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THE CORTLAND AREA TRIBUNE  $\mathbf{02}$ December 20, 2023 – January 9, 2024

# **WELCOME TO OUR MERRY CHRISTMAS, HAPPY NEW YEAR & HEALTH/FITNESS ISSUE**

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Whitney Point, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette. Here's some upcoming issues for you to look forward to!

January 10 - Cold Weather Car Care Issue Deadline 1/5

January 24 – Bridal, Super Bowl & Tax Time Issue Deadline 1/19

February 7 - Valentine's Day Issue

Deadline 2/2

February 21 - Senior Citizens' Issue Deadline 2/16

March 6 – Spring Antiques & St. Patrick's Day Issue

Deadline 3/1

March 20 – Spring Home Improvement, Think Spring, Go Fishing & Easter Issue Deadline 3/15

April 3 – Spring Motorcycle/Car Care & 52nd CNY Maple Fest Issue

Deadline 3/29



# Want more timely local news & community events? Search for us: "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!

# **BUMPER STICKER OF THE ISSUE** I CONSIDER MYSELF TO BE PRETTY NORMAL, IN AN INSANE KIND OF WAY

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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# WELCOME NEW ADVERTISER

# **JEWELRY & COINS**



RESTAURANTS

# TRIVIA QUESTIONS

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

1. In what year did the New Year's Eve ball drop for the first time in Times Square?

2. What does eating black-eyed peas on New Year's Eve represent for the New Year?

3. The traditional New Year's song "Auld Lang Syne" was written by who in 1788?

4. Which animal in the Chinese Zodiac is associated with the year 2023?

# 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)!





Mike's **SUPER SUBS** Call In - Take Out **COLD SUBS** Dine In - Door Dash **HOT SUBS** 40 Sub Varieties! **SALADS** Mr. Subs NACHOS Call...607-708-4097 Gift Certificates Available Monday-Friday 11am-8pm Saturday 12pm-8pm (holiday hours may vary...) LOCATED DOWNTOWN DRYDEN at THE 4 CORNERS 2 EAST MAIN STREET - DRYDEN NY 13053



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eleh

All Shrimp served at Aiello's are the best available quality called Oishii Shrimp. They are all natural in addition to being chemical, antibiotic and hormone free. A feat that we feel is best suited for product quality.

# Appetizer Specials

### **Charcuterie Platter**

Grapes, Apples, Cream Cheese, Cubed Provolone, Fresh Mozzarella, Salami, Soppressata, Prosciutto, Marinated Artichokes and Mushroom Caps served Grilled Pizza Flatbread and Crackers. **Colossal Shrimp Cocktail Caponata** 

Tomato and Eggplant Caponata Galette

🖥 NEW YEARS EVE 😈 **DINNER SPECIALS** 

### **Prime Rib**

Our own delicious slow cooked Prime Rib served with Au Jus. Ask server to finish it off on the wood fire grill.

Surf & Turf

14oz Prime NY Strip wood fire grilled to your liking with colossal Shrimp sauteed with a cramelized onion compound butter.

**Stuffed Lobster Tail** 

Stuffed 8oz Lobster Tail with Blue Crab served over linguini in a Lobster Cream Sauce.

Homemade Agnolotti (Stuffed Noodle) Agnolotti stuffed with Ricotta flavored Leeks, Gran Padano topped Cream of Sherry Sauce fried Leek garnish. **Maitake Chicken** 

Sauteed garlic herb with Maitake Mushrooms in Limone Wine Sauce served over fresh Bucatini Pasta

Aiello's Ristorante - 2677 Main Street - Whitney Point, New York Located on the corner of Route 11 and Main Street 607-692-4114 | www.aiellosrestaurant.com

