal lawncare business, but was still in college for another few years. Once he graduated from college he returned to Newfield where he would begin the planning of Evergrown! After finally getting the business setup and running it part-time on the side of his full-time job for about a year, he met his future best friend and business partner, Josh. Justin and Josh both shared a deep love and appreciation for the lawncare and landscaping trade, so it did not take long for these two gentlemen to realize that they were meant to do this together. Now both men are determined to provide the absolute best, top notch services for their communities, all while building quality, long-lasting relationships with their clients.

We consider our customers like family! So join ours today! And remember: "Good greenery makes good scenery."

Check out our amazing new website evergrownlawncare.com and setup your FREE estimate appointment now! Or give us a call at 607-793-8149. We also have Facebook!







Nightingale's

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PUZZLES & GAN

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

0	S	е	C	d	n	r	р	е	m	е	d	i	C	a	r	е
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health • nutrition • volunteer • bingo • discount • gardening • retire • travel grandparent • grandchildren • silver • golden • caregiver • dentures • safety medicare • assistance • independence • oxygen • crossword • senior • backgammon puzzles • scrabble • chess • checkers • nap • fellowship • community • sudoku • cultivate

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!

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

SUDOKU

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

THIS ISSUE'S TRIVIA ANSWERS

- 1. 65!
- 2.206
- 3. New neurons
- 4. Those 60 and over, seniors hold the most voting record



Please visit these fine establishments, a small selection of the hundreds of businesses that receive our papers, for a copy of The Cortland Area Tribune:

> Main Streets in Cortland • Groton • Homer • Whitney Point Marathon • Fabius • Tully • Moravia

Cortland – Doug's Powersports • Doug's Fish Fry • Cortland Diner Price Chopper • Grand Union • Perkins Restaurant • Bill Anderson's Market

> Marathon – Ron's Body & Paint • Laundromat • Mijos Marathon/Whitney Point – Gregg's Markets

Whitney Point – Aiello's • Midway Sales • The 5&10 Variety Store

Dryden – Clarks Food Market • Kinney Drugs • Walgreens

Richford – Red Rooster Diner • Richford Pizza Plus • Gas Station

LaFayette – Nice & Easy • Byrne Dairy

Fabius – Fabius Country Store • CLN Mercantile

Tully – Kinney Drugs • Nightingale's Ace Hardware

Virgil – Hope Lake Lodge • Trax

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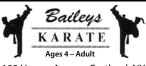
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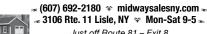
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DOVI MOTORS INC. CORTLAND, NY

263 Tompkins Street Cortland, New York (607) 756-2801 <u>dovimotors.com</u>

A Brief History of Dovi Motors

Dovi Motors was founded in 1948 by Tony Dovi Sr. as a full service repair shop and has operated from its current location since 1949. His 7 children and his wife were all involved in the business and in 1980 Dovi Motors incorporated with Phil, Tom and Joe Dovi taking the business into the second generation. The early 1980s marked a period of high growth for Dovi Motors. At that time Dovi Motors was a Lincoln/Mercury store. Great products like the Lynx and Topaz along with Dovi's reputation for great customer service proved to be a recipe for success. In 2008 the Ford franchise was acquired by Dovi Motors. Today, the 3rd generation is running the dealership. Right now if you buy a car it will like be from Joe's son Luke, Phil's son Jesse or Tom's son Tommy.

Key Ingredients to Our Success

"Treat others the way you would like to be treated" At Dovi Motors customer service is the corner stone of our business. Tony started the dealership as a full service repair shop, and quality vehicle repair continues to be a focus of our dealership. When one of the other shops in town can't figure out a problem with a Ford, it always ends up here and we always get to the bottom of it. Our customers are some of the most loyal in town and we are in the top of the nation for new sales customers who return for service.

At Dovi motors we offer an easy and enjoyable buying experience. If you walk on the lot to look at a vehicle nobody will chase you down trying to get you to buy a car that day. In fact, we don't currently have any non-family sales people. We give our best price up-front, we have one person to walk you through the entire buying process, and we only sell Ford's so we really know the product.

We are part of the community. We live here, shop here, and we are personally involved with the clubs, organizations and small businesses around town. We are a 3rd generation business in Cortland that is selling cars to the grand children of Tony's customers.

A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS CLASS

THE CORTLAND COUNTY AREA AGENCY ON Aging is again offering an informational class series for older adults to address the fear of falling and to discuss realistic goals to increase activity, to change environment to reduce fall risk factors, and to learn simple exercises to increase strength and balance. An evidence-based program, "A Matter of Balance: Managing Concerns about Falls", assists older adults not to limit activities, which can result in physical weakness and make the risk of falling even greater. Many older adults also experience isolation or depression when they limit interaction with family and friends.

Don't cut back on a favorite activity or turn down a chance to go out with family or friends because you are concerned about falling. "A Matter of Balance: Managing Concerns about Falls" can help older adults improve your quality of life and remain more independent.

This informational class series will be held on Mondays for eight weeks from March 6th through April 24th 1 from 9 to 11 a.m. at the Cortland Age Well Center located at 165 South Main Street in Cortland, with parking and an accessible entrance at the side of the building.

Prescreening and preregistration are required. Call the Area Agency on Aging at (607) 753-5060 for more information, and/or register for the class. Space is limited. There is a nominal suggested contribution for the class series

The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office for the Aging under title III of the Older Americans Act of 2020 as amended.

