

# Ellicottville NOW

LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ♦ August 22-28, 2024



Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York  
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## Changes Coming with the New School Year

### Ellicottville Central Announces Daycare Program; New Cell Phone Policy



photo / @ellicottvilleNOW

By MARY WEISER

Ellicottville Central School is ready to welcome students, teachers, and staff to the first day of school on Thursday, September 5th! “We’ve been busy all summer,” said Superintendent Robert Miller. “We just had the parking lots sealed and striped, and the building is in the final stages of cleaning to be ready for the kids. The buses are all cleaned up and ready to go!” There is plenty to look forward to this school year, including new faces, an after-school childcare program, an updated cell phone policy and more.

Next week, the school will welcome seven new teachers and a new school nurse, Hannah Frisina. The district announced a new partnership for the 2024-2025 school year: Healthy Kids will be offering an after-school childcare program when school is in session from 3:00-6:00pm in the elementary building. Miller also advised that important changes have been made to the district’s cell phone policy to minimize distractions and allow students to better focus on their work in the classroom. He explained that these changes were developed by a large code of conduct/cell phone stakeholder committee this past spring.

... page 03

## SUPPORT YOUR COMMUNITY’S FOOD PANTRIES ALL YEAR ROUND

When was the last time you actually donated to a food pantry? Many are guilty (myself included) of only thinking about donating to these places during the “giving season” - that time between Thanksgiving and Christmas when we might drop off a couple of canned goods and a toy or two for kids and consider the mission accomplished. But these items aren’t just needed during the holidays... there is ALWAYS a need. So, with that in mind, we reached out to locations in our community to see what we, as a community, can do to help all year round.

Most food pantries, like the Ellicottville Food Pantry and the Great Valley Food Pantry are entirely funded by volunteer donations. The food pantries absolutely need community support as there are many people not as fortunate as others.

... page 04

## GARY & PAUL CLANCY MEMORIAL SCHOLARSHIP FUND ESTABLISHED

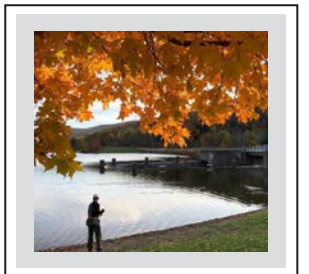
A new scholarship recently established at the Cattaraugus Region Community Foundation will honor the legacy of brothers Gary and Paul Clancy and support the next generation of students from Ellicottville Central School. Established by the family of Gary and Paul Clancy, this scholarship will reward Ellicottville Central School seniors who plan to major in a STEM (science, technology, engineering, math) field and have a cumulative grade of 90% or above in math and science. The first award from the Gary and Paul Clancy Memorial Scholarship fund will be made in 2025. “Education means a great deal to the Clancy family, and this scholarship will empower students to achieve their educational goals” said Kirk Windus, CRCF Executive Director ... page 04

### LUCKY DAY HOMESTEAD TO HOST A FEAST FIT FOR A VIKING

Want to have some out-of-the-ordinary fun? Now, I’m not talking stilt or high wire walking, or even log rolling or log splitting contests, which would certainly test your mettle and leave you with an insight into your ancestral DNA. In September, ninety wanna-be Viking men and Viking women are invited to convene at the Lucky Day Homestead in Machias for Viking-themed festivities. Owner Emily Theresa has created not just an amazing farm-to-table meal from foods sourced from local farms and prepared by a private chef, but an extraordinary event you won’t soon forget ... page 11

### instaNOW

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## Where There’s a Will, There’s a Way

### Road Closure Prompts Alternate Access for Local Pet Groomer’s Clients



photo / @ellicottvilleNOW

By PATRICK FERRINO

Living in Ellicottville, a very active town, it’s important to keep your pup or kitty groomed so that they can look their best and feel ready for their next adventure. If you really love your furry friend, you’ll certainly trust him/her in the hands of the groomers at Rover Makeovers.

Rover Makeovers is a family-owned pet groomer located on Elizabeth Street in downtown Ellicottville. With the current construction and closure of Elizabeth Street, which means no access to grooming, owner Teresa Wagner is grateful that the neighbor behind her has given her clients permission to use his driveway so people can walk through the backyard and into the shop. “He pretty much saved our business,” said Teresa. Look for the Rover Makeovers sign at 10 E. Washington Street.

... page 08



### GOOD VIBES FARM: A PASSION PROJECT

Josh Bower, Pastor of the Arcade United Church of Christ in Arcade and his wife Nicole, residents of 5106 Bryant Hill Road in Ellicottville, are following their passion and invite you to come along. Josh, being just affable, amiable, big-hearted Josh says, “Farming is in our family’s DNA,” with his dad, Brian, having grown up working on his grandfather’s farm and Josh grew up playing in Mother Nature’s beautiful, lush dirt. Farmers Josh and Nicole tried their farming acumen when they put in a small garden at their home, providing more than enough to feed his family and then some ... page 08



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ellicottvilleNOW is published by DesignPerks, 9 W. Washington St., PO Box 1077, Ellicottville, NY 14731. ellicottvilleNOW is released every Thursday in print and online at [ellicottvillenow.com](http://ellicottvillenow.com).  
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# Publisher's PICK

## PREPARING FOR A NEW SCHOOL YEAR

Ellicottville Central Announces Daycare Program; New Cell Phone Policy



BY MARY WEISER

Ellicottville Central School is ready to welcome students, teachers, and staff to the first day of school on Thursday, September 5th! “We’ve been busy all summer,” said Superintendent Robert Miller. “We just had the parking lots sealed and striped, and the building is in the final stages of cleaning to be ready for the kids. The buses are all cleaned up and ready to go!” There is plenty to look forward to this school year, including new faces, an after-school childcare program, an updated cell phone policy and more.

