

WELCOME TO OUR FALL BRIDAL & THE CORTLAND AREA TRIBUNE'S 23RD ANNIVERSARY 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!

September 24 - Get Ready for Fall, Fall Antiques, Thank You Fire Fighters/Fire Prevention Week

Deadline 9/19

October 8 - Fall/Winter Car Care & Halloween

Deadline 10/3

October 22 - Restaurant & Catering Guide **PLUS** Fall & Winter Travel Guide

Deadline 10/17

November 5 - Pre-Thanksgiving & Black Friday

Deadline 10/31

November 19 - Thanksgiving, Black Friday & Get Ready for Winter **PLUS** Last Minute Gift Guide Insert

Deadline 11/14

TRIVIA QUESTIONS

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

1. Complete this well-known wedding rhyme: Something old, something new, something borrowed, something blue...
2. What do wedding cakes symbolize?
3. What's the traditional first dance song in weddings worldwide?
4. In what month do most weddings take place?



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BUMPER STICKER OF THE ISSUE

WHEN I DIE, I'M LEAVING MY BODY TO SCIENCE FICTION

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

The Cortland Area Tribune
P.O. Box 67 • Dryden, NY 13053
(607) 844-8228 • tcatribune@gmail.com
cortlandareatribune.com • Est. 2002



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THE 1890 HOUSE

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Our history

The 1890 House Museum was the home of Chester Wickwire, a Cortland Industrialist. The Wickwire Bros. was a large company that made window screening, fences, and nails. Chester built this home in 1890 for his wife Ardell and his sons Charles and Fredric. The Wickwire’s home was a true family home of hustle and bustle. The boys had a basset hound and an African gray parrot. As an adult, Fredric moved into the home with his wife Marion and raised his four children there. A Wickwire always occupied the house until Marion’s death in 1973. A lot of life happened in this home, and it still loves a good party! Despite its grand appearance, the house has an intimacy and beauty that resonates with all who visit. Chester and Ardell would happily invite you into their home and be honored for you to make your own memories here.

Your memories

The 1890 House Museum makes a picturesque and unique wedding venue. Our newly remodeled Carriage House is available to rent, with its rustic charm reminiscent of a simpler time. There is a wet bar area inside and room for up to 100 guests. Our yard surrounded by flowers and trees provides a beautiful space for making memories and taking pictures of your special day. The interior of the House can be rented as well for small receptions, weddings and baby showers. Wedding ceremonies are beautiful when conducted in the Ferney with the stained glass ceiling and 100-year-old statue of a maiden. We are already booking for fall/winter 2025 and spring/summer 2026 weddings! Please contact us for further information.

The 1890 House Museum is a venue only; we do not provide catering or catering equipment.



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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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Mums

Valley View Gardens and The Cinnamon Apple Cottage are a must see for your Fall Landscaping and Home Decorating projects! Gorgeous mums are here and we are stocked with a wonderful selection of Ornamental Trees, Shrubs and perennials! Our shade trees are gorgeous! Flowering Hydrangeas like “Limelight” “and “Pinky Winky” are in flower and will make lovely dried flower arrangements to decorate inside your home all fall and winter long! Many perennials and Ornamental grasses are in full flush - favorites for their late summer and early fall blossoms!

Landscaping

Planning a family reunion or an end of the season backyard barbeque? Create a refreshing new look for that garden party by adding our beautiful mums! Something new! Large Tricolor mums are available to give striking color to your autumn landscape! Valley View Gardens Nursery is abounding in luscious plant materials waiting to be planted such as flowering Lilacs, Crab-apples, Spireas, Weigela, Nine-bark,



Ornamental Pear trees and so much more! Evergreens, such as White Pine, Hemlock, Spruce, Juniper and Cypress are available now!

The fall is a perfect time to landscape your home! The cool fall season, followed by a gentle spring season will guarantee your plants become established by next summer. Valley View Gardens can assist to help increase the value of your home with an eye-catching landscape design and installation. We have been providing professional landscaping service and quality plant material in the Central New York area for 30 years. Your satisfaction is our standard.

DIY

If you prefer to do-it-yourself, Valley View Gardens has a wide selection of trees, plants, and shrubs to meet all of your landscape needs and the expertise to guide you along the way. Our selection is quite diverse, ranging from a variety of shrubbery, Topiaries, Maples, Oaks, Weeping Ornamental Trees, Fruit Trees and for a splash of color, you can add Ornamental Grasses, Hosta, Daylilies, Perennials, Mums, Ornamental Cabbage and Kale!

Home Decor

Enchanting gifts abound at the Cinnamon Apple Cottage Gift Shop. Do some early shopping for Autumn Decor and Christmas presents! Design that ‘unique’ gift that reflects the ‘personal’ touch: a basket of assorted jams and baked goods; and quaint and comforting gifts for that special someone!