**Happy Holidays!** 

**COUPON SPECIALS** 

# **PIZZA CALZONES WINGS**

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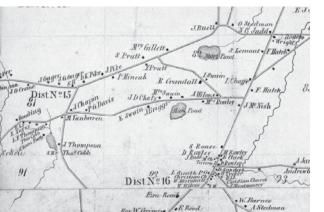
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115 North Street   Dryden, NY 13053   (607) 844-8808   OPEN M-W 11-8, Th-Sat 11-9, Sunday 12-8							
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SPECIALS VALID WITH COUPON ONLY! Coupon Valid Thru 3-31-24	SPECIALS VALID WITH COUPON ONLY! Coupon Valid Thru 3-31-24	SPECIALS VALID WITH COUPON ONLY! Coupon Valid Thru 3-31-24	SPECIALS VALID WITH COUPON ONLY! Coupon Valid Thru 3-31-24	SPECIALS VALID WITH COUPON ONLY! Coupon Valid Thru 3-31-24	SPECIALS VALID WITH COUPON ONLY! Coupon Valid Thru 3-31-24		

O 4 THE CORTLAND AREA TRIBUNE December 20, 2023 – January 9, 2024



# CORTLAND COUNTY TRIVIA FROM THE CORTLAND COUNTY HISTORICAL SOCIETY

HAVE YOU EVER BEEN ASKED if you knew how to get to Chicago—no, not Chicago, Illinois, but Chicago, New York—in Cortland County? You might be surprised to learn that Chicago was a hamlet in the area where the Lime Hollow Nature Center is located today. This small settlement even had its own post office.

Today, we know the area as Lime Hollow, a unique area made up of marl ponds, a peat bog (Chicago bog), and kame and kettle topography formed by glaciers. Marl ponds are the result of ancient seas and deposits of seashells that resulted from the change in the land over time. Marl is a composite of clay, sand, and limestone which can be used to amend the soil. It was harvested and sold as a commodity in the first half of the eighteenth century.

The Chicago bog is one of the few remaining peat bogs in the Finger Lakes region. Peat is created when massive amounts of vegetation is compressed in watery depressions. The peat is highly acidic and creates a perfect habitat for acid-loving plants.

Which of the towns in Cortland County is named after a Roman farmer and senator?



# FREEVILLE FIRE DEPARTMENT

### By Jaxyn Boyce

**F**OR OVER 100 YEARS, THE Freeville Fire Department has served the community with outstanding service and dedication to protect all its members. It was first established and financed by Groton Bridge Co. Salesman, W.B. Strong, who sought to enroll in fire safety and prevention methods, in Freeville, where he resided. The company was incorporated in 1960 and is a five-generation, founding family and community operation. It started with the chief's great-grandfather, grandfather, and father, but now continues with his brother, son, wife and cousin. With the dedication of many volunteers, these workers responded to over 400 fire and emergency medical service (EMS) calls last year.

They cover Freeville and offer mutual aid to; the town of Dryden, parts of Moravia, Locke, Cortlandville, Lansing, and the Brooktondale area. As part of their fire services these include; interior and exterior firefighters, wellness checks, extinguishing fires, roadway traffic control of powerline and tree removal, assisting police with traffic control like in a car accident, and flood assistance, and basement pumping. On the Emergency Medical Services side, they respond to calls and offer basic life support, using CPR and First Aid techniques. Currently, in inventory, they have one regular engine, one heavy rescue engine, one tanker, and one light rescue truck. Many of the firefighters have certification in interior and exterior fire courses. They also have to be First Aid and CPR trained. A few members have additional training like; leadership incident command, wildland rescue, and Federal Emergency Management Agency (FEMA) experience, in case of a natural disaster or other life-threatening situations. Right now there are five Emergency Medical Technicians (EMT) working for the Freeville Fire Department.

To save more lives, the fire department would like to take the initiative to set up programs open to the public to train locals in CPR and First Aid. They are always looking for volunteers and want to show the public not only what they can do but also recruit new members interested in joining the team. In the past, for fundraising, they have hosted a pancake breakfast and still hold chicken barbeques. During Halloween, the Freeville Fire Department offers hay rides to kids and loves connecting with the community.

Those interested in helping can fill out an application to volunteer or donate as listed on their website at <u>freevillefd</u>, <u>com</u>. Located on 21 Union Street, they can be reached by phone at (607) 844-9662, or by email at <u>info@freevillefd.com</u>. In addition, you can contact the chief at <u>chief@freevillefd</u>, <u>com</u>.

