# ellicottvilleNOW

@ellicottvilleNOW #evInow LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED May 16-22, 2024

FREE

## A Park a Day Keeps the Blues Away

Gear up For Summer Adventure; Local Outdoor Parks are NOW Open for the 2024 Season



By Mary Weiser

It's finally time to put away the heavy coats, trade snow boots for hiking boots, and load up the car with bug spray, picnic blankets, and binoculars! Yes, it's that time of year again when local outdoor venues open their gates to visitors looking to enjoy nature for a week, a weekend, or even just an afternoon. Not sure where to begin? Why not make it a goal to visit all the region's green havens by Labor Day weekend?

Let's start in Cattaraugus County with Allegany State Park, where fishing, swimming, canoeing, kayking, hiking, biking and camping await! Or maybe day trip to Jakes Rocks just outside of Warren, PA.

Venture to Erie County and find Chestnut Ridge Park and Eternal Flame Falls, or backtrack to Griffis Sculpture Park in East Otto and take in one of America's largest and oldest sculpture parks.

Head further out to Letchworth State Park, also known as the Grand Canyon of the East. The Genesee River runs through the gorge, creating three major waterfalls, up to 600 feet high in some areas, with spectacular views.

... page 08

## LITTLE VALLEY TO HOST EVENT HONORING 150 YEARS OF CRAFTSMAN-SHIP & HISTORY

Long known as the epicenter of early American knife manufacturing, "The Village of Knives" in western New York will honor its past with a major knife show and celebration July 12-14, 2024. Local, regional and international vendors are welcome to display, as the foremost knife dealers and collectors will be coming to Little Valley to educate, appraise, buy and sell. Attendance for the general public is free, with the entire Cattaraugus County Fairgrounds devoted to this event.

Proceeds from the event will go directly to benefit Little Valley, including its library and beautification efforts. By focusing on its proud history, offering tours and rare knives for sale, raffle and auction, Little Valley's event will be among the largest in America in 2024.

... page 07

## BICYCLING 500+ MILES TO RAISE FUNDS FOR CANCER RESEARCH

I believe that greatness can be measured in many ways. In humans, greatness can be measured by the extent of their positive outreach to others. This could be anything from catching a fly ball and giving it to a child, or lending the other half of your sandwich to your buddy who forgot his lunch at home; even just striking up a conversation with a stranger who looks like they could use some company during a social. Conscious efforts to make other people's lives just a little better make someone pretty great, even if the reach is small or interpersonal. There are, however, a select few individuals who hugely extend their greatness and critically change the lives of people on a potentially global scale: Meet Rick Jackson ... page 03

## ELLICOTTVILLE WELLNESS FAIR: CELEBRATING ALL THINGS HEALTHY

There is nothing more important than your health, so why don't we celebrate it like we do so many other things? I mean, we only have one life; it's important to take care of it! And no, it doesn't have to be a chore. If you do it right, it can be a joy! Warrior Fitness and Wellness is planning to launch Ellicottville's first Wellness Fair on June 1st, and they welcome the public to come learn about all the ways you can find joy in taking care of your health. Owner Brad Poole was more than happy to share how the project got off the ground ... page 12

## instaNOW

Check out some of our featured InstaNOW photos! Want to see yours? Share your photos on IG, tag us and use #evlnow! Find the grid on page 15.





## Honoring an Icon in Downtown Ellicottville

Village Gazebo to Display Statue of Astronaut Tracy Caldwell Dyson



By Colleen Evans

Ellicottville, NY, recently named as one of the top 10 best Main Streets in the United States, is adding to its charm. Coming this June, the Ellicottville Chamber of Commerce will introduce a new statue to be displayed at the Village Gazebo.

Honoring the strong women in our community and local businesses, the Chamber is happy to announce the addition of a 10-foot-tall bronze sculpture commemorating American Astronaut, Dr. Tracy Caldwell Dyson. On the evening of Thursday, June 27th at 6:00pm, locals and visitors alike can attend the kickoff to the Village Gazebo series, with special guests from Griffis Sculpture Park, to reveal and discuss the newly appointed statue and the art park.

... page 04



Ellicottville students in Mrs. Farnum's 2nd grade class reading books that were purchased via the Wolfinger Family Fund grant.

#### WOLFINGER FAMILY FUND BOLSTERS LOCAL SCHOOL DISTRICTS

The Wolfinger Family Donor Advised Fund at the Cattaraugus Region Community Foundation recently provided \$4,607 in grants to area school districts to provide for special projects and educational enrichment programming. The Wolfinger Family Fund was established in 2019 to provide annual support for educational programming and enrichment opportunities for area students. Among the schools to receive aid was Ellicottville Central, who received \$650 for their Budding Artists project, as well as \$362 for the Decodable Readers for Young Learners project ... page 07



#### SPA SERVICES GREAT FOR COUPLES OR ANY DUO!

· WARM SALT STONE MASSAGE FOR 2 - We use warm salt stones as part of a Swedish massage to ease muscle tension and induce relaxation. Bring your favorite person along and indulge in a relaxing massage for two in our massage room.

#### EARTH & FIRE PACKAGE **FOR TWO**

30-minute Infrared Sauna

45-minute Salt Cave Inhalation Session

#### HEAD TO TOE PACKAGE **FOR TWO**

Upper Body Salt Glows or Express Facials Salt Stone Foot Experience

#### WARM THE SOLE PACKAGE **FOR TWO**

Signature Salt Stone Foot Experience 45-minute Salt Cave Inhalation Session

32 W. WASHINGTON STREET • ELLICOTTVILLE, NY • 716-699-2068 **BOOK ONLINE AT WWW.ELLICOTTVILLESALTCAVE.COM** 







Climbing season is here! Sky High will be open Friday – Sunday from 9AM to 4:30PM through June 23. Open daily starting June 24. So make your plans to come out and enjoy New York State's largest Aerial Adventure Park.

#### THINGS TO CHECK OUT

#### **HOLIDAY VALLEY MUDSLIDE**

**SATURDAY, JUNE 15** 

Don't miss out on the muddiest fun you'll have all year. Run the 4.25 mile short course or the 5.4 mile long course. Have fun on upwards of 15 challenging obstacles. There's even a kids race for ages 4-11.

### YOUR DREAM WEDDING

A wedding at Holiday Valley is unlike any other. The breathtaking landscapes, venue options, and proximity to the Village of Ellicottville all add up to make sure that you have a day you will remember forever!





FIND MORE INFORMATION AT HOLIDAYVALLEY.COM 6557 Holiday Valley Rd. | Ellicottville, NY 14731 | 716-699-2345







# ellicottvilleN

LOCALLY OWNED AND PUBLISHED

Ellicottville's newspaper, published every Thursday in print and online

Distributed in Ellicottville and locations throughout Cattaraugus, Erie, Chautauqua Co., NY, McKean Co., PA

## ellicottvilleNOW.com

SIGN UP FOR eNOW News FREE at ellicottvilleNOW.com/subscribe



@ellicottvillenow ... FOLLOW US! Join our InstaNOW photo gallery. Upload your photos using #evlnow / tag us.

ellicottvilleNOW is a publication produced by DesignPerks of Ellicottville, member of PaNDaGOAT Media | ellicottvilleNOW.com

**OFFICE** 9 W. Washington St. PO Box 1077 Ellicottville, NY 14731 716-699-9816 info@ellicottvillenow.com

PUBLISHER / EDITOR, LEAD DESIGNER Brenda Perks, DesignPerks of Ellicottville designperks@gmail.com brenda@ellicottvillenow.com

ASSISTANT DESIGNER, PRODUCTION MANAGER Meaghan Lucarelli meaghan@ellicottvillenow.com

COMMUNICATIONS, CONTENT COORDINATOR Jessica Schultz jessica@ellicottvillenow.com ADVERTISING SALES ASSOCIATES Brenda Perks Direct: 716-244-7573 brenda@ellicottvillenow.com Evan Evans Direct: 716-464-0134

evane716@aol.com

#### TEAM WRITERS / PHOTOGRAPHERS

Colleen Evans Mary Weiser Carol Fisher-Linn Patrick Ferrino Melanie Hulick Kim Duke Suzy Woo Indrek Kongats Rich Rumfola Ashley Baron Scott MacDowell

> DISTRIBUTION Evan Evans (Manager) Kelly Loverdi

### Article/Photo Contributions

Contributions are always welcome. Submit your articles and photos or story ideas to our publisher: brenda@ellicottvillenow.com

### Advertising Rates

Available upon request. Deadline for print, digital & classifieds: Monday prior to publication release. Please contact one of our sales reps for a release schedule, rates and additional information.

# Publisher's PICK

## RIDING BIKES AND SAVING LIVES

Ellicottville Resident Prepares for 5th Empire State Ride; Fundraiser at Madigan's



#### By Patrick Ferrino

I believe that greatness can be measured in many ways. In humans, greatness can be measured by the extent of their positive outreach to others. This could be anything from catching a fly ball and giving it to a child, or lending the other half of your sandwich to your buddy who forgot his lunch at home; even just striking up a conversation with a stranger who looks like they could use some company during a social.

Conscious efforts to make other people's lives just a little better make someone pretty great, even if the reach is small or interpersonal. There are, however, a select few individuals who hugely extend their greatness and critically change the lives of people on a potentially global scale: Meet Rick Jackson.

Rick Jackson is an Ellicottville local and real estate associate broker with Howard Hanna WNY. Rick is a 4-time Empire State Ride finisher and as he gears up to make it five this year, Rick hopes to gauge support through his preride benefit being planned for May 25th at Madigan's.

