

# ellicottvilleNOW

LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ♦ June 20-26, 2024



Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York  
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## Behind the Scenes: Sky High Adventure Park

An Insider's Guide to Navigating the Treetops at Holiday Valley



@holidayvalley

BY PATRICK FERRINO

When I think of summer in Ellicottville, one very specific thing comes to mind: Sky High Adventure Park! I'm not a golfer, I prefer my bike wheels to remain on the pavement, and I can only withstand so many family hikes. Therefore, when heading down to Ellicottville from Buffalo for a beautiful summer weekend, my head is filled with swinging through the trees, ziplining at the speed of light, and bobbing and weaving through tangles of pine on the Sky Flyer Mountain Coaster. I've done Sky High with my friends and family for years and consider myself quite a fanatic.

In planning my adventure for summer 2024, I was very excited to speak with Sky High Director Brian Halloran and Coordinator Jaimie Woodarek. They filled me in on some awesome behind-the-scenes info and equipped me with everything you and I are going to need to know when visiting Sky High this summer, including operating hours, changes that have taken place over the last few years, and what to yell if you find yourself in trouble. They also shared with us some of their most memorable guest experiences.

... page 07

### CHAMBER TO HOST PUBLIC RECEPTION OF STATUE INSTALLATION

One of the most prominent women in the United States Space Agency, NASA, will grace Ellicottville with her presence this summer. Tracy Caldwell Dyson is an American chemist and astronaut recognized for her groundbreaking research into molecular level surface reactivity. Thanks to a partnership between the Ellicottville Chamber of Commerce and Griffis Sculpture Park, a 10-foot-tall bronze statue of Dyson will be installed on the lawn of the Ellicottville Gazebo next Thursday, June 27th. It will remain on display for all to enjoy until the fall.

A special reception celebrating the installation of the Tracy Dyson statue will take place next Thursday, June 27th and will coincide with the start of the 2024 Gazebo Series performances.

... page 03

## THE BPO RETURNS TO ELLICOTTVILLE'S SUMMER MUSIC FESTIVAL

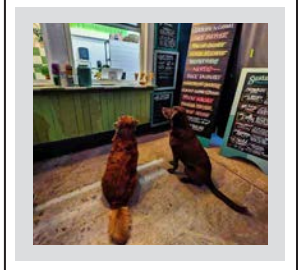
The Buffalo Philharmonic Orchestra will close out what will certainly be another successful Summer Music Festival slopeside at Holiday Valley in Ellicottville. On Sunday, July 7th at 8:00pm, our world renowned BPO will feature the music of Led Zeppelin and The Who, followed by America's songs choreographed to an amazing fireworks display. [ellicottvilleNOW](http://ellicottvilleNOW.com) recently had the chance to talk with Fernanda Lastra, Assistant Conductor, Diversity Fellow, who will lead the orchestra, and she graciously shared with us the ins and outs of becoming an elite member of a professional symphony orchestra, how long it takes to perfect a new philharmonic performance, and the history of the orchestra's home base venue Kleinhans Music Hall ... page 09

### BREAKAWAY CLASSIC ADVENTURES: FELLOWSHIP OF THE FLY

The sheer definition of an adventure is that it is predictably unpredictable. Otherwise it wouldn't be called an adventure, rather simply a plan - now how dull is that! This adventure that I'm about to narrate had its quest to travel deep into the wilderness of Canada in search of the holy grail of trout, the Mighty Nipigon River Brook Trout. Like any good adventure, it started off with a plan that quickly ran into adversity, got scrapped, thrown under the bus, out the window, rewritten so many times that we ended up flying by the seat of our pants! In the end, like any good story, our adventure ended with our quest being achieved ... page 12

### instaNOW

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## From Ski Racer to Beekeeper

Suiting Up with Dr. Gene Jarosz Crofut for a Spoonful of Sweet Honey

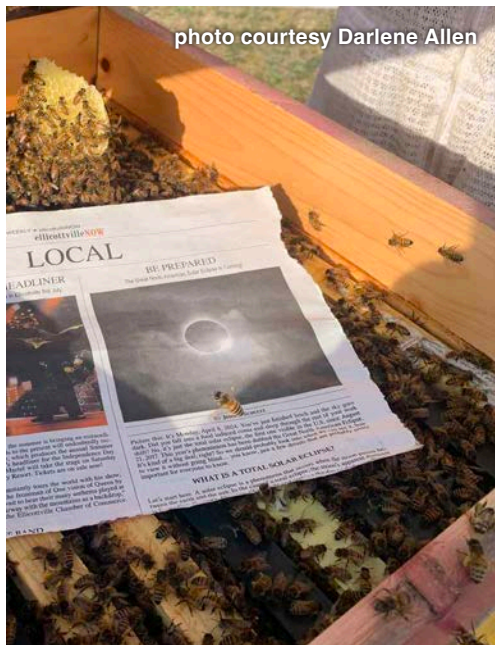


photo courtesy Darlene Allen

BY CAROL FISHER-LINN

Some of the old-time skiers in the Ellicottville community may remember Joey and Terry Jarosz from the Ellicottville Ski Club, back in "the day." Their daughters, Gene and Gretchen, were avid skiers and members of the Holiday Valley Ski Team.

Gene married her husband, Peter Crofut, had three children and went on to establish a successful general dentistry practice in Amherst, NY. Living in East Amherst, they commute to Little Valley regularly to tend to their hobbies - Peter enjoys maple sugaring, and Gene has her Italian bees. Starting with one hive three years ago, she now manages five, only to give away the honey to family and friends. My husband and I had the opportunity to visit with Gene and Peter this past Sunday.

... page 04



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### ELLICOTTVILLE FINE ART MARKET EXPANDS INTO TWO WEEKENDS

Several years ago, Ellicottville's Summer Music Festival used to include an arts component downtown, and now, the Tri-County Arts Council, in partnership with the Ellicottville Chamber of Commerce, is thrilled to bring this back! Last year's first annual Ellicottville Fine Art and Craft Market took place during Labor Day weekend and was such a hit that TCAC approached the Chamber about reprising this event during Labor Day weekend and adding a second weekend during the Summer Music Festival on July 6th and 7th. "Let's give people an option before they go over to the hill to listen to some beautiful music to celebrate art in its best fashion," said Paula Bernstein, TCAC Executive Director ... page 04





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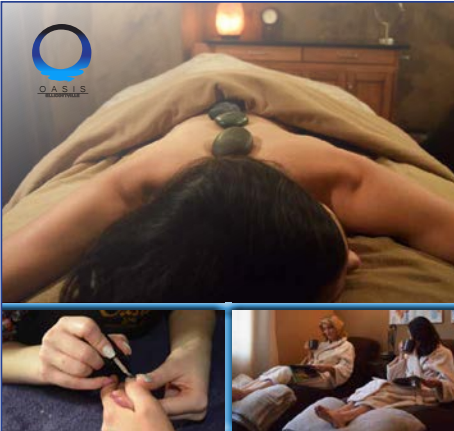
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Ellicottville's newspaper, published every Thursday in print and online  
*Distributed in Ellicottville and locations throughout Cattaraugus, Erie, Chautauqua Co., NY, McKean Co., PA*

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# Publisher's PICK

## GAZEBO STATUE INSTALLATION

Ellicottville to Host Public Reception June 27th Prior to Gazebo Series Performance



BY BRENDA PERKS

One of the most prominent women in the United States Space Agency, NASA, will grace Ellicottville with her presence this summer. Tracy Caldwell Dyson is an American chemist and astronaut recognized for her groundbreaking research into molecular level surface reactivity. Thanks to a partnership between the Ellicottville Chamber of Commerce and Griffis Sculpture Park, a 10-foot-tall bronze statue of Dyson will be installed on the lawn of the Ellicottville Gazebo next Thursday, June 27th. It will remain on display for all to enjoy until the fall.

“We’ve worked with Griffis Sculpture Park the past few years to bring an inspirational statue to the four corners of Ellicottville,” said Brian McFadden, Executive Director of the Ellicottville Chamber of Commerce. “With the majority of Ellicottville’s business owners or co-owners being women, we wanted to keep with the theme of showcasing a female role model. The Tracy Dyson sculpture is a fitting tribute to the accomplishments that women have made.”

In 2021, Griffis Sculpture Park received four bronze statues of inspirational women created by Australian collaborative artists Gillie and Marc Schattner. The 10-foot-tall bronze sculptures of Gabby Douglas (Olympic gymnast), Tracy Dyson (astronaut), Janet Mock (actress/producer) and Cheryl Strayed (author) were donated to the Ashford Hollow Foundation/Griffis Sculpture Park by the artists. Ellicottville has thus far featured two of the four - the Cheryl Strayed and Gabby Douglas sculptures, and will soon feature a third, Tracy Dyson.

