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Creature Feature Memories

OVER THE COURSE OF MY life, I’ve had the privilege of loving several pets, and some of my earliest memories include animals. My childhood dog, Snoopy (vintage photo!) was a smart, feisty fella. He was also my best friend. Snoopy lived for 18 years, so we shared lots of grand adventures together.

We used to ride down our neighborhood’s long, sloping sidewalk in a red Radio Flyer wagon. Snoopy sat eagerly in front, between my knobby knees. Five decades later, I can still recall the thrill of building speed and the rhythmic sound of the wagon wheels as they passed over the sidewalk cracks, “Clickety-clack-clickety-clack...” At the bottom of the hill, I’d get out, pull Snoopy back up to our driveway, climb back in, and off we’d go for another ride. Joy!

Snoopy was often right in the thick of things when the kids on my block were in high gear. Whether it was sleigh riding, snowball fights, tag, wiffle ball games, or enjoying dripping ice cream cones on what felt like endless summer days, he was as much a part of “Our Gang” as Petey was to the Little Rascals.

One Christmas Eve, our family came home from Midnight Mass to discover Snoopy had ripped open our presents under the tree. Spittle-soaked shreds of wrapping paper and chewed gift boxes were strewn across the living room floor. Naughty dog -- but we still laugh about it all these years later!

Whether looking back on special times or making new memories, let’s be grateful for the wonderful pets in our lives.

Article & photo by Margie Manthey



Cortland County Historical Society Trivia Did You Know?

By Tabitha Scoville, CCHS Director

IN 1906, UPTON SINCLAIR WROTE The Jungle as an expose about the unsanitary conditions in slaughterhouses in Chicago, and this book has been required reading for high schoolers for decades. But did you know there was a slaughterhouse in the middle of Cortland?

The Cortland Beef Company was a branch of the Manhattan Beef Company of New York and operated in the city of Cortland from 1888 to about 1918. In his obituary, it states that Alfred H. Winchell was the founder of the Cortland Beef Company, and records indicate that his son, Bryant C. Winchell was the longtime manager of the company.

The facility was located at 98 Railroad Street which was on the corner of what is now Central Avenue and Pendleton Street. The iSpice parking lot and building sit where the Cortland Beef Company once operated.

The Cortland Beef Company operated as “wholesale dealers and slaughterers of

dressd meats, pork packers and wholesale dealers in butter, cheese, eggs, provisions, canned fruits, preserved fruits, salt, fish and manufacturers of sausage,” according to the Cortland Standard’s 1914 Industrial Edition. They were especially renowned for their Epicure hams and bacon.

During its existence, the company suffered three devastating fires, the first of which occurred in 1895. The fire started in the smokehouse and caused extensive damage. Another fire in 1904 destroyed the plant, causing the company to build an entirely new facility with modern equipment and more efficient methods for processing meat, including eight huge coolers. The largest cooler could hold 35,000 pounds of smoked meats, and the ice bunkers on the second floor held 350 tons of ice. The abbatoir (slaughterhouse) was situated in the center of the building and was constructed for efficient cleaning. Holding pens for livestock were in the basement which led to the abbatoir. In 1912, their production capability was 30,000,000 pounds of meat a year. A third fire in 1913 caused the company to rebuild yet again. This facility had even more production capacity, fire protection features, and communication capabilities.

For as successful as the Cortland Beef Company was, its demise is unclear. At some point Armour and Company became involved in the plant production, and that may mean that it purchased and closed or simply absorbed the Cortland Beef Company.

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By Jaxyn Boyce

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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



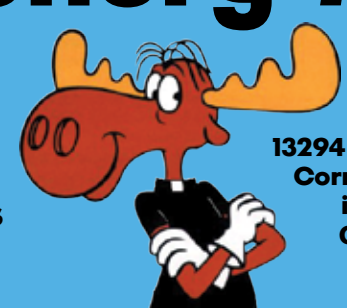
results are then sent to a lab. They stress the importance of well-testing as the lasting effects can lead to health problems.

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AS SUMMER COMES TO AN end and families prepare for another school year, back-to-school shopping often means new clothes, school supplies and packed lunches. It is also a great time to take a fresh look at children’s nutrition and daily eating habits.

Nutrition does not have to be complicated. Parents do not need to count every calorie their child consumes or eliminate favorite foods. Instead, understanding the basics of nutrition and making small, consistent changes can help children develop healthier habits that benefit them throughout childhood and beyond.

Understanding the Three Macronutrients

The three primary macronutrients are carbohydrates, proteins and fats. Each plays an important role in a child’s growth, development and daily energy needs.