Next week, the school will welcome seven new teachers and a new school nurse, Hannah Frisina. “We now have a full-time elementary STEM (science, technology, engineering, math) teacher,” Miller noted. The superintendent is also excited to welcome a new administrator to the district: Mrs. Elisabeth (Beth) Beaver, the district’s new assistant K-12 principal.

Recently, the district announced a new partnership for the 2024-2025 school year: Healthy Kids will be offering an after-school childcare program when school is in session from 3:00-6:00pm in the elementary building. This award-winning program has been caring for kids in over 100 locations for more than 15 years, and it’s available for any Ellicottville student in grades kindergarten through 12. Tuition assistance is available through the NYS Child Care Assistance Program to help eligible families with some or all of the cost of childcare. To register your child(ren), call 845-330-0200 or email registration@healthykidsprogram.com. More information is available at www.healthykidsprograms.com.

Miller advised that important changes have been made to the district’s cell phone policy to minimize distractions and allow students to better focus on their work in the classroom. Students in grades six through nine will be required to secure their phones in a locked locker and will be unable to carry or utilize cell phones in classrooms during instruction time. Phones may be accessed between classes, and grade nine students can use their phones at lunch. Students in grades 10 through 12 are allowed to carry phones throughout the day, including lunch, but must secure them during instruction time or in a designated classroom location.

Miller explained that these changes were developed by a large code of conduct/cell phone stakeholder committee this past spring. He said, “Well over 20 individuals, including over a dozen student class officers, many faculty members, parents, administration and our SRO (student resource officer) gathered over the spring months to reach consensus on the best cell phone plan for ECS MS/HS at this time.”

Part way through last school year, the district became eligible to provide free breakfast and lunch for all students. Miller is pleased to share that this is continuing for the 2024-2025 school year through the state’s community eligibility program. Importantly, he noted that, like many schools, the elementary school cafeteria is going to be peanut-free this year.



Miller has a few important reminders for parents and families. Bus runs will be consolidated from nine runs to eight. Open House is scheduled for Wednesday, September 11th, and specific orientation dates for certain grade levels, such as kindergarten, will be announced on the district’s Facebook page. “I’d like to remind parents to use the pickup patrol for signing students in and out of school, and there will be information in the district newsletter that comes out with information on how to do that,” he said. “Also, register with our Blackboard mass communication app because that’s how we let people know if school has been canceled or other important notifications.”

There will be a few changes to the school safety plan, and the lockdown drill schedule will soon be announced so that parents are aware of those dates. “Looking ahead, we’ll be closed on October 11th for staff development day, and on October 14th, we’ll be closed for Columbus Day,” he added.

Miller is looking forward to welcoming students and staff back for a new year. “I always look forward to the beginning of the school year because all summer long, we plan, we plan, but the kids and the staff are missing,” he said. “It’s always nice when they all come back to school ready to go!”

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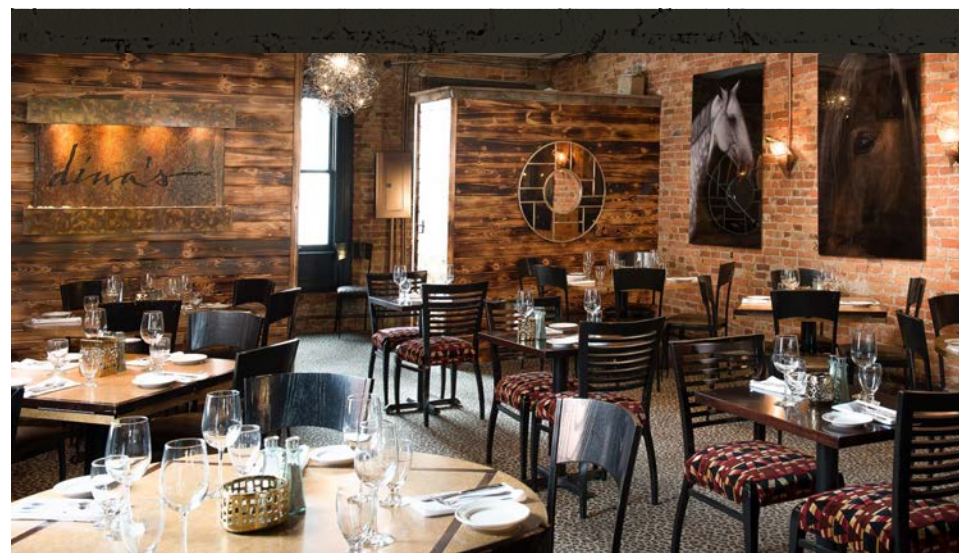
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# GIVING BACK

## THERE'S ALWAYS A NEED

Local Food Pantries In Need of Donations Year Round, Not Just Holiday Season



By JESSICA SCHULTZ

When was the last time you actually donated to a food pantry? Many are guilty (myself included) of only thinking about donating to these places during the “giving season” - that time between Thanksgiving and Christmas when we might drop off a couple of canned goods and a toy or two for kids and consider the mission accomplished. But these items aren’t just needed during the holidays... there is ALWAYS a need. So, with that in mind, we reached out to locations in our community to see what we, as a community, can do to help all year round.

