

FREE

Dec. 18, 2024 - Jan. 7, 2025

Merry Christmas, Happy New Year & Health/Fitness Issue

Our 22nd Year!

Merry Christmas and Happy New Year

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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 8 - Cold Weather Car Care & Welcome to the New Year

Deadline 1/3

January 22 - Bridal, Super Bowl & Tax Time

Deadline 1/19

February 5 - Valentine's Day

Deadline 1/31

February 19 - Senior Citizens'

Deadline 2/14

March 5 - Spring Antiques & St. Patrick's Day

Deadline 2/28

March 19 - Spring Home Improvement, Think Spring & Go Fishing

Deadline 3/14

April 2 - Spring Motorcycle/Car Care & 53rd CNY Maple Fest

Deadline 3/28

April 16 - Pre-Mother's Day, Lawn/Garden & Easter

Deadline 4/11

April 30 - Mother's Day & Pre-Memorial Day

PLUS Spring & Summer Travel Guide

Deadline 4/26

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Facebook

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



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!

POINT YOUR PHONE'S CAMERA HERE



BUMPER STICKER OF THE ISSUE

EITHER YOU RUN THE DAY OR THE DAY RUNS YOU

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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TRIVIA QUESTIONS

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

1. Approximately how many people in the world watch the Times Square ball drop?
2. Which famous ancient leader established January 1st as the first day of the year?
3. What does "Auld Lauge Syne" mean in English?
4. Which folklore character is said to bequeath Baby New Year with his position on New Year's Day?

CHECK OUT THE BUSINESS SERVICE GUIDE!

Easily accessible at the back of the paper! Growing with every Issue! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please tell them you saw them listed in The CAT! *Shop local and save gas!*

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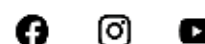
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- Lamb Shoulder Ragù**
Slow-cooked lamb shoulder paired with Italian Sofrito, caramelized fennel, blistered tomatoes, served over gemelli pasta with a dollop of lemon ricotta... \$25
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CORTLAND COUNTY TRIVIA FROM THE CORTLAND COUNTY HISTORICAL SOCIETY DID YOU KNOW?

IN THE LAST ISSUE OF the CAT, we asked if you knew who Tom Cimini was. Better known locally as "Tom the Fruit Man," Tom Cimini immigrated to the United States from Italy at 17 years old. He worked several jobs before purchasing his own business at the age of 28. That first store was located at 38 Main Street and was called the Cortland Public Market. He moved the store to 16 Main Street, but that building was sold, and he moved again, this time to 7 Clinton Avenue. The year was 1925, and Tom would remain at that location for 45 years.

From immigrant to business owner, Tom was a true American success story. When he started his business, "horseless carriages" were rare, and eggs sold for 20 cents a dozen. Time rolled on and his business grew and became a beloved landmark in the community. Tom the Fruit Man's name brings back fond memories for many Cortlandites, though he retired in 1970. Though Tom's business closed more than half a century ago, the reputation he built through hard work and kindness has persevered, and he lives on today in the memory of and through the stories of those who knew him.

We hope you have been enjoying Cortland County trivia in the CAT for the last few years! We'll be changing our format a little bit in 2025, and we hope you will tag along with us and continue to learn tidbits of Cortland County history. Have a safe and Happy New Year from all of us at CCHS!



CREATURE FEATURE CHRISTMAS WISHES

I WISH YOU...THE *BEAUTY* of a bright red northern cardinal outside your window on a snowy morning. Such a delightful sight is Mother Nature's Christmas card in real time. Did you know that cardinals don't migrate? Like most of us, they stick around all winter long. You can give them a helping hand during the cold months ahead by offering black oil sunflower seed in your feeders along with a fresh water source.

I wish you...the *PEACE* of starlight on a clear winter's night. It amazes me that on some evenings, stars do, indeed, seem to twinkle. To the naked eye, the planet Venus appears as a remarkably bright star, and it puts on quite a dazzling show this time of year as it ascends into the southwest night sky. Bundle up and see if you can find this brilliant celestial body!

I wish you...the *JOY* of observing wildlife this holiday season and beyond. Foxes, rabbits, minks, grouse, chickadees, juncos, and many other wonderful creatures that stay active in winter. White-tailed deer have strategies that help them survive our long, harsh winters, including seeking out sheltered 'snow yards' beneath dense evergreens; using the same trails to conserve energy; and browsing on woody forage like twigs.