Carbohydrates are the body’s primary source of readily available energy and are especially important for active children. Carbohydrates provide approximately 4 calories per gram. Rather than focusing on eliminating carbohydrates, families should emphasize higher-quality sources such as fruits, vegetables, oats, potatoes, beans and whole-grain products.

Protein supports growth and development, including the building and repair of muscles and other tissues. Protein also helps children feel satisfied after meals. Like carbohydrates, protein provides approximately 4 calories per gram. Healthy sources include chicken, turkey, fish, eggs, Greek yogurt, milk, cottage cheese, beans, lentils and lean meats.

Fat supports important functions including brain development, vitamin absorption and providing a concentrated source of energy. Fat provides approximately 9 calories per gram. Healthier sources include avocados, nuts, seeds, olive oil and fatty fish.

The goal is not to label foods as “good” or “bad,” but to focus on overall dietary patterns. A meal containing a protein source, fruits or vegetables, a quality carbohydrate and a healthy fat generally provides a more balanced nutritional profile than a meal centered around highly processed foods.

Small Swaps Can Make a Big Difference

One of the most effective ways families can improve nutrition is through simple substitutions rather than dramatic restrictions. Small changes made consistently can add up over time.

Beverages are one of the easiest places to start. A 20-ounce bottle of regular soda contains approximately 240 calories, while water or a zero-calorie beverage contains little to no calories. Replacing one sugary drink per day could eliminate more than 1,600 calories per week without changing anything else about a child’s diet.

Desserts can also be modified without removing treats entirely. A serving of premium ice cream may contain 250–350 calories, while some lower-calorie alternatives contain approximately 90–150 calories per serving. This allows families to continue enjoying desserts while reducing excess calories.



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Condiments and snacks are other areas where small changes matter. Swapping mayonnaise for mustard can save more than 150 calories on a sandwich, and choosing air-popped popcorn instead of chips can provide a larger-volume snack with fewer calories.

These examples are not intended as a weight-loss prescription for children. Children are growing and have unique nutritional needs based on their age, activity level and stage of development. In pediatrics, the goal is to support healthy growth, development and lifelong habits—not simply focus on a number on the scale.

The bigger lesson is that healthy eating does not require perfection. Small, sustainable improvements can help families reduce excess calories while still enjoying foods they love. Prioritizing protein, fruits and vegetables, whole-food carbohydrate sources, appropriate portions and regular physical activity can create a balanced approach to nutrition.

Back-to-school season is a natural opportunity to establish these habits. Packing balanced lunches, keeping nutritious snacks available and involving children in grocery shopping and meal preparation can help make healthy eating a normal part of everyday life.

If you have questions or concerns about your child’s nutrition, growth, weight, activity level or overall health, the providers at Buttermilk Falls Pediatrics – Cortland are here to help. Our Cortland office is accepting new patients, with same-day registration visits available for families looking to establish pediatric primary care.

A healthy school year starts with healthy habits—and those habits do not have to be complicated.



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Cats may receive either a 1-year or 3-year vaccine after the initial vaccine depending on the type of rabies vaccine given and whether proof of previous vaccination is available. We currently use a vaccine that is effective for three years after the initial 1-year vaccination.

Dogs receive a 3-year vaccine after the initial vaccine.

Rabies vaccines are licensed for either 1 or 3 years. This means that your pet is considered up to date for the amount of time the vaccine is licensed as long as there is proof of prior vaccination. If a 3-year vaccine is given to a pet with no proof of previous vaccination, then the vaccine is only considered effective for 1 year. People often bring their pets to a rabies clinic and have forgotten their paperwork. The vaccine we use for cats and dogs is licensed for three years, so if you forget your paperwork the night of the clinic, your pet has still received a vaccine that is licensed for 3 years. You can contact us after the clinic, so we can update your records.

Save the Date: Saturday, Sept. 12th, 11am-2pm (TCAT Bus Garage, 737 Willow Ave, Ithaca). Registration details coming soon.

Important: Dogs must be on a leash or in a carrier. Cats and ferrets must be in a carrier.

Please bring proof of your pet’s most recent vaccination, or information about the location and date of your pet’s previous vaccination, if applicable.

For other free or low-cost rabies vaccine programs, contact the local chapter of the Street Dog Coalition or the Cornell Healthy Pet Clinic held at Ithaca’s Southside Community Center.

RICHFORD RABIES
VACCINATION CLINIC
AUGUST 27

5:30pm-7:30pm
Rawley Park (13334 State Route 38, Richford, NY)
Pre-register at: <https://apps2.health.ny.gov/doh2/applinks/cdmspr/2/counties?DateID=572455110D565620E0631403580A310D>

*Please remember to bring prior rabies vaccination records with you!

If you have questions or need assistance with registration, please call us at 607-687-8600.



