

FREE

Oct 25 - Nov 7, 2023

Restaurant Guide/Catering & Pre-Thanksgiving Issue

Our 21st Year!

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER

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Check inside for DINING AND CATERING IDEAS!

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- LUNCH & DINNER

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- SPECIAL EVENTS

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WELCOME TO OUR RESTAURANT GUIDE/CATERING & PRE-THANKSGIVING 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!

- November 8 – Thanksgiving & Black Friday Issue

Deadline 11/3
- November 22 – Get Ready for Winter, Winter Sports Enthusiasts & “For Kids” Holiday Issue

PLUS Last Minute Gift Guide Insert

Deadline 11/17
- December 6 – Annual Christmas Issue

Deadline 12/1
- December 20 – Merry Christmas, Happy New Year & Health/Fitness Issue

Deadline 12/15



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“The Cortland Area Tribune”

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!

Crown Fitness, LLC formerly The Fitness Gap • (315) 907-8643

Located in the J.M. McDonald Sports Complex will be relocating to a newly outfitted space in the Groton Ave Plaza between Save a Lot and Sherwin Williams early fall. We look forward to an updated space to share with our gym family!

BUMPER STICKER OF THE ISSUE

VEGETABLES—WHAT FOOD EATS BEFORE IT BECOMES FOOD

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

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cortlandareatribune.com • @tcatribune



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TRIVIA QUESTIONS

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

1. Which two spices are the most popular in the world?

2. What is the only fruit with seeds on the outside?

3. What state is credited for being the birthplace of the cheeseburger?

4. What type of food is the most frequently ordered item?

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!*

CORTLANDAREATRIBUNE.COM

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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Email your request to tcatribune@gmail.com, or sign up at cortlandareatribune.com

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TRUMANSBURG EMS

By Jaxyn Boyce

AFTER THE FIRST MEDICAL PROVIDER, Covert Funeral Home, closed, the Trumansburg Volunteer Fire Department took over in 1972. However, by 2002, the rising number of calls exceeded the number of volunteers the fire station could provide. The department was then subsidized until 2004 when it became independent. Now the Trumansburg Emergency Medical Services (EMS) department serves as a municipal ambulance service.

These workers deliver emergency medical services; such as; Basic Life Support (BLS), and Advanced Life Support (ALS). In addition, they are in the process of establishing a skillful SCUBA dive team. Public education is an important factor for the Trumansburg EMS. There are CPR, First Aid, and babysitting classes open to the community. During the fall, the EMS workers are proud to distribute information on prevention initiatives that could end up saving a life. The Paramedic ALS level department is prideful for its outstanding critical care services. For example, ALS-trained members can issue critical trauma, cardiac, pediatric, and stroke care. As well as advanced IV administration, airway support, fall prevention, and immediate burn care.

As a team member, Trumansburg EMS ensures everyone is certified and equipped to handle an emergency. The amount of training they receive is equal to registered nurses. Thus, each medical provider will spend hundreds of hours teaching, and updating their education to attain expert standards. Trumansburg EMS doesn't offer in-house EMT or Paramedic licensing classes, however, there are monthly classes to expand paramedics' knowledge that are open to others. These dedicated providers serve to aid the village and the locals within.

Located on 74 West Main Street, anyone interested in joining the Trumansburg EMS team can visit their website at trumansburg-ny.gov/departments/ems/ or by email at ems@trumansburg-ny.gov. Listed on the website are the application process and detailed training requirements. They can also be reached by phone at (607) 387-7131.

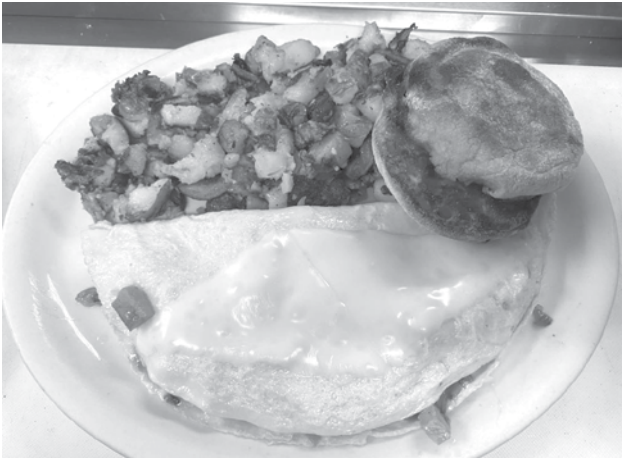


13334 State Route 38, Richford
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RED ROOSTER CELEBRATED THEIR 5TH anniversary this year on June 16th. We would like to say just how much we appreciate each and every one of you that have been there for us and the diner over the past 5+ years! Without all of you The Red Rooster wouldn't be what it is today!! So come on in and enjoy some good company and even better food... Just about everything is homemade from our sausage gravy, chili, soups, desserts and many more delicious items. Gift certificates available.

Hours: Monday, Thursday, Friday 6am to 1pm and Saturday and Sunday 6:30am to 1pm. (Sunday has breakfast only) and closed Tuesday and Wednesday.

Follow us on Facebook for updates and specials.



HAM DINNER OCTOBER 28

HARMONY UM CHURCH IS HAVING a Ham Dinner on Saturday, October 28 from 4:30-6:30pm at the Harford Town Hall located at 394 Route 38 in Harford, NY. The menu includes ham, potatoes and gravy, squash, corn, cabbage salad and your choice of piece of pie for dessert. There is a SUGGESTED DONATION of \$15 per meal for ages 12& up. Take-outs are available.

Crafters are wanted for our fall Christmas Craft Fair on November 17 & 18 at the Harford Town Hall.