The Ellicottville Food Pantry, located inside of the United Church of Ellicottville at 51 Elizabeth Street, is funded entirely by volunteer donations. Anyone in need in their service area is welcome to visit. The service areas are Ellicottville, Little Valley, Great Valley, West Valley, Cattaraugus, Franklinville, Otto and East Otto. Hours of operation are Monday 1:00-3:00pm, Wednesday 4:00-6:00pm and Saturday 10:00am-12:00pm. Appointments can be made for other days or hours if necessary or in case of a food shortage emergency. Call 716-699-4003.

The Great Valley Food Pantry, located at 4808 Route 219, Great Valley, helps to provide supplies to the residents in the Great Valley area, the same area covered by the Ellicottville Food Pantry. And again, is one-hundred percent funded by volunteer donations. Hours of operation are Thursdays from 4:00-6:00pm and Saturdays from 8:00-10:00am. Follow their Facebook page to stay up-to-date on any changes or special hours.

You can also leave donations at St. Paul’s Lutheran Church, 6360 Route 242 E, Ellicottville, because as the church advised us, “There is a need for year round assistance for many folks trying to live on retirement or a lower paying job.”

The pantries can always use shelf stable items like pasta, sauce, and cereal, but they rarely receive items like baby diapers, health and personal care items like toothbrushes, toothpaste mouthwash, razors, etc., which they could use more of. The food pantries absolutely need community support as there are many people not as fortunate as others. Without community support they would not be able to continue their mission to assist those in need.

Luckily, there is more than one place to take donations. Our local Howard Hanna office is a good option. They accept donations all year round for both of our local food pantries. Sales Manager Sandra Goode explained that they started collecting donations in January of this year, because they saw that the pantries could use a hand and they wanted to help.

“People can drop off canned goods and non-perishable items at our office location at 34 Washington Street (next to Madigan’s) anytime. We are open 7 days a week, and if it is after-hours, just leave it on the door step or on the table and we will collect it when we open.” If you have other questions you can call the Howard Hanna office at 716-699-4695.

“Donating to the food pantries all year long is helpful because the need is not just at holiday time, it can be an everyday struggle for some,” Sandra expressed. “Both the Ellicottville and Great Valley Food Pantries serve a large area covering all of our neighboring towns. There is a greater need than most people realize. A little help can go a long way.”

That is most certainly the truth. Just ask Angel Fisher, the Brand & Data Manager at Connecting Communities in Action (25 Jefferson Street, Salamanca, NY). The CCA is a private, non-profit organization - one of hundreds across the United States that strives to build resilient communities by helping the residents achieve economic, physical and emotional security. They meet people’s most basic needs. More importantly, they collaborate with scores of public and private partners to offer marginalized people hope, opportunity, and the tools to overcome adversity and to thrive. They serve both individuals and families, the elderly, the disabled, and the disadvantaged in southwestern and central New York.

So how can you help the CCA achieve their goals? “There are always needs that can’t be met through regular programming,” explained Angel. “Everyone - no matter their financial situation - needs to feel that they belong. That is difficult to do when one is struggling with basic daily needs. Our community members can help to fill those gaps, whether it be personal hygiene products, cleaning supplies, spices, or even kitchen basics like flour, sugar, cooking oil, etc.”

“Food Pantries” continued page 14

## DANCE ARTS DONATES

HomeCare and Hospice Foundation Receives Performance Proceeds



(L-R) Front row: Eleanor Fogle and Avvagaile Conklin. Back row: Marcia Gallineaux-Hubert, Cassandra Kelse (volunteer coordinator with HomeCare & Hospice), Sarah Negron (agency relations coordinator), and June Hilmey.

OLEAN - DANCE ARTS, located at 132 N. Union Street in Olean, offers classes for all ages ranging from acrobatics, jazz, ballet, pointe, tap, modern and musical theatre. The performance company holds a biennial dance performance, raising funds for HomeCare & Hospice Foundation. Since its first show in 1983, the proceeds from these performances have traditionally been donated to a nonprofit organization. This year’s event was held June 7th and 8th at the Olean High School auditorium.

“When we held the first performance, it was suggested that we donate a portion of the proceeds to a local nonprofit. What a wonderful idea - showcasing the dancers’ talents to the community while also supporting a worthy cause,” stated Marcia Gallineaux-Hubert, DANCE ARTS owner.

Event volunteers and staff from HomeCare & Hospice also assisted in setting up and running the refreshment table after both performances. Sarah Negron, Agency Relations Coordinator added, “What a fantastic concept - our staff and volunteers helped with refreshments at the recital, and in return, our foundation received funds.”

The next DANCE ARTS Biennial event will be held June 2026. For more information on DANCE ARTS, please visit [www.danceartsolean.com](http://www.danceartsolean.com) or call 716-307-6988.

HomeCare & Hospice Foundation supports charitable activities of Community Care of Western New York, dba HomeCare & Hospice (HCH). HCH encompasses a licensed home care program allowing patients with short-term needs or chronic conditions to remain in their own homes and a hospice program providing medical care and emotional support for patients and their families coping with a terminal illness. Both focus on quality of life. The organization helps maintain independence at home with compassion in communities throughout Allegany, Cattaraugus, Genesee, and Wyoming counties. For more information, please call 716-372-2106, visit [homecare-hospice.org](http://homecare-hospice.org) or email [snegron@homecare-hospice.org](mailto:snegron@homecare-hospice.org).

## TWO BROTHERS’ LEGACY

Gary & Paul Clancy Memorial Fund for ECS Students Established at CRCF



OLEAN - A new scholarship recently established at the Cattaraugus Region Community Foundation will honor the legacy of brothers Gary and Paul Clancy and support the next generation of students from Ellicottville Central School.

