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WELCOME TO OUR SENIOR CITIZENS' 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 6 - Spring Antiques & St. Patrick's Day Deadline 3/1

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

April 3 - Spring Motorcycle/Car Care & 52nd CNY Maple Fest Deadline 3/29

April 17 - Pre-Mother's Day, Lawn/Garden Deadline 4/12

May 1 - Mother's Day, Pre-Memorial Day & Airbnb

PLUS Spring & Summer Travel Guide Deadline 4/26

May 15 - Memorial Day & Dairy Days Deadline 5/10

May 29 – Summer Car Care, Local Race Tracks & Pre-Grad/Dad Deadline 5/24

June 12 - Grad/Dad, Summer Music, 4th of July & Local Wine/Brewery Deadline 6/7

July 17 – BBQ, Outdoor Recreation & Hot Weather Car Care Deadline 7/12

July 31 - Need for "Speed"

Deadline 7/26

August 14 - Pamper Your Pets, Back to School & Pre-Labor Day Deadline 8/9

August 28 – Fall Home Improvement, Fall is for Planting/Hunting & Labor Day Deadline 8/23



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

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BUMPER STICKER OF THE ISSUE

HE WHO LAUGHS LAST...JUST DIDN'T GET THE JOKE

Have you ever seen a clever bumper sticker on someone's car in front of you at the red light or fast food drive-thru and thought, "That's a good one"! Do you have one on your car that's worth sharing?! The newest addition to The CAT is quotes from Bumper Stickers! If you have one to share with our $readers, please\ email\ it\ to\ tcatribune@gmail.com\ or\ call\ them\ in\ to\ 607-844-8228$

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Guide And Have Featured Here

TRIVIA QUESTIONS

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

- 1. Who was the 32nd President of the US?
- 2. What was the first self-contained electric guitar called, invented in the 1940s?
- 3. What was the name of the first electronic generalpurpose computer, developed during the 1940s?
- 4. Which American president signed the Civil Rights Act of 1957?

CHECK OUT THE BUSINESS SERVICE GUIDE!

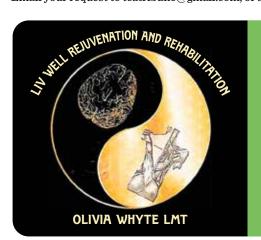
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CORTLAND COUNTY TRIVIA FROM THE CORTLAND COUNTY HISTORICAL SOCIETY

IN THE LAST ISSUE OF the CAT, we had an easy one for you! What is the school mascot for McGraw High? If you answered the Eagle, then you are correct!

In keeping with the sports theme, do you know what years the New York Jets used Cortland as their summer training camp? See the next issue of the CAT for the answer!



JOHNSON CITY FIRE DEPARTMENT

By Jaxyn Boyce

TIRST ESTABLISHED IN 1889, IT served as an investment to protect the Lestershire Boot and Shoe Company. Referred to as the J.R. Diment Chemical Fire Engine Company, there were twenty-two members at that time, all serving under the command of A.J. Champagne. However, in 1892, a new station opened up as the Independent Hose Company Number One. Only two years later, an additional company, the G. Harry Lester Hook and Ladder Company Number One, named after the Lester family, was built. These three companies worked together to protect what was formerly known as Lestershire until they merged with the Lestershire Fire Department. In 1914, the first motorized tool was bought. Then the year of 1916, Lestershire was renamed Johnson City. Today, the Johnson City Fire Department Headquarters is located at 320 Harry L. Drive, with a second station located at 270 Floral Avenue.

Currently, thirty-seven members respond to approximately 2,600 calls annually. The fire department's first mission in the event of a fire is to the people and any property. These firefighting duties include interior, exterior, fire suppression, and search and rescue. With the nearby Susquehanna River, they own an airboat that helped to rescue many residents during the floods in 2006 and 2011. In addition, there's a code enforcement program. The Fire Department collaborates with contractors and developers to ensure construction

safety codes and structural complaints are being addressed. All commercial locations have annual fire inspections. Also, for all rental units in the area, safety inspections are provided. For youth struggling with setting fires, they have an intervention program and are the only ones to offer it in the region. Many members are certified in the Nation Fire Academy at level two for the youth fire-setting program. The point is to tailor resources like counseling and help from other agencies specific to the individual at no cost to the families. It is a six to eight-week initiative and shows the dedication of its workers to the community. Child seat safety checks are also available. During a medical emergency, the Johnson City Fire Department supplies quick and efficient care and is available twenty-four-seven.

Training and education are a significant part of their department, and all new members are required to attend and complete a basic fifteen-week course. An overview discusses fire behavior, fire suppression, code enforcement, emergency vehicle operations, and patient removal from car accidents. Every shift, the firefighters will work towards their several hundred-hour completion on the mentioned topics and other important skills. There is also the New York State EMT requirement, with an additional monthly refresh training. Open to the public, there are safety demonstrations that have educated thousands of people each year. For younger kids, the fire department hosts a puppet show. The older kids, however, receive an in-person lesson. High participation among students is the fire safety checklist that encourages children to explore home safety and awareness in case of an emergency. The class with the highest signed checklists receives pizza from the Johnson City Fire Department. They have conducted live demonstrations for the JC Senior Citizens Center and other not-for-profit places within the area. Community Involvement is a major goal for these members as they have assisted with the Senior Parade, National Night Out, Village Carousel Day, and the trunk or treat during Halloween. The Johnson City Fire Department is committed to giving their unwavering support for their residents. They can be reached by email at prevention@jcfd.org, or by phone at (607) 729-

Photo by R.G. Blakeslee, Fire Marshall, Retired

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By Jaxyn Boyce

HUTE'S WATER SYSTEM AND WELL Drilling has been a family-Operated 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.