Reserve your table ASAP, contact Mcross94@aol.com. There is limited space.

FALL CARNIVAL OCTOBER 29

Thrive Church
318 Johnson Rd, Freeville

YOU'RE INVITED TO OUR 3RD annual FREE festival for the whole family!

Don't miss this fun packed afternoon with a bounce house, petting zoo, archery, pumpkin smash, carnival games, pie eating contest with prizes, photo booth, food, and MORE for adults and kids to enjoy! Let's celebrate our community and make some memories!

Stay tuned for exciting UPDATES about what else will be happening this day!! (607) 224-8822 thrivenys@gmail.com thriveny.org

MORAVIA HALLOWEEN COSTUME PARADE OCTOBER 31

6PM

LINE UP STARTS AT MODERN Market Parking Lot & ends at the 14-Town building - Donuts, Cider, and prizes provided - Sponsored by Moravia Fire Dept. Auxiliary.

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HOLIDAY CRAFT FAIR AT THE MARATHON CIVIC CENTER

NOVEMBER 4

9AM - 3PM
Marathon Civic Center
16 Brink Street, Marathon

HOLIDAY SHOPPING OR JUST TREATING yourself- we won't judge. Come shop the Holiday Craft Fair at the Marathon Civic Center! This event is sponsored by CNY Maple Festival. There will be crafts, direct sales, food, cotton candy, and more. The Presbyterian church will also host its annual craft fair, just one block over.

SPAGHETTI DINNER FUNDRAISER

NOVEMBER 11

4:30PM
Groton Ridge Runner Snowmobile Club
748 Salt Rd, Summerhill

GROTON RIDGE RUNNERS ANNUAL SPAGHETTI and Meatball supper! 1st dinner of the season will be this coming Saturday November 11 at the club house located at 748 Salt Rd, Summerhill NY. 1 mile North of route 90 on Salt Road. Come enjoy Spaghetti and meat balls, salad bar and drinks in our new expended club house! Open to the public, everyone is welcome... Carry-out with seating! (607) 749-4290 grotonridgerunners.com

CORTLAND COUNTY HEALTH DEPARTMENT

60 Central Ave, Cortland
607-753-5135

NEED TO GET GROCERIES? CORTLAND Transit buses can take you to a variety of local grocery stores in Cortland!

- Route 1 can take you to PC Fresh.
- Route 3 can take you to Grand Union.
- Route 4 can take you to Walmart, Price Chopper, and Aldi.

All Cortland Transit routes are offered every 45 minutes between 6am – 6pm Monday through Friday. To learn more about Cortland Transit and to see the full bus route schedule please visit: way2gocortland.org/local-transit

COUNTRY MOOSE CUISINE CORNER

MAUI BURGER & PINEAPPLE MARGARITA

By Dawn Potter

- 1 pound Ground Beef
- 1 tbsp Minced Garlic
- 3 tbsp Teriyaki Sauce
- Sliced Onion
- Sliced Pineapple
- Sweet N Sour Sauce (I use Chick-fil-A Polynesian Sauce)
- Brioche Buns

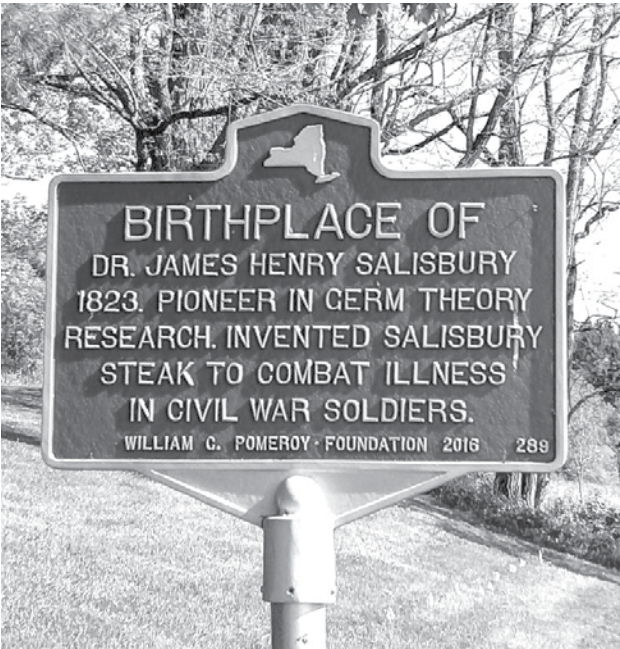
Combine ground beef and garlic in a bowl and mix well. Form into 3-4 portions and form into burgers. Place in a flat bowl and marinate with Teriyaki sauce for at least 15 minutes. Place burgers on grill or in a pan and cook to desired doneness. On the same grill or in the same pan, grill pineapple and sprinkle with Teriyaki sauce. Transfer burgers to Brioche buns and top with cheese of choice, grilled pineapple, sliced onion, sliced tomato, and spread the top bun with sweet n sour sauce. Enjoy! It's an amazing texture, flavor, and one for the books!!

Accompanying drink...

- 1/4 c. Pineapple Juice
- 1 oz. Triple Sec
- 2 oz. Tequila
- 1/2 fresh lime juice

Enjoy both recipes anytime. The Country Moose has a great variety of dishes and glassware that would go well with these dishes. Stop by the shop and browse through the several options available of dishes and glassware that will fit your menu needs. Every day brings a new and unique collection that is fun and beautiful, and will make your meal appetizing and appealing.