The Empire State Ride is a research benefit event powered by the Roswell Park Alliance Foundation. It's a bike ride from Staten Island to Niagara Falls. It takes seven whole days, over 500 miles, and ranges 18,000 feet in elevation. This gives people the opportunity to raise money for the Roswell Park Comprehensive Cancer Center located in Buffalo, NY. The foundation gives those wanting to raise money for the institution's research a platform to do so. "My understanding is, research is not funded by insurance," said Rick.



The Empire State Ride is a benefit through this foundation, where its funds will directly contribute to cancer cures, existing treatment comfort, and overall support for those undergoing treatment and their families. "This ride helps raise those funds. For every dollar we raise, Roswell gets \$23", added Rick. The Empire State Ride's greater goal is to raise \$10 MILLION dollars in ten years!

To help reach his \$10,000 goal this year, which will equate to \$320,000 using Roswell's conversion, Rick is hosting a pre-ride benefit at Madigan's in Ellicottville. The event on May 25th will run from 2:00-4:00pm. In true Madigan's fashion, the event will be tons of fun and loaded with prizes to win. Namely, guests can donate via a basket raffle, 50/50, and silent auction. "The baskets will be made up of donations from some of our favorite locally-owned Ellicottville businesses," said Rick. "We are grateful for the support these businesses provide to the cause year after year."

The big stars of the show are the silent auction prizes. Skis, boots and other snowsports equipment will be up for grabs, and we all know that feeling of stumbling across some gear in the off-season for a crazy-good price! The coolest prize, however, comes from Rick himself. "I have several autographed Bills jerseys," he told ellicottvilleNOW proudly.

After the fundraising event, Rick will continue to physically train for his week-long ride which will start on July 20th in Staten Island and end on July 27th in Niagara Falls. It is a 500+ mile bike ride after all. "My training consists of a lot of riding and workouts. We have a professional cycling coach who rides and trains with us as well," said Rick.

It sounds too hard for me, but for Rick, he has experienced much harder. He is nothing but motivated and determined to make year five the most meaningful one yet, this time, for his stepdaughter.

"My personal experience with cancer started when my big brother, David, was diagnosed with Leukemia. After a three-year battle, he passed away at 29," Rick shared. Terribly, this wasn't the only encounter for Rick. He currently has a father and multiple siblings fighting melanoma, as well as a daughter and wife fighting breast cancer, for a second time in the case of his wife.

It goes without saying that everybody is affected by cancer in some way. Either through your own battle or through witnessing the battle of a loved one. Rick finds himself in an

"Empire State Ride" continued page 14



## Cathleen Pritchard Melanie Pritchard

Lic. Assoc. Real Estate Brokers ERA Team VP Real Estate & HoliMont Realty 12 Washington St., Ellicottville, NY 14731

Cathy: 716-983-4234 Melanie: 716-480-8409

E: info@teampritchard.com

## www.TeamPritchard.com



6230 Sunset 5 Bed | 3 Bath 2,811 sq ft \$759,000



7025 Route 242 4 Bed | 2 Bath 9+ acres. \$2,150,000









www.AnewBeginningNY.com

VIEW ALL SERVICES ON OUR WEBSITE



**Customized, One-on-One Programs** 

- 🕶 Strength Training
- Injury / Illness Recovery
- Nutrition Planning

55 Bristol Lane, Ellicottville 716-698-1198



8 Washington Street, Ellicottville, NY 14731 \* 716-699-9079

## ellicottvilleNOW

# LOCAL

## HONORING AN ICON

Statue of Astronaut Tracy Caldwell Dyson Coming to Ellicottville This Summer



By Colleen Evans

Ellicottville, NY, recently named as one of the top 10 best Main Streets in the United States, is adding to its charm. Coming this June, the Chamber of Commerce will introduce a new statue to be displayed at the Village Gazebo.

A summer launch you won't want to miss, so mark your calendars for the official unveiling of Ellicottville's newest art installation. Honoring the strong women in our community and local businesses, the Chamber of Commerce is happy to announce the addition of a 10-foot-tall bronze sculpture commemorating American Astronaut, Dr. Tracy Caldwell Dyson.

On the evening of Thursday, June 27th at 6:00pm, locals and visitors alike can attend the kickoff to the Village Gazebo series, with special guests from Griffis Sculpture Park, to reveal and discuss the newly appointed statue and the art park. While the Gazebo series will continue on Friday nights until August 8th, this special Thursday event is to celebrate the art around us. Live music will fill the night, along with light hors d'oeuvres and refreshments, so be sure to raise a glass and share a toast to all that Ellicottville continues to offer.

Now the statue itself is on loan from Griffis Sculpture Park and will stay as a fixture to the Ellicottville community from early June to October of this year. Back in 2021, Griffis Sculpture Park received four statues sculpted by a pair of renown Australian artists, Gillie and Marc Schattner. Each of the four pieces reflect women that inspire the world through various talents and intelligence. The collaborative artists used their expertise to portray a life-like sculpture for each woman and are set in bronze, standing at 10 feet tall. In recent years, with the exception of 2023, Ellicottville has been fortunate enough to partner with Griffis Sculpture Park to share these public works of art.

Starting in 2021, the Chamber of Commerce began with the first chosen piece, Cheryl Strayed, an American author who has written four books, one turned film, Wild, and another adapted into the 2023 Hulu series Tiny Beautiful Things. In 2022, Gabby Douglas was the featured piece (pictured at right), a world class Olympic gymnast who took home the gold medal for the United States at the young age of 16. A piece that has yet to be displayed is of Janet Mock, writer, director, and activist. Now in 2024, we welcome the addition of the Tracy Caldwell Dyson sculpture to add a bit of her history into our own community.



So, let's talk about the honoree in which the new public art piece will center around. Dr. Tracy Caldwell Dyson, who received her PhD in chemistry, is a gravitational force to be reckoned with. She has completed two space flights, and on March 23rd of this year, was launched to the international space station where she will spend six months aboard. This will be Dr. Dyson's second longest space mission, having already logged in more than 188 days in space with over 22 hours of spacewalk time since starting her career in 1998. She was selected by NASA for her groundbreaking research into molecular level surface reactivity and began her initial training in August of 1998.

A California native and fluent in ASL and Russian, she has hosted the NASA TV series StationLIFE and hopes to inspire girls around the world to shoot for the stars! With an endless array of awards and experience, Dr. Tracy Caldwell Dyson has proven herself to be one of the most influential women in space science and has no plans on slowing down.

The Chamber of Commerce wanted to reflect and honor high achieving woman shown in art and history to celebrate our areas predominate women-owned businesses and community members. Sharing the love for equality, and historic conservation, the creators of these statues, Gillie and Marc Schattner, hope to inspire all who are able to admire their work. Quoted by the New York Times, the Schattners have been said to be "the most successful and prolific creators of public art in New York's History." Having been featured in over 250 cities through their sculptures and paintings, Ellicottville is

### "Gazebo Statue" continued page 14

## **KNOW YOUR FOOD**

New Farm-to-Table Shop NOW Open in Great Valley



By Jessica Schultz

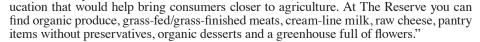
We've all heard the expression "farm to table" for years now, typically when viewing fancy restaurant menus. But what if I told you there was a place you could shop that was direct from local farmers to your own table? Would you be surprised if I also said it was on the main stretch of 219 in Great Valley heading into Salamanca? Well don't be, because The Reserve Farm-Shop is open now!

What is The Reserve? They are a shop that provides organic, pasture-raised, grass-fed/grass-finished and local products, direct from their sources. They believe that when you "know your farmer, know your food."

ellicottvilleNOW had a chance to speak with the owners about how they got started and what products they are offering to the community. The husband/wife are fabulous people, so you'll have to stop into the shop and visit to get to know them better!

The wife explained, "The Reserve has been a dream since I was a kid. I actually tried starting it 9 years ago in Ellicottville, but was too young and didn't have enough business experience to pull the trigger. It would not have happened without the support of friends and family."

What does The Reserve offer the community? "We offer REAL food. I have strong opinions towards our modern food industry, and have always wanted to offer food and ed-



And they aren't playing around with their selections. They've got fresh in-season apples, potatoes, peppers, European pastries, handcrafted chocolates (including homemade caramels), fresh bread baked daily and more. There really is something to please every palate, including the youngest members of the family. Plus, you can come in to shop and also enjoy something delicious from their on-site cafe. (That's right, a cafe!)

What does the cafe have available? "Our in house cafe will be offering innovative smoothies that are designed to help with satiation and providing an aid to a healthy gut flora. We have the Serene Green, Strawberry Glaze and Cacao Butter currently. You can also find 12-inch artisan pizzas, nitro lattes, cold brew coffee, oat milk lattes, and crafted kombuchas on tap. If you are a tea person, we also carry Dragon Girl Tea, organic blends created by a small team out of Buffalo, NY."



Get your selections to go or take a relaxing break in their comfy seating area before you get back to stuffing your bags with all the great artisan goods they have. Which isn't just limited to food, by the way. They also offer a variety of home goods and gifts, like hand-poured candles and amazing skincare products done by Beauty Organix out of East Aurora. There is also a lovely mix of fresh grown flowers out in their greenhouse for the garden lovers amongst us. The Reserve really is a haven for those searching out high-quality and unique items.

Officially The Reserve opened on May 5th and they're already well on their way to becoming a staple. "The community has truly supported this business venture which has been incredible to witness thus far. The Reserve was created as a franchise business model. We will be opening a second location in May 2025. Our plan is to spread awareness while providing a sanctuary-like atmosphere in smaller towns across WNY."