# TRIVIA NIGHT AT CRT DEC 21, JAN 18, FEB 15 & MARCH 21

000-

Cortland Repertory Theatre Downtown 26 Port Watson Street, Cortland

Thursday Trivia Returns! Attendees test their knowledge on a variety of subjects in six rounds of five questions each. Prizes are given for each round, with a grand prize for the evening. Hosted by CRT's Producing Artistic Director Kerby Thompson. Test your knowledge of sports, movies, literature, pop culture and much more! Beer/Wine Cash Bar! \$5 per person, four people on a team. (800) 427-6160 cortlandrep.org





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# DRYDEN SOUTHWORTH LIBRARY EVENTS & PROGRAMS

24 West Main St Dryden NY 607-844-4782 southworthlibrary.org

**S**TORYTIME CONTINUES ON FRIDAYS THIS month with yoga, Chanukah, Gingerbread men and holiday stories. No storytime on Friday December 29.

Check out the book clubs, teen programs, Family Read Aloud and more this month or just come in for the latest books, movies and resources. Note that we are closed Dec 23-26 and on Monday January 1.

# CORTLAND REP DOWNTOWN ANNOUNCES HOLIDAY SEASON EVENTS

ORTLAND REPERTORY THEATER DOWNTOWN, LOCATED at 24-26 Port Watson Street, Cortland is the place to be this holiday season.

Third Thursday Trivia: December 21 at 7PM: Hosted by Producing Artistic Director Kerby Thompson. This monthly "mini-fundraiser" includes six trivia rounds of five questions each, with various topics including pop culture, movies, literature, history and this month, the holidays. Admission is \$5.00 per person; teams may be comprised of up to 4 people. Prizes are presented for each round, with a grand prize for the evening. A beer/wine cash bar will be available, and free snacks are offered.

7th Annual "Dancin' Thru the Decades" New Year's Eve Community Dance: Sunday, December 31, 9PM – 12:30AM. CRT invites one and all to dance in the New Year at this family-friendly event. The CRT DJ plays the ultimate dance mix of the greatest tunes from the 60's to today. A beer/wine cash bar will be available. Tickets: \$10 in advance, \$15 at the door. Kids under 12 are free. Advance tickets for most events may be purchased from the theatre's website CortlandRep. org, by calling 800-427-6160, or by visiting the CRT Box Office at 24-26 Port Watson Street, Cortland. The Box Office hours are Monday – Friday from 9 – 4 and on Saturdays from noon – closing when a performance is scheduled for that evening. Please note that there is a 4% convenience charge for all credit card orders; this fee is waived for cash, check and gift card payments.



Mountains of Giving (Donation Day) is December 21st this year! Come ski or snowboard on Thursday, 12/21 from 9:30am-4pm for only \$10 and support a great cause in the process. Ticket proceeds go to the Virgil United Methodist Church Food Pantry.

Please purchase your tickets and fill out the waiver online to

avoid lines. To purchase your ticket visit greekpeak.net/ buy.





# SANTA AT SUPER CREAM DAIRY BAR December 23

 $75\,N\,West\,Street,Homer$  • (607) 749-3348

C ANTA WILL BE STOPPING BY to have breakfast with us!

# FIRST DAY HIKE AT TAUGHANNOCK FALLS STATE PARK 2024 JANUARY 1

10AM – 4PM

1740 Taughannock Blvd. Trumansburg, NY

lacksquare elebrate the New Year by taking in a hike at Taughannock  $\checkmark$  Falls State Park on January 1, 2024. This year marks the 13th anniversary of the First Day Hikes, part of a nationwide initiative led by America's State Parks and the National Parks Service to encourage people to get outdoors. You can participate no matter where you are in the world! You can join in person or virtually; virtually is based on the honor system. There is no cost, simply, respond to the FB event, go for a hike on January 1, 2024, and optionally post what you did within the FB event. The in-person hike takes place at Taughannock Falls State Park and has been nationally recognized as the largest First Day Hike in the nation for several years. This hike is part of a partnership between the New York State Parks, Recreation & Historic Preservation, Department of Environmental Conservation. GO ITHACA and more! The first part of the hike takes place at Taughannock's Gorge Trail. This is a fairly flat trail just shy of a 2-mile round trip, and the reward at the end is jaw-dropping. You will see Taughannock Falls. This waterfall has a 215-foot plunge waterfall, the highest single-drop waterfall east of the Rocky Mountains. By comparison, Niagara Falls height is 160-feet. If you choose, you can extend the hike and go up the rim trail, to the overlook. The overlook averages over 1 million visitors per year. Then hike in the multi-use trail, and hike over to a hidden gem, known as Rice Hill. A map of these trails can be found at the following URL https://parks.ny.gov/.../ parks/TaughannockFallsParkMap.pdf. The event is free, and parking is free, however, we encourage people to carpool. To learn more about Taughannock's plans for this event, contact the park at 607.387.7041

