

FREE

February 18 - March 3, 2026

Senior Citizens' Issue

Our 24th Year!

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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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 4 - Spring Antiques & St. Patrick's Day

Deadline 2/27

March 18 - Spring Home Improvement, Think Spring & Go Fishing

ADDITIONAL DISTRIBUTION To be handed out at the Cortland County Chamber Business Showcase on Saturday, March 21st!

Deadline 3/13

April 1 - 54th CNY Maple Fest, Spring Motorcycle/Car Care & Easter

Deadline 3/27

April 15 - Pre-Mother's Day & Lawn/Garden

Deadline 4/10

April 29 - Mother's Day & Pre-Memorial Day

Deadline 4/24

May 13 - Memorial Day

PLUS Spring & Summer Travel Guide

Deadline 5/8

May 27 - Dairy Days, Summer Car Care, Local Race Tracks & Pre-Grad/Dad

Deadline 5/22

June 10 - Grad/Dad, Summer Music, 4th of July & Local Wine/Brewery

Deadline 6/5

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!



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Visit our newspaper online! Each issue is posted online, along with additional content we couldn't squeeze into the printed issue! Also find us on Facebook!

POINT YOUR PHONE'S CAMERA HERE



BUMPER STICKER OF THE ISSUE

I BOUGHT SOME BATTERIES BUT THEY WEREN'T INCLUDED

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
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The Cortland Area Tribune is not liable for typographical errors, copy omission or ad layout beyond cost of ad space thus affected. We cannot guarantee ad position beyond original commitments. The Publisher reserves the right to reject or cancel any advertising for any reason at any time without notice. The paper will be distributed both physically & digitally. The opinions of advertisers, expressed or implied, do not necessarily reflect those of the paper. All sales are final. No refunds.

WELCOME NEW ADVERTISERS

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TRIVIA QUESTIONS

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

1. What year did Elvis Presley make his first appearance on The Ed Sullivan Show?
2. What famous toy was introduced in 1959 and became a cultural icon?
3. What iconic hairstyle became popular in the 1960s, often associated with the band The Beatles?
4. What US state was added as the 50th state in 1959?

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!*

SAVE A TREE—RECEIVE EACH ISSUE IN YOUR EMAIL INBOX

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



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

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1/16 pg	4" wide x 1.835" tall	BLACK & WHITE \$85 COLOR \$100

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ABOUT WP POST 974 & THE 100 YEAR CELEBRATION MAGAZINE
 Located in the Heart of the Village of Whitney Point New York, George F. Riordan Post 974 is a Veterans Organization dedicated to Community Service, Scholarships, Legion Baseball, Boys and Girls State and Village Functions as well as Holiday Celebrations. The WP Legion was founded Jan. 26, 1926 with 14 founders.
 The name George Riordan was in Memory of local Lisle resident who was killed in France a few days before WWI ended. Our 100 Year Celebration Magazine is being published to honor and recognize of the veterans who have served our country and the Whitney Point community.
ABOUT THE CORTLAND AREA TRIBUNE
 The Cortland Area Tribune is a free bi-weekly newspaper offering affordable advertising rates since 2002. The paper is distributed every other Wednesday in throughout Cortland county and surrounding areas. Each issue is between 16 to 24 pages in length and has a new theme to go with the season or suggested topics.
 The CAT's popular 4 pg pull-out biz/service guide is only \$99/3 months per listing. It includes 1 FREE 1/16th pg black & white ad inside with new and/or renewed listings! Plus discounted advertising rates while listed in the biz/service guide. Businesses are listed alphabetically by services. Full color ads also available!
 Community events, local happenings, business profiles & more are featured in The CAT.
 Front page advertisements include a FREE article and pictures printed inside about their biz! It's like getting 2 ads for the price of one!
 Don't miss out! Inform the community about YOUR business! Folks are curious about what's inside The CAT - call or email for a rate brochure plus upcoming dates and deadlines.
Judy Kilmer, Publisher

American Legion Events Info & More!
DEADLINE FOR AD COPY IS FRIDAY MARCH 20, 2026
CONTACT JUDY KILMER PUBLISHER
 TEXT/CALL
607.227.0606
 for advertising info!
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BIGGER, BRIGHTER FUTURE FOR CP FOODS SPECIALTY MARKET

cpfoodsny.com
1111 Groton Ave., Cortland
607-753-6900

CP FOODS SPECIALTY MARKET, OWNED and operated by the same family that runs CP Foods Whole Foodservice Company, is looking forward to relocating to their new location on Route 222, better known locally as Groton Ave.