The <u>Tully Area Historical Society</u> invites you to an Open House, Saturday, March 4th from 9:30 a.m. - 2:00 p.m. to view their ice harvesting display, as well as a local video on Ice Harvesting. Stop by and enjoy some homemade cookies and beverage, tour our museum and Twice Read Book Store featuring our annual March Mania BOGO book sale!





Ice harvesting was once a main winter industry in Tully, dating back over 150 years. This was spurred on by the natural formations known as the Tully Kettle Lakes. The ice harvesting industry employed several hundred people in the area, as late as the 1930's. There were four ice warehouses in the village and most farmers had their own ice houses to keep their milk warm until the time of shipment via rail. Ice was also delivered to area households to use in the ice cabinets of the day. It is recorded that one year 1,000 tons of ice was harvested from Green Lake alone. Other lakes where ice harvesting also took place were Tully, Song, & Crooked Lakes.

INDOOR WALKING AT JM MCDONDALDS

The J.M. McDonald Sports Complex 4292 Fairgrounds Dr. Cortland, NY 13045

Walking Hours: Monday and Friday 8am-3pm, Tuesday, Wednesday, and Thursday 10am to 3pm

8 Laps = 1 mile. Walking is \$1. *Walkers Must Sign in Each Day* (Binder is at the front office).

Please Note: A waiver form must be completed before the track can be used, and must be updated each year.

Please call us at (607)753-8100 Ext. 100 with additional questions.





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and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing family emergency plan and stocking up on emergency supplies. Each family that attends will receive one Preparedness kit.

When: Wednesday, March 1, 2023 6:30PM

Where: Cortlandville Fire Department 3577 Terrace Road Cortland, NY 13045

THIS EVENT IS BROUGHT TO YOU BY THE GOVERNOR IN CONJUNCTION WITH:

Cortland County Department of Emergency Response and Communications

*ALL PARTICIPANTS MUST REGISTER IN ADVANCE

To register and for additional information, visit www.prepare.ny.gov







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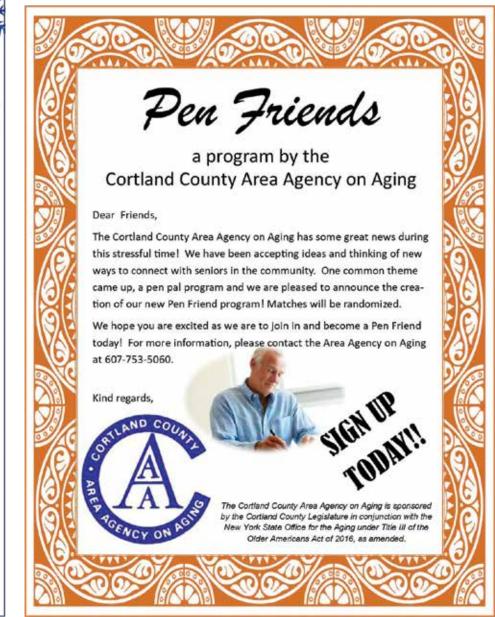
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Contland and Guthrie:

Connected by Commitment

From 1891 to 2019, the people of Cortland turned to the Regional Medical Center for the best in medical care. Cortland and Guthrie joined in 2019, aligned with both a shared history of patient-centered care and a focus on the future, through:

Education

Cortland Medical Center offered a school for nurses in the early 1900s and launched a nurse residency program in 2009. Guthrie continues to offer training in nursing and other health careers, and our medical education program offers advanced training for physicians.

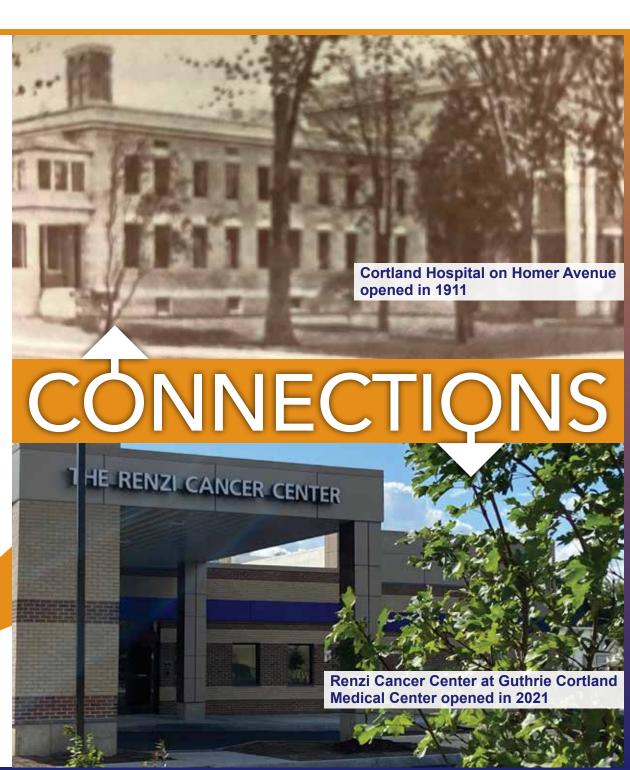
Growth

Cortland's first hospital had six beds and two staff members. After years of investment in new facilities, including a mental health unit and nursing home, the Regional Medical Center had more than 200 beds when it joined Guthrie in 2019. Likewise, Guthrie has grown from its roots in Sayre, Pa., to serve communities in 12 counties across New York and Pennsylvania.

We are proud of Cortland and Guthrie's shared commitment to quality care and innovation, and we look forward to building upon our histories to create the future of health care in Cortland.

Learn more about Guthrie and its history at **www.Guthrie.org/connections**.









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