- 1 lb cavatappi or rotini
- 6 ears fresh corn
- 8 oz bacon
- 1 red bell pepper, diced
- 1/2 red onion, finely diced
- 1 jalapeño, minced
- 1/2 cup chopped cilantro
- 6 oz cotija cheese, crumbled
- 1 avocado, diced (optional)
- 3/4 cup mayonnaise
- 1/2 cup sour cream
- 1/4 cup fresh lime juice
- 1 tbsp lime zest
- 2 cloves garlic, grated
- 1-1/2 tsp chili powder
- 1 tsp smoked paprika
- 1/4 tsp cumin
- 1 tbsp honey
- Salt and black pepper

Grill the corn. Rub the ears with a little oil and grill over high heat, turning frequently, until they’re heavily charred in spots. Let them cool slightly, then cut the kernels off the cob.

Cook the bacon until crisp. Drain and chop into small pieces.

Cook the pasta in heavily salted water until just past al dente. Drain and immediately rinse under cold water.

Whisk together all the dressing ingredients.

In a large bowl, combine the pasta, grilled corn, bacon, peppers, onion, jalapeño, cilantro, and about ¾ of the cotija.

Pour in the dressing and toss thoroughly.

Refrigerate for at least 30 minutes before serving.

Right before serving, fold in the remaining cotija and finish with extra lime zest, cilantro, chili powder, and cracked black pepper.

Chef’s upgrade

Take one cup of the grilled corn kernels and throw them into a screaming-hot skillet with a tablespoon of butter. Let them get really dark and caramelized before folding them into the salad.





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Marathon, New York
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Alucard.jpg



Bandit & Maggie.jpg



Chai.jpg



Cipher & Trials.jpg



Fleur.jpg



Haze



Allie



Ally



Anubis



Autumn



Bagheera



Bandit



Bandit



Bennie



Bitsie



Blaze



Brooklyn



Bruno



Charlie



Cipher & Odie



Clyde



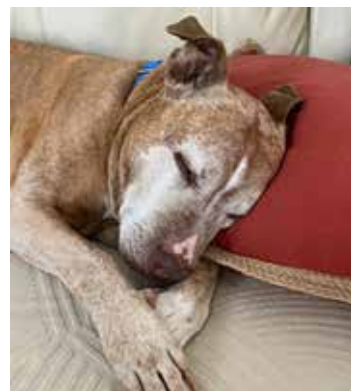
Cupid



Daisy



Daisy



Duke



Eddie



Ella



Ellie



Eva



Fetta



Fiki-Jameson



Finnegan



Floki



Foo Doggy Dog



Gigi



Grace



Gus



Hankie Man



Harry



Jasper



Jet



Katara



Kermit



Kona



Layla



Lenny



Leo



Liberty



Lilly & Zeke



Lilly



Lily



Little Bit



Lowkey



Luca



Lucy 2



Lucy



Lula



Luna



Macy



Mara



Marigold



Mila



Miller Barber



Millie



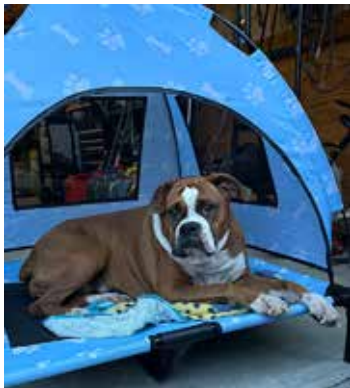
Miss Maggie Mae



Mouse



**Nala Grace & Oakley
Joe Finnegan**



Nala Grace



Ninja



Nutsy



Odie & Ruby



Oli



Panther



Parm



**Penny Jean
Pumpkinpatch**



Penny



Peppa



Pierce & Mazie



Poe



Pookie



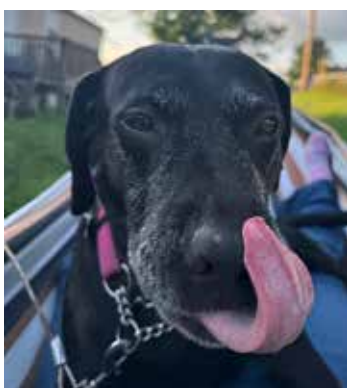
Poppy



Ranger & Otto



Remi



Remington (Donkey)



Riley



Ripley (Ripples)



Ripp



Rita



Rizzo



Roo



Rosina



Rubble-Jones



Ruby



Rusty



Sadie



Scarlet



Solace



Sophie Beans



Suzie Bugs



Tai



Tank



Tawney



Teaka



Toby Scott



Turbo



Veil



Vesta



Vivian



Zeke



Kash



Lucy, Taco & Banjo



Midnight



Odie Bubba



Silas



Sophie & Rosie



Willow & Fern



CNY SNAP

CENTRAL NEW YORK'S SPAY NEUTER Assistance Program (CNY SNAP) is an all-volunteer, non-profit 501(c)(3) organization committed to offering affordable spay/neuter services and finding loving homes for stray cats and kittens. CNY SNAP has been operational for over 20 years. This organization reaches 13 counties in Central New York. ICNY SNAP relies on grants, adoptions, and donations for funding. The core mission is to create a positive impact in our community by addressing the issue of cat and dog overpopulation in Central New York. If you are interested in volunteering, donating or adopting, please visit our website to find out ways to volunteer, view our wishlists, and also see a few of our adoptable cats.