The new space is larger, brighter, more modern, has more parking and will be an easier location to find for Cortland's food shopping public. The owners and staff are busy working on the new space, starting with a mini demolition, building a new butcher counter and creating a new, very cool Beer Cave where they will be selling craft beers.

The store will have new fixtures, new displays, freshly painted walls and the same friendly staff. CP Foods Specialty Market is special and is purposely built to be unlike a general grocery. It offers unique brands and food you can't buy anywhere else, like Creekstone Farms® premium, all-natural meats. The store is owned and operated by families who live and work in Cortland County.

The store will have the same wide range of imported and restaurant-quality food, which not only offers the public at-large high-quality food, but it caters to the local catering and restaurant businesses.



Doug Tesoriero, owner & CEO, says, "We're super excited about taking our specialty market to the next level with a bigger and modern space. We want our customers to have the best shopping experience possible. And we believe this new location will be much more convenient."

The friendly and professional staff will be ready to greet you when the doors open in March 2026. They invite you to join their VIP Loyalty Program offering you special deals throughout the year by scanning the QR Code.

Come see what makes CP Foods Specialty Market special!



UPSTATE RHEUMATOLOGY

10 James St., Homer
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UPSTATE RHEUMATOLOGY, A DIVISION OF Upstate Medical University is located at 10 James Street in the heart of Homer, New York. The office is conveniently located, has on-site free parking, and is easily accessible. The practice has assisted patients in getting their Rheumatology needs met without having to travel to a larger city like Syracuse. We have been well established in the area for over 9 years, and continue to be a valuable service in the Central New York Region. Our physicians include Dr. Sheetal Rayancha, Dr. Jianghong Yu, Dr. Sara Khalil and JoAnn Gillette, NP.

Our physicians specialize in areas of Arthritis, Rheumatoid Arthritis, Gout, Osteoarthritis, Lupus, Nervous System Vascular Lesions, Dermatomyositis and many other rheumatologic conditions. Treatments and Services include steroid injections, IV Infusions, and oral medications. Our Office is accepting NEW patients with a referral. We look forward to serving your Rheumatology needs.



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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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SPRING IS JUST AROUND THE CORNER! Make sure their vehicle is ready for any weather and schedule an appointment for a tune up or an oil change or new tires! Call Ron's Body & Paint in Cortland for all of your automotive services at 362 Route 13 to set up your appointment at the Cortland location 607-662-4543. Since 1989, Ron Stanley and family have been offering the absolute finest in contemporary automotive services at their one-stop vehicle service center in Marathon at 31 Cortland Street (607-849-6898) and both locations are providing the same great services Ron's Body & Paint has been known for. They are also a Tesla Certified Repair Shop! Why would you ever need to call Ron's Body & Paint? Here are five reasons to call!

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

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

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

Four: they have 37+ years of experience, featuring mechanics who are all licensed.

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

And of course, your satisfaction is always guaranteed.

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



SKIN SCHOOLED



By Ariel

FROM ROUTINE TO RITUAL

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Independent Sales Consultant, Cortland Area Tribune
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THIS TIME OF YEAR in upstate New York can feel heavy. The snow is beautiful until it isn't. The below zero temperatures, the gray skies, the early sunsets. We are bundled up, rushing from place to place, and many of us are quietly running on low vitamin D and even lower energy. I see it in my treatment room every winter. Skin is dull, dry, and stressed. People are tired. Spirits feel a little dim.

What if your skin care routine wasn't just another thing on your to do list? What if it became a form of self-care?

There is real power in slowing down long enough to massage your cleanser into your skin instead of rushing it off. Those extra sixty seconds increase circulation and bring warmth back into cold complexions. Pressing in your moisturizer with intention instead of quickly rubbing it around can feel grounding. Even taking a few slow breaths while you apply your products and noticing their aromas can gently shift your nervous system. Scent travels straight to the brain and can help calm stress in a way that surprises people.