Taughannock's plans for this event, contact the park at 607.387.7041 ext. 131. The waiver online to the Weiver Serving The Area Over 30 Years With Good Old Fashioned Honest Service Wall Street, Dryden, New York • 607-844-4432 • 607-844-9922

# **VENDORS WANTED!!**

Homer WinterFest is Back - our 21<sup>st</sup> year!! Historic Village of Homer, NY - January 26-28, 2024



Crafter Vendors Contact Annette Benson 607-345-7800 Email : <u>thequag@twcny.rr.com</u> Antique/Vintage/Retro Contact Joanne Sweeney 607-423-5623 Email : <u>sweeneys4706@gmail.com</u>

Call now for more info and applications!





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# LAST MINUTE GIFTS FROM NIGHTINGALE'S TULLY LAKES ACE HARDWARE

Nightingale's Tully Lakes Ace Hardware store in the Village of Tully has more than just hardware! Still looking for some last minute gift ideas? Here are some of our customer's favorite gifts during the holiday season!

#1 DryShod Boot. Dryshod boots are 100% waterproof and come in winter and year-round styles for Men, Women, and kids. With lots of colors and temperature ratings to choose from- they are one of the most popular gift items we sell going into the cold season. Perfect for outdoorsmen & women, hunters, ice fisherman, and anyone who spends time working or playing outside in CNY winters!

#2 Grills and Grilling Accessories. The holidays are a big time of year for gifting new grills or special accessories for the BBQ cook in your life. The holidays bring some really great deals on upgrading to a new Weber gas grill, Traeger pellet smoker or the increasingly popular flat-top griddle made by Weber and Blackstone. And there is an endless supply of accessories for the cook that already has a grill- Gift them cooking utensils, special insert grates like pizza stones, sear grates, and griddle inserts, or new wi-fi temperature probes. Seasonings, sauces, and hot sauces are always a favorite too - and make a perfect stocking stuffer!

#3 Milwaukee Heated Apparel. Every winter we see more and more customers choosing heated clothing as the go-to choice for staying warm without overly bulky jackets. Milwaukee offers a variety of jackets, camo, vests, and hoodies that are heated with rechargeable batteries. They are a favorite of anyone working or playing outside in winter- warm without being bulky- and they fly off the shelves around the holiday season!

#4 Wild Bird Feeding. Backyard bird feeding peaks during winter months and the holidays are the perfect time to give the gift of an extra special bird feeder that someone may not necessarily buy for themselves. Our assortment of topend wooden bird feeders and specialty glass and decorative hummingbird feeders are very popular items before Christmas. We also have some limited time seasonal items such as wreath shaped suet handers and novelty feeders and bird houses.

#5 Ooni Pizza Ovens. Backyard pizza night became popular during the pandemic and the trend stuck. Oonis pizza





ovens are a high-temperature backyard pizza oven that reach temperatures of 750 degrees using propane, charcoal, firewood, or cooking pellets (depending on the model). They come in various sizes and are portable enough to pop up on a picnic table. The high temperature heats the pizza stone fast and makes cooking a homemade pizza better than takeout! The popularity of Ooni is soaring and is a unique gift for the pizza lover and backyard party host on your list!

#6. Battery Powered Power Tools. Battery power is the new trend and it is in every category from power tools to lawn equipment. Every major brand - including Ego, Milwaukee, Dewalt and Craftsman are continuing to up the game in battery powered performance. We see an increasing number of homeowners and professionals upgrading to battery powered string trimmers, leaf blowers, chainsaws, push trimmers, and even riding mowers and snow blowers that are battery operated. The Ego Battery Powered Snowthrowers are available in store and also by online order this winter season! Ace has December sales and deals that are sure to make picking out new tools and power equipment something you can do for multiple people on your shopping list!