Wishing you a very *Merry Christmas* and many lovely encounters with nature throughout the New Year!

Article by Margie Manthey
Photo by Jodi Sylvester

HOMER COMMUNITY BLOOD DRIVE JANUARY 25

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THE HOMER COMMUNITY BLOOD DRIVE will be held Saturday, January 25th, from 9am to 2:00pm, at the Homer First United Methodist Church, 16 Cayuga Street (Enter parking lot via Central Park Place on the other side of village green).

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WINTER 2025

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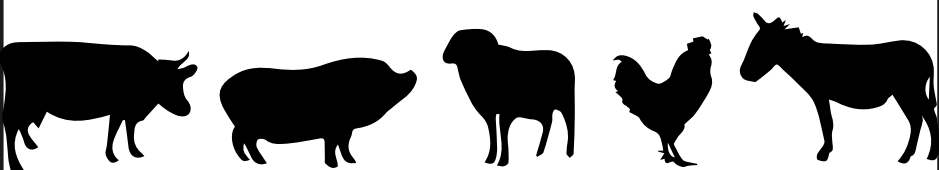
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for others it may set the scene for the next three months. A general snowfall typically increases bird feeder activity substantially. This is a month to establish your yard as an important stop on the foraging pattern of neighborhood songbirds. Your complement of feeder birds does not become feeder-dependent in winter time. These species are resident year round because they have ample food supplies available throughout the seasons. But they do optimize their energy spent seeking food, by learning where the best supplies can be found. Winter time is a season of mixed-species foraging flocks. Flocks of songbirds typically follow a daily foraging pattern as they move from yard to yard, feeder to feeder, natural food source to natural food source. Use this month to set your bird feeders for the season, choosing where to locate your favorite tube feeder, identifying where to offer the suet cakes, and adding a platform feeder close to the ground. Then fill them with appropriate mixes, keep them stocked, and the birds will find your banquet table, spread the word to others, and visit regularly.

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Egg & Cheese on Roll/Bagel	\$4.99
Egg, Cheese and Bacon on Roll/Bagel	\$5.99
Egg and Cheese Sub	\$5.99
Bacon Egg and Cheese Sub	\$7.99
Only Veg Spicy Spin Garden Wrap (Vegan)	\$9.99
Egg & Cheese Spicy Spin Garden Wrap (Vegetarian)	\$9.99
Bacon, Egg & Cheese Spicy Spin Garden Wrap	\$9.99
Hash Browns	\$2.99

Rolls/Subs&Wraps

Ovenroast Turkey	\$7.99	\$11.99
Honey Turkey	\$7.99	\$11.99
Sausalito Turkey	\$7.99	\$11.99
Roast Beef	\$8.99	\$13.99
Pastrami	\$8.99	\$13.99
Salami	\$7.99	\$11.99
Falafel	\$11.99	\$11.99
Red on Red Wrap		\$11.99
Red Wrap w/ Roasted Red Pepper Hummus, Lettuce, Pickles, Tomatoes, Onions and Black Pepper		\$11.99

Hot Rolls/Subs

Chopped Cheese	\$6.99	\$11.99
Philly Cheesesteak	\$6.99	\$11.99
Chicken Tender	\$6.99	\$9.99
Cheeseburger Sub		\$12.99

Hot Food

- * Chicken, Lamb or Falafel Over Rice \$12.99
- * Lamb & Chicken Over Rice \$15.99
- * Chicken Gyro \$9.99
- * Lamb Gyro \$9.99
- Chicken Cutlet \$8.48
- Grilled Cheese \$4.49
- Cheeseburger \$7.49
- Cheeseburger with Fries \$11.49

Chicken Wings

- Single (5 pc) \$5.99
- Double (10 pc) \$10.99
- Family (20 pc) \$20.00

Chicken Tenders

- Single (4 pc) \$6.00
- Double (8 pc) \$11.50
- Family (16 pc) \$22.00

Fries and Apps

- Tater Tots \$4.49
- Cheesy Tots \$6.49
- Boom Boom Tots (w/bacon) \$7.99
- Regular Fries \$3.99
- Season Fries \$4.49
- Curly Fries \$4.49
- Waffle Fries \$4.49
- Onion Rings \$4.49
- Mozzarella Sticks \$6.49
- Falafel w/ Tzaziki Sauce \$8.00

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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.