The old fashioned “General Store” filled with a selection of Amish jams, salsas, as well as, framed art, inspirational plaques, luscious candles, plus an assortment of lovely wreathes, garlands, potpourri and handmade gifts fill every room. The Cinnamon Apple Cottage contains a special section with gifts for the outdoorsman and nature lover, the

home decorator and those who are looking for inspirational décor or gifts. Check out our child giftware! Your loved ones will love the unique items that are chosen for them! Or, better yet, choose something for yourself! An enchanting gift shopping experience awaits you at The Cinnamon Apple Cottage!

Nursery and Gift Shop Hours - Mon, Tues, Wed & Fri 9AM to 5PM, Thurs 9AM to 6PM, Sat 9AM to 4PM and closed on Sundays.

Valley View Gardens Nursery and The Cinnamon Apple Cottage Gift Shoppe are located “just around the corner” from the Rte. 281 shopping district at 3797 Luker Road in Cortland, opposite Builder’s Best Do-It Center. If you have any questions, please call us 607-749-3130.



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NANCY'S BRIDAL AND EVENINGWEAR LOCATED at 17 Main Street in Cortland is the place to go for upcoming formal needs. Nancy offers a nice selection of prom dresses for area girls to choose from. Nancy offers layaway for the girls dresses and as soon as they put a deposit on their choice, the dress doesn't get resold to another girl from that school. For brides, Nancy's offers a selection of dresses from size 6-30 for trying on. Most dresses can be reordered in size 0-34. Her bridesmaids have a wide selection to choose from with dresses from 3 bridesmaids companies which offer a nice selection of color.

Whether you are looking for 1 shoulder, strapless, short sleeve or with a jacket, Nancy's Bridal and Eveningwear is the place to check out with over 1000 dresses in stock! For Nancy's customers she offers alterations, free pressing and of course layaway on every purchase. You can check out Nancy's Facebook page for specials, hours etc. or call her at 607-662-4247. Attention brides - order early to have your gowns delivered to avoid delays due to things beyond our control. See store for details.



CREATURE FEATURE HOW DO THEY KNOW?

MANY OF OUR FEATHERED FRIENDS have already begun their autumn migration. Do you ever wonder how they know where to go? Avian migration is one of the most intriguing phenomena of the natural world; and while much of it remains shrouded in mystery, ornithologists continue to learn more about the different ways birds navigate during their arduous journeys that often span oceans and continents.

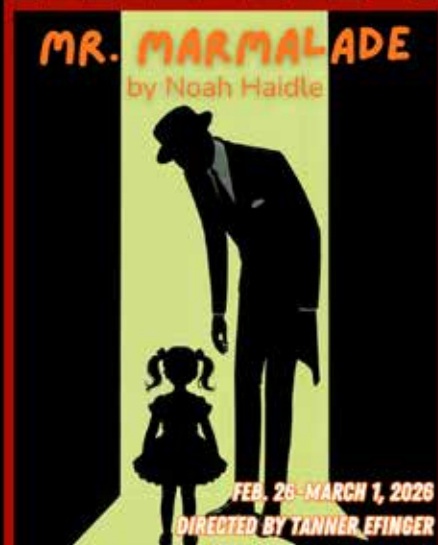
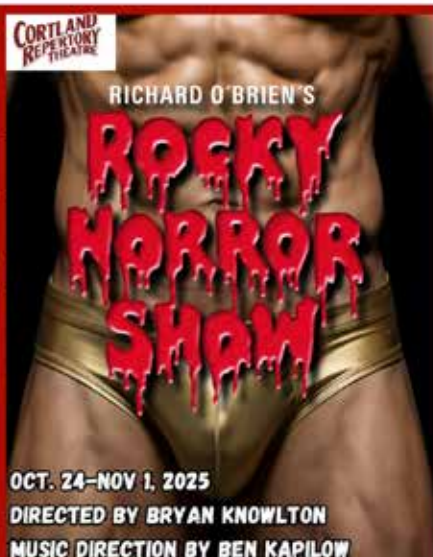
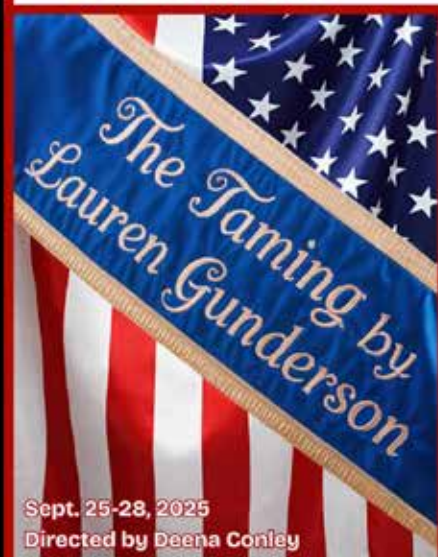
Daytime migrants use natural features for landmarks such as rivers and mountain ranges to help map their course, while nocturnal travelers rely on the moon and stars as guides. The rising and setting of the sun provides birds with other directional clues. It's also likely that certain species of seabirds use their sense of smell to guide them across wide expanses of water devoid of visual landmarks.

It's mind-boggling how juvenile birds from a wide variety of species make their first migration without any guidance from their parents. Scientists believe they hatch with genetic programming that provides some baseline knowledge on where they must go; then, as they gain experience, their travel route gets "fine-tuned."