#7 John Deere Toys. Customers love our selection of John Deere toys. There are unique toys for all ages!

#8 Treats for four-legged friends. The holiday season is a popular time for a new dog bed, special treats and bones, and fun cat toys & treats for the fur babies on your list!

#9 Gifts for Greenthumbs. We all have someone on our list that loves their garden or houseplants. The holiday season is a great time to put together a gift set that every greenthumb will love: A beautiful new flower pot, a new set of hand tools,



# **BINDI® IMPORTED ITALIAN DESSERTS**







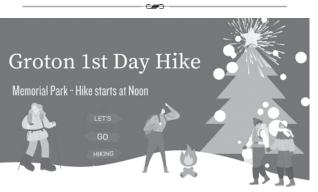
Check out our complete list in-store or on-line and discover what makes CP Foods Specialty Market Special.



# SPECIALTY MARKET

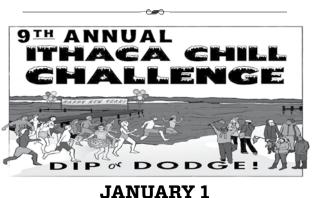
34 OWEGO ST. • CORTLAND, NY 607-753-6900 www.CPFoodsNY.com/retail Mon-Wed: 9am-6pm Thu-Sat : 9am-7pm Sunday : 9am-4pm and a Nightingale gift card that will let them pick out flowers, hanging baskets or vegetable seedlings from the plant tent next spring! Or surprise them with some winter-blooming plants like a Christmas Amaryllis or one of the unique houseplants from our new rack of indoor succulents and cacti

#10. Nightingale Gift Cards. One size does fit all! Can't decide what to get that hard to shop for person on your list? November and December are prime months for gift cards because they can be used on anything in the store from gloves, to hand warmers, fishing gear, tools—everything!!



### Groton Recreation Sukes Park. Groton

JOIN IN FOR A FUN 1st Day Hike! All abilities welcome! Hike the Groton trails. Local groups will be providing Hot Chocolate, Smores, and even oven fired pizzas (while supplies last). 607-898-3966 grotonny.org/park-recreation



Ithaca Yacht Club 1090 Glenwood Rd, Ithaca

1 pm

T'S OUR 9TH ANNUAL ITHACA Chill Challenge! Come join us for the annual Dip or Dodge event at the Yacht Club on New Year's Day @ 1pm! You can see many cold dippers plunging into Cayuga Lake in the middle of winter! All proceeds go to support Ithaca Community Recovery located at 518 West Seneca St, Ithaca, NY 14850. A home and safe space for Ithaca's Recovery Community!!! We raised over \$52,000 last year and we hope to beat it!

# **CORTLAND COUNTY SHERIFF'S OFFICE HOSTING SNOWMOBILE COURSE JANUARY 27**

THE CORTLAND COUNTY SHERIFF'S OFFICE will be offering a L Snowmobile Safety Course on Saturday, January 27th, 2024, at the Cortlandville Fire Station Located at 999 Route 13 Cortland, NY 13045. Space is limited for this one day course starting at 8AM. Youths between the ages of 10 and 13 years of age may operate a snowmobile, on lands upon which snowmobiling is allowed, if they have completed a snowmobile safety training course recognized by the State of New York and accompanied by a person who is at least 18 years of age. Youths between the ages of 14 and 17 years old who does hold this certificate may operate a snowmobile without adult or other supervision. Those wishing to attend this course must Pre-register by visiting the register-ed website at register-ed.com or follow the link: register-ed.com/programs/new\_york/251-new-york-snowmobilesafety-course This course is sponsored by the New York State Office of Parks, Recreation and Historic Preservation, and is being offered locally by the Cortland County Sheriff's Office. No lunch will be provided, although there will be a lunch break given. Any questions or concerns may be directed to Sergeant Paul Stillman at 607-758-5531 or email at pstillman@cortland-co.org.