Gillie and Marc have been called “the most successful and prolific creators of public art in New York’s History” by *The New York Times*. Creating some of the world’s most innovative public sculptures, Gillie and Marc have redefined what public art should be, spreading messages of love, equality, and conservation around the world. Their highly coveted sculptures and paintings can be seen in art galleries and public sites in over 250 cities.

A special reception celebrating the installation of the Tracy Dyson statue in Ellicottville is being planned for next Thursday, June 27th on the Gazebo lawn. Members of the Chamber and Griffis Sculpture Park will be in attendance, and the public is encouraged to attend and share in such a special moment. The reception will begin promptly at 6:00pm and will be followed by the kickoff of the 2024 Gazebo Series at 7:00pm featuring a live performance by crowd favorites, Tory & Joe Acoustic Duo.

### 2024 GAZEBO SERIES

The Ellicottville Chamber of Commerce is pleased to announce the return of the Gazebo Series, sponsored by Niagara Label Company, which invites the community out to the Village Gazebo every Thursday evening for free, live entertainment. A popular celebration on the summer events list, the Ellicottville Gazebo Series attracts families (and even their pets) to gather together; bring your blankets and lawn chairs, your frosty beverages, even a snack, and enjoy a different musical act each week from 7:00-9:00pm at no charge!

Tory & Joe are excited to bring a soulful commingling of smooth sounds from 70s classic folk/rock and R&B to today’s hits for this year’s first Gazebo Series performance. Joe Mombrea (vocals and guitar) and Tory Arena (vocals) have been sharing their talents in the area with various bands (JJ Swing; Showbiz Kids; Thurman Bros) and performing their own take on an array of classics, providing the ultimate chill vibe for your listening pleasure.

The Ellicottville Gazebo Series is sponsored by Niagara Label and will return to downtown Ellicottville each week. This year’s lineup is as follows:

- Friday, July 5th (Summer Music Fest weekend): SON
- Thursday, July 11th: RockManinov
- Thursday, July 18th: Miranda Wilcox Duo
- Thursday, July 25th: Second Act featuring Lisa Platko
- Thursday, August 1st: Jess & The Mess
- Thursday, August 8th: All Star Project

To learn more about this year’s Gazebo Series and other events and festivals produced by the Ellicottville Chamber of Commerce, go to [ellicottvilleny.com](http://ellicottvilleny.com) or call 800-349-9099. Follow the Ellicottville Chamber of Commerce on Facebook (@Ellicottville, NY) and Instagram (@visitellicottville) to stay up-to-date on all the latest event information.



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# LOCAL

## FINE ART & CRAFT MARKET

Second Annual Event Expanding into Two Weekends



By MARY WEISER

Several years ago, Ellicottville's Summer Music Festival used to include an arts component downtown, and now, the Tri-County Arts Council, in partnership with the Ellicottville Chamber of Commerce, is thrilled to bring this back! Last year's first annual Ellicottville Fine Art and Craft Market took place during Labor Day weekend and was such a hit that the TCAC approached the Chamber about reprising this event during Labor Day weekend and adding a second weekend during the Summer Music Festival on July 6th and 7th. "We thought, 'Let's give people an option before they go over to the hill to listen to some beautiful music to celebrate art in its best fashion,'" said Paula Bernstein, TCAC Executive Director. "We love adding events to Ellicottville. It is a four-season town!"

Both the July art market weekend (July 6th and 7th) and the Labor Day art market weekend (August 31st and September 1st) will take place on the lawn of the 1887 Building at 1 Washington Street. The art market will be open from 11:00am to 6:00pm on Saturday, July 6th and 11:00am to 5:00pm on Sunday, July 7th.

Bernstein was thrilled with the community's response to the inaugural Fine Art and Craft Market last year. "Ellicottville is a very supportive community when it comes to the arts, and people showed up for the event last year, and we're inviting them all to show up again," she said. "We love the idea of being out on that busy corner in Ellicottville and showing people the vast talent that we have in this region when it comes to all of the people that we have as artisans, including painters, mixed media, photographers, fiber artists, jewelers, wood carvers, sculptors, glass artists, potters, we have them all."

"Fine Art and Craft Market" continued page 14

## CALLING ALL DRUMMERS

Griffis Sculpture Park Welcomes All to Participate in Summer Drum Circles



By DOUG SITLER

Griffis Sculpture Park will be hosting a monthly drum circle over the next three months. The drum circles will take place on Saturday, June 22, Saturday, July 27 and Saturday, August 24 from 6:30-8:00pm at the Rohr Hill Road section of the park. The drum circles are free to participate and attend.

Drummers of all skill-levels are invited to attend. Drum circle facilitator Steve Bell, will help lead the circle. Steve will also bring a few percussion instruments for participants to use. He is one of the premier drum instructors in the region and has a knack for making drum circles fun, accessible and informative. Attendees should bring a lawn chair.

The Rohr Hill Road section of the park is known for its tall Larry Griffis, Jr.'s sculptures. It's a wonderful place for a drum circle, especially as the sun starts to set. It's about a 50 yard walk from the parking lot to the drum circle site. There are no bathroom facilities at this section of the sculpture park. In the event of rain, an announcement will be made by 3:00pm Saturday afternoon on the Griffis Sculpture Park Facebook page.

## EA2EVL FONDO

Charity Bike Ride Continues Its Mission to Support the Erie Cattaraugus Rail Trail



EAST AURORA - Registration is now open for Western New York's premier fall bike ride, the EA2EVL Fondo, to be held on Saturday, October 5. This 42-mile non-competitive charity bike ride kicks off at 10:00am in East Aurora, winds south through rolling hills and fall foliage and ends in Ellicottville with a finish line party at Holiday Valley. All proceeds from EA2EVL support the Erie Cattaraugus Rail Trail (ECRT), a 27-mile trail that runs along a former rail line from Orchard Park to Ashford, NY. Register at [www.ea2evlfondo.com](http://www.ea2evlfondo.com).

"This point-to-point ride continues to surpass all expectations in terms of attendance and support for the trail," said event sponsor John Cimperman, Founder of 42 North Brewery. "With a challenging but gorgeous course, EA2EVL is now considered the most epic ride of the fall season - open to any level of rider."

The bike event starts in East Aurora at 42 North Brewery and travels south down scenic Route 240, riding on the road parallel to the ECRT trail from West Falls into Concord. The course continues to Route 242 into the town of Ellicottville. The event ends at a finish line party at Holiday Valley, which is open to the public, with food, drinks, and live music. Transportation will be offered to bring riders back to East Aurora, or riders can get special rates for lodging at Holiday Valley.

In addition to the registration fee, riders who fundraise an additional \$100 for ECRT will receive a commemorative shirt and tickets for food and drinks at the post-event party. Participants who raise \$500 or more receive an EA2EVL bike jersey, with a special "yellow jersey" and a \$500 gift certificate from Tom's Pro Bikes to the top fundraiser.

"Following three sold out events, we're inviting riders to join us for our fourth annual ride this October," announced Mary Brummer, ECRT Board President. "Thanks to our supporters, the first 1.5 miles of the ECRT trail in Orchard Park is complete—it's our model for success. With the funds raised from EA2EVL 2024, our goal is to extend that same surface all the way to the West Falls Depot, a total of 6 miles."

National Fuel, 42 North Brewing, Highmark Blue Cross Blue Shield, and Craig Small Law are sponsors of the 2024 event. Tom's Pro Bikes will also provide tech support to riders on the course. Learn more about ECRT at [www.ecatrail.org](http://www.ecatrail.org).

## POETRY READING

Join Local Author Helen Ruggieri This Friday at First National Bank in Olean

OLEAN - Join the Tri-County Arts Council for an upcoming poetry reading by local author Helen Ruggieri on Friday, June 21st. The event will take place at 7:00pm at the First National Bank Building, 101 N Union St, Olean, first floor. Attendance is free, and light refreshments will be provided.

Helen Ruggieri published her first poem in *The English Journal* in 1972. Since then, she's published close to 200 poems in little magazines, academic journals and anthologies. Her first book, *The Poetess*, was published in 1983.

Ruggieri taught for 20 years at the University of Pittsburgh, Bradford, PA, and led writing workshops for the Mental Health Association, the African American Center for Cultural Development, and at the Olean Public Library where she coordinated the reading series sponsored by NYSCA for 10 years. With a grant from the local Arts Council, she led writing workshops across the county and worked with Alternative Literary Programs in the School. She recently received a lifetime achievement award from the Tri-County Arts Council in 2023.

As a member of the University of Pittsburgh's East Asian Studies faculty she spent a semester in Japan at Yokohama College and received a grant to video locations on the road from Kyoto to Kamakura documenting the trip of a 14th century Japanese nun, Abutsu. She has published many award-winning haiku.

Ruggieri has an MA from St. Bonaventure University and an MFA from Penn State and was named a notable grad. She studied at the Atlantic Center for the Arts with William Stafford.