CNY SNAP is also a registered shelter/rescue for cats finding homes for at least 300 cats every year. The adoption program operates out of the shelter located at 17 Salisbury Street in Cortland and in the adoption center housed in PetSmart on Erie Blvd in DeWitt. All CNY SNAP cats and kittens are spayed/neutered, vaccinated, tested for FeLV/FIV, and microchipped before they are eligible for adoption. Applications from prospective owners are reviewed for suitability and cats are placed into loving homes.

CNY SNAP requires young kittens go to their forever homes in pairs, unless there is already a playful kitten or a young cat at home or it is a special situation. This is to assure that each rescued kitten is adopted into homes that provide the best environment for their behavioral and social development. The adoption process at each adoption center facility begins with an interest in meeting the cats and/or kittens, filling out an application, and then working with our adoption team. The adoption application requires current living arrangements, veterinary care and personal references of the potential adopter. If a person is a first time adopter, a member of the adoption team will discuss with the applicant different considerations.

CNY SNAP also has a barn cat program for adopters who have a warm and safe barn, shed, or other outdoor housing that can provide feral cats with a chance at life. These cats are neutered/spayed, vaccinated, and available for no adoption fee. Although this special group of felines are not suitable indoor companions, they would be a wonderful buddy to a chicken, cow, or horse!

If you are considering adoption, Petfinder is linked off the website but to see all adoptable cats, please visit the shelter. Download an application from CNY SNAP's website: <https://cnysnap.org/> or pick up an application at the shelter. Email a scan/photo of the application to info@cnysnap.org or drop it off in person during our visiting hours. If interested in visiting adoptable cats the hours are:

- Monday: 6:30-8:30 p.m.
- Tuesday: By Appointment
- Wednesday: 4:30-5:30 p.m.
- Thursday: 6-7 p.m.
- Friday: 9-11 a.m. & 6-7 p.m.
- Saturday: 11 a.m.-12 p.m.
- Sunday: 4:30-5:30 p.m.

Or email your name/phone number to info@cnysnap.org to make an adoption appointment with a member of the adoption team to visit the shelter at 17 Salisbury Street in Cortland, NY or the adoption center at PetSmart in Dewitt.

Spay and neuter clinics for cats and dogs are held at our facility every Monday and some Saturdays. To date, we have spayed and neutered over 60,000 cats and dogs in conjunction with Shelter Outreach Services. We offer low cost services for feral cats, barn cats, strays, and low income households as well. Our clinics are by appointment only at 607-756-2561 and leave a message with your name, telephone number, and requested service.

You may follow us on Facebook <https://www.facebook.com/cnysnap1> or on Instagram: [_cnysnap](https://www.instagram.com/cnysnap)

Thank you for your support!

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AUG 21 - 6PM
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*SCBA in a smoke house simulator
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for an appointment

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Attention Business Owners

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CAT

PUZZLES & GAMES

WORD FIND

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

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

dog • cat • parakeet • bunnies • groomer • pets • purr • bark
howl • gecko • goldfish • aquarium • cage • crate • veterinarian
leash • puppies • kittens • snake • bunny • meow • gerbil • ferret
hamster • parrot • turtle • kitty • guinea pig • whiskers • fur

SUDOKU

It’s easy to play Sudoku! Simply fill every column, row and 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!

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

LAST ISSUE’S

PUZZLES

SUDOKU

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

THIS ISSUE’S TRIVIA ANSWERS

1. A Kindle
2. 42
3. 30
4. Dogs: Chihuahua, Yorkie, or Maltese, Cats: The Singapura

WORD FIND

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

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Moravia – 10-10 BBQ • Modern Market • Barb’s Diner • Speedway Gas Station

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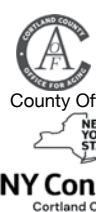
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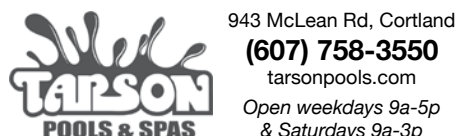
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