Perhaps most intriguing of all is how birds seem to have the ability to detect and use the Earth's magnetic field to help them navigate during migration. Exactly how they do this remains a mystery that scientists continue to ponder.

Article & photo by Margie Manthey

Cortland SUNY 2025 - 2026 PERFORMING ARTS Theatre Season



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KM LYON EVENTS THE KEY TO YOUR STRESS-FREE DAY

kmlyonevents.org
kmlyonevents@gmail.com

BEHIND EVERY UNFORGETTABLE CELEBRATION IS someone making sure the details are flawless. For many couples and families across New York, Pennsylvania, and wherever her clients take her, that person is Kayla, the owner and operator of KM Lyon Events.

Kayla's love for special occasions began long before she launched her business. She has always been someone who lights up at a fabulous party, cherishes time with family and friends, and treasures those once-in-a-lifetime moments that bring people together. After freelancing in event planning, she quickly realized that this passion could become a career. With encouragement from clients and loved ones, she founded KM Lyon Events, and five years later, her business continues to grow and evolve.

What sets Kayla apart is the personal connection she builds with each client. She believes that working closely with your vendors is one of the most important parts of planning, and she takes that responsibility to heart. Whether you need full service wedding planning, coordination, or assistance with other special parties and events, KM Lyon Events is there to ensure every detail reflects your vision while keeping the process stress-free.

Kayla has coordinated weddings and events across New York, Pennsylvania and beyond and is always willing to travel farther to make your dream events a reality. With her unique blend of organization, creativity, and genuine care, she makes sure every event is as joyful as the moments it celebrates.

Let KM Lyon Events help you create memories that last a lifetime. Contact Kayla today at kmlyonevents@gmail.com or visit kmlyonevents.org to start planning your perfect day.



cortland.edu/PerformingArt

THE SUNY CORTLAND PERFORMING ARTS Department is ready to launch a year filled with discovery, artistry, and growth. This fall, we proudly welcome twenty first-year BFA Musical Theatre majors, along with several new faculty and staff members, as we continue our mission of providing rigorous professional training for future theatre artists.

Among the new arrivals are **Rachel Fry**, recently seen as Dolly in *Hello, Dolly!* and Ursula in *The Little Mermaid* at Cortland Repertory Theatre, and **Natalie Ehrensbeck**, a Berklee MFA graduate in Musical Theatre Vocal Pedagogy, both joining the vocal faculty. **Tanya Mixon** brings her expertise in draping and stitching from Tri-Cities Opera and Glimmerglass to the costume shop, while nationally recognized theatre educator **Joey Steinhagen**, founder of Ithaca's Running to Places Theatre Company, joins as an instructor of Musical Theatre Performance.

The 2025–26 season promises to challenge, delight, and inspire with four bold and diverse productions:

- **Sept. 25–28:** *The Taming* by Lauren Gunderson, directed by **Dr. Deena Conley**, kicks off the season with a fast-paced political comedy full of satire, wit, and surprising sisterhood.
- **Oct. 24–Nov. 1:** *The Rocky Horror Show*, co-produced with Cortland Repertory Theatre and directed by **Bryan Knowlton**, offers eight performances, including a late-night Halloween event packed with music, games, and outrageous fun.
- **Feb. 26–Mar. 1:** *Mr. Marmalade*, directed by **Tanner Efinger**, delivers a darkly comic and surreal tale of childhood, loneliness, and growing up too soon.
- **Apr. 10–19:** Rodgers and Hammerstein's *Cinderella* closes the season with six sparkling performances and free admission for K-12 students.

Stay connected at cortland.edu/PerformingArts and follow **@SUNYCortPerform** on Facebook, Instagram, and TikTok for behind-the-scenes looks and exclusive content.

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MASSAGE, WELLNESS & AROMATHERAPY IN THE 21ST CENTURY

150 Tompkins St., Cortland
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kristenaugusta.com

By Kristen August, LMT; M.Sci.

“IN MANY WAYS HUMAN BEINGS are wired for Touch. The skin is the body’s largest organ covering almost 20 square feet and accounting for nearly one-quarter of the body’s total weight.

Touch is the first sense to develop in humans and is usually the last to fade.