The Tri-County Arts Council advocates for the creation and appreciation of arts and culture in the region and this opportunity would not have happened without the partnership of Chashama and Savarino Properties. TCAC is always adding to their Artisan Market and class schedule at 110 West State St in Olean, NY 14760.



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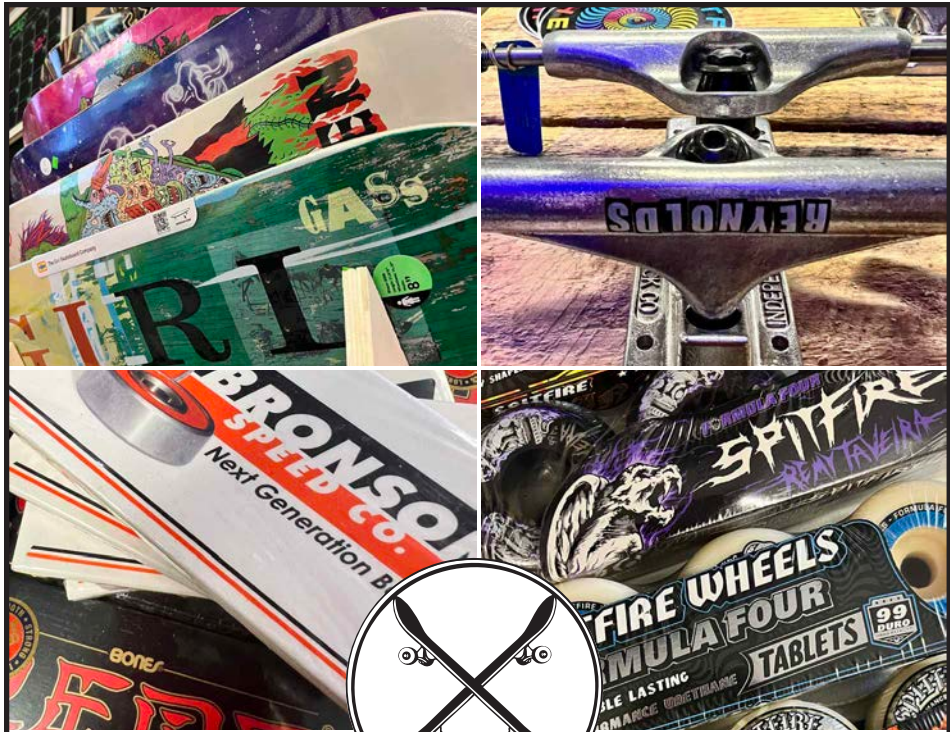



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# BEHIND THE SCENES

## FROM SKI RACER TO BEEKEEPER

Suiting Up with Dr. Geneve Jarosz Crofut for a Spoonful of Sweet Honey



photo courtesy Darlene Allen

By CAROL FISHER-LINN

Some of the old-time skiers in the Ellicottville community may remember Joey and Terry Jarosz from the Ellicottville Ski Club, back in “the day.” Their daughters, Geneve and Gretchen, were avid skiers and members of the Holiday Valley Ski Team when Tom Torge taught young athletes the fine art of ski racing. Geneve followed her dreams and left ECS to attend boarding high school at The Mountain House School (National Sports Academy) in Lake Placid and finish at Stratton Mountain School in Vermont. Moving on to the University of Colorado, she then relocated to the University of Buffalo to finish her degree in Physical Therapy in 1992, working in acute care and geriatric rehabilitation for ten years. Then Dental School beckoned.

Geneve married her husband, Peter Crofut, had three children and went on to establish a successful general dentistry practice in Amherst, NY. Peter will be retiring as Detective Sergeant for the Amherst Police Department within the next few months. Living in East Amherst, they commute to Little Valley regularly to tend to their hobbies – Peter enjoys maple sugaring, and Geneve has her Italian bees. Starting with one hive three years ago, she now manages five, only to give away the honey to family and friends.

My husband and I had the opportunity to visit with Geneve and Peter this past Sunday. Even though I have a compromised back and use a cane, Geneve was able to suit me up to observe her, head to head, as she showed me her hives and her very busy bees. I had the opportunity to spot and meet the venerated queen, around whom the whole hive activity is focused. She handed me a tool and a bowl and spoon. I never did use the tool but she used hers to pry open the lid of the super and catch the edges of the hanging frames (there were ten of them) onto which the bees build the wax. She pulled out several, looking for the queen.



In the process, Geneve was able to show me fresh eggs in the bottom of several of those wax cells which indicated the queen had been recently on that frame. Within a couple of pulls, we found her and plenty of worker bees in attendance. Although the queen does not rule or dictate the activities of the hive, the bees could not survive without her and they instinctively know what to do. The workers surrounding the queen will feed her and groom her, predigesting her food and carrying away her waste. Without their constant care, the queen could also die.

The boys (drones) have the job of mating with the queen. They leave the hive and gather into a congregation site. The queen will fly out and mate in the air with many drones. The drones will die shortly after mating. She mates only this one time throughout her lifespan which can be 3 to 6 years. Most queens lay well for at least three years which keeps the colony thriving for that time. Once she has fulfilled her usefulness, she will be replaced by the bees themselves or by the beekeeper.

Why the bowl and spoon, you wonder? Our second goal was to scrape up some fresh honey for me to take home. Geneve pulled up a nice, full looking frame and handed me the spoon and bowl. She held the frame while I deftly scraped over the thin waxy covering and was surprised to discover a thick layer of gorgeous golden honey beneath the wax. A couple of scrapes from top to bottom and the bowl held a pint of aromatic, clear liquid gold. We rescued a few bees I scraped up in the process and Geneve laid them near the entrance of the hive. She assured me the workers will clean up these bees and they will be as good as new before long. Our work finished, the hives were put back in order and we went to the cabin to assess our haul and chat.

Geneve and Peter spoke lovingly about their three adult children, Hannah, Peter, and Tucker, who are building their own lives and living near ski areas. After 20-plus-years of ski racing and two years in the U.S. National Championships, Geneve still keeps her poles

“From Ski Racer to Beekeeper” continued page 14

## TREETOP ADVENTURES

An Insider's Guide to Navigating Sky High Adventure Park at Holiday Valley



@holidayvalley

By PATRICK FERRINO

When I think of summer in Ellicottville, one very specific thing comes to mind: Sky High Adventure Park! I'm not a golfer, I prefer my bike wheels to remain on the pavement, and I can only withstand so many family hikes. Therefore, when heading down to Ellicottville from Buffalo for a beautiful summer weekend, my head is filled with swinging through the trees, zip lining at the speed of light, and bobbing and weaving through tangles of pine on the Sky Flyer Mountain Coaster. I've done Sky High with my friends and family for years and consider myself quite a fanatic. In planning my adventure for summer 2024, I was very excited to speak with Sky High Director Brian Halloran, and Coordinator Jaimie Woodarek. They told me some awesome behind-the-scenes fast facts and equipped me with everything you and I are going to need to know for this summer at Sky High!

**PATRICK:** How did Sky High Adventure Park come about?

**BRIAN:** Sky High was established in 2011. It was discovered by Bonnie Kochir, who was our VP of Operations at the time. We were looking for some outdoor activities, and we knew zip lining was an up-and-coming thing. She went to the IAAPA Convention, which is kind of the music amusement park industry showcase, and she met up with a gentleman who had just started these adventure parks in the U.S. Holiday Valley was the third park that was built in the U.S. at the time. We are now in our 14th season!

**PATRICK:** What's changed about Sky High in the past 14 years?

**BRIAN:** Well, we certainly have increased our park in size in general. We started with eight courses, and we found it a little bit too crowded for the amount of individuals that we were coming to visit. We added some yellow courses and a green course, which are easier, to help with the flow on that end. We also found that we needed to add a few more to the mix of our harder courses. We added a blue and a black as well as Grand Rapids one and two, which are six zip lines, two ladders, and a bridge that brings you back to the base. We also added a lot of different features to keep the customers who weren't necessarily doing the Adventure Park busy doing other things. We have the mountain coaster, we added gem mining for the kids, and a climbing forest, which is like rock wall climbing but on trees! We also have recently added mountain bikes and E-bikes with chair lift carriers.

**PATRICK:** What kind of person would have the most fun at Sky High?

**BRIAN:** Really, it's all walks of life, depending on what they want to partake in up here. But we really try to generate a family atmosphere, as our whole resort does, and just enjoying the outdoor activities and putting the cell phone down for a little while!

**PATRICK:** What's your favorite part about being able to operate Sky High?

**BRIAN:** I would say my staff that I work with, but watching groups unfold, whether it be a group of teenagers, a family, or a bridal party that's going through is awesome. Watching everything unfold, and the enjoyment that comes out of utilizing the things that we have to offer up here is tons of fun! Especially in the Aerial Park when they're coaching each other through the course and getting good laughs out of one another.