In many cultures, skin care is treated as ritual. It is not just about appearance. It is about connection, presence, and honoring the body you live in.

During these long winter months, give yourself permission to take five extra minutes at the sink. Light a candle. Put on music. Breathe deeply. Let your routine be a small daily ceremony that reminds you spring will come again and that you deserve care in every season.



ONE DOOR CONNECTING YOU TO THE SERVICES YOU NEED

FOR MANY PEOPLE, FINDING HELP for aging parents, a child with disabilities, or their own health needs can feel overwhelming. Phone numbers pile up, websites contradict each other, and it's often unclear where to even begin. That confusion is exactly the problem NY Connects was created to solve.

NY Connects is New York State's trusted, no-cost resource for information and assistance on long-term services and supports. Designed as a "no wrong door" system, it connects people of all ages and abilities to the services they need—whether that support allows them to live independently at home or helps them navigate more complex care options.

At its core, NY Connects is about guidance. Trained specialists help individuals, families, and caregivers understand available services and make informed choices. These services can include in-home care, transportation, meal programs, housing assistance, mental health services, and support for people with physical or developmental disabilities.

What sets NY Connects apart is its **person-centered approach**. Instead of pushing callers toward a single program, staff members listen first. They take time to understand a person's situation, goals, and challenges before offering tailored information. For an older adult hoping to remain at home, that might mean learning about home-delivered meals or personal care services. For a caregiver, it could involve respite care or caregiver support groups.

NY Connects also plays a critical role during moments of transition. Hospital discharges, changes in mobility, or new diagnoses often come with urgent decisions. During these times, NY Connects specialists can help individuals understand next steps and avoid unnecessary institutional care by identifying community-based options.

The service is available statewide, with local NY Connects offices embedded in communities like Cortland County. This local presence means people aren't just receiving generic information—they're learning about services that actually exist in their area. The office works closely with hospitals, social service agencies, and community organizations to ensure seamless referrals and follow-up support.

Perhaps most importantly, NY Connects is for **everyone**, not just older adults. People with disabilities, veterans, families, and individuals planning for future needs can all benefit. Even those who don't need immediate help often use NY Connects to plan ahead, gaining peace of mind by understanding what options may be available down the road.

In a system that can feel fragmented and hard to navigate, NY Connects offers something simple but powerful: clarity. By bringing information, assistance, and compassionate guidance together in one place, NY Connects helps Cortland County residents spend less time searching for answers—and more time focusing on their health, independence, and quality of life.

For many, NY Connects isn't just a service, it's a starting point.

Creamery Hills Apts.

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



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The Cortland County Office for Aging Presents: Medicare 101

(A Presentation tailored to people new to Medicare or contemplating retirement)

Call to reserve your spot: (607)753-5060

March 3, 2026 at 5:00 p.m. at the Age Well Center (165 Main St, Cortland NY)



A COMMUNITY CONNECTION

By Shana Karn
Owner, The Second Knob & TSK Warehouse Vendor Mall
279 Rte. 13, Cortland
Open Tues-Sat 9am-6pm and Sun 10am-4pm

AS 2026 KICKED OFF, we set some big goals for TSK Warehouse this year including strengthening our connection to the communities we serve with special events that will help us bring more attention to our little mall, the small businesses inside and all that we offer!

Each month throughout 2026, TSK Warehouse will offer a special event. This month, we look forward to our “Cabin Fever” event on Sat. 2/28 with Booth Bingo (until the prizes run out), Local Teacher and Children’s Author, Kristy Buchalla, signing copies of the first book in her Working at the Zoo series from 1p-4pm, and a free “Write Your Own Story” activity for kids 4-12yrs. Watch our Facebook and Instagram accounts for additional information on our monthly events. Each monthly event is carefully planned with “community” in mind and will be an opportunity for us to promote new/guest vendors, businesses and services. The 3rd Saturday of the month, May thru November, our free monthly flea markets are an incredible opportunity for new small business to showcase themselves as well!

Community connection is one of the most important and, often, most overlooked building blocks of a healthy, small business. TSK Warehouse should be more than a place to shop; we should be a living part of the community we are in and those around us. Moving to Cortland last year gave us a chance to build stronger relationships within the Cortland community. This is what distinguishes us from large corporations and will give us a lasting impact beyond our day-to-day sales.