THE CORTLAND AREA TRIBUNE

December 20, 2023 – January 9, 2024





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# THE CORTLAND AREA TRIBUNE O

December 20, 2023 – January 9, 2024 –



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

**I** OCATED 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.

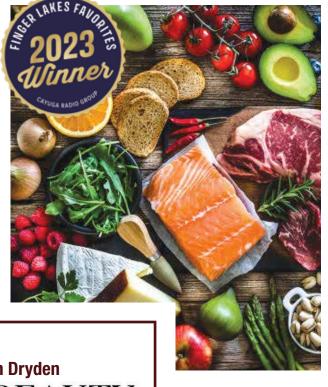
Their business heritage originated with fresh produce, so they are committed to the best quality fruits and vegetables. Many sourced from local Upstate NY Farms like **Beak and Skiff Apple Orchards.** They also offer the same larger sizes of food and supplies that restaurants buy making your shopping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

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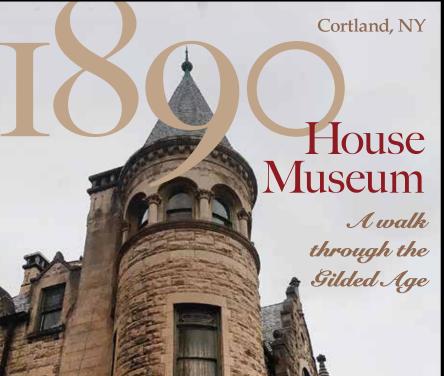
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### **IO** THE CORTLAND AREA TRIBUNE

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### By Jaxyn Boyce

Shute's WATER SYSTEM AND WELL Drilling has been a familyoperated business since 1963, when Howard Shute and his brother-in-law, Warren Shetler, first opened the business. Originally named Lafayette Well Drilling, Howard Shute carried the business alongside his sons; Mark, Neil, and Scott, and its reputation for many years until Howard Shute officially retired at almost 80 years. Scott Shute and Matt Farkas continue the effort of providing safe and clean water. The office is run by Scott's wife, Becky, and Mark Shute's daughter, Jill. Satisfied customer recommendations and glowing reviews are attributed to Shute's Water Systems and Well Drilling's success.

Now serving the CNY's areas, including Syracuse, Baldwinsville, Cortland, Cazenovia, Chittenango, Canastota, Fayetteville, Auburn, Tully, Lafayette, Marcellus, Manilus, Camillus, and Skaneateles. Scott Shutes mentions, "With years of experience, our team will assess your needs and create a custom water system plan or repair that's right for you."There are tests to determine the specific needs of a customer, and the basic water analysis of hard metals is free. For a more detailed survey, called the Water quality indicators (WQI), there is the option to test for microorganisms and bacteria. Shute's Water Systems conducts the test, and the results are then sent to a lab. They stress the importance of well-testing as the lasting effects can lead to health problems.

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construction, location, maintenance, the water source, and any septic floods that could cause leakage into the well. These area contaminants vary upon location as well. Shute's Water systems have Ultraviolet filters, Chlorination and Filtration setup, and Carbon and Sediment filters. If water is determined to be hard, there are also conditioning treatments available, like; reverse osmosis, salt-based or salt-free, dual water tank softener, or a magnetic water descaler.

Shute's Water Systems can provide installation and maintenance on water pumps and storage systems. Any brand is available and can be maintained. However, a brand manufactured in the Auburn and Seneca area, Goulds, is a popular choice. In addition, Shute's Well Drilling is a fourgeneration business, with Mark and his son Jeff overseeing. Both experienced and reliable, the benefits of private well water can provide financial benefits, as well as cleaner water overall. Free from water bills, and the toxins public water can carry, Shute's Well Drilling installs quality wells for its customers. Their slogan is, "Quality Water From Your Well To Your Faucet!" Shute's Well Drilling is located on Highway 20, in Lafayette. They can be reached at (315) 952-4113. Shute's Water System is also located in Lafayette on 5684 Route 20. To schedule an appointment, they can be reached at (315) 677-5552.



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r	е	S	е	r	V	а	t	i	0	n	S	I	0	f	m	m
b	S	n	0		r	е		0	0	r	t	f	i	t	u	У
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gym • treadmill • nutrition • trainer • music • dance • celebration • resolutions toast • midnight • healthy • cardio • weights • reservations • hourglass • confetti sparklers • clock • countdown • calendar • ball • baby • reflection • cheers festivities • balloons • new year • firecrackers • fireworks • holiday • streamers

# SUDOKU

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!