**PATRICK:** If my friends and I are up in the courses and one of us gets stuck, what is the protocol to help them?

**BRIAN:** Well right away, we try to tell everybody to yell out “STAFF!” We have staff throughout the park in different areas. Staff will come to them and give them direction on how to assist themselves, to get off the element or the zip line that they're on. Sometimes staff will go up and assist them via several different rescue types that we use.

**PATRICK:** Jaimie, what is your most memorable guest experience?

**JAIMIE:** Well there have been lots over the years... I guess I would have to say that I generally really enjoy working with a lot of the school groups that come, and I love seeing kids that maybe wouldn't necessarily have the opportunity to do this, come and have a really good time. They work together, and they're really happy when they're done most of the time. It's really cool to see kids from all over come with their school and do the park and get challenged like that. The kids get a chance to get outdoors and see their classmates in a different way.

**PATRICK:** What are this summer's operating hours like?

**JAIMIE:** We started on May 10th, and are currently operating the Aerial Park and Climbing Forest Fridays through Sundays from 9:00am until 4:30pm. The coaster is open from 11:00am until 5:00pm. Our daily schedule starts on June 24th when the Aerial Park and Climbing Forest will be open from 10:00am-5:00pm Monday through Thursday and from 9:00am-6:00pm Friday through Sunday. The mountain coaster will be open all week long from 11:00am until 6:00pm. We'll have this schedule until September 1st.

You can find more information and pricing for all things Sky High Adventure Park at [holidayvalley.com/sky-high](http://holidayvalley.com/sky-high). Harness up and I'll see you in the air!



# PHOTO REWIND

## HV MUDSLIDE A MUDDY GOOD TIME

The Holiday Valley Mudslide held last Saturday, June 15th was the place to be! Participants took to an adventurous course and got a little dirty, tackling a number of challenging yet fun obstacles. Victory came in the form of a giant mudslide at the end of the race, followed by a celebration complete with food, tunes, and plenty of smiles. Find more photos from this year's Mudslide on Holiday Valley's Facebook page.

photos / Ashley Baron





# INTERVIEW

## THE BUFFALO PHILHARMONIC TO CLOSE ELLICOTTVILLE'S SUMMER MUSIC FESTIVAL



## A Conversation with Fernanda

**HULICK:** How long have you been with the orchestra?  
**LASTRA:** I have been with the BPO since August 2022, for two seasons.

**HULICK:** Did you join as the Assistant Conductor, or were you appointed after you were with the orchestra for a period of time?  
**LASTRA:** Back in 2022, I joined the orchestra as the Conductor Diversity Fellow. After one year in that role, I was promoted to Assistant Conductor, Diversity Fellow.

**HULICK:** Can you talk a little bit about the process of becoming a member of the orchestra... Is there an audition, once a member are you in that position permanently or do you have to audition every so often?  
**LASTRA:** Certainly. Every musician in the orchestra went through an audition process, and my case was no different. There was a national search for the position of Conductor Diversity Fellow, and I had the opportunity to come to Buffalo and participate in a live audition with the orchestra, along with other candidates. Since this is a fellowship, the position is not permanent, although the contract can be extended.

**HULICK:** We are excited to have you as part of the Ellicottville Summer Music Festival again this year. You've performed at some of the most iconic settings in WNY such as Holiday Valley slope side, Central Terminal, Artpark, Outer Harbor, Sahlen's Field and Chautauqua Institution. Do you have a favorite out of this list?  
**LASTRA:** Not really. I believe that each stage holds its own unique way of connecting with people and making a profound impact on the audience. Attending live music concerts remains an experience that cannot be replicated online, and I am constantly amazed by the opportunity we have to create something special in real-time and connect with people immediately through music.

**HULICK:** Of course, your home base is Kleinhans Music Hall. The history when you play there is palpable, considering the BPO's history and the significance of the venue. I would imagine that you and all the members can't take the stage without having that in the forefront of your minds. What are your thoughts?  
**LASTRA:** Absolutely. Kleinhans Music Hall is not only a national architectural landmark but is also renowned as one of the best acoustically designed concert halls in the country. This is evident in the exceptional sound quality experienced by both the audience throughout the entire hall and us performers on stage. The way sound travels and blends in Kleinhans creates a unique and special experience. I believe our audiences enjoy a sound quality that is comparable to listening to a recording. We are truly fortunate to have such a world-class concert hall in Western New York. Moreover, the history of Kleinhans' stage is remarkable, having hosted incredible artists throughout the years. The very essence of the building is infused with artistic excellence. It's a privilege to work surrounded by that rich history.

**HULICK:** Talking about history, we need to talk about JoAnn Falletta. Her appointment as music director, in 1998, set a precedent that can never be broken or achieved by anyone else when she became the first female appointed music director of a major U.S. Symphony Orchestra. What an exciting moment that was and something this area is so proud of.  
**LASTRA:** As we celebrate JoAnn's remarkable tenure this year, it is essential to recognize the lasting impact she has had on the orchestra and the community. Throughout the past 25 years, JoAnn's artistic vision and unwavering dedication have propelled the BPO to new heights. Her ability to inspire and lead has fostered a culture of excellence and innovation within the orchestra.

Personally, I consider it an immense honor to work alongside JoAnn. Her passion for music and her ability to bring out the best in every musician have been a constant source of inspiration for me. Even before joining the BPO, I admired her work and admired the way she broke barriers and shattered glass ceilings. Working with JoAnn is not only an honor, but it is also a tremendous opportunity to learn from one of the most respected and accomplished conductors in our field. Her guidance and mentorship have been invaluable to me, and I am grateful to be part of her artistic journey.

**HULICK:** Who picks what tribute performance you will feature, like the Led Zeppelin tribute you will be performing at the festival on July 7th?  
**LASTRA:** The selection of tribute performances at Ellicottville is a collaborative effort between the BPO Artistic Team and Brian McFadden, the director of the Ellicottville Chamber of Commerce. The BPO Artistic Team assists Brian in selecting the guest artists and the repertoire for the concert. Additionally, the program includes pieces that the BPO traditionally performs at Ellicottville's summer concerts, such as the 1812 Overture, for example. We are incredibly excited about this concert and hope that everyone can join us on July 7th for a truly special summer evening together.

**HULICK:** Is there a body of work from a particular singer or band you haven't done that you would like to?  
**LASTRA:** Not really, I am always open to collaborating with new artists, and discovering new music.

**HULICK:** How long does it take to perfect a new show?  
**LASTRA:** Typically we allocate around four rehearsals to prepare for a new show, although this time frame can vary. The duration of the rehearsal process depends on factors such as the complexity of the repertoire and the length of the show itself.

**HULICK:** What would you consider is the most "out of the box" tribute you've ever done?  
**LASTRA:** As a conductor, I have the privilege of leading a diverse array of concerts, encompassing various genres and styles. While it is challenging to

"Interview: BPO" continued page 14

.....  
**JULY 7 • 8:00PM**  
**ON THE SLOPES OF HOLIDAY VALLEY**

By Melanie Hulick

The Buffalo Philharmonic Orchestra will close out what I'm certain will be another successful Summer Music Festival slopeside at Holiday Valley in Ellicottville. On Sunday, July 7th at 8:00pm, our world renowned BPO will feature the music of Led Zeppelin and The Who, followed by America's songs choreographed to an amazing fireworks display.

Becoming a "must attend" summer event, Ellicottville knows how to do it up right for any festival they put on and this year is no different. The festival kicks off on July 5th at 7:00pm at the Village Gazebo and runs through Sunday, July 7th with fun activities for the entire family including a pet parade, a fine art and craft market, and of course, music.

The BPO has been the final act of the festival for several years, perfectly paired with a fireworks show like no other, as they perform the songs of America while the sky is bursting in color. We are so lucky to have a music ambassador representing this area through each and every member, allowing us to follow them with such pride.

I recently had the chance to talk with Fernanda Lastra, Assistant Conductor, Diversity Fellow, who will lead the orchestra, and she graciously answered the questions of this "newbie" as far as the ins and outs of becoming an elite member of a professional symphony orchestra.

We talked about her being appointed as the Assistant Conductor, the process of becoming a member, how long it takes to perfect a new philharmonic performance and the history of the orchestra's home base venue Kleinhans Music Hall.

You'll read about the connection of the BPO Artistic Team and Ellicottville's own Brian McFadden, Executive Director of the Ellicottville Chamber of Commerce.

The orchestra has been celebrating 25 years of the historical appointment of music director, JoAnn Falletta, and Lastra shared her thoughts on Falletta and how much of an influence the music director has made not only in her life, but for empowering women everywhere to go for their dreams.

The orchestra and Lastra are looking forward to once again being part of the Summer Music Festival, and are inviting everyone to bring your blankets and lawn chairs and celebrate the 4th of July weekend with them.