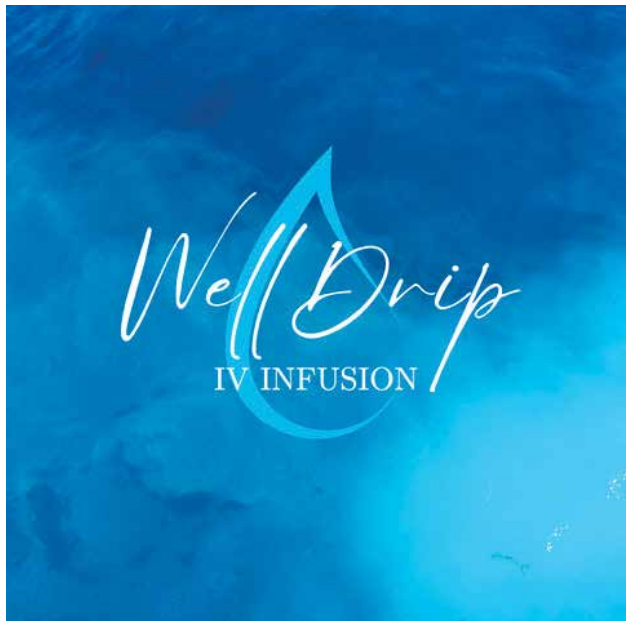
Researchers at the University of Miami School of Medicine’s Touch Research Institute (TRI) say a daily dose of touch can be as essential to good health as diet and exercise,” The Power of Touch Contributing Editor Tom McNichol “USA WEEKEND”, February 6-8, 1998 In her text “Healing Massage Techniques” Francis Tappan states that “Massage is a useful and integral part of the healing process...Relaxation, relief from pain, reduction of certain types of edema, and increased range of motion can be accomplished through the use of massage. It should be used for its psychological, physiological, mechanical and reflex effects.”

I have worked as a massage therapist since January of 1998 and have recently completed my master’s degree in Aromatherapy and Ayurveda at the Maharishi International University in Iowa. These two disciplines have fascinated me for the past 20 years and having the opportunity to add them to my services was irresistible. Modern (Allopathic) medicine focuses on the protocols, pharmaceuticals, and phytotherapy studies that have been found scientifically effective to support the individual as they work to heal, or cure illness. Ayurveda is the art of being well. Ayurveda’s focus is to teach and support efforts to restore and stay healthy through lifestyle and diet.

Massage and Essential Oils are a significant part of those recommendations and can have profound effects for the individual. Herbalism is the traditional or historical use of plants for their therapeutic qualities, and includes teas, spices, herbs, and essential oils. When consulting with an Ayurveda



practitioner the client intake form should include the list of medications, any restrictions or concerns they may have, and permission to contact their primary health care provider if needed. Aromatherapy has been a part of Ayurvedic protocol for centuries. Current research has verified traditional uses of essential oils for psychological as well as physiological concerns. Essential oils are not just to make a room, or your laundry, smell better. Diffused in the environment, or used during massage, aromatherapy can be part of your journey to stay well, to cope with discomfort, and to support the traditional protocols your health care provider recommends. Hours: By appointment only Monday; Wednesday thru Friday 11AM to 4PM Call or Text: 607-662-0156 kristenaugusta.com



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MEET CASEY, THE DEDICATED FOUNDER of Well Drip, LLC, your local provider of IV hydration and vitamin injections. What started as a passion project has grown into a thriving wellness service designed to help our community feel and function at its best.

Casey balances a busy schedule, working at Upstate Hospital while studying to become a nurse practitioner at LeMoyne College. Even with her demanding days, she pours her heart into Well Drip, building a business rooted in care, compassion, and community. Her dream is to eventually serve full time through Well Drip, offering even more support to the people who trust her with their health.

Well Drip specializes in concierge IV hydration and vitamin therapy, meaning Casey brings wellness straight to your door. Whether you are recovering from a tough workout, a long night, or simply need an immune boost, she provides personalized care in the comfort of your home, office, hotel, or event space. Common treatments include general wellness, hangover recovery, dehydration, migraine relief, athletic performance prep and recovery, and immune support.

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NESTLED IN THE SCENIC FINGER Lakes of New York, lifestyle photographer Allison Marie is dedicated to preserving life’s most cherished stories. With a keen eye for emotive, nostalgic storytelling, Allison’s work blends bold color, timeless detail, and cinematic flair, turning fleeting moments into unforgettable keepsakes.

Her lens has traveled far and wide, capturing love stories across Syracuse, Rochester, Ithaca, Albany, New York City, the Adirondacks, Thousand Islands, and Lake Placid. Beyond the state, Allison also serves as a destination elopement and wedding photographer for couples around the world.

But her artistry doesn’t stop at weddings. Allison specializes in documenting every stage of life with intention and authenticity. Whether it’s a growing family, a senior ready to take on the next chapter, or a quiet, intimate boudoir session, each experience is designed to reflect the uniqueness of her clients. From maternity to newborn, family gatherings to milestone events, Allison ensures that every story is told with heart.

Clients receive personalized session guides with wardrobe tips, location ideas, and thoughtful advice, creating a stress-





free and meaningful experience from start to finish. The result? Photographs that feel as real as the moment they were taken with images you'll treasure for generations.

Your story deserves to be captured authentically. Let Allison Marie Photography turn your moments into timeless memories. To learn more or book your session, visit her online and begin your adventure today.



DARLENE'S FLOWERS
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LET'S TALK WEDDING FLOWERS! Flowers are the most important part of your wedding. Yes, I said it! Flowers create a happy and relaxed atmosphere during the ceremony and ensure everyone is ready to celebrate at the reception. Throughout history there have always been flowers at weddings. From bundles of herbs for protection and to symbolize fertility in ancient Rome. A custom began in 14th-century France where



guests would try to grab a piece of the bride's dress for good luck, leading brides to toss their bouquets as a diversion, with the hope of passing the good fortune along.