That's a fantastic goal right there and I'd say we're pretty lucky to be the site of their flagship location. You should stop in and pay them a visit and treat yourself to something a little more special than your typical groceries. They are open Tuesday through Friday from 9:00am-6:00pm and open Saturday & Sunday from 9:00am-3:00pm. Closed on Mondays. Visit their Facebook page, their website thereservemarket.com or call 716-265-2009.





## **OPEN HOUSE**

SATURDAY, MAY 18<sup>™</sup> 12:00-2:00PM

This 4 bedroom, 3 bath haven boasts a 2-car garage, finished attic, Rec Room, covered patio, nestled within walking distance to the village of Ellicottville. MLS#B1531348 ... \$449,900

YOUR TRUSTED COMMUNITY REALTOR WITH KNOWLEDGE AND EXPERIENCE.



RICHARD JACKSON

CELL: 716.801.0967 OFFICE: 716.699.4695 wnyhomes2@gmail.com

34 Washington St., Ellicottville, NY 14731

**Real Estate Services** 



**ELLICOTTVILLE PLAYGROUND** 

# **TOURNAMENT**

\$125/player \$500/team

SATURDAY

**JULY 27TH** 

CONCORD CREST **GOLF COURSE** 

Shotgun start: 2:00pm

Proceeds go to the building of a new, inclusive playground in Ellicottville

Register now. space is limited

bit.ly/Playgroundgolf

Sponsorship opportunities available! Email ellicottvilleplayground@gmail.com for information!



Come dine at our 2nd location KATY'S FLY-IN

Route 219, Great Valley, NY Serving Breakfast, Lunch & Dinner

★ the hot spot for breakfast ★ specialty coffees & drinks

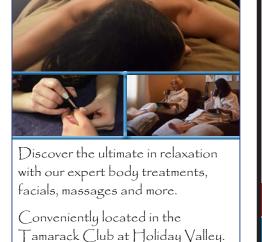
DOWNTOWN ELLICOTTVILLE

- ★ daily lunch specials
- ★ indoor & outdoor patio dining

On the run? Try one of our breakfast creations or delicious lunch combos TO-GO!



OPEN 7 DAYS A WEEK FOR BREAKFAST AND LUNCH Washington Square ★ Ellicottville, NY ★ 716.699.8860



www.evilleoasis.com | 716.699.8996

Dana's Heating & Plumbing



PLUS:

- Air Conditioning and Electrical
- NEW Heat Pumps & Mini Splits
- Call for a Free Estimate
- Fully Insured

CALL/TEXT US!

716-801-1789 716-801-5420

## We Are Ellicottville's

Simple. Straightforward.



Insurance For











At Weed Ross, we offer clients the highest quality insurance plans, a personal relationship, and the best prices available. As we continue to build upon decades of expertise, we specialize in coverage for vacation homes, seasonal homes, rental properties, lake houses, and more. Our dedicated team of local insurance agents helps ensure optimal coverage at the lowest rate possible.

4 Monroe Street | Ellicottville, NY

Call (716) 699-2388 Or Visit Us At WeedRoss.com

# PHOTO REWIND

## Celebrating Ellicottville Central School Sports

The spring sports season is in full swing and ECS athletes are showcasing an impressive level of talent on the field as they near the completion of regular season and prepare for the playoffs. Varsity Baseball, Softball and Track & Field recently honored graduating seniors during Senior Night, repsectively. Come out and show your support for the ECS Eagles and FE Titans; game schedules can be found at ellicottvillecentral.com.



# REGIONAL

## INSIDE THE CLASSROOM

Wolfinger Fund Supports Educational Programming in Local School Districts



Ellicottville students in Mrs. Farnum's 2nd grade class are pictured reading books that were purchased via a grant provided by the Wolfinger Family Fund.

OLEAN - The Wolfinger Family Donor Advised Fund at the Cattaraugus Region Community Foundation recently provided \$4,607 in grants to area school districts to provide for special projects and educational enrichment programming.

The Wolfinger Family Fund was established in 2019 by Connie and Harold "Sandy" Wolfinger to provide annual support for educational programming and enrichment opportunities for area students.

The Smethport Area School District received \$1,000: \$500 each for the Smethport DECA Field Trip Fund and the PA Elk Restoration Unit and Wildlife Comparative Anatomy & Classification. The DECA Field Trip Fund allowed Smethport students to travel to the Pennsylvania State Career Development Conference in Hershey, PA in February. These students were awarded the opportunity to compete among 3,500 students and grow in their chosen areas of business, entrepreneurship and hospitality.

The PA Elk Restoration Unit and Wildlife Comparative Anatomy & Classification aims to teach students in grades 9 through 12 about watersheds, streams, fish species, PA mammals, ecosystems, fishing, hunting and the PA Game Commission. Additional funds for this project will go towards a trip to the Elk County visitors center, where there is an educational program related to the reintroduction of elk into Pennsylvania.

Ellicottville Central School received \$650 for their Budding Artists project, as well as \$362 for the Decodable Readers for Young Learners project. The Budding Artists project purchased materials for a newly developed, full day pre-k classroom. The materials will be used to help young artists strengthen their fine motor skills, as well as build creativity and imagination. The Decodable Readers for Young Learners project purchased texts for 2nd grade teacher Leah Farnum's classroom "that pique student interest in reading while also being decodable and accessible to all students in the classroom."

"It is a joy to watch young learners get hooked on a book series and be unable to put it down," said Farnum. "This opportunity would not otherwise have been available to my seven- and eight-year-olds without [CRCF and the Wolfingers'] support."

Coudersport Area School District also received two grants: \$500 for the Challenger Learning Center Trip and \$500 for CO2 Laser Engraving and CNC Project Consumables. On the Challenger Learning Center field trip, students can explore 21st century occupations and science standards through space-themed, STEAM-based activities while developing their communication and teamwork skills. The CO2 Laser Engraving and CNC Project Consumables will benefit Coudersport students in grades 7 through 12 by providing them with consumables to create and manufacture projects in the STEM Lab, sports teams, clubs and the community.

Northern Potter School District received \$1,000 for the Building Connections Around the World project. The Building Connections Around the World project used the grant to purchase Lego sets of famous landmarks around the globe. This initiative aims to increase students' interest in world travel by building replicas of landmarks themselves.

The fund also provided a \$1,180.25 grant to Belvidere High School in Belvidere, NJ for the purchase of agricultural mechanics welding safety equipment. Belvidere High School holds a special place in the hearts of the Wolfingers. Sandy's mother, Dorothy Wolfinger, and sister, Alice Wilhelm, had lived in Belvidere their entire lives and attended school there from kindergarten to grade twelve. Alice also taught kindergarten at Belvidere for many years. Sandy and his siblings, Ray, Carol, and Kirk Wolfinger, attended Belvidere from kindergarten forward.

If you would like to support our local school districts, donations are always welcomed. Donations can be made to the Wolfinger Family Donor Advised Fund at CRCF, 301 North Union St., Olean, NY 14760 or online at cattfoundation.org.

About CRCF: The Cattaraugus Region Community Foundation is the area's supportive, responsive and trusted community foundation. Established in 1994, CRCF is growing good by connecting donors to the causes they care about most in the region. Grants from the foundation support many areas, including education, scholarships, healthcare, the arts, community development, human service, and youth development.

To learn more, call 716-301-CRCF (2723), email foundation@cattfoundation.org, or visit online at www.cattfoundation.org. CRCF is also on Facebook (facebook.com/cattfoundation) and Twitter (@CattFoundation).

## THE VILLAGE OF KNIVES

Little Valley to Host Event Honoring 150 Years of Craftsmanship and History



LITTLE VALLEY - Long known as the epicenter of early American knife manufacturing, "The Village of Knives" in western New York will honor its past with a major knife show and celebration July 12-14, 2024. Local, regional and international vendors are welcome to display, as the foremost knife dealers and collectors will be coming to Little Valley to educate, appraise, buy and sell. Attendance for the general public is free, with the entire Cattaraugus County Fairgrounds devoted to this event. For vendor table reservations, lodging and other information, please visit www.VillageofKnives.com.



Educational and very hands-on demonstrations will be led by History Channel's *Forged in Fire* champion Walter Baranowski and a few of his fellow contestants. "Having grown up in nearby Springville, New York, where Case and Robinson Knife had factories, I was always amazed how few people knew of the legendary knife companies in our region," said Walter Baranowski, "When I won *Forged in Fire* and heard that Little Valley was planning an event, I said 'Heck yes!' I'm bringing my pals to make sparks fly!"

Proceeds from the event will go directly to benefit Little Valley, including its library and beautification efforts. By focusing on its proud history, offering tours and rare knives for sale, raffle and auction, Little Valley's event will be among the largest in America in 2024.

"One century ago there were more knife makers in Little Valley than anywhere in the world. This small town in western New York holds a significant place in American history, with many of the knives made here highly collectible today," explained John Burrell, a Case family descendant and former owner of Burrell Cutlery, which spun-off from Kinfolks Cutlery in Little Valley before World War II. "The assorted Case families have five generations in the business, making us among the oldest and largest in the industry."

In addition to dozens of knife vendors, dealers and collectors, local and regional vendors of handmade products, artwork and keepsakes are welcome to book tables to display and sell. W.R. Case & Sons Cutlery, Ellicottville Brewing Company, Hughes Hotel, Knife Magazine, the American Museum of Cutlery and Holiday Valley are all sponsoring the event. W.R. Case & Sons started in Little Valley, and proudly carries on the famous family name in Bradford, Pennsylvania.





"Case is proud to be a sponsor of the Village of Knives Celebration. The town of Little Valley, New York is important to us, because it's where the Case name first took root and gave rise to the Case brand that continues to grow today," said Brent Tyler, Associate Vice President of Marketing, Case and Zippo Outdoor Products. "We hope to see a large turnout of fans in support of the many storied brands that sprang forth from the Case family, and we invite all those attending to join our 'Made in Bradford 2024' event the following weekend."