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



# SUDOKU

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

# THIS ISSUE'S TRIVIA ANSWERS

- 1. 1907
- 2. Prosperity
- 3. Robert Burns
- 4. The Water Rabbit



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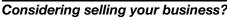




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# **CREATURE FEATURE DON'T FORGET THEM...**

'Tis the season of love and joy Of gifts for every girl and boy. Of tinseled trees and candlelight To brighten winter's darkest nights.

More cookies, hugs, and kisses too As loved ones gather, old and new. But as we wait for Santa Claus. Let's not forget those who have paws. Our cats and dogs, and others who May tweet or twitter, neigh, or moo. Those that slither, swim, or crawl, They're family too, God bless them all.

So as you bake and shop and prep, Remember Ginger, Max, and Shep. Some extra loving, treats, or toys For Mother Nature's girls and boys.

Their gifts to us will never be Wrapped in splendor 'neath the tree. But what they give is oh, so dear, Their faithful love each day, all year.

Warmest wishes for a very Merry Christmas and Happy Holiday Season... to ALL of God's creation!

# **THE GLOBAL HEART HEALING CENTER**

T IS ALMOST THE NEW year and with that comes an opportunity for reflection and re-evaluation. What is working well in our life and what could use improvement? Are there discomforts that we have accepted as normal that could be rectified leading to a more fulfilling and healthier life? Ultimately, why feel apathetic or worse, even hopeless, when instead we can get informed on, and take advantage of, resources and tools that are available to us and consequently greatly improve our lives?

Let's start with a couple of obvious ailments that most people suffer from for which there are solutions. Stress and pain (emotional and physical). While stress is a normal survival mechanism, when left unchecked it can affect everything from interpersonal relationships, work, overall health and even cause chronic health problems. Stress winds the nervous system up which can cause pain. Massage and chiropractic are both powerful tools for unwinding the body, promoting relaxation, stress reduction, and the release of tension stored in the body which is often the root of pain. Massage therapy is not merely a luxurious indulgence but plays a crucial role in cutting the stress response which affects everything from heart rate, digestion, metabolism, sleep, pain and overall well-being and health. Beyond the physical benefits, it nurtures a deep sense of relaxation, promotes mental clarity and emotional balance. Massage has the ability to flip the body out of the survival state of fight-or-flight and into a rest-and-digest state, where most healing happens.

> In addition to these services. the center also now houses a

merchandise section called Déjà Vu that offers a unique shopping experience that complements the center's holistic vision. This store is not merely a retail space but a treasure trove of items carefully curated to enhance healing and well-being. Déjà Vu showcases a captivating collection of healing stones, each with its unique properties and energies. From a wide range of sterling silver and Celtic jewelry that resonates with positive vibrations to comforting tapestries and blankets and an extensive vintage section, these items are more than just products-they are tools for self-discovery and healing.

Dr. Jason Barton of Barton Chiropractic is also on site Tuesdays and Thursdays and is an independent business and can be reached at (607) 339-5050. For questions about massage specifically, to schedule online or buy online gift certificates or to find the link directly associated with Barton Chiropractic, please go to globalheart.massagetherapy.com. Massage is by appointment only unless using the electric massage chairs in Déjà Vu during store hours, currently open Tue-Sat 12-6 pm. If you have any questions regarding massage or Déjà Vu, please call or text (607) 727-8100.

The Global Heart Healing Center stands as a beacon of wellbeing, offering a harmonious blend of massage therapy, unique healing treasures from Déjà Vu and ABC Chiropractic from Barton Chiropractic. Schedule an appointment or if that isn't in your budget, come sit in the electric massage chairs or buy some healing stones for just a few dollars. It's all about finding peace in what you can do now and paving a new way for healthier choices and living. If you want items from Déjà Vu outside of normal business hours, please check out our brand new Déjà Vu Outpost located across the street in the front of Student Deli at 134 Main St. Cortland, NY; operating Mon-Sat 7 am till midnight and Sunday 8 am till midnight. Let your healing journey begin!