The Country Moose Antiques & Crafts
13294 State Route 38, Richford
(607) 280-9750



CORTLAND COUNTY TRIVIA

FROM THE CORTLAND COUNTY HISTORICAL SOCIETY

WERE YOU ABLE TO GUESS the answer to our last trivia question? Did you know that the Salisbury Steak was invented by Dr. James H. Salisbury, a Cortland County gentleman?

James H. Salisbury was born in 1823 in Scott to Nathan Salisbury and Abigail Stone. He attended the Cortland Academy, and he went on to become a physician, earning his medical degree from Albany Medical College in 1850. Dr. Salisbury believed that a diet that consisted primarily of meat was the way to combat chronic diarrhea among Union soldiers during the Civil War. He advocated his chopped beef dish as being more easily digestible than fruits, vegetables, and grains, and healthier. When he published his ideas in 1888, it became one of the first fad diets.

Who is Cortland County named after?

Photo: hmdb.org/m.asp?m=128005

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QUEEN SUBS

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LOCALLY OWNED AND OPERATED, QUEEN Subs provides Cortland and surrounding areas with high quality SUBLISHOUSNESS!! The key ingredient in our subs, is the LIQUID GOLD and seasonings!!! Our special sub oil that makes each and every sub we make, gives you an unbelievable flavor and makes your taste buds want more. Together with the oil, we top our subs with Italian Seasoning spices, Parmesan Cheese, Salt and Pepper.

Our subs start with freshly baked rolls being delivered daily, so as to have them always fresh on our shelves. We slather every inch of the roll with your choice of dressing, Mayonnaise, Miracle Whip, Mustard, Horsey Sauce, Red Pepper Relish and a variety of others. Top the dressing with slices of your choice of cheese. We currently offer American, Swiss, Provolone, Pepper Jack, Mozzarella and Cheddar.

All of our meats are not only top quality meats, they are also sliced so thin you can see through them, adding more flavor in every bite. Because they are a top quality meat, they do not dry out, but stay moist and flavorful. Our meat selection currently consists of Ham, Turkey, Roast Beef, Pepperoni, Hard Salami, Capicola, Bacon and Meatball.

Our vegetables are delivered regularly, most of them daily, from local vendors therefore being the freshest we can provide. They include lettuce, spinach, tomato, onion, a variety of peppers, black and green olives, cucumbers and pickles. Daily, the fresh produce is inspected, washed and sliced thin enough to give you tons of flavor, but thick enough to not turn your sub to mush.

When you come to Queen Subs, we make the sub how you want it and build it perfectly on the roll so every bite you take, you get a bite of everything...cheese, meat and veggies in every bite!! Whether you want Mayo or Red Pepper Relish, or both. Pepper Jack cheese doubled or no cheese. Triple pickle or double the olives, it's built exactly how you want it.



With the variety of toppings we have, you could get one every day for a year and still come up with a different combination for tomorrow. In the future there will be even more selections as we are in the process of putting in a hood system. This will expand our sublshousness to include a large variety of hot subs, wings and a variety of side dishes. Stop in and grab some SUBLISHOUSNESS!!

We are open Monday through Saturday, 11am to 8pm and closed Sunday. Follow us on Facebook for specials. See you soon!



AIELLO'S RISTORANTE

AIELLO'S IS LOCATED AT 2677 Main Street in Whitney Point and has been crafting exceptional cuisine for more than 4 decades and since has become a culinary destination known for their unwaverieng commitment to quality and originality. Their menu is a testament to the timeless flavors. Offering the best go to place for people who are seeking a fine dining experience, each bite at Aiello's is a culinary journey through generations of passion and dedication.

The Aiello's family have stayed true to their beginning by providing their customers take out service for both their fine dining offerings and famous pizzas. Aiello's has a 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 100 % imported olive oil.

For your special occasion or event – Aiello's is the ideal venue for celebrating birthdays, anniversaries, corporate gatherings etc. – offering personalized service to make your special occasion truly memorable.

Always innovators, Charlie and Vinny are constantly looking for ways to up their game. Whether it is a new recipe, or a fine cocktail there is always something new. Aiello's Restaurant has always been a family affair. Their father Vito Aiello helped Calogero (Charlie) and Vincenzo (Vinny) open a small pizzeria in Whitney Point. 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.

Join us in celebrating our rich history and enjoy Aiello's exceptional ambiance. As the years have passed and the



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Aiello’s has grown, they have embraced ways to improve the entire customer experience. We invite you to be part of our story and create lasting memories with us.

You can see both their regular menu and catering menu on their website. Visit aiellosrestaurant.com to place an order or give Aiello’s a call at 607-692-4114 to make a reservation or set up your next catering event. Aiello’s is open 7 Days a week from 11am to 9pm (9:30pm on Saturday and Sunday).

Thank you for being a part of our journey since 1982 and we look forward to serving you for many more years to come.

Join Aiello’s for their Halloween Party on Saturday, October 28th from 8-11pm. Costume contests, cocktail specials and more! Live music by Joe & Joy! Don’t miss it! Follow us on Facebook for specials and holiday events.

TRUNK OR TREAT

OCTOBER 28

The Butcher’s Cuts & Deli
153 South Chenango Street, Greene

LOOKING TO HOST A TRUNK or Treat on October 28th at 3pm at 153 South Chenango Street in Greene, NY. Anyone who would like to set up for it let us know! We are going to have a contest of the best decorated set up. First place will win \$100 gift certificate to the store. Second place will win \$50 gift certificate to the store and third place will win \$25 gift certificate to the store! Questions? Call (607) 875-0454 or email us Thebutcherscuts@yahoo.com

HALLOWEEN PARTY

OCTOBER 28

McGraw Box Brewing Co., Inc.
1 Spring St., McGraw, NY
Starting at 6PM

GET YOUR COSTUMES READY for McGraw Box Brewing Co., Inc. Halloween party! Costume contest. Giveaways. Music featuring DJ Johnny West. See you at The Box! Questions call 607-836-1086. Or visit our website mcgrawboxbrewing.com. McGraw Box Brewing Company is a third generation family owned business. Come enjoy our craft beer.