Established by the family of Gary and Paul Clancy, this scholarship will reward Ellicottville Central School seniors who plan to major in a STEM (science, technology, engineering, math) field and have a cumulative grade of 90% or above in math and science. The first award from the Gary and Paul Clancy Memorial Scholarship fund will be made in 2025.

Gary and Paul were both graduates of Ellicottville Central School who served in the United States Army during the Vietnam War. While serving in Vietnam, Paul earned the National Defense Service Medal, the Vietnam Service Medal, the Vietnam Campaign Medal and the Purple Heart. Paul was employed for 30 years by the Cattaraugus County Department of Social Services, retiring in 2000.

“New Scholarship” continued page 14



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# PHOTO REWIND

## Griffis Summer Festival Was One For The Books

Last Sunday, Griffis Sculpture Park hosted their annual Summer Festival, and despite the mixed weather pattern of sun and bouts of rain, it was a jammin' good time. The day featured a full musical line-up, inviting crowds to dance amongst a backdrop of nature and art. Event-goers also enjoyed access to a vendor village, food and bevies, and kids had an opportunity to make some art of their own at the craft tent.

photos / Griffis Sculpture Park



## Behind The Pine (Wood Derby) Raises Funds for New Playground

A new and unique event to support the Ellicottville Playground was held at Madigan's last Sunday as well. Racers entered their derby cars and vied for bragging rights and cool, custom trophies, all for a good cause. Search "Ellicottville Playground" on FB to learn more about the project.

photos / Jaimie Woodarek



# BUSINESS

## GOOD VIBES FARM

A No-Till Natural Regenerative Vegetable Garden in Ellicottville Welcomes All



BY CAROL FISHER-LINN

Josh Bower, Pastor of the Arcade United Church of Christ in Arcade and his wife Nicole, residents of 5106 Bryant Hill Road in Ellicottville, are following their passion and invite you to come along. Josh, being just affable, amiable, big-hearted Josh says that “farming is in our family’s DNA,” with his dad, Brian, having grown up working on his grandfather’s farm and Josh grew up playing in Mother Nature’s beautiful, lush dirt.

Farmers Josh and Nicole tried their farming acumen when they put in a small garden at their home, providing more than enough to feed his family and then some. Following the heart of his “real job” as Pastor of a Cristian church, he tells us that he “constantly bears in mind Christ’s teaching to feed the hungry.” Indeed, it was Josh who spearheaded the Great Valley Food Pantry when he was interning at St. Paul’s Lutheran Church with Pastor Dan Burin-grud (whom all of Ellicottville will miss as he and Cheryl head west at the end of the month to lead a church in his beloved California).



Josh and Nicole are a young, busy couple, yet they find time in their full lives to think of others and, not only think, but DO for others. Although dad Bower said he would never farm again, he has been part of the Good Vibes Farm and he and his wife, Colleen, are all in. What’s neat about this farm is how it is done - a bit different from the traditional ways of farming. Says Josh, “Another way we have committed to our community is through good stewardships of the soil we grow in. We farm using no-till practices, meaning that we do not disturb the native soil through tillage or plowing. Instead, we build up and restore the soil by using compost, planting cover crops, encouraging living soil biodiversity, and only applying all-natural amendments. In doing so, we preserve and improve the soil for future generations.”



How do they do this? They use an “Equitable Pricing Model” for the farmstand located about two miles up Bryant Hill Road on the left. Watch for the signs. If you hit a green street sign saying “Carolann’s Way”, you’ve gone too far. Here is how it works (instructions are right on the door when you visit the stand; they even take Venmo @josh-bower-3): Each item of produce has a fair retail price (let’s say \$3 for a bunch of carrots or \$1 for a bell pepper). If a buyer can pay that amount, it is most appreciated. Their generosity and abundance helps support their neighbors.

However, if the fair price is not in the budget for a buyer, it’s all good. Pay what you can. The abundance of the neighbors has already helped pay for the produce, and to sustain the farm for future growth. Their hopes are to quadruple their size with more variety in the future. (The farm is gorgeous just to look at and “be” in.) A great source of peace and inspiration for Josh, his family and visitors like myself who got to just bathe in the goodness of that little plot of land and the essence of charity and love that surrounds it.

At the end of the day, Good Vibes donates fresh produce to the Great Valley and Ellicottville Food Pantries. They give you a tally on their door wall. It is their goal to extend this reach further into the local communities as the Farm grows. Says Josh, “We are still a small operation, farming produce from a 2,500 square foot plot. Next year, we plan to expand our gardens to 10,000 square feet so that we can provide more produce to our community and improve more soil. As a Pastor, I am inspired by the ministry and teachings of Jesus Christ to help feed my neighbors, especially my neighbors who would not otherwise have access to fresh and affordable produce.”

So, “come on down,” as Bob Barker used to say. Josh, Nicole, Brian, and Colleen invite you to visit, support the cause, feed yourself, help feed your neighbors, and share in the Good vibes surrounding this amazing heart and tummy filling project. It’s a good thing.

## ROVER MAKEOVERS

Road Closure Prompts Alternate Access for Pet Groomer’s Clients



BY PATRICK FERRINO

One of the very cutest and cuddliest things that makes life worth living is a pet. Everybody’s had one at some point in their life. For me, it was my beta fish, Hoho, that I had from age four until age eight. Even though I was young, I still remember how that little fish made me feel, and how important he was to me. Hoho gave me something to do. He gave me something to work for, the feeling that I always had company, and of course something to love.

Okay, I know it’s a bit much over a fish. But pets sure can work wonders for their humans. I’m sure it’s no surprise to know that the most popular pet in the country are dogs, with an estimated 61.5 million households owning one. A close second are cats (obviously) bringing love to 11.1 U.S. households.