When customers feel personally connected to us, we hope that it fosters a sense of loyalty which encourages you to return and to tell friends and family about us. This sense of belonging turns our customers into advocates for our small business; helping us to succeed and hopefully have an impact on community well-being.

As an owner, this connection offers me and our vendors invaluable insight. Through conversations, partnerships and special events, we gain a better understanding of needs, wants and preferences. This allows us to adapt authentically, offer products and services, and promote new small businesses that genuinely serve the community rather than blindly following impersonal market trends.

Most importantly, community connection creates a cycle of positive impact. We support local causes, promote and collaborate with other businesses. In return, the community supports us through patronage and word-of-mouth referral. It is a reciprocal relationship that strengthens not just us, but the social and economic fabric of our communities—a win for all of us!



BUTTERMILK FALLS PEDIATRICS EXPANDS TO CORTLAND

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Cortland Health Center, 1259 Fisher Ave., 2nd Floor, Cortland
22 Arrowwood Dr., Ste A, Ithaca

AFTER BRINGING GENERATIONS OF EXCELLENT pediatric and adolescent care to Ithaca and the surrounding areas, Buttermilk Falls Pediatrics has expanded to Cortland! Currently located at the Cortland Health Center, Second Floor, we are now accepting new patients! Appointments are readily available! Please call 607-272-6880 to find out more information and schedule!



Amit Shrivastava, MD
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Kimberly Welch, MSN, PNP



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Connor Maile,
M.S., P.A - C

CORTLAND COUNTY MENTAL HEALTH DEPARTMENT

WE ARE VERY EXCITED TO share that we are moving to our new location. Our building will be closed on Thursday February 19 and Friday February 20 for the move.

What you need to know

If you call our department on the 19th or 20th, Contact Communities will be answering our phones. They are our department’s after hours phone service and can assist as needed. We really encourage current patients to use your Patient Portal for non-emergency contact with your provider during this time.

We will have some providers offering telehealth services on Friday February 20th, but there will be no in-person sessions. We will be contacting patients this week to reschedule the in-person appointments.

If you are experiencing a Mental Health Crisis we are still here for you. 7 Clayton Avenue will have clinicians available on the 19th and 20th to assist as needed. Please remember 9-8-8 is also available and you can speak with a trained counselor 24/7.

We are excited to open the doors of 111 Port Watson Street on Monday, February 23rd at 8:00am.



Feb 28 Children’s Author and Local Teacher, Kristy Buchalla @TSK Warehouse

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— MARK YOUR CALENDARS —

Saturday, April 18 & Sunday, April 19, 2026

54th Annual **MAPLE FESTIVAL** Free Parking! Free Entertainment!

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Fun for the whole family! It’s all happening in Marathon New York!



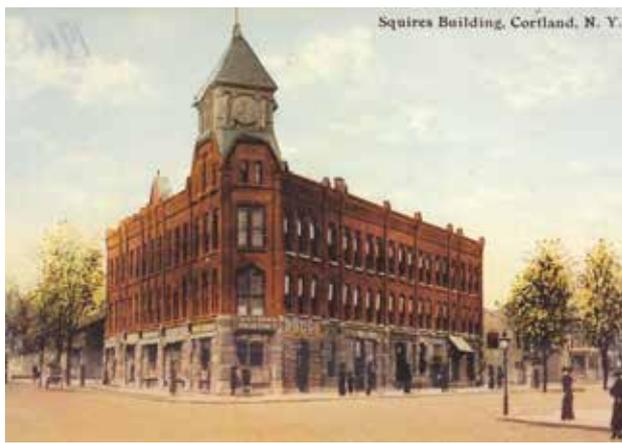
CREATURE FEATURE DEER ME, IT'S COLD!

ALTHOUGH WINTERTIME CAN BE HARD ON deer, they have special adaptations that help them survive the season including thick, darker winter coats made of hollow hair that traps heat and insulates them from the cold. Still, one has to wonder: why don't deer's legs freeze? After all, their legs are spindly and more sparsely haired; and as the snowpack keeps piling up, deer are often forced to stand in knee-deep in snow.