There are a few things to keep in mind when determining the quality or purity of the water. Examples are; recent





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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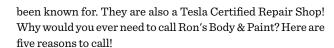






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Some may surprise you! Certain types of parrots have a remarkably long life span. To

to feature some amazing animals known for their longevity.

date, three different parrots hold the record for longest lived birds. Cookie, a Major Mitchell's Cockatoo, lived to be 83 years old; Poncho, a Green-winged Macaw, survived 92 years; and Charlie, a Blue-and-Gold Macaw reportedly lived to the ripe old age of 114. There's even an account of a Sulphur-crested Cockatoo named Cocky Bennett that lived for 120 years, but while this is quite possible, it can't be verified. (Annabel, the pretty Timneh Gray parrot pictured here, is comparatively but a youngster at 24 years old!)

Tortoises are renowned for their longevity, and one in particular-a Seychelles Giant Tortoise named Jonathan-is believed to be the Earth's oldest living reptile. Born around 1832, Jonathan recently turned 191 years young on December 4th, his official given birthday. The wizened tortoise predates the U.S. Civil War, automobiles, telephones, lightbulbs, and postage stamps—and has lived through 40 U.S. Presidents!

Many of the planet's longest-lived creatures dwell in our oceans, including Bowhead whales, which are the planet's longest-lived mammals. Based on harpoon artifacts found in deceased individuals, scientists were able to prove that Bowhead whales can live well over 100 years, and possibly over 200 years!

Other long-lived ocean dwellers include Red Sea Urchins, with a lifespan of 100-200 years, and Freshwater Pearl Mussels, the oldest recorded as 280 years old. Truly astounding is a recent discovery of a 400-year old female Greenland Shark that set a new record for the oldest living vertebrate!

Article by Margie Manthey Photo by Jennifer Gormley



CREATURE FEATURE SUPERSTAR SENIORS

Being as this issue is geared towards our community's senior citizens, I

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ST. JOHN MEMORIALS

T. John Memorials started its roots in 1929 in Moravia, 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 fullservice 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 manufacturer 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 on site 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, 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, we currently have over 500 monuments in stock and I am proud to say that we have the largest display in the area with 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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RYAN M. RICCARDI, A CORTLAND resident his entire life has owned and operated Riccardi Funeral Home for almost 30 years. Several years ago, he decided to offer his families greater selection in all areas of funeral service needs and chose to work closely with St. Charbel Monument Co. Riccardi serves not only as a funeral director but as Monument Consultant.

Locally owned and operated St. Charbel has an outstanding reputation for quality choices in monument options as well as fair and competitive pricing. I chose to work with St. Charbel because owner and friend, Anthony Zizzi had a vast knowledge of monument design knowledge as well as creativity with design.

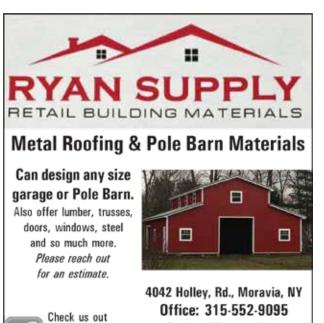
I have really enjoyed learning the entire process from color, sizes and styles. Anthony has been a great mentor to me and it's exciting to offer families I have known my entire life, wonderful options in Monuments, a permanent and moving tribute to their loved ones.

We take the extra time needed to sit with our families to ensure that no detail is overlooked. This is a lasting tribute and should be treated as such.

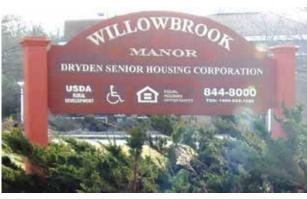
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Hope, connectedness, purpose, and joy. These are all qualities $\,$ that we want to maintain throughout our lives. But as our loved ones begin to age, it can quickly become apparent that, in order for them to experience all that life has to offer, 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:

- Begin early when your parents' health allows them to fully share their wants, needs, and preferences.
- 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 solution.
- 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
- 4. Do you have a method to match a caregiver to my
- 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' compensation?
- 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 bonded. For more information—please call 607-272-0444 or email teresanix@comfortkeepers.com.

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Wednesday February 28th Students will demonstrate skills based on CPR/AED and First Aid.

Students will be required to complete online lessons before attending the hands on skills. Email address and internet service required.

All classes will be held at Cortland Fire Headquarters

21 Court St, Cortland, NY.

Classes will begin at 06:30 pm and last approximately 1 hour.

Cost of \$15 will cover certification issued By HSI (Health and Safety Institute.)

Register by calling FF Edwards @ 607-753-1741 (Code Office)

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City of Cortland Fire Department (607) 756-5612



Additional classes will be hosted most months on the last Wednesday of the month. Stay tuned for additional info.



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PUZZLES & GAMES

WORD FIND

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

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sudoku • health • nutrition • volunteers • card games • senior • discount gardening • retirement • florida • travel • grandparent • grandchildren silver • golden • caregiver • appointment • doctor • safety • medicare • dietician assistance • dentures • housing • elderly • trivia • crossword • golden • elder

SUDOKU

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		7			6	1	4	
	1		4	3		5	2	
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LASTISSUE'S PUZZLES

SUDOKU

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THIS ISSUE'S TRIVIA ANSWERS

- 1. Franklin D. Roosevelt
- 2. Les Paul guitar
- 3. ENIAC (Electronic Numerical Integrator and Computer)
- 4. Dwight D. Eisenhower

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Tully – Kinney Drugs • Nightingale's Ace Hardware

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Groton – Groton Pizzeria • Bun Appetit Bakery & Cafe • Gas Station

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WORD FIND

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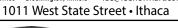
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