Ellicottville Brewing Company has a plant and restaurant in Little Valley, and will be bottling a special batch for sale at the event in July.

"Knives and beer, what could go wrong?" jokes Brad Lockwood, author and Case de-

"The Village of Knives" continued page 14

## **TRAVEL**

## LOCAL PARKS WELCOME VISITORS FOR THE 2024 SEASON

Plan Your Warm Weather Adventures Amongst the Forest Trails, Rock Formations, Waterfalls... Even the Drive-In!















By Mary Weiser

It's finally time to put away the heavy coats, trade snow boots for hiking boots, and load up the car with bug spray, picnic blankets, and binoculars! Yes, it's that time of year again when local outdoor venues open their gates to visitors looking to enjoy nature for a week, a weekend, or even just an afternoon. Not sure where to begin? Why not make it a goal to visit all the region's green havens by Labor Day weekend?

#### **ALLEGANY STATE PARK**

Located in Cattaraugus County just north of Pennsylvania's Allegheny National Forest, Allegany State Park, or ASP, has two distinct sections: the Quaker Run Area and the Red House Area. ASP is the largest park in the New York State Park system, and - for those bird watching enthusiasts - the Allegany bird conservation area includes one of the largest tracts of interior forest in the state. In fact, the park contains large breeding populations of the Osprey and the Cerulean Warbler, both species of special concern in New York.

While both areas are open year-round, certain activities, amenities, and campsites are only available during the warm weather months. The Quaker area is most known for its two scenic lakes, where visitors can enjoy fishing, swimming, canoeing, and kayaking. If you have camping on the brain, look no further! Choose from tent sites, cabins, and cottages, some of which are fully equipped with electricity and heat and can be rented all year. Camping season for Cain Hollow and Diehl Trail sites runs from May 17th to October 26th and are reservation only. Visit newyorkstateparks.reserveamerica.com to book a site.

ASP's Red House Area is a great place for every member of the family to explore and enjoy! With five miles of paved bike paths, boat and bike rentals, and a beautiful sandy beach, the Red House Area is perfect for a day trip to the park. The area is known for its landmark historical buildings, including the Tudor-style Administration Building, which houses a natural history museum and a gift shop, and the Stone Tower, where visitors can ascend the stairs and enjoy an incredible view of the park.

### **CHESTNUT RIDGE PARK**

Located in nearby Erie County, Chestnut Ridge Park is approximately 1,151 acres and was named by early settlers for the Great Chestnut trees in the area. While the park may have been named for its chestnut tree population, its fame comes from a curious natural phenomenon that continues to draw visitors year after year: the Eternal Flame Falls. This small waterfall can be found in the Shale Creek Preserve section of Chestnut Ridge Park: tucked under the base of the waterfall is a small grotto that emits natural gas, which, once lit, burns continuously and can be seen all year round!

Though visitors often come for a peak at the Eternal Flame, they stay for the many other activities the park offers throughout the year. Bicycling, hiking trails, and playgrounds are just a few of the amenities offered, not to mention the 12 tennis courts, an 18-hole disc golf course, and several family picnic grills. Camping, depending on site, is available from May 1st through October 31st, and shelter rentals are available from May 15th through October 15th. To learn more about the park and make reservations, visit https://www3.erie.gov/parks/chestnut-ridge.

## **DELEVAN TWIN DRIVE-IN THEATRE**

The Delevan Twin Drive-In Theatre is officially open for the 2024 season! Located at 11771 NY-16 in Delevan, the drive-in features two screens and a snack bar with lots of goodies to enjoy during the movie. Follow the Delevan Twin Drive-In Theatre on Facebook to find out which movies are being featured each weekend, including screens, movie ratings, and approximate start times. The ticket booth and snack bar open at 7:00pm., and movies currently begin at approximately 8:30pm. Tickets are \$10 for guests ages 12 and up, \$9 for seniors (55+) and veterans, \$6 for children ages four to 11, and free for children three and younger. As concessions play an important role in supporting the drive-in, guests are encouraged to patronize the Snack Bar rather than bringing in outside food. Cash is preferred, but credit cards are accepted. For more information, call 716-496-5660 or email delevandrivein@gmail.com.

### **GRIFFIS SCULPTURE PARK**

One of America's largest and oldest sculpture parks, Griffis Sculpture Park occupies 450 acres in East Otto and includes over 250 large-scale sculptures throughout miles of hiking trails. The park's official season is May 1st through October 31st and is open daily from

sunrise to sunset. Park creator Larry Griffis, Jr., a World War II veteran and family hosiery company owner, left Buffalo and moved to Rome with his family to learn the art of bronze casting. There, he became inspired by the beauty of Italy's natural landscape and sculptural ruins and returned to the area to create a sculpture park. The land, which began as a gift of 125 acres from Griffis' mother, has grown to include over 300 additional acres that comprise two sections.

The Rohr Hill Road area has large-scale sculptures in the fields and woods not far from the road, and the Mill Valley Road area has several miles of hiking trails and a smooth walking area. The steel sculptures, each placed intentionally with the natural setting in mind, include those made by Griffis, as well as many other artists from all over the world. Several of the sculptures are climb-able, but visitors should take necessary precautions, such as wearing comfortable and sturdy clothing and footwear. Griffis Sculpture Park is a private, non-profit organization that relies on donations and grants to maintain the grounds. Suggested donations for admission are \$5 per adult and \$3 for seniors and children ages five to 12. For more information, visit www.griffissculpturepark.org.

#### **JAKES ROCKS**

Day trippers will love the overlook at Jakes Rocks just outside Warren, Pennsylvania. Open year-round, the area includes a trail that loops around the day-use area and guides visitors past large boulders to the overlook, which is built onto a large boulder. The incredible views of Jackson Bay on the Allegheny Reservoir, Kinzua Dam, and the surrounding Allegheny National Forest provide many opportunities to take in the local flora and fauna. More than 300 species of animals, including foxes, beaver, mink, muskrat, white-tailed deer, black bear, wild turkey, and many more can be found in the region, not to mention over 70 species of game and non-game fish.

The area includes 35 miles of mountain biking trails of varying levels of difficulty that connect to Dewdrop Campground for those looking to spend the night. Picnic tables, grills, and restrooms are available; please note that there are no electric hookups or shelters on site. For trail information and driving directions, visit https://www.fs.usda.gov/recarea/allegheny/recarea/?recid=6092.

#### LETCHWORTH STATE PARK

Known as the "Grand Canyon of the East," Letchworth State Park has some of the most scenic views in New York state. The Genesee River runs through the gorge, creating three major waterfalls, up to 600 feet high in some areas. Visitors can explore 66 miles of hiking trails, horseback riding, biking, whitewater rafting, kayaking, and more. Swim in the pool, enjoy a guided walk, or picnic in the park—there's no shortage of activities in this 17-mile-long park. Much of the park qualifies as a bird conservation area and includes several Great Blue Heron rookeries, over 30 species of warblers, and several confirmed breeders such as the Bald Eagle, Sharp-shinned Hawk, Yellow-breasted Chat, and more.

Wondering what sets Letchworth apart from other state parks? The Humphrey Nature Center has year-round programming, along with interactive exhibits that share the area's plants, animals, geology, and river ecology. Visitors of all ages will enjoy the activities just outside the nature center, including the butterfly garden, a bird conservation station, and trails to Trout Pond, Inspiration Point Overlook, and areas of old growth forest. Letchworth's Autism Nature Trail is a one-mile accessible loop that features eight different sensory stations and is ADA compliant and suitable for wheelchairs. Camping season runs from May 17th through October 14th; those interested can book 30 and 50 amp sites and cabins, which are available from May to mid November. Swimming season takes place from late June through Labor Day, and the Humphrey Nature Center is open all year. To learn more, visit www.parks.ny.gov/parks/letchworth.

Portville Drive-In

Located at 1060 Olean-Portville Road, the Portville Drive-In is the perfect place to enjoy the latest summer blockbuster with the family! The drive-in is now open every weekend with two screens showing the latest movie, one of which is among the largest drive-in theater screens in the state. From May through late June, movies will play on the weekends only; gates open at 7:30pm and the movies begin at dusk. Check out the Portville Drive-In's Facebook page for updates on additional showing days/times as the summer progresses. The Snack Bar serves a variety of treats including candy, popcorn, pizza, nachos, fries, soda, and more. Admission is \$8 per person and \$3 for children ages 11 and

"Outdoor Adventure" continued page 14





Ashley and Ryan are western NY natives and owners of Snowbelt Cannabis. They have been relentlessly preparing since 2021 to become cultivators in the great city of Jamestown, NY. "We took a grassroots approach and have set up a crowd investing campaign on Mainvest, allowing anyone to invest as little as \$100 and get 1.6x return on your investment."

communities by investing in this local cannabis business.

entrepreneurs directly contributing to their

Due to cannabis still being federally illegal, entrepreneurs of the industry face many challenges accessing capital including not being able to take out traditional business loans through banks. "This campaign will be a huge help in us being able to get up and going as quickly as possible. Through this investment crowdfunding platform, we

are providing our friends and the local community an opportunity to invest in our business. You, our friends and customers make our growth possible, and you (rather than a bank) should be able to benefit financially and share in our expansion and success. Through Mainvest, you're not just an investor... you're part of the business's journey.