It turns out that deer possess a special physiological adaptation called "countercurrent exchange," whereby veins in the legs responsible for returning blood to the heart are positioned directly alongside arteries carrying warmer blood down to the feet. Enough warm arterial blood gets transferred to the colder venous blood to prevent the deer's extremities from freezing. This exchange system also helps deer maintain core warmth and reduces the need for high metabolic rates to sustain warmth in the legs, allowing them to remain at very low temperatures (barely above freezing!) without sustaining tissue damage.

Other survival adaptations and seasonal strategies in deer include a slower winter metabolism and a decrease in activity. When on the move, deer prefer to use the same well-packed trails to conserve energy. They also seek out sheltered places (called "deer yards"), where thick evergreens help buffer the wind and filter snow.

Article & photo by Margie Manthey



CORTLAND COUNTY HISTORICAL SOCIETY TRIVIA DID YOU KNOW?

By Tabitha Scoville, CCHS Director

CORTLAND'S GRAND CLOCK TOWER BUILDING that stood on the corner of Main Street and Tompkins was erected in 1876 by James S. Squires. The building was a landmark for Cortland County until it was destroyed by fire in 2006. But who was James S. Squires and why did he build this structure?

The youngest of twelve children, Squires worked hard on the family farm in Virgil (later Lapeer due to towns being separated) where he was born in 1819. James was largely self-educated and an early entrepreneur, which was quite evident when at ten years of age he purchased onion seed for one price and then resold it for a profit of 50 cents. This money was invested in a lamb. Over time, he worked his investments up, and at 24 years of age, he owned 32 sheep!

Surprisingly, Squires did not fare well with his first store because he overextended himself for his customers. He repaid his debts and later started a very successful mercantile in Cortland in the 1850s. He employed ten clerks and had \$100,000 a year in trade. James was very active in the business community, serving as the president of the Bank of Cortland and as treasurer for both the Ithaca and Cortland Railroad and the Utica, Chenango, and Cortland Railroad. Squires was a community-oriented man, and he was instrumental in securing the location for the Normal School. He worked diligently on this matter because he believed it would further improve the community to have this institution here.

In 1876, James S. Squires would erect the building which would be his enduring legacy. He purchased the site of the old Eagle Store which had been built in the early 1800s by General Roswell Randall. The magnificent new building was built at a cost of \$40,000. It housed seven stores, eight offices, and ten flats. The new building "embraced" the remains of the old Eagle Store. The truly distinguishing feature of the building was the "handsome tower...in which is an illuminated clock." For 130 years, this building stood as a testament to the vision, work ethic, and civic engagement of its builder, James S. Squires.



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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.

Check out this issue online **CORTLANDAREATRIBUNE.COM**

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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.



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SNAP Benefits Are Changing New Work Requirements

- Age Limit Raised to 64**
Able-bodied adults without dependents now must meet work requirements through age 64 (Up from age 54).
- Dependent age lowered to 14**
Exemptions now only apply to those caring for children under 14 (down from under 18).
- Exemptions removed**
Homeless individuals, veterans, and former foster youth no longer automatically exempt from requirement.

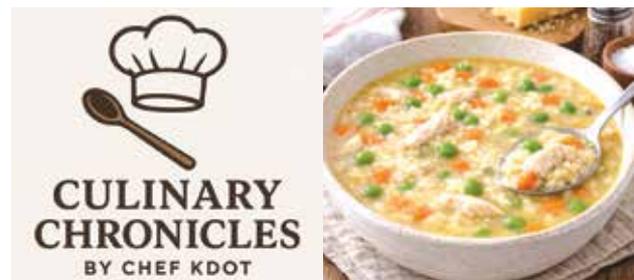
Check with your local SNAP office to understand how these changes apply to you



FOR THE LOVE OF PAWS BASKET RAFFLE FUNDRAISER

SATURDAY, FEBRUARY 28 1-4 PM
HOMER ELKS LODGE, 82 CORTLAND STREET, HOMER

THE CORTLAND COUNTY SPCA IS collecting locally made items for an upcoming community basket raffle fundraiser benefiting animals in our care. The event will take place Saturday, February 28 at the Homer Elks Lodge. Handmade items of all kinds are welcome, including artwork, candles, self-care products, pet-themed goods, small décor pieces, and other unique items. Contributions of any size help round out raffle baskets and directly support the care and medical needs of shelter animals. Makers who donate will be acknowledged at the event and thanked after the fundraiser. This is a great way for local creatives, especially those without a storefront, to support the shelter and be part of a community effort. If interested, please call 607-753-9386 or email ccspca@cortlandspca.org for more information or to coordinate pickup or drop-off. Visit our Facebook page also. Thank you for supporting local animals.