Darlene's Flowers has been in the florist industry for over 30 years and has always created wedding bouquets with the utmost care and love giving couples beautiful memories on the best day of their lives.

I specialize in creating designs that encapsulate my clients interest and personality with my experienced hand.

I remember making a unique Star Wars theme floral arrangement for a bride and her bridesmaids. They supplied 3D light sabers for the handle, and I arranged dendrobium orchids and beargrass. With Darlene's Flowers, you will always have a one-of-a-kind handmade arrangement, from bouquets and boutonnieres to table arrangements and more.

This is a beautiful time of year to get married—the fall foliage is so gorgeous for today's weddings. I've designed for outdoor weddings in upstate New York with the fall foliage as a backdrop and all the bouquets white roses with baby's breath. Couples have the freedom to personalize their ceremony and reception with their unique style and taste.

Darlene's Flowers travels all over upstate New York and Northern PA setting up and delivering floral designs. We just had a wedding in Corning, NY at The Gathering at Bailey Creek. What a beautiful place.

I will meet with you for a free flower consultation, where we can discuss all aspects of your special day. I pride myself on detail-oriented communication to ensure a stress-free experience.

Let's talk wedding flowers with Darlene's Flowers. Call or email Darlene for your free consultation asap to assure your wedding date is available.

- Services: Wedding flower Consultation; Bridal bouquets; Bridesmaids bouquets; Flowers girls halos, rose pedals, small bouquets; Mom's wrist corsage; Hair combs, hair wreaths, loose flowers for hair; Grooms, groomsmen's,

and fathers boutonnieres or pocket squares; Outdoors arch decorations; Church arrangements and pew bows; Centerpieces for reception; Sweetheart table arrangement; Cake flowers; Delivery to the ceremony and reception locations



A MAN AND HIS TURKEY

MARK COON AND HIS 2 year old turkey Harry have a very unique and wonderful relationship. A couple of years ago Mark was approached about a turkey who was in need of a new home. Mark and his significant other Vonda already had poultry and waterfowl so what's one more bird, and they didn't have a turkey so why not. Harry was quite timid at first, but once they got him home that didn't last for long. As soon as he started to mingle with the other birds and his new human's he began fanning out and chatting right along. Mark and Vonda love their animals and have rescued many over the last few years. But Mark and Harry have a very special relationship. Mark from the beginning would get right down to Harry's level, talk to him so calmly and just put Harry right at ease and from there the friendship was formed. Harry will come right up to Mark looking for a hug and nuzzle right into his arms. Mark talks to Harry and he listens. If Mark says Harry go home, he will turn around and go right back to the barn. Harry has even decided he wants to be just like the dogs, he will go on walks up around the hill and will even get in between the dogs and Mark like he is his protector. Who knew a man and a turkey could form such a bond.

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FOR MORE THAN THREE DECADES, Ultimate Image Hair Studio has been more than just a salon—it has been a cornerstone of the Homer community. Family owned and operated since day one, the studio continues to provide high-quality services in a warm and welcoming environment where generations of families feel at home.

With four full-time stylists and over 40 years of combined experience, Ultimate Image has earned its reputation as a trusted destination for professional, personalized care. Each stylist brings their own expertise while sharing the same passion for helping clients look and feel their best. From the latest trends in color and styling to timeless cuts, the team's dedication ensures every guest leaves feeling refreshed and confident.

Ultimate Image Hair Studio is proud to be a one-stop salon for the entire family. Whether it's a child's first haircut, a teen's new style, or a parent's fresh color, the staff specializes in services for all ages. Their commitment to creating a friendly, family-centered atmosphere has allowed them to serve multiple generations of clients, many of whom return year after year—and bring their own children and grandchildren with them.

Now celebrating over 36 years in business, Ultimate Image continues to thrive by combining tradition with innovation. The salon remains dedicated to staying current with industry techniques while honoring its history as a trusted, family-based business.

Ultimate Image Hair Studio invites the community to celebrate this milestone and experience why it has remained a Homer favorite for more than three decades.

Call 607-244-4226 to book an appointment & follow us on Facebook!

SKIN SCHOOLED



By Ariel

3 WEDDING SKIN PREP ESSENTIALS

Ariel Herrera

Owner/Licensed Esthetician/Reiki Practitioner, Guava Spa
315-636-0330
ariel@guavaspa.skin

Independent Sales Consultant, Cortland Area Tribune
607-745-0129
arielherreramolina24@gmail.com

YOU DREAMED ABOUT THE DRESS. You obsessed over the makeup. But did you think about your skin, the canvas for it all?

The good news is, wedding skin prep doesn't have to be difficult. It can actually be fun and provide you with a piece of self-care that can help you get through all of the wedding planning stages because let's be honest, they're simultaneously special and stressful.

As a Licensed Esthetician for nearly 10 years and a relatively recent bride myself, I'm going to give you 3 wedding skin prep essentials that you can seamlessly weave into your busy schedule and will be beneficial for your skin for the long haul.