Note: The evening before the BPO's performance will see this year's headlining act, One Vision of Queen featuring Marc Martel, with opening act, retro-soul artist Caitlin Koch. Gates open at 5:00pm for each evening's concert. If you haven't booked your stay in Ellicottville for the weekend, what are you waiting for?

.....  
**Festival Information: [ellicottvillenyc.com](http://ellicottvillenyc.com)**  
**Learn more about BPO: [bpo.org](http://bpo.org)**



# Destination FUN

## Upcoming Events to Mark On Your Calendar

**JUNE 20**

@ OLEAN GENERAL HOSPITAL  
716-373-2600 | enparkopedia.com



Join the fun at the 38th Annual OGH Auxiliary Strawberry Festival (10:00am-6:00pm) on the front lawn of Olean General Hospital. Featuring a variety of delicious delicacies like: strawberry shortcakes, hot dogs, Texas hots, sausage sandwiches, hamburgers, a baked potato bar, and drinks. There will also be craft items and basket raffles. You also can't miss out on the great entertainment to include: Eric Jones Caricatures from 2:00-5:00pm, Tri County Arts Crafts for kids from 11:00am-2:00pm, Bent Brass Band, Generations Line Dancers and more! A perfect summer event to enjoy the warm weather.

**JUNE 21**

@ NEW CAR DEALERS OF WNY ELLICOTTVILLE SKATEPARK  
716-244-7573 | sk8evl.com



### GO SKATEBOARDING DAY

Come out to the outdoor skatepark located at the Ellicottville Village Park and celebrate NATIONAL GO SKATEBOARDING DAY! Starting at 3:00pm until the sun goes down, join fellow skaters and the SK8EVL team for an afternoon of skating, pool-side hot dogzzz and good company. Feel free to bring a dish to pass (optional). Grab your buddies, bring your kids, and share in all the good vibes! Later in the evening, local skate shop Daily City Train will host an all-girls "Late Night Skate Night". Check @dailycitytrain.skate on IG for details.

**JUNE 22**

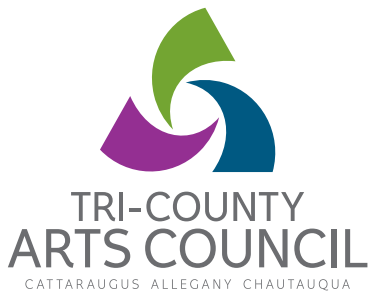
@ GRIFFIS SCULPTURE PARK  
716-667-2808 | griffissculpturepark.org



Griffis Sculpture Park will be hosting a monthly drum circle over the next three months, taking place on Saturday, June 22, Saturday, July 27 and Saturday, August 24 from 6:30-8:00pm at the Rohr Hill Road section of the park. The drum circles are free to participate in, and all skill-levels are invited to take part. Drum circle facilitator Steve Bell will help lead the circle. Steve will also bring a few percussion instruments for participants to use. He is one of the premier drum instructors in the region and has a knack for making drum circles fun, accessible and informative. Attendees should bring a lawn chair.

**JUNE 23**

@ PFEIFFER NATURE CENTER  
716-372-7455 | tricountyartsCouncil.com

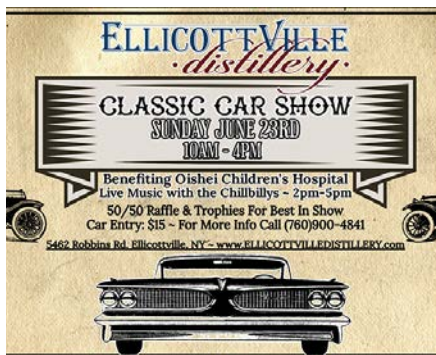


### BASKET WEAVING

Join the Tri-County Arts Council for a fun-filled day of basket weaving outdoors at Pfeiffer Nature Center from 11:00am-2:00pm for the Gathering Basket! You will learn basic weaving techniques using a variety of reeds and colors with a rectangular wooden base with attached spokes. This basket is perfect for gathering from your garden, but also has uses in your home. This class is suitable for beginners & experienced weavers. Cost: \$35 Artisan Members & Above \$45 Basic/Family Members & Non-Members. Supplies FEE: \$35. Ages 12+.

**JUNE 23**

@ ELLICOTTVILLE DISTILLERY  
716-597-6121 | ellicottvilledistillery.com



Spring has melted (almost literally) into summer and that gets us excited for some great local events. One in particular is the Annual Classic Car Show at the Ellicottville Distillery, coming up on Sunday, June 23rd from 10:00am-4:00pm. Take a drive out to 5462 Robbins Road in Ellicottville, NY for a day that promises to be fun for the entire family. The well-manicured distillery lawn will showcase vintage, antique and stylish cars from 10:00am-4:00pm. Food, drinks and live entertainment complete this amazing weekend event, so don't miss out.

**JUNE 29**

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



Enjoy a chairlift ride to Spruce Lake at Holiday Valley Resort. You may explore Spruce Lake and walk down the trail or ride back down on the chairlift. Load your mountain bike on the lift to ride the trails at the top of the mountain! Rides are available Saturdays and Sundays from June 29th through October 30th, 11:00am-5:00pm. Dogs are not allowed on the chairlift. You can purchase lift ride tickets at the Sky High Harness Shop. Unwind with a scenic trip to the top of the mountain, a picnic by the lake, enjoy the fresh air and then ride back down when you are finished. Best weekend plans!

**JUNE 29**

@ LUCKY DAY HOMESTEAD  
716-353-0193



Celebrate the warmth of the sun and the longest days of summer with food, dance, have your tarot read, enjoy beer, wine and mead tastings, have your hair braided and get a crown of flowers! Listen to the storyteller and Astrologer during dinner, watch dancers perform around the fire. Towards the end of the evening, the fire spinning team from Midnight INFERNO Productions will perform. A full menu list will be posted soon. Wear your summer pagan dresses and your Viking costumes for the festival celebration. \$80/guest. To book your seats at the table call 716-353-0193.

**JUNE 29**

@ BETHANY LUTHERAN CHURCH  
215-704-6608



Join in celebrating Juneteenth with the African American Center for Cultural Development of Olean. Experience fantastic music, delectable food like pulled pork sandwiches, hot dogs, hamburgers, and barbecue ribs. There will be joyous festivities for all. This year's celebration is going to be a good old fashion "neighborhood party". Please be aware that this event will take place at Bethany Lutheran Church in Olean, not at the African American Center for Cultural Development. Don't forget to dress for the weather, consider bug spray and sunscreen and bring a lawn chair!

**JUNE 29**

@ WAR VETERANS PARK  
716-379-3331



The Cattaraugus County Pride Coalition announces it's 6th Pride event at Pride in the Park! This is a fun event for all with music, entertainment, vendors, food, educational, LGBTQ+ owned businesses, artists and allies, and so much more. This is a family friendly event and everyone is welcome to attend. The event will be held at War Vets Park in Olean on Saturday, June 29th from 12:00-4:00pm. Pride is celebrated in the month of June, as that was the month when the Stonewall riots took place in 1969 in New York, that changed gay rights here in Western, New York, in America and around the world.



# REGIONAL

## PRIDE IN THE PARK

Celebrate with the Cattaraugus County Pride Coalition June 29th



OLEAN - Show your true colors this year as Cattaraugus County Pride Coalition (CCPC) celebrates our sixth Pride event with Pride in the Park! This is a family-friendly event, and everyone is welcome! It will be a fun time for all with music, entertainment featuring our very own local Veronyca's Showgirls, food trucks and vendors (food, educational, LGBTQ+ owned businesses, artists, and allies), and so much more! Pride is celebrated in the month of June, as that was the month when the Stonewall riots took place. The Stonewall riots were important protests that took place in 1969 in New York that changed gay rights for a lot of people here in Western New York, in America, and around the world.

Cattaraugus County Pride Coalition is a collective of individuals working to bring resources and solidarity to the LGBTQ+ community in Cattaraugus County, NY. The CCPC Community group is a safe space for the LGBTQ+ community and allies to talk openly and respectfully about our lives and what we want for our area. This is a place for open-minded people to come together to form a more unified community.

As we work on preparing for Pride in the Park on June 29th, we are looking for local individuals who would be interested in volunteering their time, energy and experience to help make Pride a great day. Responsibilities will be light to start with and increase as the date of the event gets closer. We need volunteers to help on the day of the event. Anyone interested in being on the committee, please send a private message or email [Pride@cattpride.org](mailto:Pride@cattpride.org) and let us know how you would like to help.