CULINARY CHRONICLES
BY CHEF KDOT

EASY CREAMY CHICKEN & RICE

IT'S STILL SOUP WEATHER, AND this recipe is sure to warm you to the core after having been freezing to the bone outside! Quick, simple, and delicious this soup will have you making extra so you can have it the next day! (Don't tell my grandmother I gave this out, she'd haunt me for the rest of my days!)

- 1 cup instant rice
- 1 cup cooked chicken (roastisserie works)
- 1 can cream of chicken soup
- 1 cup milk or water
- 1/2 cup frozen peas & carrots
- Salt & pepper (optional)
- 4 oz (Half the empty soup can) of water
- Cheese for topping

1. Warm soup, water, and milk in a pot on medium-low.
2. Add frozen vegetables; cook 3-4 minutes.
3. Stir in chicken.
4. Mix in instant rice.
5. Cover, turn heat to low, and rest 5 minutes.
6. Stir, season, and add cheese if desired.



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PUZZLES & GAMES

WORD FIND

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

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

sudoku • puzzles • nutrition • volunteers • senior • discount • social • pension • gardening
retire • grandparent • grandchildren • silver • golden • caregiver • safety • medicare
dietician • assistance • dentures • elderly • trivia • crossword • jigsaw • scrabble
golf • cycling • fifty-five • grandpa • grandma • naps • bingo • respect • kind

SUDOKU

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

LAST ISSUE'S PUZZLES

SUDOKU

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

THIS ISSUE'S TRIVIA ANSWERS

- 1956
- Barbie Doll
- The Mop Top
- Hawaii

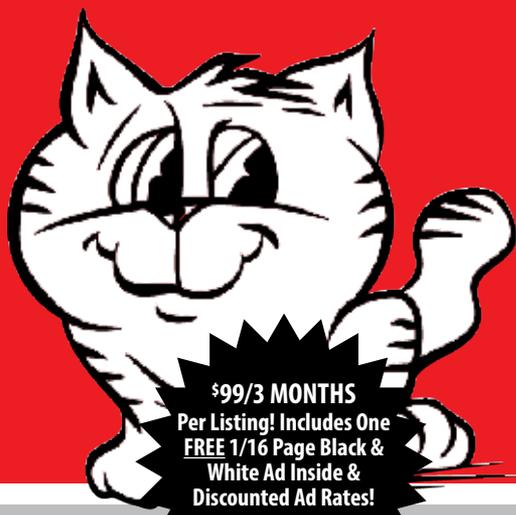
WORD FIND

t	g	y	n	t	d	p	i	n	k	d	r	r	n	g
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r	f	l	m	e	e	w	t	f	s	e	i	e	n	d
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b	r	u	o	m	a	e	f	r	d	r	a	c	b	f
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 - Marathon/Whitney Point – Gregg's Markets
 - Whitney Point – Aiello's • Midway Sales • The 5&10 Variety Store
 - Dryden – Clarks Food Market • Kinney Drugs
 - Richford – The Richford Diner • Richford Pizza Plus • Gas Station
 - LaFayette – Nice & Easy • Byrne Dairy
 - Fabius – Fabius Country Store • CLN Mercantile
 - Tully – Kinney Drugs • Nightingale's Ace Hardware
 - Virgil – Hope Lake Lodge • Trax
 - Ithaca – East Hill Plaza • Wegman's • TOPS Market
 - Lansing – Mirabito Convenience Store corner of Triphammer/Rt 34
 - Groton – Groton Pizzeria • Caspers Diner • Bun Appetit Bakery
 - Moravia – 10-10 BBQ • Modern Market • Barb's Diner • Speedway Gas Station
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