Living in Ellicottville, a very active town, it’s important to keep your pup or kitty groomed so that they can look their best and feel ready for their next adventure. If you really love your furry friend, you’ll certainly trust him/her in the hands of the groomers at Rover Makeovers.

Rover Makeovers is a family-owned pet groomer located on Elizabeth Street in downtown Ellicottville. They’re open Tuesday through Saturday at 10:00am and are available by appointment only. Owner Teresa Wagner has been an animal lover all her life. Her family home was always filled with the hearty barks of her several dogs, and her grandparents owned a farm full of animals as well. Teresa’s favorite type of dog is a Shih Tzu, and if you need proof, she’s owned five!



“My favorite part of grooming is meeting such a diverse collection of personalities and their pets. It becomes like family. And I do believe a dog takes on the attitude of its owner,” Teresa said. Her most memorable moment was when she helped clean up a dog that had spent 10 years tied outside. “He was nippy at first, but once we started getting mats off of him, he was kissing all over us!”

Twenty years ago, Teresa interned with a groomer and began performing her own services when she gained enough experience. “I started with a few clients out of my house, and then eventually moved the shop into this space 15 years ago,” she said.

Teresa has definitely reached a tricky obstacle 15 years into her business, with road construction blocking off the entire road that Rover Makeovers is on. Teresa quickly used her 15 years of business-owning expertise to find a solution, and told me all about it. “It’s been tough. It just has. But, the neighbor that lives behind the shop (on Washington Street) has let us use his driveway so people can walk through the backyard and into the shop. So he pretty much saved us!”

Teresa’s positive spirit and the grooming family she is surrounded with every day has massively helped her get through the trickiness of the driveway situation. And when I say family, I mean literal family. Both her own daughter and a longtime family friend work alongside Teresa in the shop, meaning they have to have the magic Wagner touch! “Well, it has to be somebody I trust but also somebody who’s an animal freak like me,” Teresa added with a chuckle.

Teresa has confidence that the girls will take over Rover Makeovers in the future when she decides to retire; another plus to having family as your coworkers. “But... I’ll always have a say, no matter what. It’s just what I do!” added Teresa, in the truest mom fashion.

Teresa hopes you’ll call into Rover Makeovers to schedule your animal for some TLC. Reach them by phone at 716-364-2302. You can also find more information on Rover Makeovers and further booking instructions on the Rover Makeovers Facebook page.



# Destination FUN

## Upcoming Events to Mark On Your Calendar

**AUGUST 23**

@ CONNECTING COMMUNITIES IN ACTION, SALAMANCA  
716-945-1041 | ccaaction.org



Need a little assistance getting your kids ready for school? Connecting Communities in Action (CCA) can help you out with that! On August 23rd from 2:00-4:00pm, come and have a blast at the CCA Back to School Bash, a community resources fair. There will be games, prizes, and crafts. School supplies, personal hygiene products and even limited back-to-school haircuts will be provided. Popcorn, hot dogs, and refreshments will be available for visitors. This is a FREE, open to the community event. Come out and spend an afternoon with the kids before school is back in session.

**AUGUST 24**

@ WAR VETERANS PARK, OLEAN  
716-379-3331



Show your true colors this year as we celebrate the sixth annual Pride event at Pride in the Park! It will be a fun time for all with music, entertainment - featuring Veronica's Showgirls, vendor (food, educational, LGBTQ+ owned businesses, artists, and allies), and so much more! This is a family-friendly event and everyone is welcome! It'll take place at War Vets Park, Olean from 12:00-4:00pm. Note: The Cattaraugus County Pride Coalition is paying the restroom-access fee required by the city for anyone who rents War Vets Park, so bathrooms will be open.

**AUGUST 24**

@ JAMES J CROWLEY PARK, SALAMANCA



Want to get your kids outside for a day? What if we told you, you could do that and support a great cause at the same time? Come over to Crowley Park in Salamanca from 12:00-5:00pm on Saturday, August 24th for the Bouncin' Out Cancer Kids Carnival! There is no admission price, but donations are encouraged. All proceeds from this event will be donated to P.U.N.T Pediatric Cancer Collaborative in honor of Cardell Johnson. The carnival will include a bounce house, water slide, petting zoo, reptile displays, face painting, food & more! All children must be accompanied by an adult.

**AUGUST 24**

@ GRIFFIS SCULPTURE PARK, EAST OTTO  
716-697-2808 | griffissculpturepark.org



The Griffis Sculpture Park will be hosting a monthly drum circle over the next month. The final drum circle is set to take place on Saturday, August 24th from 6:30-8:00pm. This event will be happening at the Rohr Hill Road section of the park and is free to all who would like to participate, no matter your skill level. Drum Circle facilitator Steve Bell, will be leading the circle and will also be bringing a few percussion instruments for participants to use. Attendees should bring a lawn chair and dress accordingly for the weather.

**AUGUST 25**

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



SUNDAY MUSIC SERIES

Make your way to Robbins Road in Ellicottville, NY for an afternoon of good music and excellent drinks. Ellicottville Distillery's Summer Sunday Series is winding down and August 25th's performance is being presented by live music with Ivy's Home starting at 2:00pm, ending at 5:00pm! Ivy's Home is an Indie/Folk band based out of Rochester, NY. They have a great set of original works and bumping covers as well. So head out to the Distillery, hear Ivy's Home and indulge in a locally made cocktail!