Are you saving your items for the Pride in the Park Home-Goods SWAP? Please save your surplus, gently-used clothing, books, and household items and bring them to the event. Items will be available for free on the day of Pride, bags will be available and no contribution is necessary to participate. Anything remaining at the end of the event will be donated to local agencies. We are also seeking gift basket donations or individual items that we can raffle at Pride in the Park. If anyone is interested in donating, please email us at [pride@cattpride.org](mailto:pride@cattpride.org). Many thanks to everyone who fulfilled our Wish List of items needed for the upcoming event, and special thanks to Karen Ash and Tina Bell for their kind donation! If you missed giving your support to our Wish List, please, see the link to our PayPal account ([https://www.paypal.com/donate/?hosted\\_button\\_id=NNHZVG9TLBM2C](https://www.paypal.com/donate/?hosted_button_id=NNHZVG9TLBM2C)). People can make personal donations through the link, and as a non-for-profit we can write a receipt to anyone who contributes a tax-deductible in-kind donation.

Shout out to Enchanted Mountain Roller Derby (EMRD) for supporting Cattaraugus County Pride Coalition at their June 8th bout! EMRD Derby has a proud history of choosing non-for-profit local organizations to share the at the door profit for their Home Bouts. The CCPC is so glad to have the ongoing support of the Derby girls and are proud that they chose the local queer community to support in this way. Let's show up to support EMRD wearing our pride true colors and most fabulous EMRD gear to show our supporters how loud and proud our community is.

We trust that everyone in our community, if you consider yourself queer or straight, will "come out" and enjoy Pride in the Park. After all the festivities are over, consider that the CCPC Board Elections is looking for Individuals, queer or straight, to be CCPC Board Officers. You may not think that this is you, but consider being a part of making Pride happen all year long. We are looking for people who are interested in any position, including a Development Officer, Community Outreach Officer, and Financial Officer, as well as a Communications Officer, Treasurer and Vice President, and of course, a President. If you are interested or would like more information, send an inquiry to [pride@cattpride.org](mailto:pride@cattpride.org) and let us know.

On a final note, on this year's Pride Festival, some people may know that there was difficulty at last year's Pride in the Park. After CCPC had rented out the park, the city pool closed earlier than the advertised season and our access to the bathroom facilities were denied on the day of Pride in the Park. We want everyone to know that the CCPC has had talks and assurances from city officials and is paying a restroom-access fee to the city to ensure access to handicaps and safely accessible bathroom facilities.

## SUMMER ON THE MOON

Challenger Learning Center Plans Exciting Summer Camps for Children



OLEAN - Join the Challenger Learning Center of Allegany, NY, for a summer full of fun and learning at our summer camps! Camps will be held in July and August from 9:00am to 3:00pm. We offer different camps for grades K-8, with a limit of 20 students per day. The camps are designed to match completed grades and are staffed with experienced and qualified personnel dedicated to providing your child with a safe and enjoyable learning environment.

Check out our exciting summer camp themes:

1. Rocket Camp (Grades 5-8) - July 17th-19th
2. Moon vs. Mars (Grades 4-5) - July 24th-26th
3. Mars Mania (Grade 1) - July 30th
4. Color & Light (Grades 2-3) - July 31st - August 2nd
5. Moon Mania (Kindergarten) - August 13th
6. CSI (Grades 3-4) - August 14th-16th

Rocket Camp (Grades 5-8) - July 17th-19th - \$135\*\*

Campers will explore the world of aerodynamics by building and launching rockets. Other activities include reverse engineering, design challenges, and a mission to Halley's Comet.

Moon vs. Mars (Grades 4-5) - July 24th-26th - \$135\*\*

Campers will compare and contrast the environments of the Moon and Mars, exploring the challenges of space travel and long-term habitation on these celestial bodies.

Mars Mania (Grade 1) - July 30th - \$50\*\*

Join us for a fun-fact-packed Mission to Mars, where campers will learn about Mars and its environment.

Color & Light (Grades 2-3) - July 31st - August 2nd - \$135\*\*

Campers will investigate the principles of light energy, the animal world's use of colors for protection, and the uses of solar energy.

Moon Mania (Kindergarten) - August 13th - \$50\*\*

Learn about the moon through fun, hands-on activities, such as Moon Twister, making a moon rock, and dressing up as an astronaut.

CSI (Grades 3-4) - August 14th-16th - \$135\*\*

Campers will become super sleuths and use their skills to solve the Mystery of the Missing Astronaut.

Register now to secure a spot for your child in our exciting summer camps. Early registration is encouraged to take advantage of discounted prices. Take advantage of this opportunity for your child to have a safe, fun, and educational experience at our summer camps. Contact us via our website <https://challengertwintiers.org/>, visit our Facebook page <https://www.facebook.com/CLCAllegany> or call us a t716-379-8686 for more information and to register.

## NEW FUND ESTABLISHED AT CRCF

Bud and Marion Boorum Fund Created to Support SPCA

OLEAN - The recently established Bud and Marion Boorum Fund at the Cattaraugus Region Community Foundation will serve as a testament to the deceased couple's unwavering love and devotion to animals throughout their lives.

This fund, established through the Blackhawk Trust, will provide resources to benefit the enhancement of the lives of animals at the SPCA while they await adoption into their forever homes.

Darwin O. "Bud" and Marion's journey together began in 1947, a union of many years marked by love and a shared passion for animals.

Bud's valor during World War II as a member of the esteemed Blackhawk Infantry Division, where he earned the Purple Heart and Bronze Star, exemplified his courage and dedication to service. Meanwhile, Marion's steadfast support as she worked for the New York Telephone Company reflected her strength and resilience.

"Bud and Marion Boorum Fund" continued page 14



# LIFESTYLE

## Breakaway Classic Adventures: Fellowship of the Fly

BY INDREK KONGATS

The sheer definition of an adventure is that it is predictably unpredictable. Otherwise it wouldn't be called an adventure, rather simply a plan - now how dull is that!

This adventure that I'm about to narrate had its quest to travel deep into the wilderness of Canada in search of the holy grail of trout, the Mighty Nipigon River Brook Trout, commonly referred to in Ontario as a speckled trout. Like any good adventure it started off with a plan that quickly ran into adversity, got scrapped, thrown under the bus, out the window, rewritten so many times that we ended up flying by the seat of our pants! In the end, like any good story, our adventure ended with our quest being achieved!

As in the *Lord of the Rings*, our quest included the crossing of numerous borders, actually just one but several times (four to be exact), traversing large bodies of waters, the Niagara (twice), the straits of Tobermory and Sault Saint Marie and the Blue Water of Sarnia. The countless beautiful and inviting lesser rivers, creeks and streams that we encountered along our route included the Jack Pine, the White, the Aquasabon Falls and the Old Woman River that called out to us like the Sirens in *The Odyssey* to abandon our quest, stop, rest, and fish. Our Fellowship consisted of three carefully selected seasoned fly fishermen, individuals with unique sets of skills, abilities and personalities that would ensure that we achieved our goal. There was the Chef, adventurers can't travel on hungry stomachs, but to his disdain we were forced to frequent road side fast food and beverage merchants like Subway, Tim Hortons and even Denny's along the way. It wasn't until we neared our final destinations and set up our camp that his prowess was on full display. He was able to turn simple white rice into French Rice Pilaf and pasta into Rigatoni al Segreto. I, acting as the sous-chef was put in charge of dicing onions and grilling meats, seasoning them with his secret herbs and spices! Our chef was a retired culinary professor and I never seemed to satisfy the school master, never earning more than an F- for my efforts.

The third person in our troop was an engineer by trade, a leader of Boy Scouts, and even serving a stint in the US Coast Guard. Needless to say, our group benefited from a rigorous schedule, precisely calculated rest stops and dead reckoning navigation. When I wasn't the sous-chef, my duties were at the helm on the road and on the water. Fortunately, my skills in these departments earned me a passing grade.

Our route took us over the International Peace Bridge and the first ominous omen reared its nasty head, not that we were superstitious, it's just that border crossings either go well or not so well - and in this case, it went too well! The guard frowning, I think because my diesel truck was too loud, took our IDs in silence and proceeded in shutting the door of his guard house for several minutes. While we sweated, not from heat, without a single word or question he handed back our documents and waved us on our way! Upon that curious experience we decided not to risk lady luck and opted out of plan A, which was to cut through southern Ontario to Michigan. Instead, we decided to cross with the ferry at the end of the Bruce Peninsula at Tobermory. Of course, that in hindsight, was not such a great move.

I had called ahead to make reservations for the ferry crossing of the North Shore Channel between Georgian Bay and Lake Huron, unbeknownst to us, not explained while making the reservations, traveling with a truck and trailer, there were certain rules that we were about to infract that almost ended our trip! They had conveniently collected the passage fees and then abruptly denied us boarding rights. Apparently, we had too many auxiliary gas canisters aboard our trailered vessel. One would have to realize, which none of these not so kind boarding agents did, that traveling into remote regions of the Canadian wilderness, the access to fuel is limited to what you can carry in with you. They didn't seem to care and simply demanded us to leave them behind or stay behind (ironically even if they were empty). Fortunately for us we found some very kind good Samaritans who generously for no fee offered to transport our full fuel Jerry Cans while on board and return them to us after the crossing. Our faith in human nature was restored!