1. Hydration, hydration, hydration! And this is so much more than just applying moisturizer. Drink your water, get in your omega-3's, and incorporate hydrating serums and oils as needed.

2. SPF is imperative! UV rays (whether it's a "sunny" day or not) are the #1 cause of premature aging. Wear SPF daily and reapply as needed. I personally opt for a zinc oxide-based product, as it is mineral-based and anti-inflammatory, which is great if you struggle with sensitive skin or acne.

3. Exfoliation is key! There are so many ways to exfoliate these days but I prefer using enzymes 2-3 times per week. Enzymes gently digest your dead skin cells, leaving your skin soft, refined, and ready to soak in all of the hydration we talked about in the first step. But listen, even silicone facial scrub pads from the dollar store are better than nothing.

Start these habits early and your skin will thank you. Come wedding day, you'll feel confident, radiant, and ready for every close-up. And if you're ever feeling on the dull side and need a skin pick-me-up, come back to these tips!



CORTLAND COUNTY HISTORICAL SOCIETY TRIVIA DID YOU KNOW?

By Tabitha Scoville, CCHS Director

DID YOU KNOW THAT ONE of Cortland County's most famous citizens held the record for the longest recording career? Trombonist Newell "Spiegle" Willcox made his first recording in 1923 and his last in 1999, clocking in an unbelievable 76-year recording career!

Spiegle was born in Sherburne, NY on May 2, 1903, to Lynn Dee and May Newell Willcox. The family took up residence in Cortland where Lynn founded the Willcox & Son Coal and Oil Co. Spiegle's father taught him how to play the valve trombone, and father and son played in the Cortland YMCA band. While in the Manlius Military Academy, Spiegle started playing the slide trombone which is the instrument he was known for throughout his lengthy career.

During the 1920s, Willcox made the connections that would have a lasting impact on his music career. One of the bands that connected him to some of the noted musicians of this decade was the Jean Goldkette Orchestra. Willcox played with Bix Beiderbeck, one of the most influential cornet players of the jazz genre.



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In 1927, Willcox decided to follow the family business as a more reliable source of income, but he did not give up playing music. He played throughout Central New York and was a staple on the local music scene. In 1975, he was part of a reunion of the Jean Goldkette band at Carnegie Hall, and this led to the renewal of Spiegle’s music career. The next twenty-five years, he played regularly throughout the United States and Europe, collected an honorary degree from SUNY Cortland, won the Benny Carter Award of the American Federation of Jazz Societies, and was selected for the Hall of Fame for the 1993 Syracuse SAMMY Awards which was the first year the awards were held.



www.djdale.biz
(607) 745-3153

DJ DALE (DALE HARRINGTON) is a mobile disc jockey (DJ) in the Finger Lakes Region of New York. He has been specializing in weddings and karaoke for 25 plus years. DJ Dale, a native of Groton, NY began his career in entertainment at the age of 5 when he first performed in a regional theater performance. Since then Dale was heavily involved in all aspects of theater, being both on stage and working behind the scenes. While attending Ithaca College, he became involved with radio productions and worked as an on-air personality for various radio stations. After graduating from IC, Dale began working for a mobile DJ company. He eventually took over the operations and is now a renowned Wedding DJ and Karaoke host. DJ Dale has won awards for his karaoke shows (Ithaca Times Best Karaoke) and recently was acknowledged as an outstanding wedding DJ in both The Knot (Best of Wedding Winner) and Wedding Wire (Couples Choice Award). These accolades represent the highest and most rated wedding professionals as reviewed by real couples, their families and wedding guests. DJ Dale is a true entertainer and provides outstanding service for your event.



607-221-1198

BALANCE, ALIGNMENT & WELLNESS

HOW CORTLAND CHIROPRACTIC IS REDEFINING NATURAL HEALTH IN THE COMMUNITY

IN A HEALTHCARE WORLD FULL of quick fixes, Cortland Chiropractic offers something different—personalized care focused on long-term wellness, whole-body balance, and compassionate support.

Located in the heart of Homer, the practice has earned a reputation as one of the region’s most trusted sources for natural healthcare. Cortland Chiropractic was just awarded the Gold Medal for Finger Lakes Favorite Chiropractor 2025. More than easing back pain, Cortland Chiropractic helps patients of all ages move, feel, and live better.

“We’re not just cracking spines,” says Dr. Kristopher Bradt, founder and lead chiropractor. “We’re aligning lives.”

Personalized Care

Each patient begins with a detailed consultation to uncover root causes. Whether it’s chronic pain, injury recovery, or preventative care, treatment plans are tailored with spinal adjustments, rehabilitative exercises, and lifestyle recommendations. Patients often share that the care they receive is as valuable as the relief they feel.

Beyond Adjustments

The clinic has become a hub for holistic healing, offering nutritional counseling, posture correction, and ergonomic support. Athletes turn to chiropractic care to enhance performance, parents bring children for pediatric

adjustments, and older adults benefit from improved mobility and independence.