**AUGUST 31**

@ SONGIN FARM, HINSDALE  
www.facebook.com/songinfarm



Summer nights prove to be both inspiring and calming as the sun sets behind the sunflowers on the hill! Bring a blanket and snacks (no glass please) and hang out around the Songin Farm in Hinsdale, NY from 6:00-9:00pm, a little past closing time, to enjoy the scene even longer! A flashlight or headlamp may be a good idea to make it back down the hill. Enjoy the countryside as you make your way up to the top for stunning valley views. Sunflowers available for purchase, but no cost to come and spend the evening on the hill. Beginning and end dates vary slightly season to season.

**SEPTEMBER 1**

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



SUNDAY MUSIC SERIES

Make your way to Robbins Road in Ellicottville, NY for an afternoon of good music and excellent drinks. Ellicottville Distillery's Summer Sunday Series will be closing out with September 1st's performance by long-time local favorite Tina Williams starting at 2:00pm, ending at 5:00pm! Tina Williams is a buffalo local, singer/songwriter who is also the lead screecher for Murder(!) The Band. With a wide variety of ability from punk to country, Tina is always worth watching. So head out to the Distillery, hear Tina and indulge in a locally made cocktail!

**SEPTEMBER 13**

@ GRIFFIS SCULPTURE PARK, EAST OTTO  
716-697-2808 | griffissculpturepark.org



Join in for an enchanting experience at Griffis Sculpture Park as the Night Lights program returns for its 12th consecutive autumn! See the park in a whole new light with colorful theatrical lighting illuminating a portion of our legendary landscape and sculptures. Experience the blend of creative lighting, sculpture, sound, and nature as you take an unguided walk through our trails. Evening Admission: \$14 for adults, \$9 for children aged 7-12, free for children six and under. Note: Night Lights may be canceled in case of heavy rain.

**SEPTEMBER 13-15**

@ VILLAGE OF ELLICOTTVILLE  
716-699-5046 | ellicottvilleny.com



This is a fan favorite event among Ellicottville locals. Over 15 regional bands will perform throughout our legendary bars and restaurants, all free of charge. On Saturday, there will be a live outdoor performance by The Fleetwood Mac Experience, at 1:00pm; and Sunday is Terry Buchwald's Elvis show at 1:30pm. On Sunday, the annual car and truck show will take place on the Village Streets from noon until 5:00pm. Rock N' Roll weekend has been an annual event in our community for over 20 years.



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# REGIONAL

## A FEAST FIT FOR A VIKING

Lucky Day Homestead to Present Authentic Meal, Dress, Activities for Guests



@luckydayhomestead

BY CAROL FISHER-LINN

Want to have some out-of-the-ordinary fun? Now, I'm not talking stilt or high wire walking or even log rolling or log splitting contests, which would certainly test your mettle and leave you with an insight into your ancestral DNA. In September, right here in our neck of the woods, ninety wanna-be Viking men and Viking women are invited to convene at the Lucky Day Homestead in Machias on Saturday, September 14th from 3:00-10:00pm for Viking-themed festivities. Tickets are already going fast! At the end of this article, you will find ways to obtain your own tickets, and from what this writer sees, a discount through Eventbrite.com.

Owner Emily Theresa has created not just an amazing farm-to-table meal from foods sourced from local farms and prepared by a private chef, but an extraordinary event you won't soon forget. Much like the Viking feasts of old, this feast will be a bustling affair filled with a variety of activities. Central to the feast is the meal, presented at stations throughout the evening, which is then washed down with mead or ale (or diet coke, I suppose). For the Viking themed meal, look for plenty of unusual edibles like flowers, foraged foods and herbs grown in Emily's gardens. There is no better way to learn for your own use than to be in the hands of the experts as you make new discoveries.

Adding to the food adventure is entertainment of several vendors and performers including belly dancers, fire spinners, and Ellicottville's Suzy Woo offering spiritual healing and her gifts of astrology and psychic mediumship. You'll also have an opportunity for a Tarot card reading, henna tattoo, face painting, hair braiding, crystals to purchase and dancing the night away to the live tunes of Revelation 13. Guests are encouraged to wear period costumes. They can add to their authenticity by using the services of the above mentioned vendors at the event. With their help and your costume, you can go Viking all the way. If you want to look like the infamous King Harald Bluetooth, you might want to bring a sketch. Doubtful they had photos in the year 800.



Lucky Day Homestead is not just a pretty idyllic place to visit, which it is, but it is also a learning and adventure center. Coming up in the next few months are the Women in the Wild Retreat, Fly Fishing, Drying Edible Flowers, Herbs and Tea Making, Stretch Meditation, Full Supermoon Cord Cutting and Sound Healing, Companion Planting, Sweet Chili Sauce, Late Summer Gathering, Seed Collecting, and Preserving 15 herbs to start from seed. You will find more information on all these events on Lucky Day Homestead's Facebook page. To register for any of these classes, some of which include meals, please call 716-353-0193 or go to Eventbrite: Lucky Day Homestead.

Lucky Day Homestead is located on 5111 Roszyk Hill Road in Machias, about twenty minutes from downtown Ellicottville. Emily Theresa grew up down the hill from this vintage farm which was in her family ever since she could remember. The beautifully restored barn where many of the festivities take place is from the 1920s and the history in the barn is palpable. A step inside takes you back in time to a simpler time where people were self-sufficient, much like its present owners. One gets the feeling from a visit and from the information on her Facebook page, that practically everything eaten on the farm is grown there, except for meat, which is available in the neighborhood and farm fed.