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TRUNK OR TREAT

OCTOBER 28

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Route 79, Lisle

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OCTOBER 27

3 DAYS OF AMAZING HALLOWEEN & Samhain FUN & Scares! This year, we are bringing you a 3 day festival, each day with a different theme and activities, decorated by the incredible Overlook Farms Venue!

All 3 days, COSTUME CONTEST, Haunted House with LIVE Haunts, Bonfire, Haunted Garden Walk, Selfie Stations, Tricks & Treats, Games, Gypsy & Tarot Readings, Food & Drink, over 70 vendors and more, more, more!

FireDawgs BBQ & Catering will be on-site all three days to serve you up phenomenal foods, hot chocolate, water & more!

Friday, October 27th

‘Samhain Soiree’ 6pm- 9pm

*** Advance Tickets Only ***

An evening for the adults!

Dress in your costume, grab your bestie, spouse, mailman or favorite neighbor and come enjoy the night without the kids!

Friday Includes:

- 15 Minute Tarot/Psychic Reading
- 30 Minute Ghost Tour
- Foods & Dessert
- Haunted House Access
- Private Theatre playing the classic, “Halloween” Movie
- Costume Contest
- Haunted Walk (In the Gardens)
- Escape Room
- Bonfire
- & Dancing, Drinks & Dares with the DJ All Night Long!

Adult Beverages Available for purchase!

Advance Tickets MUST be purchased for entry!

\$35 per person, All Access

To purchase tickets, contact us via email: Artisanelementsinfo@gmail.com

Payment can be made via VENMO, Card or CASH (At the store location prior to the event date, discounts until 9/22/23) - All Advance sale tickets will be emailed with no additional fees and MUST be presented for entry!

Saturday, October 28th

‘Spooktacular Saturday’ 3pm - 9pm

Saturday is for the families! Bring the whole crew!

Admission includes:

- Haunted House with LIVE Scares!
- Private Movie Theatre access, playing, “Hocus Pocus”
- Trunk Or Treat Stations
- 1 Make & Take Craft
- Apple Bobbing, Glow Stick Dance Off, Pumpkin Smashing, Ghostly Ringtoss, Lawn Games
- Bonfire
- Haunted Garden Walk

\$10 per person, Under 3 is FREE!

Consessions, Beverages, Face Painting & Tarot Reads must be purchased separately!

Ticket sales for Saturday are CASH ONLY at the door!

Sunday, October 29th

5pm - 8pm

Admission Includes:

- Haunted House
- Tarot Room
- Costume Contest
- Haunted Garden Walk
- Bonfire
- Haybail Ghost Stories

\$5 per person, Under 3 is FREE

Ticket Admission is CASH ONLY at the door!

Questions? Special Requests? Need accommodations? Email us! Artisanelementsinfo@gmail.com

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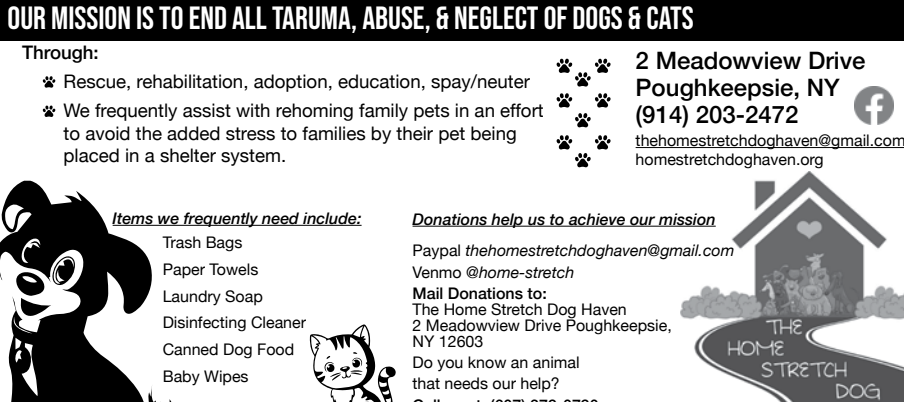
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Originally known as LaFayette Well Drilling, established in 1963 by Howard Shute, and brother-in-law, Warren Shetler, both the business and their reputation grew over the years.



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 dishwashers and washing machines" Shute said. "Also, corrosion of iron and steel pipes from ferrous sulfide, or 'black water,' that can darken everyday tableware, discolor copper and brass utensils and alter the appearance and taste of cooked foods."

Additionally, Shute said, sulfur water can make washing clothes more difficult.

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

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

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



Aiello's Ristorante in Whitney Point



**2023
HALLOWEEN PARTY**

SATURDAY OCTOBER 28 8-11pm

COCKTAIL SPECIALS

Apocalypse Punch:
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GORGERS

ESTABLISHED IN 2012 IN ITHACA, with an expansion to Cortland in 2018, Gorgers focuses on creating globally influenced food, with an emphasis on freshness, creativity, and value. Brothers Barton and Matthew Diamond felt there was a disconnect in the food world; there weren't a lot of restaurants where you could experience fine dining flavors at affordable prices. The majority of eateries were either using freezer to fryer products and store bought sauces, or operating at a price point where a lot of the local demographic was priced out of routinely enjoying them. Gorgers sought out to bring the types of flavors diners would experience at a high end restaurant, while keeping the price point at a level where everyone can enjoy unique cuisine.