Our ferry travel took us past the Cove Island Light House, Flower Pot Island and unto Manitoulin Island, the largest lake island in the world! Once on the Trans-Canada Highway 17, we traveled west through Sault Ste. Marie, Wawa (where we spent the night in a quaint



little motel called the High Falls Cabins), Marathon and Terrace Bay before arriving at the Nipigon River some 1,000 miles after leaving home. Along the way we were amazed by the beautiful and colorful fauna, Lupine and Rock Harlequin that lined the roadway and wildlife that included Moose, Black Bear, Bald Eagles and Ruffed Grouse. Traveling along the Lake Superior North Shore the vistas were out of this world, very much on par with what Tolkien imagined for his Middle Earth!

Once the road journey was complete, we took to the waters of the Upper Nipigon River launching our boat at Pine Portage, with our final destination bring Virgin Falls. The World Record Brook Trout, a whopping 14.5 pounds, was landed there! To get to Virgin Falls we had to cross Forgan Lake! Both Poseidon and Neptune had other plans for us and joined forces, summoning up wind and wave to thwart our plans. We were once again forced to abandon our plans and ended up marooned just 30 minutes into the cruise. Our normally dependable motor failed (Murphy's Law number one) and we were at Mother Nature's mercy. We drifted upon a suitable camping spot we quickly named Gilligan's Island, a hunk of rock in a sheltered bay that we had to call home for the rest of the week (Murphy's Law number two, you can't stake a tent peg into solid rock)!

Thankfully our quest was finally achieved, after some quick outboard engine repairs, on our very first day of fly fishing at Virgin Falls! In quick suggestion one of our fellowship landed several wonderful and large Brook Trout, the largest topping an impressive 24 inches and several pounds in weight - not a world record but it did make our eyes bugle!

The ordeal of the winds that we experienced all week long, playing havoc to boating and casting, had a silver lining though. The hordes of black flies and mosquitoes, bugs that we had dreaded and had prepared for with every conceivable insect repellent, never materialized, thank goodness! We deemed our trip a huge success even though those infamous winds of the Nipigon collapsed one of our tents one night we arrived safely home with no further adieu, till next time!

*Indrek Kongats is an artist, traveler, outdoorsman, and business owner residing in Ellicottville. He operates River Dog Art Gallery in Houghton, NY, and his Breakaway Classic Adventures specializes in adventure travel destinations. Learn more about him at [breakawayclassicadventures.com](http://breakawayclassicadventures.com).*

## Core Performance: Should I Use Ice or Heat?

BY KIM DUKE, CERTIFIED PERSONAL TRAINER



It's hard to get through life without straining a muscle, spraining a ligament, suffering a headache or wrenching your back. And the longer you're on the planet, the more susceptible you are to arthritis. But when something hurts, what will make it feel better - ice or heat? And when does it make sense to use both? These are such common questions I hear almost daily so I decided it was time to clear up the confusion.

**Arthritis:** The inflammation of joints or pain caused by worn-away cartilage in joints can cause pain and stiffness in places like your elbows, knees, shoulders and fingers, just to name a few. For these instances, moist heat, like a soak in a tub or shower of warm-but-not-hot water (92-100°) helps.

Who hasn't experienced a headache of some degree? Some are lighter, easily treated with OTC pain relievers while others require some extra steps for relief. Ice can help soothe throbbing pain in your head. Cold masks or wraps over the forehead, eyes and temples help the throbbing pain of a migraine. While ice is usually preferred for headaches, moist heat or a heat wrap can relax neck spasms that contribute to headaches.

Muscle strains and sprains usually benefit from a combo of both ice and heat when they occur. Whether you've pulled a muscle in your calf or back doing yard work or sprained your ankle playing basketball, it's best to start either off with ice to ease inflammation (including swelling, redness or tenderness of the injury) and numb the pain. Only after the inflammation resolves is it a good idea to switch to heat. This can help relieve any muscle stiffness at the injury site.

Tendinitis is a painful inflammation issue that affects the tendons, the connective tissues between your muscles and bones. A common cause is repetitive activities so tendons in your

elbow, knee, shoulder, hip and even your Achilles tendon are common sites. Besides the usual measures to alleviate the pain — rest, pausing of activities that cause pains, OTC pain relievers — ice is the preferred method here as it can ease the inflammation and help numb the pain.

While similar to tendinitis in that there's tendon pain, tendinosis is distinct because of the cause - a chronic, long-term condition caused by a degenerating tendon. Because this condition involves irritation and stiffness in tendons attached to joints, heat is best for relieving stiffness in the joints, but only after the inflammation resolves.

You can apply ice and heat in lots of ways. Experts generally recommend up to 20 minutes on and 20 minutes off:

- Ice packs: Frozen peas or corn, ice cubes in a baggie or frozen gel pack. You can ice beyond 48 hours, until swelling, tenderness or inflammation are gone.
- Ice massage: Freeze water in a Dixie cup, peel back the top, and massage the tender area until it's numb. (Best for targeted icing after injury or for areas too awkward for ice packs, like the elbow or heel).
- Cold masks: Place a cold mask, available at drugstores, over your eyes or lay a towel soaked in cold water over your forehead and temples.
- Moist heat: Enjoy a bath, shower, hot tub or whirlpool using warm, not hot, water (92-100°).
- Heat wraps: Drape a heat wrap, available at drugstores, around your neck like a scarf (great for work or travel).
- Heating pads: To avoid burns, remove heating pads if the area becomes uncomfortably warm.

*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](http://www.coreperformancefitness.com) or call her directly at 716-698-1198.*



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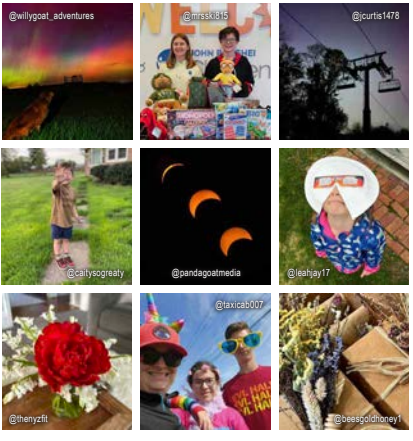


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**OFFICE SPACE FOR RENT:** 520 sq. ft. of office space at 39 Mill Street available for rent starting in August. \$600 a month plus gas, electric, water and snowplowing. Must sign 3-year commercial lease. Call for details 716-699-4516 or 716-397-9527.

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## PUBLIC NOTICE

**SPECIAL MEETING:** Water project informational meeting will be held at the Town Center (28 Parkside Dr.) on Saturday, June 22nd at 10:00am.

## COMMUNITY

**PARK PROGRAM:** Sign-ups for the Town of Ellicottville Park Program and swim lessons will be held on Saturday, June 29th from 4:00-5:30pm at the Ellicottville Village Park. To participate in the program, a child must have completed 1st grade and cannot be older than 13. If you have any questions, please call the Town Clerk's office at 716-699-2100.

**VISIT ST. JOHN'S EPISCOPAL CHURCH** located at the historic four corners in the Village of Ellicottville. St. John's hosts a visitor-friendly service every Saturday at 5:00pm. Any and all are welcome to attend!

## 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](mailto:gadogado98@hotmail.com).

**LINE COOK WANTED:** Villaggio is looking for a professional Line Cook to prepare food to the chef's specifications and to set up stations for the menu. Line Cook duties will consist of assisting the executive with their daily tasks. Must have experience on the grill and keep a clean, organized station. For more information, contact Tyler Eggleston: 716-699-2199 or [tyler@villaggioevl.com](mailto:tyler@villaggioevl.com).

## FINE ART AND CRAFT MARKET

cont. from page 04



It's a great way to not only celebrate Ellicottville, but also celebrate the wonderful craftsmen and artisans that we have right here living in our neighborhoods."

The list of participating artists in this juried art market will soon be available online at [www.evlartshow.com](http://www.evlartshow.com). Some of the artisans are members of the TCAC, and all of them are from western New York, specifically Allegany, Cattaraugus, and Chautauqua counties, said Bernstein. "Seven of the 20 artisans (from last year) will be returning for the first event during 4th of July weekend," she noted. "For the Labor Day event, we will have eight returning artisans for a total of 23 – a mix of returning artisans and brand new. We have new people for 4th of July weekend, and we have new people for Labor Day weekend, and some of them are doing both events, but some of them are only doing one. We're definitely giving people a reason to come down and look at the work during both events!"