Located on the property is an Airbnb cabin where people can come to enjoy the serenity and the fresh air of the outdoors on Roszyk Hill. Visitors are always welcome. Look for her sign on Route 240 and Roszyk Hill near West Valley. It is smart to go early in the day to get the freshest pies and old-fashioned desserts. She also offers local meats, small batch jams and jellies, cookies, honey, Freyjas Farmacy skin care products and locally made crafts. Not one to be idle in any season, Emily Theresa announced that the Homestead workshops start back up in November... like bread baking, edible flowers, herbs and tea making and some new workshops this year. Check with her to learn when she will begin taking orders for holiday pies and desserts. Yummm! There is ALWAYS something going on at Lucky Day Homestead.

## 'BEST OF GAMING' AWARDS

Seneca Resorts & Casinos Properties Earn High Honors



NIAGARA FALLS - For visitors from across the country, the Seneca name continues to stand at the very top for gaming and entertainment excitement.

The three Seneca Resorts & Casinos properties - Seneca Niagara Resort & Casino in Niagara Falls, Seneca Allegany Resort & Casino in Salamanca, and Seneca Buffalo Creek Casino in downtown Buffalo - once again dominated the annual "Best of Gaming Awards" published recently by *Casino Player* magazine. Among New York casinos, the three Seneca properties combined to bring home an impressive 38 total awards, including ten First Place honors.

"We have set the standard for excellence in the market for the past two decades, and we try to raise that bar for every guest at each of our properties every day," said Seneca Gaming Corporation President & CEO Kevin Nephew. "Every element of what we do goes into creating a unique, immersive, and exciting experience for our guests. No matter which property they choose to visit, we want every guest to immediately know they are in a Seneca property."

Seneca Niagara Resort & Casino led the way with an impressive 20 overall awards, including six First Place honors. The resort received top billing for Best Casino, Best Rooms, Best Suites, Best Blackjack, Best Non-Smoking Casino, and Best Hosts. Seneca Niagara's seven Second Place awards included Best Overall Gaming Resort, Favorite Resort Casino to Vacation at, Best Table Games, and Best Video Slots. In addition, the resort also earned seven Third Place awards.

Seneca Allegany Resort & Casino earned a total of 13 awards, with three First Place awards. Seneca Allegany earned the top spot for Best Reel Slots, Best Roulette, and Best

"Gaming Awards" continued page 14

## MOTO RETURNS TO ZOAR VALLEY

Zoar Motopark to Welcome Reunion, Ride, and Vintage Race



SPRINGVILLE - A rain or shine vintage motocross event weekend will be held on September 28-29, 2024 at the historic Zoar Motopark which was restored in 2023 to hold a 50-year reunion and ride in its original 1973 configuration after being closed since 1983. Using its natural terrain that offers remarkable riding, spectator views of the track as well as sights of beautiful Zoar Valley, this is an event that you won't want to miss!

Event gates will open on Friday, Sept. 27 for free primitive camping (included with weekend admission) and the opportunity to walk the track through the evening as the track will be lit up Friday evening. Live music will be under the big tent on Saturday evening from 7:00-10:00pm.

Bring a dirt bike built in 2004 or earlier and take the opportunity to ride the track on Saturday, Sept. 28th from 10:00am-5:00pm, and if you really feel the spark, sign up to race on Sunday with the Northeast Vintage Riders Club in a Northeast Regional AHR-MA vintage MX class.

The best food on earth will be offered by Goodes Restaurant on-site all weekend, so join your friends and make new ones on Zoar Valley Road in Springville, NY for this remarkable event! Follow the signs to the track! Weekend admission is only \$30 with discounted tickets available at select businesses within Western NY through the end of August. (Riding and racing fees are additional). 100% of the net proceeds will go to local volunteer organizations. For more information go to [www.zoarmotopark.com](http://www.zoarmotopark.com) or contact Ed Abdo at [restorezoar@gmail.com](mailto:restorezoar@gmail.com) or 716-783-5174.

# HEALTH & FITNESS

## Core Performance: Exercising As We Age

By KIM DUKE, CERTIFIED PERSONAL TRAINER

Everyone knows that exercise is good for you. While it can't stop the aging process, it can increase life expectancy and keep disabling conditions like heart disease and depression at bay. But, as we age, it's no longer enough to do only our favorite exercises, be it tennis, running, mountain biking or skiing. That's because aerobic capacity, muscle mass, bone density, flexibility and balance all decline over time, and each requires some attention. It isn't until our fifth decade that we start to appreciate that we need more muscular fitness and flexibility in our exercise routines, because without these it becomes increasingly more difficult to maintain functional capabilities and independence.

The following are exercises recommended for people in their 50s, 60s, 70s, 80s and beyond - plus bonus activities for each decade recommended by sports doctors, exercise physiologists and physical therapists. These include squats, planks, and lunges in different forms for each decade. All of these exercises can be done with little to no equipment and are designed to engage multiple muscle groups and promote balance. When combined with aerobic exercise, they come close to making a total fitness program.

**50s:** Many people in their 50s may not run or swim as fast as they used to, and they may find it takes longer to recover from a strenuous workout. The goal is exercise often, and shifts from setting performance records to feeling good and maintaining a health and physical function.

1. Push-ups: I prefer to do what is called a negative push-up which means you will start in a prone position with your toes tucked under and your hands in front of your shoulders. Keeping your core tight and engaged, push yourself off the floor until you are straight. Always go back to the floor to avoid using momentum. Start with 3 sets of 5 and work up to 3 sets of 10.

2. Overhead push press (with or without a squat): Hold dumbbells in front of your shoulders with palms facing each other. Keeping your core engaged, press the dumbbells over your head. These exercises will strengthen your arms, upper body and core. Start with 3 sets of 5 and work up to 3 sets of 10-15.

**60s:** As we age, variety becomes key. Core exercises like yoga and Pilates will help boost balance before falls become a risk.