"We employ a lot of modern cooking techniques to increase the quality of our offerings. We've used maltodextrin and bacon grease to create a bacon powder to dust different plates, and often sous vide meats before searing or frying them to ensure they're cooked to perfect temperatures to optimize the quality of the finished product" says Matthew. Gorgers also places an emphasis on efficiency, making it an ideal Main Street lunch spot. The majority of the time, food is delivered to the tables within 5 to 7 minutes of ordering, even during busy lunches.

In addition to dine in and take out, Gorgers is available for catering for events as diverse as weddings, or small company



lunches. Matthew creates every catering order based on the needs of the customer, "we don't have a set menu. I like to sit down with each customer to customize the menu to their specific tastes. We've done events as diverse as Taco Bars with a plethora of fresh salsas, sauces, and marinated meats, to Southeast Asian Curries. As a chef, doing something special and unique each time is what keeps me motivated and inspired."

Gorgers is located at 101 Main Street in Cortland, and is open from 11-6, Monday through Friday. Call in orders can be placed by calling 607-344-3229.



OWASCO MEAT COMPANY

61 Oak Hill Rd
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OWASCO MEAT COMPANY IS LOCATED right at the edge of Tompkins and Cayuga Counties just outside of the heart of the village of Moravia at 61 Oak Hill Rd. We are a family owned and operated business that was founded in 1974 and recently transitioned into a new generation of ownership. The new owners, Jason Clore and Callan Space also help run their family dairy farm, Millbrook Farm, alongside Callan's parents, Ron (jr) and Ivy Space. When Callan and Jason came back to the farm in 2017 they were looking for ways to grow in agriculture and at the time the milk market wasn't doing well and we wanted to try to diversify into something that could support our business. Larry Brannon and Ron Space Sr. were very good friends and Ron Space Jr has used Owasco Meats as a butcher for years, so it was an easy conversation to have with Larry about succession planning to the next generation.

Since acquiring the business on New Year's Eve of 2021, we have put capital into expanding the cattle pens for more humane handling, expanding freezer storage for increased



custom butchering, and tore down the old office and built a new retail/office building. At the core of our business, we are butchers and meat cutters that want to help local farms process their meat so that they can sell it to their customers. We are USDA inspected which gives the farmers that work with us and the end consumers that buy from us a huge piece of mind in how seriously we take food safety. One of our favorite parts about this business is that we private label pack for many farms and we see them out at farmers markets, we see their names on restaurant menus and we see them in local stores like Andersons Market off 281 in Homer. Our other favorite part is that we can supply meat directly to you, the consumer and we can get you all of the "weird" things you can't find in grocery stores like, hearts, tongues, livers, kidneys, marrow bones, oxtails, etc. We also have some of the best choice and prime ribeye you will ever eat...we don't do any select meat here! We also carry a variety of other New York State product's in our store like: maple syrup, chips, teas, honeys, jams, bbq sauces, marinades, cheese, milk and so much more!

Visit our website owascomeat.com to see our latest price sheets and learn more about what we have to offer. You can always call the shop ahead of time to place an order and we will load it into your car.

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SUMMERHILL BREWING, LLC RECENTLY CELEBRATED 7 years of providing an exceptional line up of small batch craft ales. The small family-owned brewery opened in the fall of 2016 and has expanded from their first offerings of 6 beers to more than 12 adding seasonal and experimental brews regularly. New releases occur throughout the year and their much-anticipated Pumpkin Smash Brown Ale was recently released. Another seasonal favorite released in the spring is a spruce tip IPA made with the tips of new growth of their spruce trees. The Town of Summerhill has a rich history and their flagship Millard’s American Ale is made from 100% NYS grown ingredients and named for 13th President Millard Fillmore who was born in Summerhill.

The Brewery also boasts a small kitchen which produces artisan pizzas and hot soft pretzels with house made beer cheese and a special maple DeJohn mustard. The Brewery was recently voted Finger Lakes Favorite Best Brewery and Best Brunch for 2023. House made dips are also a popular accompaniment to enjoy with a beverage.

Summerhill Brewing provides something for everyone. In addition to their fine brews, they also have a nice variety of locally produced wines, hard ciders and craft sodas along with other nonalcoholic options.

Events include music, trivia on Thursday, Sunday Funday drink specials, craft workshops, markets, outdoor seating, a scenic setting and much more.

Summerill Brewing provides a venue for meetings and other gatherings as well.

There is always something happening at Summerhill Brewing, and you can keep up to date by checking their website, social media sites, emailing or calling. The Brewery is closer than you think and definitely “worth the trip up the hill.”



Attention Business Owners

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Call Judy Kilmer at 607-227-0606 or email tcatribune@gmail.com to find out how!



CREATURE FEATURE TAKE A HIKE!

AUTUMN IS PERHAPS THE BEST time of year to get outdoors, as the biting bugs have retreated along with the heat and humidity. So why not lace up your walking shoes and go take a hike! What might you see?

Unlike certain frogs and toads that crawl beneath rotting logs and leaves for the winter or burrow backwards into the ground to hibernate, Leopard Frogs (photo) require aquatic habitats to overwinter. Within the sanctuary of a lake or pond, their respiration rate gradually decreases, and they sink to the bottom to spend the cold months in a state of torpor.

A few Red Maple trees remain dressed in eye-catching foliage. Look closer and you’ll discover that the changing color begins at the leaf tips and works inward to the stem. The receding green is due to the trees pulling nutrients back into their stems and stopping production of chlorophyll for the year.