For more information about the Ellicottville Fine Art and Craft Markets, email [info@myartscouncil.net](mailto:info@myartscouncil.net). While applications are closed for both art market weekends, you can learn more about upcoming TCAC events at [www.tricountyartscouncil.org](http://www.tricountyartscouncil.org) or visit the TCAC at 110 West State Street in Olean.

"I'm just so excited about these partnerships that we have with the Chamber of Commerce in Ellicottville, as well as the village and the town," said Bernstein. "As someone who lives right over the hill, I've always loved going to Ellicottville. It's such a charming place, and it's so exciting to work with everyone through the Chamber and town because they are so helpful and kind. It's a great collaboration."

## BUD AND MARION BOOROM FUND

cont. from page 11

Settling in Buffalo, NY, they built a life centered around family and their beloved pets. Bud's career path, from his service as a master diver for the Erie County Sheriff's Department to his tenure in the animal pharmaceutical division with S Kellogg and Shearing (ASL), showcased his evolving dedication to animal welfare. Marion, too, contributed her talents and love for working with people at the Olean General Hospital until her retirement, all while nurturing their cherished Yorkie, Pebbles.

Tragically, Marion's passing in 2015 marked a profound loss for Bud, yet it ignited a new purpose in his life - caring for Pebbles with the same tenderness and devotion Marion had shown. Pebbles became his constant companion, his "reason for getting up in the morning" each and every day.

Bud spent a lot of time witnessing the transformative work of the SPCA. He recognized the vital role they played in providing the love and care to get the animals in their forever homes. In honor of Marion's memory and inspired by his own experiences, Bud ensured the Darwin O "Bud" and Marion Boorum Fund was established to carry on their legacy of commitment for the care of animals.

"We are honored to preserve the memory of Bud and Marion through this fund," said CRCF executive director Kirk Windus. "This fund will help enhance the care and protection of animals in our community while they await adoption into loving homes."

Donations can be made to the Bud and Marion Boorum Fund at the Cattaraugus Region Community Foundation, 301 North Union St., Suite 203, Olean, NY 14760 or online at [cattfoundation.org](http://cattfoundation.org).

## INTERVIEW: BPO

cont. from page 09

single out one concert as the most "out of the box," I can confidently say that I am constantly open to creating innovative and unconventional experiences that invite audiences to appreciate music from a fresh perspective.

### 2024 BPO SUMMER CONCERT SCHEDULE

- |   |  |
|---|--|
| KeyBank Independence Eve<br>at the Bisons, Sahlen Field<br>Wednesday, July 3<br>Game 6:00pm, Concert 9:00pm         | Concert for Unity – FREE!<br>Saturday, July 20, 7:00pm<br>First Calvary Baptist Church   |
| Ellicottville Summer Music Festival<br>Performing the music of<br>The Who & Led Zeppelin<br>Sunday, July 7, 8:00pm  | North Park Community<br>School #50 – FREE!<br>Wednesday, July 24, 7:00pm   |
| String Ensemble at<br>Buffalo Central Terminal – FREE!<br>Thursday, July 11, 6:00pm                                 | Academy Park, Lewiston – FREE!<br>Saturday, July 27, 7:00pm  |
| Puccini's Greatest:<br>A Gala Opera Concert<br>Sunday, July 14, 2:00pm<br>Artpark Mainstage Theater                 | Niawanda Park, Tonawanda – FREE!<br>Sunday, July 28, 7:00pm  |
| Clarence Main Street<br>Town Park – FREE!<br>Wednesday, July 17, 7:00pm   | The BPO & The Strictly Hip<br>Performing the Music of<br>The Tragically Hip<br>Thursday, August 1, 7:30pm<br>(Doors at 6:00pm)<br>Terminal B at the Outer Harbor<br>(901 Fuhrmann Blvd.) |
| The Musical Magic of Harry Potter<br>Friday, July 19, 7:00pm<br>(Doors at 6:00pm)<br>Terminal B at the Outer Harbor | The Music of Pink Floyd<br>with The Machine<br>Saturday, August 3, 7:30pm<br>(Doors at 6:30pm)<br>Artpark Mainstage Theater  |

## FROM SKI RACER TO BEEKEEPER

cont. from page 07

handy, never turning down an invitation to ski with friends at Holiday Valley or HoliMont. When not beekeeping in the summer, she plays softball.

When asked how dentistry and administering physical therapy helped prepare her for her beekeeping hobby, Genene gave credit, not to her formal education, but to her many years ski racing. She spoke of the adrenaline rushes tempered with the zen-like feelings of peace which one gets both on the hill and tending the bees. I did feel that adrenaline rush as I tentatively approached the hives, and I can vouch for the truly peaceful feeling one gets while gently tending these beautiful creatures who take one so close to nature. It's a beautiful thing. Ahhhh!

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👤 willygoat\_adventures: Me and my pal Autumn patiently waiting for our sweet treat from @thepineconecreamery #dogsofbuffalo #icecreamlover #evlnow #jtjny #dogsonadventures #bestbeggars



👤 enchantedmountainchallenge: The Mudslide event was so much fun! #mudrun #holidayvalley #evlnow #enchantedmountainchallenge



👤 thenyzfit: It's berry szn! #ellicottvillenow #strawberries



👤 kkdido: Mudslide 2024 @HolidayValley



👤 Staci Stincelli-Kasprzyk: Just reading the @ellicottvilleNOW after dinner! #evlnow #ellicottvilleny



👤 charlesbchamberlain: Flowers are still blooming! #evlnow #summer



👤 ellicottvillecoffee: @ellicottvilleNOW



👤 ellicottvillenow: Disclaimer: We do not endorse riding your bike while reading our newspaper. #evlnow #ellicottvilleny #locallyowned



👤 holimont: Adventure paws. Let's spread some puppy love. Share your favorite pictures of your dogs having fun at HoliMont. #dogsofholimont



👤 biodomeproject: Thanks for coming down and showing your support for the market and @jamestownprideday! #evlnow #jtjny



👤 modernmaplesevl: This is us during our visit to Ellicottville, NY. #evlnow



# Welcome to **Villaggio!**

## You have fun. We'll cook.

Staying at a chalet? 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](mailto:andrea@villaggioevl.com).

### VILLAGGIO PRIX-FIXE

ENJOY A SELECT APPETIZER, ENTRÉE AND DESSERT FOR **\$29.99**.

We brought it back! / 5pm-8pm.  
**KIDSEATFREE FRIDAYS**

\*OFFER VALID WITH THE PURCHASE OF 1 ADULT ENTRÉE. LIMIT OF 1 KID PER ADULT. KID'S ENTRÉE NOT TO EXCEED \$13 VALUE.

**THURSDAY | Oyster!a** OYSTERS | CLAMS | SHRIMP MUSSELS | PROSECCO

**FRIDAY | \$20 Fish Fry** Haddock Beer-Battered or Milanese Style.

**SUNDAY | Pasta Bar & Prime Rib**

SUNDAYS IN JUNE ★ LIVE MUSIC AT VILLAGGIO

**Music with Chris Maloney!**  
Sundays 5:30 pm-8:30 pm



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



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# MEDICAL LOAN CENTER

FREE HELP FOR THE FRAIL, ELDERLY, HEALTH AND SIGHT IMPAIRED

Interfaith Caregivers and The Bob McCarthy Foundation are a caring community of volunteers who work with, serve and assist so that they can maintain their independence and dignity to the highest degree.



### Equipment & Supplies Provided

- Hospital Beds - Walkers - Scooters
- Hoyer Lifts - Canes - Quad Canes
- Crutches - Wheelchairs
- E-Wheelchairs - Shower Chairs
- Electronic Monitors - Rollators
- Commodes - Seat Walkers
- Transfer Seats - Ostomy Supplies
- Tracheotomy Supplies - Tubing
- Incontinence Supplies
- Blood Glucose Monitoring
- PT / OT Equipment

WE ACCEPT DONATIONS OF ALL OF THE ABOVE IN NEED



### Transportation & Telehealth

We also provide (if available) transportation to/from doctor appointments and Telehealth solutions in place of in-person appointments.



### Financial Support

We can assist in financial support for eye exams, glasses and visual aids for the vision impaired.

585-376-4488

ELLICOTTVILLE  
17 Mill St.  
(Beside the DPW)  
Thursday  
9:00 AM-Noon

OLEAN  
315 W. State St.  
Monday & Thursday  
9:00 AM - Noon  
Friday 1:00-3:00 PM



ELLICOTTVILLE PLAYGROUND

# GOLF TOURNAMENT

SATURDAY  
JULY 27TH

CONCORD CREST  
GOLF COURSE

Shotgun start: 2:00pm

\$125/player  
\$500/team

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

Register now. space is limited



[bit.ly/Playgroundgolf](https://bit.ly/Playgroundgolf)

Sponsorship opportunities available! Email [ellicottvilleplayground@gmail.com](mailto:ellicottvilleplayground@gmail.com) for information!