Rooted in Community

Cortland Chiropractic is more than a clinic—it’s part of the community. From collaborating with local schools, fitness centers, NAMI, & Special Olympics, the practice is committed to building a healthier Cortland and Homer.

A Destination for Wellness

In today’s fast-paced world, Cortland Chiropractic provides balance, alignment, and natural healing. For those seeking lasting results, it’s not just a practice—it’s a destination for wellness.



Attention Business Owners

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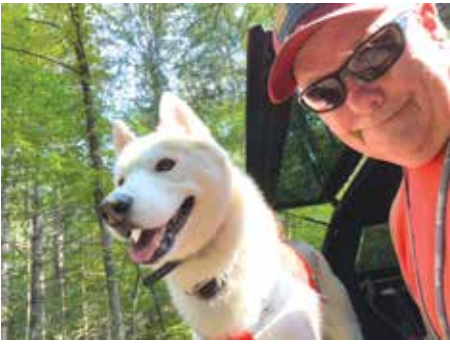
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Celebrating 23 YEARS OF THE CAT!



JUDY KILMER
Founder/Editor

The Cortland Area Tribune is published by me, Judy Kilmer. I live in Dryden with my husband John and our husky Ripp. John and I have been married 48 years and have 3 grown children, a 12 year old granddaughter and 4 year old grandson. I have been working in advertising for over 50 years! My first job in 1974 was at a pennysaver while I was studying Commercial Art at BOCES and still in high school. At the pennysaver I learned the basics for creating, selling newspaper ads and writing articles. After I graduated from high school – I left the Pennysaver and worked at an advertising agency for 10+ years then took some time off to raise our family. Once our children were in school, I started working in the advertising field again for a local newspaper and a few years later I realized I wanted to start my own paper. After I talked to folks about a need for an old fashioned community paper in the Cortland area, I was inspired to create a newspaper that featured articles about businesses that folks drive by every day. Plus offer free community events and do each issue with a “theme” to keep the paper interesting for my readers. The Cortland Area Tribune was launched in September 2002, providing local businesses with an affordable, attractive bi-weekly newspaper! Thank you to my loyal advertisers and thank you “my readers” for reading The Cortland Area Tribune in print and online! And a special thank you to my layout/graphic designer Dustin, graphic designer Nanci, independent sales consultant, Martha and the rest of the crew that sells ads and writes articles. Thank you to McKayla, Jim, my husband John and my daughter Katelyn who delivers the papers covering 7 counties! All of you contribute to the success of The Cortland Area Tribune celebrating its 23rd Anniversary!



JOHN KILMER

Hi—I’m Judy’s husband John. I have been helping Judy behind the scenes with the paper since 2002. I started delivering papers in 2020 and enjoy making sure the bins are full every other week. I deliver to Groton, Locke, Moravia and Lansing areas. When I’m not working on the paper I can be found mountain biking with our dog Ripp.



MARTHA NELSON

I have been in advertising sales since 1993, when I was hired by Lakeside Printing in Skaneateles. I have won awards for outstanding sales and have been recognized for the design, sales and overall success of different promotions over the last 32 years. I retired in Nov. 2009 from the Scotsman Press. I started working with Judy in August 2012 at The Cortland Area Tribune. I have 2 children—Lisa and Matt—5 grandchildren, and 5 great grandchildren—Kris, Maverikk, Remmington, Winston, and Clyde. I live in Cortland at the Country Music Park! I winter in Florida near Ocala for 6 months where I enjoy growing flowers and visiting friends.



NANCI MCCRAINE

After working professionally as an advertising retailer with Judy (and the Tribune) since the early 1990’s, Nanci joined the Tribune as a marketing/sales consultant and ad designer. Nanci has lived and worked in the Cortland-Homer-Ithaca region for years. She graduated from Homer High School and TC3. She has traveled extensively in the lower 48 states, Canada, Alaska and Britain. She enjoys photography, traveling, motorcycling, gardening, trains, airplanes, bagpipes, animals, hiking outdoors, and birding. She is a stock photographer with a site at nancimccrainephotography.com. She has experience with retail, event planning, graphic design, photography, and marketing. For years she coordinated the local Home Builder Show, was an event coordinator for nonprofit organizations such as the Cortland Celtic Festival, Home Builder Association, plus many local restaurants and area businesses. She resides in Freeville and works full time as a paraprofessional. Her art background allows her to create and design her client ads quickly and efficiently, and she looks forward to meeting the challenges of new business client advertising needs. A sample of her advertising artwork and photography can be seen at: facebook.com/McCraineMercantile. She is currently accepting new advertising clientele and can be reached by email at: nydesignsbynanci@gmail.com, or directly through cortlandareatribune.com.



DUSTIN HORTON

Hello—I’m Dustin, based in Salt Lake City, Utah.

I build the newspaper, both in print & online. I started out delivering for Judy while attending Dryden High School, took over the design duties in 2006, and launched the website in 2010.

I’m a Software Engineering consultant, working with clients like Amazon, NASCAR, NHS & Remind—and own a tattoo shop in Rochester.