While most bird species have flown south, some are lingering. Red-tailed Hawks, Turkey Vultures, Carolina Wrens, Song Sparrows, Northern Flickers, Brown Creepers, and Ruby-crowned Kinglets are still being observed. Just this morning, I saw an Eastern Towhee in my backyard.

Monarch butterflies often look especially red in fall. The deep hue is likely indicative of the butterfly’s robust health and reflects stronger flying, longer-lived individuals with more fat reserves. Such particularly vibrant butterflies also tend to attract more mates. All of these qualities are of special importance to late-season Monarchs beginning their arduous journey to Mexico.

Article & photo by Margie Manthey



DAYLIGHT SAVING TIME ENDS

TIME WILL FALL BACK TO standard time again on Sunday, November 5 at 2am, when daylight saving time ends. History of Daylight Time in the U.S. Although standard time in time zones was instituted in the U.S. and Canada by the railroads in 1883, it was not established in U.S. law until the Act of March 19, 1918, sometimes called the Standard Time Act. The act also established daylight saving time, a contentious idea then. Daylight saving time was repealed in 1919, but standard time in time zones remained in law. Daylight time became a local matter. It was re-established nationally early in World War II, and was continuously observed from 9 February 1942 to 30 September 1945. After the war its use varied among states and localities. The Uniform Time Act of 1966 provided standardization in the dates of beginning and end of daylight time in the U.S. but allowed for local exemptions from its observance. The act provided that daylight time begin on the last Sunday in April and end on the last Sunday in October, with the changeover to occur at 2 a.m. local time. During the “energy crisis” years, Congress enacted earlier starting dates for daylight time. In 1974, daylight time began on 6 January and in 1975 it began on 23 February. After those two years the starting date reverted back to the last Sunday in April. In 1986, a law was passed that shifted the starting date of daylight time to the first Sunday in April, beginning in 1987. The ending date of daylight time was not subject to such changes, and remained the last Sunday in October. The Energy Policy Act of 2005 changed both the starting and ending dates. Beginning in 2007, daylight time started on the second Sunday in March and ends on the first Sunday in November.



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THE EVENT SPACE, COMPLIMENTS OF The Corner Brew. This newly finished space has been outfitted to provide a comfortable arrangement for most events! Whether it be for a birthday party, baby shower or bridal shower. There’s a feature area, with beautiful seating, great for those photo-op moments. There’s a sink and full size refrigerator for food storage needs. The 12 foot serving bar offers adequate space for food presentation.

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THERE IS A UNIQUELY FUN, “little stop”, in the heart of Fabius, you really must make time to stop and see! This historical building, erected in the mid 1800’s, has stood the test of time and just recently underwent a new face lift. The “countrified” convenience store stands proudly, in the heart of this charming little town, at 7849 Main Street, and has become known as quite the country gem offering comfort, great company, entertainment and oh, yes...Deliciousness! This great stop opens at 5 A.M. daily!

With a welcoming smile, bright and early, they are serving up amazing breakfast foods ready for pickup. Various breakfast burritos, sandwiches and BAR NONE, the best breakfast pizza to be found! On weekends you will find “from scratch” hash brown dishes and their famous tator-tot casserole. A few tables are nestled throughout the store to sit and enjoy a cup of gourmet coffee, tea or hot cocoa with a neighbor, family or friend.

Daily you can delight in a menu of fresh made soups, “Mike’s Famous” chili, salads and lunch specials. They certainly love to “bake” you happy with a counter filled with fresh baked goods, cookies as large as your face, “oh so sweet” smelling cinnamon rolls and pre order pies. Hosting an event? They are prepared to cater! In addition, pick up some grocery items, beverages, ice, beer, local honey and goods. Don’t forget to ask about their spirited, from scratch, in-house made mustards



that come in garlic “Shut the Front Door” and horseradish “Shut the Barn Door” flavors.

As if that were not enough, while satisfying your appetite, you just may find that perfect treasure or needed gift among their collection of antiques, crafts and collectibles that fill the store. A second room awaits you beyond the entry filled with more tables and treasures that is open to reserve for small gatherings. As an added bonus, the room is available at no cost with the committed catering of your event.

No matter the day or weather, come in! It is a great stop after a busy day, an adventure when you have leisure, a warm dry stop after hunting, skiing and cool swing through for ice cream after hiking or biking at nearby Highland Forest, Morgan Hill, Spruce Pond and Labrador Pond. In the winter it’s a great stop on the way to or from skiing. Convenient to Song Mtn. and Labrador!

Find them on Facebook at “CLN Mercantile Charlene Nicholas”, keep up on their daily posts of specials upcoming events and new products. Like and share their page!

Think of them, whether it’s for dinner tonight or that wedding next year!



THE GLOBAL HEART HEALING CENTER

AFTER 5 YEARS IN THE Clock Tower as a solo practitioner (2013-2018), Jessica Crawford LMT joined forces with Maureen Kiely (LCSW-R) of Maureen Kiely Counseling (who has since moved on to tele-health, thank you Maureen for the 5 years!) and Dr. Jason Barton of Barton Chiropractic to create the Global Heart Healing Center at 143 Main St. in Cortland, NY (Dr. Barton is in the space Tues 8-6 and Thur 2-6 and can be reached at (607) 339-5050). Not long after, the center was joined by Sarah Tobey LMT who is also a certified reiki practitioner and whose hard work and dedication has benefited the center as well as many in the Cortland community. Thanks goes out to the other many contributors, clients and patients that have visited us over the course of the last 10 years.

More recently, Global Heart has been joined by Larkin Gordon LMT and Christopher Hibbs LMT both of whom are eager to share their refined skills of focused work as well as deep tissue massage with Cortland and the surrounding areas. More information can be found on the website at globalheart.massagetherapy.com and massages can be scheduled, gift



certificates can be bought as well as many other questions answered. As the center continues to grow, it regularly seeks other NYS licensed massage therapists, reiki practitioners and other healers to be a part of this wonderful journey.