For more information about Comfort Keepers - please call 607-272-0444 or visit us at 165 South Main Street in Cortland.

Attention Business Owners

Would you like to have an article with photos printed about your business?! Call Judy Kilmer at 607-227-0606 or email tcatribune@gmail.com to find out how!

COMMUNITY CALENDAR

Winter Solstice Lantern Festival - December 18 - Lime Hollow Nature Center, 3277 Gracie Rd., Cortland

Modern Band at Rose Hall - December 19 - Rose Hall, 19 Church St., Cortland

CRT Trivia Night - December 19 - Cortland Repertory Theater, 24 Port Watson St., Cortland

Moonlit Hike at Lime Hollow, December 20 - Lime Hollow Nature Center, 338 McLean Rd., Cortland

Live at Rose Hall Evening of Acoustic Blues - December 20 - Rose Hall, 19 Church St., Cortland

Santa and Mrs. Claus - December 21 - Valley View Farm Fresh Produce, 9891 NYS Rt. 79, Richford

Christmas Pancake Breakfast - December 21 - Glen Aubrey Fire Co. (47) 32 Octagon St., Glen Aubrey

Cocoa and Carols Holiday Event! - December 22 - YMCA, 22 Tompkins St., Cortland

Dancing Through the Decades - December 31 - Cortland Repertory Theater, 24 Port Watson St., Cortland

First Day Hike - January 1 - Lime Hollow Nature Center, 3277 Gracie Rd., Cortland

Writer's Workshop - January 5 - Cortland ReUse, 186 Homer Ave., Cortland

Free Rabies Vaccination Clinic for Dogs, Cats & Ferrets - January 15 - Tompkins County SPCA, 1640 Hanshaw Rd., Ithaca

REGISTER FOR AN APPOINTMENT: tompkinscountyny.gov/health/rabies#clinics

Homer Winterfest - January 24-26 - Village of Homer

CNY 53rd Annual Maple Festival - April 5 & 6 - Village of Marathon

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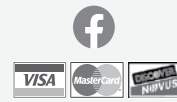
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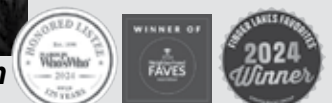
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**Sunday
12/22
12-2**



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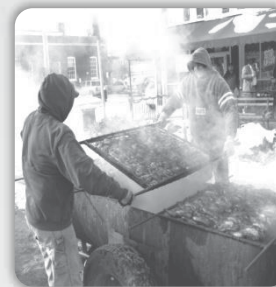
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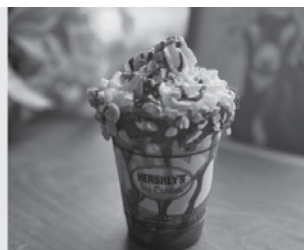
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By Jaxyn Boyce

SHUTE'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 four-generation 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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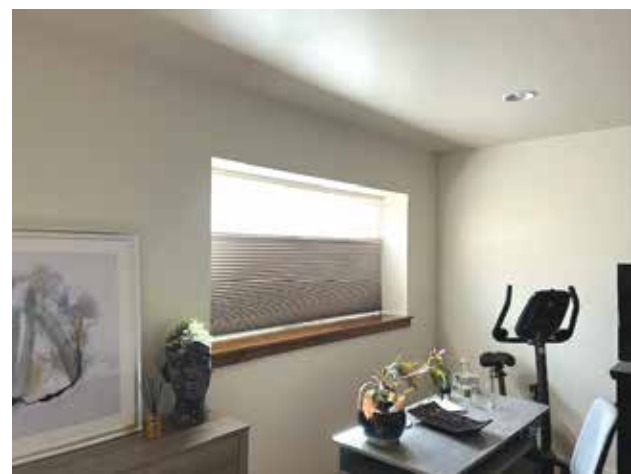


JOANN GILLETTE, NP



SANTA CLAUS AT CORTLAND WATER WORKS DECEMBER 18, 20 & 22

Cortland Water Works • 75 Broadway Avenue, Cortland
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53rd Annual

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Marathon N.Y.
SINCE 1971

CNY Maple Festival

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Season's Greetings

from
Cortland County Office for Aging's Health Insurance Information, Counseling and Assistance Program (HIICAP)

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Call: 607-753-5060
Email: ccofoa@cortlandcountyny.gov
Website: www.cortlandcountyny.gov/434/Office-for-Aging

Cortland County Office Building
60 Central Avenue
Cortland, NY

Interpreter services are available on request

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

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

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Follow them on Facebook! Check out their specials on their website ronsbodypaint.com

Ron and Mary Stanley and everyone at Ron's Body & Paint wish their friends, family and customers a Merry Christmas and Happy New Year!