Julie Filipowicz Lic. R.E. Agent 716-864-7196



Joany Bund, GRI, Mgr. Lic. R.E. Assoc. Broker 716-969-2156



**Judy Gross** Lic. R.E. Assoc. Broker 716-378-7737 Lic. R.E. Agent 716-378-7079



Lic. R.E. Agent 814-598-1322



John "Jake" Northrup II Lic. R.E. Agent 516-712-5941





**GET DETAILS ON EVERY HOME IN OUR AREA** HOLIDAYVALLEY.COM/REALTY

SALES: 716-699-2000

**VACATION RENTALS: 716-699-2912** OFFICE: 6084 Rte. 219 @ Holiday Valley Rd., Ellicottville, NY 14731



Women's Clothing & Accessories, Gifts & Home Decor

www.gadogadoellicottville.com http://gado-gado.shoptiques.com

Herbs • CBD • Vitamins • Homeopathy Teas • Aromatherapy • Bath & Body Detox & Cleansing • Weight Loss Organic & Gluten • Essential Oils Free Foods & Produce • Bio Scans Ionic Detox Foot Spas **Homeopathic Consultations** Massage • Reflexology • Cranial Sacral Therapy **Natural Health Classes and Consults** by Appointment

TEXT NATURESREMEDY to 22828 TO JOIN OUR MAILING LIST

@Natures\_Remedy Natures-Remedy.net



26 monroe street · ellicottville, ny 14731



print.web.on-demand

# ellicottvilleNOW

LOCALLY OWNED AND PUBLISHED

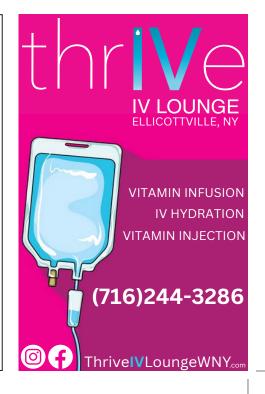
Ellicottville's newspaper, published weekly in print & online subscribe at ellicottvilleNOW.com

## advertise



To place advertising, call our office at 716-699-9816 or email info@ellicottvillenow.com

OFFICE: 9 W. Washington Street | PO Box 1077 | Ellicottville, NY 14731 ellicottvillenow.com



## INTERVIEW

# BIG & RICH TO KICK OFF THE SUMMER CONCERT SEASON AT SENECA ALLEGANY



## MAY 25 · 8:00PM

By Melanie Hulick

Country duo Big and Rich are heading our way with Gretchen Wilson, Cowboy Troy and DJ Sinister for an epic outdoor concert on Saturday, May 25th at 8:00pm at the Seneca Allegany Resort & Casino in Salamanca, NY. With a power house line-up like that it's sure to be a great night filled with music and fun. Big and Rich have played WNY many times and love coming back time after time to reconnect with their fans.

The duo had successful solo careers before coming together in 2003 to form Big and Rich. It didn't take them long to make it known they were here and proved it with their debut album, 2004's *Horse of a Different Color*, which has been certified triple-platinum and is celebrating it's 20th anniversary this year. Winning the CMA New Country Duo Award in 2004 solidified them as a top country act and the rest, as they say, is history.

I got the chance to catch up with Rich recently and we talked about one of the traditions of a Big and Rich concert when they acknowledge our veterans and our military men and women currently serving, while singing their song "8th of November", which shows the respect and gratitude the singer-songwriters have for these brave soldiers. We also talked about the story behind the song, as well as the tour and songwriting.

Rich is thrilled to be out on the road for this summer and is ready to start the party in WNY. Don't let this concert event pass you by! Get your tickets today!

Tickets: senecaalleganycasino.com Learn more about Big & Rich: bigandrich.com

## A Conversation with John Rich

**HULICK:** 2024 marks the 20th anniversary of your debut album *Horse of a Different Color.* Wow... does it feel like 20 years ago to you guys? **RICH:** To be touring 20 years after our first album is an incredible feeling because it means the music stuck and that people loved it. And I would, say at this point, Big and Rich music is really a classic rock n' roll country music, which is a great feeling.

**HULICK:** Marking the occasion, you are touring with Gretchen Wilson, Cowboy Troy and DJ Sinister. All of you have toured together at one point or another throughout the years. How much fun do you have together? **RICH:** To be on the road with Gretchen Wilson, Cowboy Troy, DJ Sinister -

**RICH:** To be on the road with Gretchen Wilson, Cowboy Troy, DJ Sinister - all of us together on the same stage is reminiscent of the MuzikMafia days when we all got started. None of us had any success or any record deals to speak of, and we were just doing it for fun to see where it leads and what's interesting is we're still doing it for fun to see where it leads and it's more fun

now than ever.

**HULICK:** You've played the Buffalo/Western New York area before and seem to connect to your fans here saying it's a "work hard, play hard" atmosphere, which is exactly what this area is. Your song "Comin' To Your City" references a street in Buffalo that you have frequented before. Could you tell our readers the connection?

**RICH:** Buffalo has always been one of our favorite towns to to play and yes, we did put Chippewa where we go when we're up in Buffalo and I can tell you that that came from a college student that was in Nashville during a songwriting session where we wrote this song. That student was from Buffalo and we asked the student where do you hang out in Buffalo? Where do you go to have a good time? And they said we go to Chippewa Street and so we thought "Chippewa's where we go when we're up in Buffalo"... it was perfect. Since that song has been written, we have actually gone to Chippewa and hung out in the bars and stuff down on that street. Matter fact, in the middle of a blizzard, the snow was about 4 feet deep so we love that town and we love the fans there.

**HULICK:** You are both songwriters and have written so many songs for yourselves, but you've written for other artists too. Is there a song you wrote for someone else you wished you would have kept for yourselves? **RICH:** It's always a huge compliment when another artist records songs that

RICH: It's always a huge compliment when another artist records songs that Kenny and I have written. For that artist to record that song really puts it all on the line for something you created, because when they put out a new single they're betting the farm that that thing is gonna be a hit. So I don't think there's any songs that other people have recorded that we wish we would've recorded. I think we're just grateful that they did record them. Big and Rich has had a quite a storied history of other artists recording our music and having big hits... such as Jason Aldean, Faith Hill, Tim McGraw, Gretchen Wilson and all down the line, so we wouldn't change anything.

**HULICK:** I know you each wrote songs for yourselves before coming together as a duo. Was it difficult to write together as far as the process goes? **RICH:** Writing songs with Big Kenny is definitely different than writing one on my own or with other people, and he would probably say the same about writing a song with me. We both come from different perspectives musically, even vocally we sing differently from each other and I think that creates maximum creativity. You know, the best idea wins when we both sit down and I think that's been the secret to our success in our songwriting.

**HULICK:** Who comes up with the titles of your albums? I love the title *Hillbilly* 

**RICH:** As far as titles, it's always got to be a joint decision with Big and Rich. If one of us don't agree, it doesn't happen. So we always find the common ground and settle on what we think is the strongest title for any record that we put out.

**HULICK:** The song "8th of November" that you wrote is based on the story of a soldier named Niles Harris of the 173rd Airborne Brigade who were ambushed by 1,200 Viet Cong on November 8, 1965 in Vietnam. Can you expand on the significance of the song and how it came to be?

expand on the significance of the song and how it came to be? **RICH:** The "8th of November" is a very special song because it's a true song. It's not made up. It's not a fictional tale. It's a true story about a real man who served in Vietnam November 8, 1965. Since that song was released, it has gone on to be a really iconic song for all veterans, not just Vietnam, and even for active duty. We have a lot of active duty and Vets come to our shows. We bring them up on stage every single show and recognize them for their service and then we sing "8th of November". We've done that during over 1,000 concerts in a row now, which spans many, many, many years. This song also resulted in a fundraising concert in Atlanta Georgia that led to the building of the memorial for the 173rd Airborne Brigade. They did not have a memorial prior to that, so that song and the awareness that it brought about the 173rd led to a major concert that funded that memorial.

**HULICK:** What a great story. Thank you for taking the time to answer my questions. We are really looking forward to your show and starting off the 2024 summer concerts!

RICH: We're ready! We'll see you then!

Writer's Note: As the world knows, there has been such turmoil on college campuses with protests on both sides of the Israel and Hamas war by students, and sadly, outside agitators that are taking advantage of the situation, which has turned peaceful protests into a more violent tendency... including scenes of our American flag being taken down and the raising of the Palestinian flag. This has hit hard for so many around our country. Country star John Rich has been speaking out on the issue since the good deeds of a group of fraternity brothers at the University of North Carolina stepped up in a big way after witnessing pro-Palestinian demonstrators replacing the American flag with a Palestinian flag. The college Chancellor and police arrived and took down the Palestinian flag and re-hung the American flag. Once they left the area, protesters started to take our flag down again and this group of fraternity brothers took a stand and refused to let our flag hit the ground. The following is Rich's own words about the events and how he plans to commend these brave students.

"When I saw the guys at UNC holding that flag up, making sure it did not hit the ground, it told me a lot about them. I was so impressed that, first of all, someone had taught them, that you never let the American flag touch the ground, under any circumstances. Somebody raised these guys correctly. They understand what's going on. I think that when people, especially young people, have enough guts and determination to proclaim their love for the country and show their respect for the flag, when it's an inconvenient moment... when it's a tough moment to do it, they deserve to be recognized for that. So we're working with UNC-Chapel Hill to stage an enormous concert on campus that would be free of charge to students. I've had several fellow musicians call to say they'd like to be part of the show. I'm hoping that when we recognize these boys in such a huge way it ignites that same passion all across the country."

## ellicottville NOW

# estinati

## **Upcoming Events to Mark On Your Calendar**

@ HOLIDAY VALLEY RESORT 716-699-2345 | holidayvalley.com



Get ready for the ultimate aerial adventure at Sky High Aerial Park, the largest of its kind in New York and the third largest in the U.S.! Sky High is now open on weekends. They will be open from 9:00am to 4:30pm Fridays, Saturdays and Sundays through June 23rd and then open daily starting June 24th. Reservations are recommended and can be made by calling 716-699-4444 or online at holidayvalley.com. Start the summer and warm season off right with an exciting adventure in the trees! Group rates and lodging packages are available.