Conveniently located in Downtown Cortland, the space is near a Cortland Transit bus line and located directly next to a public parking lot next to William St. Despite being in the downtown area, the space is surprisingly tranquil and calm while offering both convenience and peace. Each massage is tailored to the client on a visit per visit basis. Typically, only high-grade, all natural, organic, and unscented massage cream is used as clients are also invited to choose from a wide range of essential oils to add to their cream (free of charge). Tables are warmed in the cooler months and color therapy and air purifiers are available in each room. Services may include hot towels upon request as we continue to add to our amenities on a continual basis.

After 10 years, Global Heart is very excited to announce the opening of the retail section named Déjà Vu. Déjà Vu is in the front portion of The Global Heart Healing Center at 143 Main St. (across from The Student Deli and kiddie corner from D.P. Dough) and can be accessed through the front doors Tuesday-Saturday 12 pm-6 pm. This retail space is an eclectic mix of gifts and world market goods such as tapestries, incense and kantha quilts as well as vintage clothing and items, thrift, antiques, sterling silver jewelry (a wide array of Celtic designs), and a large selection of healing stones and crystals that will bring much enjoyment and healing to the Cortland community and anyone that can visit Déjà Vu or be gifted an item via a visitor. The healing stone inventory is the most recent and largest acquisition to date. The stones have many healing properties and can benefit a lot of people with all kinds of healing intentions and ailments. Don’t forget about the electric massage chairs purchased with a grant through Thoma Development in 2020 that are now more accessible thanks to the increased hours of the retail space. Be sure to follow each part of Global Heart and their independent social media pages under “Cortland Global Heart Healing and Massage” on FB and on Insta @globalheart_cortland and Deja Vu on FB and @dejavu_cortland on Instagram for future specials, sales, and new inventory. Global Heart and Déjà Vu look forward to seeing you (again) very soon!



CAT

PUZZLES & GAMES



WORD FIND

Find the ‘**Restaurant**’ related words below! Can you find them all? Good luck! Check our next issue for the solution!

r	p	n	s	o	i	s	t	r	r	f	t	i	l	a
e	e	u	e	a	e	s	u	o	s	s	s	a	o	e
t	e	s	o	t	d	i	n	e	r	r	u	e	s	e
e	f	e	t	s	a	f	k	a	e	r	b	n	o	c
s	f	é	w	a	i	t	r	e	s	s	e	d	e	i
a	o	r	k	n	u	r	s	r	e	v	r	e	s	m
c	c	t	c	e	s	r	e	g	r	u	b	b	l	i
o	o	n	h	h	h	z	a	t	v	e	u	r	l	s
o	s	e	h	c	i	w	d	n	a	s	n	u	o	a
k	t	a	n	t	a	c	g	u	t	s	o	n	r	l
s	e	u	e	i	s	d	k	c	i	e	c	c	i	a
t	l	p	t	k	t	a	k	e	o	u	t	h	h	d
e	p	e	c	a	t	e	r	i	n	g	s	d	e	a
a	r	r	n	r	w	r	a	p	s	i	t	o	t	f
k	i	t	r	e	r	b	s	i	f	a	s	o	e	e

appetizers • bread • rolls • soup • reservations • restaurant • diner • catering
kitchen • fish • chicken • steak • burgers • sandwiches • wraps • chef
waitress • waiter • salad • entrée • dessert • menu • cooks • servers
takeout • breakfast • lunch • dinner • brunch • subs • coffee

SUDOKU

It’s easy to play Sudoku! Simply fill every column, row and 3x3 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	3	8	7				
7		8						5
		1				2		
	1		7	2			4	
				9				
	7			6	3		2	
		2				8		
4						9		2
				3	4	1	5	

LAST ISSUE'S

PUZZLES



SUDOKU

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

THIS ISSUE’S TRIVIA ANSWERS

1. Pepper and mustard
2. Strawberries
3. Colorado in 1935
4. Number one ordered food item is chicken fingers followed by fries

WORD FIND

r	g	l	t	n	r	r	s	s	s	t	g	e	p	w	e
n	w	o	s	s	p	u	m	p	k	i	n	s	r	e	k
r	o	e	c	d	r	t	u	o	i	w	i	c	n	c	m
c	n	l	r	a	r	m	m	o	n	d	n	e	i	r	e
o	a	s	n	e	r	a	m	k	r	s	e	r	t	c	m
b	t	e	c	o	w	v	y	y	k	w	t	r	e	a	t
w	i	i	y	a	r	o	e	e	o	a	h	e	s	s	p
e	n	b	m	d	r	d	l	l	v	i	g	k	r	k	d
b	e	m	m	o	n	e	l	f	l	a	i	b	o	e	s
s	p	o	o	k	t	a	c	u	l	a	r	s	e	t	t
e	r	z	t	o	h	l	c	r	a	o	f	g	s	e	n
h	y	a	n	e	m	u	t	s	o	c	t	o	b	e	r
c	a	a	a	i	a	c	c	m	e	w	h	b	g	s	e
t	l	a	h	t	h	a	u	n	t	g	p	l	w	o	h
i	u	s	p	n	e	r	i	p	m	a	v	i	w	p	o
w	l	u	o	h	g	d	w	s	e	o	r	n	a	e	g

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Call 607-844-9983 for an appointment

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James A. Zwart, D.V.M.
2034 Dryden Road
Freeville, NY 13068
(607) 844-9788
Office Hours By Appointment