Poem & photo by Margie Manthey



**Indian Head Cents** 1859 Thru 1877 1908-S, 1909-S

### **Lincoln Wheat Cents**

1909-S, 1909- S VDB, 1910-S, 1911-S, 1912-S, 1913-S, 1914-D, 1914-S, 1922 (Plain No D), 1924-D, 1931-S, 1955 (Double Die)

> **Lincoln Memorial Cents** 1972 Double Die 1955 Double Die

**Mercury Dimes** 1916-D, 1921, 1921-D, 1942/1 1942/1-D

Barber Quarters 1896-S, 1897-S, 1901-S, 1909-O, 1913-S, 1914-S

Standing Liberty Quarters 1916, 1918/7-S, 1921, 1923-S, 1924-D, 1924-S

> Washington Quarters 1932-D & 1932-S

Morgan Silver Dollars 1886-S, 1888-S, 1889-S, 1893, 1893-O, 1893-S, 1894, 1894-O, 1894-S, 1895, 1895-O, 1895-S, 1896-S, 1899, 1902-S, 1903-O, 1903-S, 1904-S

ALL CARSON CITY MINT DOLLARS (78, 80, 81, 82, 83, 84, 85, 89, 91, 92, 93)

> **Peace Silver Dollars** 1921, 1928, 1934-S

> > **Other US Coins** HALF CENTS 2 CENTS 3 CENTS

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ela Nickeis 1871, 1879, 1880, 1881, 1883/2

> Liberty "V" Nickels 1885, 1886, 1912-S

### **Buffalo Nickels**

1913-S (Type 1), 1913-D (Type 2), 1913-S (Type 2), 1914-D, 1918/17, 1921-S, 1926-S, 1931-S, 1937-D (3 Legged Buffalo)

### **Barber Dimes**

1892-S, 1893/2, 1894-O, 1895, 1895-0, 1896-0, 1896-S, 1897-0, 1901-S, 1903-S, 1904-S

Barber Half Dollars 1892-0, 1892-S, 1893-S, 1896-S, 1897-O, 1897-S, 1914, 1915

### Walking Liberty Half Dollars

1916, 1916-D, 1916-S, 1917-S, 1917-D, 1917-S, 1921, 1921-D, 1921-S, 1938-D

**Franklin Half Dollars** 1949-S



**Type Coins** Flowing Hair, Draped Bust, Capped Bust, Liberty Seated

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# **CORTLAND COUNTY OFFICE FOR** AGING PARTNERS WITH BLOOMING **HEALTH TO ENHANCE ACCESS TO** AGING SERVICES FOR OLDER ADULTS

THE CORTLAND COUNTY OFFICE FOR Aging (CCOFA) today announced a new partnership with Blooming Health, a platform that helps CCOFA to better communicate with older adults in the county and inform them of available services to help them age independently in their own homes and communities. Using Blooming Health, the county is able to reach older adults where they are, through voice calls, text message, and email - available in 35+ different languages.

Older adults will be able to express their needs and receive timely assistance from CCOFA for emergency preparedness, nutrition support, and educational information to stay physically and mentally active. Older adults and caregivers can receive these messages via text messages and voice calls. They do not need internet or smartphone or comfort with technology to receive the information from CCOFA.

The CCOFA is already utilizing Blooming Health's platform today to communicate with older adults about some of their key programs, including Congregate Centers, Case Management, HEAP, Home Delivered Meals, Caregiver Support, and Transportation services. By incorporating Blooming Health's technology, CCOFA can effectively reach out to thousands of older adults in Cortland County, ensuring that they have access to vital aging services and resources.

In the next week, Cortland County Office for Aging will use Blooming Health's platform to reach clients who have contacted their office over the last year for information



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and assistance, vaccine support, services, or on-going case management.

If you are an older adult or caregiver who has received services from CCOFA in the last year, please expect to receive phone calls or text messages from the following phone numbersThe phone numbers via which the older adults will receive the calls are: 607-300-5922 and 607-300-6097. When contacted, every client will be given the option to opt out of this service but we hope you will find the information timely and helpful to you and your circle.

This partnership represents a significant step forward in delivering personalized and scalable support services to older adults in Cortland County.

As always, do not hesitate to contact the Cortland County Office for Aging via our NY Connects helpline if you have any questions about this service launch or any other service provided by CCOFA. To learn more about Blooming Health and its services, please visit their website at www. gobloominghealth.com or reach out to them directly at team@gobloominghealth. com.









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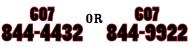


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