716-801-5118 | facebook.com/auto.detailing716 CATTARAUGUS FIREMAN'S CLUB MAY

Bring your fancy ride! All vendors are welcome and are to contact Bradley's Auto Detailing to reserve a spot. This year, cars will be coming all the way from Ohio. The Pig-Out Place food truck will be on-site slinging snacks, beef on weck sandwiches, and lemonade. Kids will love the ice cream stand and bounce castle. Beverage and food vendors. After party with a live band from 6:00-9:00pm. Sponsorship donations are appreciated. This is fun for the whole family so you don't want to miss it. Rain date is June 1st. \$500 BEST OF SHOW CASH PRIZE! Trophies to other winners.

7 @ PORTVILLE BOAT LAUNCH 716-372-4433 | oleanny.com





For 2024, Float the Allegheny event will be a non-timed regatta on the Allegheny River paddling from Portville Boat Launch, ending at Franchot Park. Registration will take place at the launch point from 10:00am-12:00pm, drop in will be 11:00am-12:00pm. The after-party will take place near the baseball field, behind A-1 Rent All & Sales, playing host to Randy's Up the River and Sweet Ride food trucks, as well as Four Mile Brewing providing locally crafted beverages. Live music will be provided by Two Guys Drinking Beer, and a number of local vendors. Float participation is \$20.

@ LUCKY DAY HOMESTEAD

716-353-0193 | facebook.com/luckydayhomestead



Lucky Day Homestead invites mothers and daughters to join in for a leisurely walk through the fields and rolling hills to the very back of the estate to relax on a blanket over looking the swamp. You'll stroll, set up blankets, and relax with an amazing lunch prepared by the Homestead crew. Their professional photographer from Creatives by Carley will have an area set up to take professional photos in a mini session for those interested. Stroll back to the Homestead for dessert in the hay barn. The shop is open, the grounds are yours to enjoy - make sure to check out the gardens and raspberry patch in early spring!

CATTARAUGUS COUNTY FAIRGROUNDS facebook.com/wnyfallcruisenights CHAMPIONS FOR CANCER CURES MAY

## 9th Annual **CRUISING AGAINST CANCER**

Car & Craft Show

Come out to the Cattaraugus County Fairgrounds on May 19th from 12:00-4:00pm for their 9th Annual Cruising Against Cancer Fundraiser. All cars and trucks are welcome. There will be a variety of craft vendors on site to purchase local goods from. Music will be provided by DJ Slim, there will be food and drinks also available for purchase. All proceeds from the event will go to benefit the Roswell Park Community Alliance (they raised \$5028 last year). This is a great family-friendly event for an even greater cause. For more info email carandcraftshow@gmail.com.

@ Holiday valley resort **∀**∀



The Ellicottville Chamber of Commerce and Labatt are partnering up to bring you a golf tournament at the Double Black Diamond at Holiday Valley that benefits a great cause the 11 Day Power Play and its fight against cancer. It begins with a 1:00pm shotgun start and the tournament is open to the first 144 players to sign up. Registration is \$180 and includes a boxed lunch, dinner, two drink tickets, greens fee, cart and prizes. Learn more about the 11 Day Power Play fundraiser at 11daypowerplay.com. Show your support, find your foursome, and register at ellicottvilleny.com.

SENECA ALLEGANY RESORT & CASINO

877-873-6322 | senecaallega



Seneca Allegany Resort & Casino is ready to shake off any thoughts of a cruel summer by adding another spectacular outdoor show to its entertainment lineup. The Southern Tier's premier resort and entertainment destination will fill the blank space in the night sky when it presents Taylor Shines - The Laser Spectacular on Friday, May 24th, at 8:00pm. Get your tickets now! It is an immersive celebration of the music of Taylor Swift. Featuring two hours of non-stop Taylor Swift hits, the show further dazzles the audience with a breathtaking laser and light

RAL CENTER ONÖHSAGWE:DE' CULTURAL CENTER 716-945-1760 | senecamuseum.org M



## ANNUAL HERITAGE DAY

Onöhsagwë:de' Cultural Center's annual Heritage Day Festival returns, and is bigger than ever! Starting at 10:00am, there will be a tattoo gathering, presentations and the vendors open. Smoke Dance registration will be open from 11:30am-12:30pm, with the competition starting at 12:30pm, ending at 2:00pm. There will also be a Seasonal Living Longhouse Opening & Social and a Seneca Fashion show throughout the day. This event is free and open to the public. Come on out and experience the Seneca culture through food, music and dance. For a full schedule, visit their website.

MONT RESORT of tvilleny.com @ HOLIM 800-349-9099 | ellicot



## **BIKE PARK OPENING DAY**

It's time to dust off your MTB gear and get back outside! You can help HoliMont kick off the Lift Service Riding Season and celebrate Memorial Day Weekend at the same time on May 25th! The lift crew is transitioning Sunset to summer gear and the Trail Crew is hard at work getting the network freshened up for the summer. The bike park is ready for opening day 2024, are you? Season passes and day passes can be purchased in-person or online at holimont.com. Come out and hit some of the best trails in WNY during the long holiday weekend.

## ellicottville NOW

# HEALTH & FITNESS

Core Performance: Muscle Imbalances - Why and How to Fix Them

By Kim Duke, Certified Personal Trainer

If your right arm has ever confidently banged out a set of bicep curls or rows at the gym while your left arm has struggled to keep up (or vice versa), you know what it feels like when one side of your body is stronger than the other. Don't worry, there's nothing wrong with you - it happens to pretty much everyone.

It makes sense when you think about it: Most everyone has a dominant side of the body, and for as many years as you've been able to move your body, the muscles on your dominant side have worked harder in everyday life to do things like lift bags off the ground, shut car doors... you name it. Beyond just having a dominant side, certain lifestyle habits such as sleeping on one side of your body consistently, crossing your legs the same way every day, or always carrying your tote bag on one side, can lead to imbalances on your right or left side over time.

These imbalances can also be caused by injuries or surgeries that cause you to favor one part of your body. Oftentimes, even after physical therapy, your muscles still have a ways to go to regain their strength and size.

While a slight difference in strength between the sides of your body isn't anything to worry about, if it's big enough to catch your attention in the gym or at home, it might be worth your time to seek professional guidance. This is because if you have a big imbalance, certain muscles will work harder to overcompensate, which can lead to pain and injury in either side - yes, even the stronger one.

To add insult to injury, the muscles on the stronger side of your body can actually end up hurt, too. Since they're stronger, they will work harder and ultimately end up overworking when there's no second side of muscles to share the load with.

There are a number of strategies you can use to correct muscle imbalances and depending on the cause of the imbalance should be handled in a fashion specific to your needs. The following is a list of the most universal strategies:

- 1. Use unilateral exercises.
- 2. Start with the weaker side.
- 3. Let the weaker side set your workout volume.
- 4. Do additional work on the weaker and/or smaller side.
- 5. Fix the problem i.e. mobility and/or flexibility.

At the present time, I am working with 25 clients on a weekly basis. Every one of my clients has a muscle imbalance of some sort. Eight have had some sort of injury and subsequent surgery that has left them with their imbalance. One in particular is working not only with me, but also a structural therapist to correct his severe imbalances that are due to surgeries on his back and hip replacement on his left hip that has caused a noticeable difference in size and strength to his right leg and right side of his body. Since his right leg is an inch smaller that his left leg, we train the right leg only with single leg squats, one legged hip bridges and calf raises, just to



name a few. For his upper body, we still train both sides, but we start out with the weaker, less dominant side and add reps to this side first (i.e. biceps curl - start with the right for 6-8 reps, continue with both for 10 more reps). The goal is to maintain the muscle mass on the stronger side until you offset the imbalance, so even though that means your stronger side won't feel quite as challenged, your body will thank you in the long run... and it's about time your weak side got some attention, anyway.

Typically, with proper training and consistency, 6 weeks' time duration is needed to see considerable change in strength and girth of a muscle.

For less severe imbalances, follow the strategies to improve strength and add a strong stretching routine to your workouts. Oftentimes, gaining flexibility will enable a more fluid mobility and be a great relief for all of your muscles.

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio, visit her Facebook (Core Performance Health and Fitness), Instagram (@cptcoreperformance), go to www.coreperformancefitness.com or call her directly at 716-698-1198.

## Ellicottville Wellness Fair: Celebrating all Things Healthy and Good For You

By Jessica Schultz



There is nothing more important than your health, so why don't we celebrate it like we do so many other things? I mean, we only have one life; it's important to take care of it! And no, it doesn't have to be a chore. If you do it right, it can be a joy! Warrior Fitness and Wellness is planning to launch Ellicottville's first Wellness Fair on June 1st, and they welcome the public to come learn about all the ways you can find joy in taking care of your health.

Owner Brad Poole was more than happy to share how the project got off the ground. "I have wanted to do a wellness fair for a couple years now," he told ellicottvilleNOW. "I always thought it would be awesome to host one and bring in different businesses to help promote health and wellbeing. It didn't come to fruition until myself, personal trainer Casey Allen, and Refined Media 716 - Jessica Wallace and Julia Dunn - all sat down and started getting ideas rolling on this event several months ago. We think it's something Ellicottville needs and would be a great addition to our community."