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/LB

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/2 LBS

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PUZZLES & GAMES

WORD FIND

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

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

uld lang syne • baby • ball • balloons • calendar • champagne
celebrate • confetti • countdown • dancing • eve • firecracker • first
flute • happy • hats • noisemakers • hourglass • kiss • midnight • resolution
sparkler • toast • tradition • tuxedo • gown • invitation • party • streamers

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

LAST ISSUE'S PUZZLES

SUDOKU

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

THIS ISSUE'S TRIVIA ANSWERS

1. Close to 1 billion people
2. Julius Caesar
3. For Old Time's Sake
4. Father Time

WORD FIND

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

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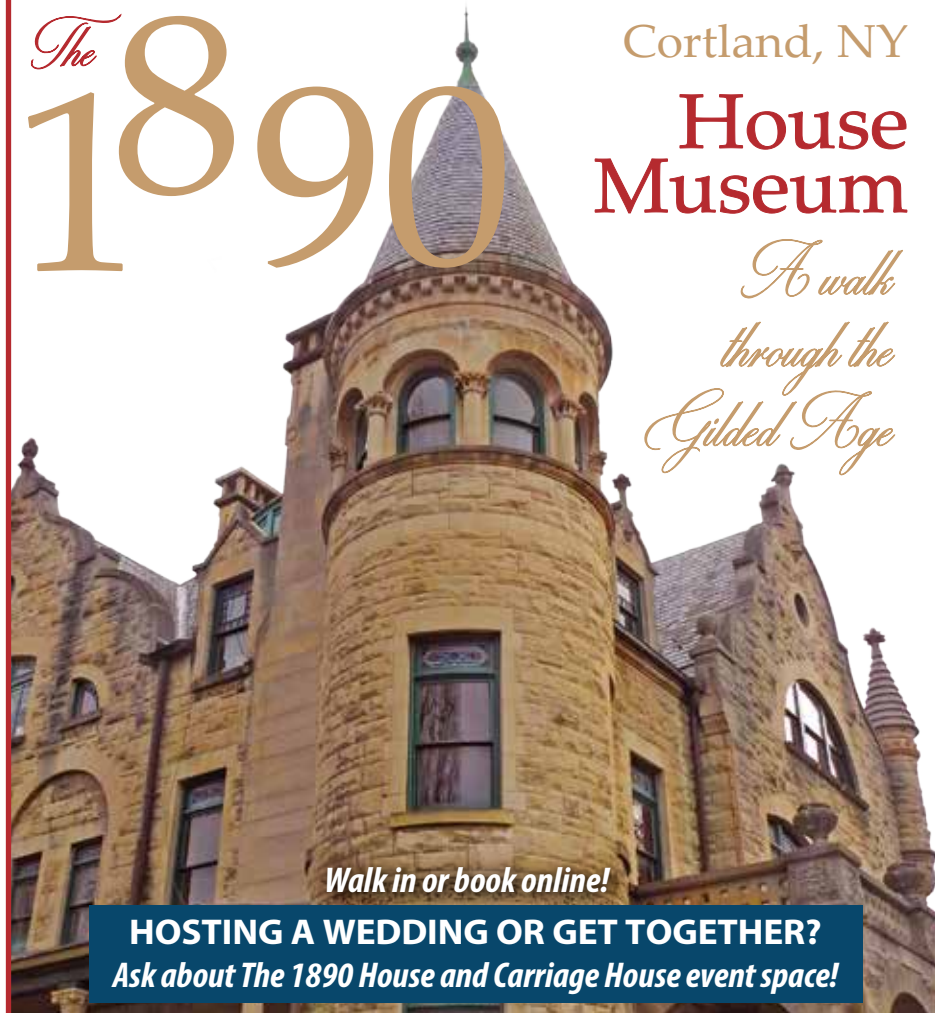
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