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WINERY



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Monsters in the Museum

Saturday, October 28, 11am-3pm



Fun for Kids of All Ages

Pumpkin Decorating

Snacks 🍬 Crafts ✂️ Costume Prizes 🦇

Featuring Ghost Stories at 1 pm 👻

Central New York Living History Center
4386 US Rte. 11, Cortland, NY 13045

Email: homevillemuseumboard@gmail.com * 607-283-4875
www.homevillemuseum.com



Homeville
MUSEUM

at the

Central New York
LIVING HISTORY CENTER
4386 US Route 11 • CORTLAND, NY • 607-299-4185
info@www.cnylivinghistory.org • www.cnylivinghistory.org

Admission prices below include the event & tours of all CNY Living History Center Museums

Homeville Museum, Brockway Truck Museum, Tractors of Yesteryear, Antique Fire House
\$15 adults; \$12 Seniors, AAA members, veterans with ID; \$7 age 6-18; Free for kids 5 & under, AD Military



Cortland County 2023 Campaign Schedule

Give

November 1 - Toy Collection Boxes Distributed into community

December 2- Collection boxes picked up

Year Round – Send Checks or Donations to:

Toys for Tots PO BOX 5113 Cortland NY 13045

Please designate Cortland County online at

<http://cortland-ny.toysfortots.org>

Receive

November 1 – Toy request application opens – ONLINE ONLY

November 30 – LAST DAY to submit applications

December 6 – Notification of approval and appointment time

- * Toy requests can only be made ONLINE in Cortland County
- * Recipients MUST be residents of Cortland County
- * Please submit a valid, operating email address when applying.
This is the only way Toys for Tots will communicate and send notifications.
- * Parent/Guardian ID showing proof of residency and a child's ID (birth certificate, guardianship papers) must be presented at distribution day.

TO APPLY

Go to <http://cortland-ny.toysfortots.org>

Select REQUEST A TOY

Please provide LEGAL NAME AND AGE of each child – Please do not alter the child's legal name or age in anyway to receive additional toys. Duplicate applications will not be processed and will result in entire request being denied.



Happy "Hollow"een Fun on the Farm

October 28 & 29, 2023 / 10AM - 6PM

830 Daisy Hollow Rd, Dryden, NY, 13053

Trick-or-Treating | Live Music | Local Food & Craft Beer | Pony Rides



October 28: LIVE MUSIC by Li'l Anne and the Hot Cayenne 2 pm – 4 pm

NY CRAFT BEER served by Hopshire Farm and Brewery

FOOD TRUCK provided by TBA

October 28 and 29: TRICK-OR-TREAT SCAVENGER HUNT around the farm

COSTUME CONTEST for 13 and under, 14 and over

PONY RIDES 10:30 pm – 1:30 pm and 4:30 -5:30, \$8 ea

DAY PASSES to visit farm animals

Admission fee: \$10 per adult, \$5 per child, under 2 free

Rain or Shine!

For more information call or visit our webpage:

www.daisyhollowfarm.com | (607)423-6827



Friends of Rawley Park - 9th Annual

TRUNK

OR TREAT!

Don't see Trick or Treaters at your house?
Decorate your vehicle and join us for Trunk or Treating!

SUNDAY, OCTOBER 29TH

Rawley Park, 13334 Rt. 38, Richford

Trunk set-up before 1:00pm

Trunk or Treating begins at 1:00pm (until gone)

Best
costumes
and trunks
contest



Questions? Vicki at vdavis@cornell.edu
or Faceook: Friends of Rawley Park



SPECIALTY MARKET

34 Owego Street Cortland, New York
607-753-6900

LOCATED A FEW SHORT BLOCKS from Downtown Cortland is a family-owned specialty grocery store that offers a unique selection of both retail grocery and restaurant supply

items. From ketchup to Creekstone Farms Premium Beef to decadent four-layered cakes and everything in between.

Their business heritage originated with fresh produce, so they are committed to the best quality fruits and vegetables. Many sourced from local Upstate NY Farms like Beak and Skiff Apple Orchards. They also offer the same larger sizes of food and supplies that restaurants buy making your shopping more economical.

Their knowledgeable staff is there to assist you including their on-site chef-trained butchers offering a huge selection of quality meats and seafood. They have great ideas for recipes and make house-made entrees and soups. CP Foods Specialty Market prides itself on being the best at customer service and want to make your next food shopping, dinner party or catering event a success!

They're open seven days a week for your convenience. Sign up in-store for VIP Loyalty Program to receive exclusive deals. Shop with CP Foods Specialty Market and come see what makes them special. Follow them on Facebook, Instagram and Twitter. www.cpfoods.com/retail






A ROCK N' SKATE HALLOWEEN PARTY

OCTOBER 28TH
8:00PM - 9:30PM

What to Expect:


- Halloween Music
- Free Skate Rental (Must be in Costume)
- Free Goodie Bags
- Refreshments and Snacks





Trunk or Treat

October 28 • 2p-4p
Court Street, Cortland
Rain Date: Sunday, Oct 29 • 2p-4p



Halloween Family Fun

October 29th 1pm - 4pm

Admission
\$2.00
per person

Wear Your Costume

1890 House 37 Tompkins St. Cortland, NY

Crafts and Games
Interact with your Favorite Characters in
the Themed Rooms of the Castle
Plenty of Tricks and Treats




Fall Reduction Sale

*Time to
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Room
for New
Models*



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All Natural • Humanely Treated

Come In For Recipe Ideas Too!

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**SPECIALTY
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www.CPFoodsNY.com/retail

Mon-Sat : 9am-6pm
Sunday : 9am-4pm

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