So what does "Wellness Fair" actually mean? Brad explained, "Think community-wide fundraising event mixed with fun family activities (cue fire truck rides for kids and a splash in the dunk tank). This event will provide event-goers the opportunity to shop local health and wellness products and services. We'll be promoting the importance of physical, mental, emotional and social health, while working with local organizations like the Ellicott-ville Fire Department, the Ellicottville Little Eagles, EVGV Trail, Ellicottville Playground, E.A.R.S. and more to create community awareness and fundraising opportunities for local businesses and organizations. Your health should be your number one priority in your life; without it you have nothing. Of course, we want it to be fun for families and help highlight the local health and wellness culture."

And they do mean to keep it fun and accessible. There is no cost of admission for the general public. This is a FREE event that is family-friendly and created for people of all ages to enjoy. There will be great activities and there will be tons of things for the younger generations



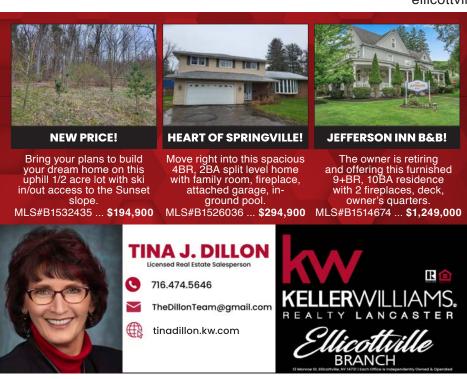
to partake in.

"We will have lots of activities at the fair including a nostalgic dunk tank organized by the Ellicottville Little Eagles, fire truck rides from our local fire department, police vehicle tours from our local police department, and we are working on solidifying additional activities with the Local 4-H Club," said Brad. "Warrior Fitness will also be doing a 1-hour workout outside which includes Zumba for 20 minutes, a HIIT workout for 20 minutes, and Yoga for 20 minutes. This workout is taught by a few of our instructors and will cost \$15 per person to join in. We are working on solidifying a payment link on the StudioBookings app for those who want to sign up." Check Warrior Fitness' social media feed for a link that will allow you to reserve your spot.

Of course, a healthy body needs fuel to keep the energy up! The Jenny Lee Feed Mill out of Cattaraugus, NY will be offering a \$15 chicken BBQ dinner during the fair. Sides will include baked beans, applesauce and dinner roll. "I'm telling you," Brad said, "I've had this chicken BBQ quite a few times and it is delicious!"

You can also do a little healthy shopping while you're at the wellness fair. The Health and Wellness market will give visitors an opportunity to check out some great local businesses including Runners Roost, Go To Meals out of Olean, Mountain View Massage of Ellicottville, and Rachael Territo, FNP (EVL Med. Spa) offering IV nutrient therapy stations and InBody scans. "These are just a handful of some," said Brad. "We don't want to give them all away! You'll have to come out and see everything yourself!"

If your business is health and wellness related and you would like to be a vendor at Ellicott-ville's 1st Wellness Fair, contact Brad Poole at 716-378-6604. The event will take place outdoors at the Nannen Arboretum, 28 Parkside Drive, Ellicottville, NY on June 1st beginning at 11:00am. Celebrate good health and well-being!





FOR MORE INFORMATION, VISIT US AT THEELLICOTTVILLETEAM.COM

Listing Agent: David Blanchard

# PaNDaGOAT

Listing Agent: David Blanchard

graphic design · website development · video production · photography · aerial imagery social media marketing · copywriting · strategic branding · business coaching

## YOUR ALL-IN-ONE CREATIVE MARKETING SOLUTION.

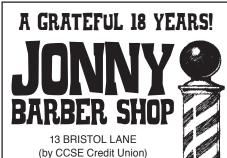
9 w. washington street, po box 1077 ellicottville ny • 716-699-9816







meet your team at www.pandagoatmedia.com



(by CCSE Credit Union) ELLICOTTVILLE, NEW YORK

### APPOINTMENTS RECOMMENDED

Regular · Tuesday - Friday 9am-5pm

HOURS · Saturday 9am-12pm · Beard Balm Sold Here!

Jonny Barlow, Licensed Barber

For more info on booking appointments, pricing & hours:

716-572-3321 · jonnybarber.biz



Dan Kandefer Cell: 716-583-2034

Great Valley Office: 716-945-5848

WE SELL THE BEST AND FIX THE REST!



## ST. PAUL'S LUTHERAN CHURCH 6360 ROUTE 242 E, ELLICOTTVILLE, NY JUNE 7 & 8, 2024



#### **HUGE SALE!**

Friday, June 7th 9AM - 4PM Saturday, June 8th 9AM – 3PM **LUNCH WILL BE AVAILABLE** 

**Donations Appreciated!** Drop off items Tuesday - Friday 8AM - 12 Noon NO ELECTRONICS

For more information call. Office 716-699-2265

Facebook: St. Paul's Ellicottville

Website: stpaulsellicottville.com

# **CLASSIFIEDS**

## **SERVICES**

**FURNITURE REPAIR:** Cosmetic and structural repairs for wood, upholstery and mechanisms. On-site or in-shop. Pumpkin Hollow Furniture. 716-604-6426. Find us on FB for before and after pictures.

**ROVER MAKEOVERS:** Professional pet grooming. Owned and operated locally by mother and daughter, Teresa Mercer and Calla Wagner. Pet accessories also available for sale. Call 716-364-2302 for an appointment. 16 Elizabeth St., Ellicottville. "YOUR DOG IS OUR DOG."

PLACE YOUR AD: Classified ads appear in both print and online! Cost: \$10 per issue up to 40 words, 25¢ each additional word. Call 716-699-9816 or email your ad to info@ellicottvilleNOW.com.

## FOR RENT

**OFFICE SPACE FOR RENT:** 520 sq. ft. of office space at 39 Mill Street available for rent starting in August. \$600 a month plus gas, electric, water and snowplowing. Must sign 3-year commercial lease. Call for details 716-699-4516 or 716-397-9527.

## **EMPLOYMENT**

**NOW HIRING:** The Gado-Gado team is looking for a hard-working and motivated individual. Must be available on weekends and festivals! Please email resume to gadogado98@hotmail.com.

**HELP WANTED**: The Silver Fox Steakhouse is looking for experienced cooks. Email resume to silverfoxeville@aol.com.

## EMPLOYMENT

#### IMMEDIATE OPENINGS: ELLICOTTVILLE CENTRAL SCHOOL

**Science Teacher (MS/HS):** The Ellicottville Central School District has an opening for a full-time, 4-year probationary MS/HS Science Teacher starting September 1, 2024. Candidates must be certified in Earth Science in NYS; preference given to candidates dual certified in Physics. Salary based on experience and the current ETA Contract. EOE. Application deadline = 6/3/24.

**Speech-Language Pathologist:** The Ellicottville Central School District has an opening for a full-time Speech-Language Pathologist. This is a full-time, four (4) year probationary appointment with a start date of September 1, 2024. Candidates must certified in NYS in Speech-Language Pathology. Salary based on experience and the current ETA Contract. EOE. Application deadline = 6/3/24.

**K-12 Assistant Principal:** The Ellicottville Central School District has an opening for K-12 Assistant Principal. This is a full-time, four (4) year probationary appointment with a start date of September 1, 2024. This will be a ten (10) month position that will follow the teacher's instructional calendar (same breaks as teachers). Candidates must be certified in Administration and teaching in NYS and have at least 3 years of teaching experience. EOE. Application deadline = 6/3/24.

The District is also looking for **substitutes** in the following areas: teachers, cleaners, teacher aides, nurses, bus drivers and cafeteria workers. EOE.

Candidates for any of these positions are invited to apply at: https://ellicottvillecentral.recruitfront.com/JobOpportunities

#### **EMPIRE STATE RIDE**

cont. from page 03

incomprehensible situation, drowning in the disease's tyranny.

However, Rick's commitment to fundraising and his faith in the world-class research over at Roswell shows his great success in staying afloat. "I'm riding for my step-daughter who is fighting breast cancer, and now my wife as she battles round two of breast cancer, and everyone who is fighting this disease," Rick wrote on his fundraising website.

If you want to support Rick Jackson in his 2024 Empire State Ride, check out his event on Saturday, May 25th. If you can't make it, you can still donate via empirestateride. com (search Richard Jackson), or by mailing a donation to Rick at PO Box 35, Great Valley, NY 14741. "I just want to thank all the businesses who give so much to these events. I know they get so many requests. But they always give. It's a great group of friends and business owners we have here," Rick said.

Cancer is terrifying, unknown, and emotionally draining. Our hearts go out to Rick and his family during this time. We wish those fighting all the strength in the world, and Rick the best of luck in his pursuit for progress.

#### **OUTDOOR ADVENTURE**

cont. from page 08

younger. Please note that the Portville Drive-In is cash only. To find out what's playing, visit www.portvilledrivein.com.

#### **ROCK CITY PARK**

Since 1890, Rock City Park has been welcoming visitors to the gigantic quartz conglomerate rock formations believed to have sheltered members of the Seneca Nation of Indians many, many years ago. The park includes a hiking trail that takes approximately 45 minutes to complete from start to finish. However, it's unlikely visitors will leave the park so quickly, as there are so many landmarks and rock formations to explore! Main Trail signage guides visitors around 16 named rock formations, including Three Sisters Rock, Old Man of the Rocks, Tepee Rock, and Sentinel Rock. The Indian Stairway is the last formation that brings visitors up a wall of quartz conglomerate to a bench that provides some respite at just the right time.

Rock City Park is open daily from 9:00am to 5:00pm, May through October. Admission is \$8 for teens and adults and \$5 for children ages six to 12. For more information, including Rock City's event schedule, visit www.rockcitypark.com.

## LLC NOTICES

NOTICE OF FORMATION of ELEXCO PROPERTIES LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 03/25/2024. Office location: Cattaraugus County. Princ. office of LLC: 505 West Henley Street, Olean, NY 14760. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 505 West Henley Street, Olean, NY 14760. Purpose: Any lawful activity.