It’s incredibly rewarding watching the businesses in the community grow, and the CAT is no exception—Judy is an amazing boss and her success is hard-earned and well-deserved.



KATELYN KILMER

Hi! I’m Katelyn! Judy is my mom. I’ve been helping with the paper since I could drive. I help distribute the papers. I enjoy being outside as much as I can and working for the paper allows that to be possible. My mom has done amazing things with the paper and because of it I’ve met a lot of people and experienced cool things along the way. Watching the paper grow since I was young has been nothing but awesome. It’s fun being a part of the CAT community.



MCKAYLA MACOMBER

Hello- I’m McKayla Macomber, and I’ve been delivering the CAT for 5 years now. I enjoy the freedom I get with delivering papers because it allows me to do other things. I also work at the Dryden Wine & Spirits liquor store, make dog bones treats and make art on the side.



JIM COON

Jim Coon is a life long resident of Cortland, NY. Born there, lives there, will die there. Already has a cemetery plot. It was a wedding gift. He doesn’t like to talk about it. Jim took over the Cortland delivery route in January of 2024 and he likes to joke with his friends he got a new job...a paper route! They don’t get his sense of humor. Jim delivered papers for the Cortland Standard back in the 80’s so he feels he’s come full circle. Along with being a “paper boy” Jim is a successful graphic designer and cartoonist with over 30 years of experience. He is also an actor and is involved with projects at the Center for the Arts in Homer as well as the ACME Mystery Company in Syracuse. Jim travels across the state and into Pennsylvania on weekends to various craft and comic shows selling prints of his original horror art or caricatures. Jim also is the creator of the Chiller Haunted House which is based at his home. The small garage haunt has been in operation for over 40 years. In his spare time, Jim likes to...sleep. Jim lives in Cortland with his wife Kati, daughter Abbi and 2 cats. Stay off his lawn!!!!



LINDA BATES

Hi! I’m Linda Bates coming to you from Triangle, NY where I live with my husband Dan, our Chocolate Lab/Bird Dog Elli Mae, and two Nigerian Dwarf goats Flower and Lily, OH and my eldest brother has moved in with us, can’t forget Dale! I am a MiMi to two awesome grandsons and I currently work a few part-time jobs, one of which is with the CAT. I’ve known Judy for years and was thrilled when she asked if I would be interested in being an advertising consultant even on a part-time basis and my wonderful nephew Dustin is the Designer who only does quality, so it was a no brainer! My focus is to get this high-quality paper into the hands of more Broome County residents and businesses. I have always enjoyed networking and building new relationships, so this is a WIN-WIN! If I can help you out, please let me know! 607-423-4746.



ARIEL HERRERA-MOLINA

Ariel Herrera-Molina is excited to step into her new role as an Independent Sales Consultant with The Cortland Area Tribune. Born in Cortland, raised in Groton, and a former student at TC3 and SUNY Cortland, Ariel has always felt deeply connected to the local community.

At 21, she moved to North Carolina, where she lived for 7 years and worked in a variety of roles including home health aide, patient care technician in dialysis, private nanny, serving, and retail. Eventually, she discovered her passion for skincare and wellness, becoming a Licensed Esthetician nearly a decade ago. For the past five years, she has successfully owned and operated her own spa, and she has also been a Reiki Practitioner for the last three years.

Ariel is happily married to her husband, who is originally from Colombia and a former professional soccer player. Together, they are raising their 9-month-old daughter, Nova, who is the light of their lives. Their household also includes two cats and a dog, two of whom have been with Ariel for over a decade.

In her free time, Ariel enjoys spending time with family and friends, being in nature, practicing yoga, reading, music, exploring “woo woo” practices, and trying new foods as a self-proclaimed foodie. One of her favorite passions is creating and giving dreamy facials that leave clients feeling renewed and cared for.

In her new role with The Cortland Area Tribune, Ariel looks forward to connecting with local businesses, supporting their growth, and helping the community continue to thrive.

To advertise, call 607-745-0129 or email arielherreramolina24@gmail.com

CAT

PUZZLES & GAMES



WORD FIND

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

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

marry • vows • flowers • wife • groom • corsages • boutonnieres • husband
bridesmaids • limousine • photographer • rings • wedding • reception
rehearsal • bouquet • champagne • honeymoon • tux • gown • bride
ceremony • flowers • toast • best man • caterer • garter • church • cake

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!

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

LAST ISSUE’S

PUZZLES



SUDOKU

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

THIS ISSUE’S TRIVIA ANSWERS

1. ...and a silver sixpence in your shoe
2. Prosperity and fertility
3. It varies, but “Can’t Help Falling in Love” ranks top
4. October—Fall weddings have overtaken June weddings in popularity!

WORD FIND

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

LOCAL

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Marathon • Fabius • Tully • Moravia

Cortland – Doug’s Powersports • Doug’s Fish Fry • Cortland Diner
Price Chopper • Grand Union • Perkins Restaurant • Bill Anderson’s Market

Marathon – Ron’s Body & Paint • Laundromat • Mijos
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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