NOTICE OF FORMATION of B bar K Cleaning LLC Arts. Of Org. filed with Secy. Of State of NY (SSNY) on 3/21/24. Office location: Cattaraugus County. Princ. Office of LLC: 4972 Roszyk Hill Rd, Machias, NY 14101. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 4972 Roszyk Hill Rd, Machias, NY 14101. Purpose: Any lawful activity.

NOTICE OF FORMATION of S&S Home Repair, LLC Arts of Org. Filled with Secy. Of State of NY )SSNY) on 4/14/24. Office location Cattaraugus County. Princ. Office of LLC: 55 Pine St., Franklinville, NY, 14737. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to 55 Pine St., Franklinville, NY, 14737. Purpose: Any lawful activity.

## **COMMUNITY**

HOT DOG SALE: The ECS Student Council Annual Budget Day Hot Dog Sale is set for Tuesday, May 21st. Come support the Student Council from 11:00am-6:00pm. A \$5 donation for a hot dog, chips, drink and dessert! We hope to see you there!

LOCALS DAY: As a thank you to our local residents and business community for all their support, the Ellicottville Chamber of Commerce is offering a discount to locals on their already discounted pre-sale tickets to the Summer Music Festival, July 6-7, 2024. If you are a full-time resident of Ellicottville or are employed at an Ellicottville business, you can SAVE BIG on admission tickets. Concert tickets are currently available for pre-sale at \$50 each, however, during Locals Days, the Chamber is offering individual tickets for just \$25 each! These deeply discounted tickets will only be available May 22nd and 23rd from 9:00am-4:00pm, and May 24th from 9:00am-3:30pm. They must be purchased in-person at the Ellicottville Chamber of Commerce Office, located at 9 West Washington Street. Cash, card or check will be accepted. This special deal is only available to full-time residents, local business owners and their employees. Proof will be required; limit of 4 tickets per person. To learn more about this year's Summer Music Festival, head to ellicottvilleny.com.

## **PUBLIC NOTICE**

LOCAL LAW NO. 2 of the year 2023-24: Village of Ellicottville, County of Cattaraugus, State of New York: A local law authorizing a property tax levy in excess of the limit established in General Municipal Law S3-c for Fiscal Year 2022. Section 1. Legislative Intent: It is the intent of this local law to allow the Village of Ellicottville, NY to adopt a budget for the fiscal year commencing June 1, 2024 that requires a real property tax levy in excess of the "tax levy limit" as defined by General Municipal Law S 3-c. Section 2. Authority: This local law is adopted pursuant to subdivision 5 of General Municipal Law S3-c, which expressly authorizes a local government's governing body to override the property tax cap for the coming fiscal year by the adoption of a local law approved by a vote of sixty percent (60%) of said governing body. Section 3. Tax Levy Limit Override: The Board of Trustees of the Village of Ellicottville, County of Cattaraugus, is hereby authorized to adopt a budget for the fiscal year commencing June 1, 2024 that requires a real property tax levy in excess of the amount otherwise prescribed in General Municipal Law S3-c. Section 4. Severability: If a court determines that any clause, sentence, paragraph, subdivision, or part of this local law or the application thereof to any person, firm or corporation, or circumstance is invalid or unconstitutional, the court's order or judgment shall not affect, impair, or invalidate the remainder of this local law, but shall be confined in its operation to the clause, sentence, paragraph, subdivision, or part of this local law or in its application to the person, individual, firm or corporation or circumstance, directly involved in the controversy in which such judgment or order shall be rendered. Section 5. Effective date: This local law shall take effect immediately upon filing with the Secretary of State.

#### **GAZEBO STATUE**

cont. from page 04

happy to share one of our four corners with such coveted creators.

So while you're out enjoying the summer weather to come, make sure you take the time to stop by the featured art installation of Dr. Tracy Caldwell Dyson at the Village Gazebo. The Ellicottville Chamber of Commerce hopes for a positive and inspiring encounter for all who pass by.

For further information on the events, festivals, and presentations the Chamber of Commerce proudly present, check out their official website at www.ellicottvilleny.com. You can also find more information on the honoree of this year's statue, Dr. Tracy Caldwell Dyson, on the official NASA website at www.nasa.gov. And again, be sure to attend the grand unveiling of the sculpture on the opening evening for the Gazebo Series, June 27th!

### THE VILLAGE OF KNIVES

cont. from page 07

scendant. "This celebration is about highly collectible items, local workers, and one town that truly dominated the industry. Case, Ka-Bar, Platts, Cattaraugus Cutlery... just name the brand and it was born in Little Valley."

In addition to knife dealers and actual forging and grinding demonstrations by *Forged in Fire* champions, the event will also be educational with an interactive timeline museum display of how and when the industry started, the players and their products. Vendors of all products and services are encouraged to book tables to display, with music, food and beverages available onsite at the Cattaraugus County Fairgrounds. Saturday night, July 13th, will also offer a VIP banquet at the American Legion Post 531, which is the former home of Sarah and Andrew Jackson Case.

The history doesn't just end in Little Valley, as W.R. Case & Sons Cutlery and Zippo Manufacturing will be holding their own 135th anniversary "Made in Bradford 2024" event in Bradford, PA July 19-20th. Mark your calendars, book your tables and lodging, and make it a full week of fun! For more information visit www.VillageofKnives.com.

# installiativi

Follow us on Instagram @ellicottvillenow

Share your photos with us and see them in our InstaNOW Photo Gallery!

Upload your photos using #evlnow / tag us. It's THAT easy!



Tagged images serve as granted permission for use by ellicottvilleNOW for promotional purposes of any kind in print • online • and on social media platforms.



**Qipurtis1478: A few more shots of the northern lights. So cool!**#northernlights @holidayvalley #ellicottvilleny



Staxicab007: Happy half and 5K. We rocked the water table at Mile 12. Beautiful day for a race. So much fun! #happyhalf #ellicottvilleny



○holidayvalley: Climbing season at Sky High has started!



**Qcharlesbchamberlain: What a** #beautiful sight just outside EVL!



Ģenchantedmountainchallenge: A special thank you to @ellicottvillenow for the wonderful article! #ellicottvillenow



**Qbeesgoldhoney1: Back after a looong winter. The bees are busy.** 



**Qleahgangloff: Aurora Borealis** #ellicottvilleny #evlnow



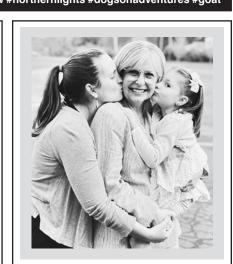
Rwillygoat\_adventures: I got to experience the northern lights last night right here at home! #evlnow #northernlights #dogsonadventures #goat



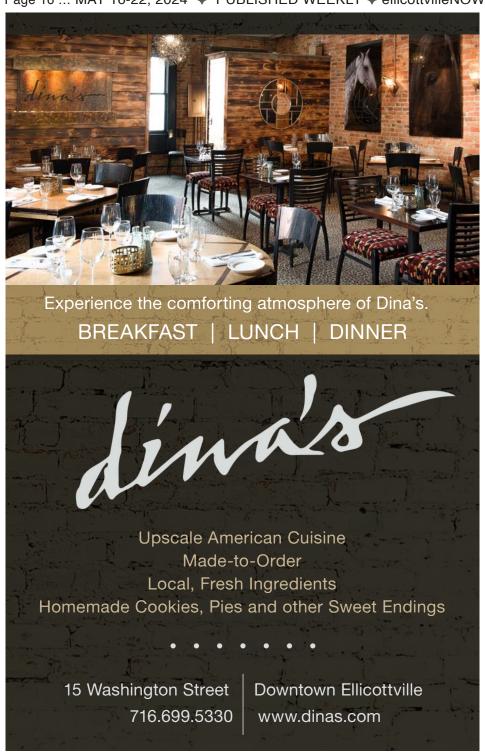
**Qgriffissculpturepark: When life imitates art. Thank you Kim Pitillo** for the great photo. #ellicottvilleny #wnyfun #wnyhike #iloveny



ີ⊂christie.mski: Before dinner loopty loops! #getoutside #ellicottvillenow



 $\$  leahjay17: May we know them, may we be them, may we raise them! #mothersday





## You have fun. We'll coo

Staying at a chalet? Having a Graduation Party? Call or email for Drop-Off or Take-Out meals. Enjoy family favorites cooked for you, or frozen to heat up. 716.699.2199 or andrea@villaggioevl.com.



## YSTER!A

OYSTERS | CLAMS | SHRIMP MUSSELS PROSECCO



# Pasta Bar&



## \$20 Haddock

Choose beer-battered or Milanese style.

FIVE COURSE WINE DINNER WINERY OF ELLICOTTVILLE

**\$75**|PERSON / 6-9 PM COMPLIMENTARY BUBBLY ROSÉ UPON ARRIVAL. MAKE A RESERVATION AT VILLAGGIOEVL.COM.

■ ¥ ▼ ■ VillaggioEVL.com | 716.699.2199 Thursday, Friday, Saturday 5pm-10pm Sunday 4pm-9pm 7 Monroe Street, Ellicottville, NY

We're excited to welcome







716-386-1171

LOUDPERFORMANCE.COM



## DAILY CITY TRAIN

**Skate Shop and Indoor Park** 

skateboard equipment / equipment rentals protective gear / branded apparel / accessories lessons / memberships / private parties

**DAY PASS \$10.00** 

Follow us on IG for upcoming events and specials

2 Bristol Lane Ellicottville, NY 14731

**©** 716-699-1039

@ dctskate.com

@ dailycitytrain.skate