1. Squats are still highly recommended during this decade.  
2. Planks: Either with straight arms or on your forearms to continue to build core strength and improve balance. Start with 15-30 second holds and work up to 1 minute.  
3. Lunges: Strengthen legs, core and back and enhance balance. By alternating legs and direction (front, back, lateral) you're going to enhance stability and core strength. Remember to only bend your knee 90-degrees and watch foot placement to prevent over-extending your knees. Start with 3 sets of 5 and work up to 3 sets of 10.

**70s:** Balance and exercise become more important as we age. Never be afraid to try something new like line dancing, Pickleball or golf. These activities are excellent for cognitive well-being as they develop new neural pathways and can ultimately help reduce the risk of dementia.

1. Wall squats: Builds muscle in thighs, hips and buttocks as well as core since to complete this exercise you are placing your back against a wall or stability ball. Stay focused on keeping thighs parallel to the floor and make sure your knees are directly above your feet. Start with an isometric version by holding this position for 15-30 seconds and working your way up to 1 minute.  
2. Kettlebell swings: Works the core, hips, shoulders and more. Start in a wide stance, bend your knees and engage your core. Swing the kettle bell to the height of your shoulders while pressing your hips forward. Start with 3 sets of 10 and increase to 15-20 as you progress.



3. Overhead reaches: Stretch your sides and help with core flexibility and posture. Start with either bodyweight or a small weight in your hand at shoulder height. Bend your body to the left and raise the weight directly overhead. Repeat on the opposite side. Start with 5/side and build up to 10/side.

**80s and Beyond:** Activity that feels like play and sparks a sense of "joy in moving" should be engaged in at least once per week, ideally 2-4 times per week.

1. Chair squats: Sit in a chair and rise to a standing position and then sit again. To make it more difficult, have your arms crossed over your chest. Start with 3 sets of 5 and work up to 10-15 reps.

2. Wall Planks: Stand about two feet away from the wall, facing the wall. Assume a push-up position against the wall with your feet and your forearms. Your body should form a triangle. Keep your body straight from head to feet. Hold 15 to 30 seconds and build from there.  
3. Cat and Cow: This is a classic yoga move that incorporates the core and balance. Start with a neutral spine and inhale, placing your chin to your chest as you arch your back upwards like a cat. Exhale and lift your chin and eyes towards the ceiling as you allow your back to arch in reverse, like a cow. Complete at least 5 of these and work up to 10.

*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 716-698-1198.*

## KEEPING OUR ELDERLY STRONG

### Total Senior Care Purchases New Equipment Through Community Fund

OLEAN - Through the Cattaraugus Region Community Foundation's Community Fund, Total Senior Care was able to purchase a new recumbent bike for their Olean day center. With the bike at the center, participants - especially ones with arthritis or injuries - will benefit greatly. The bike, which will be used during physical therapy, will also benefit heart health, muscle strength, weight management, joint health, and mental health.



"We are so grateful for this opportunity to purchase new equipment," said Roxanne Padlo, executive program director at Total Senior Care in Olean. "This will benefit so many of our participants who come to our day center."

Established in 1994, the Community Foundation is growing good by connecting donors to the causes they care about most in our region. Grants from the foundation support many areas including education, scholarships, healthcare, the arts, community development, human service and youth development. For more information, contact the Community Foundation at 716.372.CRCF 2723, email [foundation@cattfoundation.org](mailto:foundation@cattfoundation.org) or visit [www.cattfoundation.org](http://www.cattfoundation.org).

Total Senior Care, located at 519 N. Union Street in Olean, NY, is a comprehensive managed long-term care program for adults, 55 years old or older, who want to live at home but need assistance in order to maintain health, complete day-to-day activities and remain safe at home for as long as possible. Total Senior Care also offers DayBreak, a social program for adults that provides activities and socialization in a supervised and safe environment.

Total Senior Care provides a wide range of services, so that you can get all the help you need from one program including coordinated health care - all under one roof. For more information, please call 716-379-8474 or visit [www.totalseniorcare.org](http://www.totalseniorcare.org)

## CREATIVE CORNER

### Tri-County Arts Council Still Has Spots Available for Upcoming Workshops



OLEAN - The Tri County Arts Council will host the following classes in the upcoming weeks. Sign up for classes online at: [tricityartsCouncil.org/classes](http://tricityartsCouncil.org/classes). TCAC is located at 110 W. State Street, Olean, NY. For additional information call 716-372-7455.

**Artist's Creative Corner:** August 22nd (Thursday) from 5:00-7:00pm. Cost: FREE Artisan Members & Above, \$10 Basic/Family Members & Non-Members. Age: 12+. Welcome to "Artist's Creative Corner", a vibrant community where artists gather to engage in meaningful conversations, share insights, and provide constructive critiques. Whether you're a seasoned artist or just starting on your creative journey, this group is a supportive space for discussing techniques, exploring new ideas, and offering feedback on each other's work. Join us in fostering a collaborative environment that encourages growth, inspiration, and the celebration of diverse artistic expressions. Let your creativity thrive as we embark on this collective journey of artistic exploration and dialogue. All art styles and mediums are welcome!

**Gel Printing:** August 24th (Saturday) with Theresa Heinz from 1:00-3:00pm, only 6 seats available. Cost: \$30 Family Members & Above, \$40 Basic Members & Non-Members. Age 13+. Gel printing is a form of printmaking called mono-printing. To do mono-printing in the past you had to have a press to transfer the paints from the plate to the paper. Now you can use a gel plate, which is a soft silicone plate that allows you create beautiful monotypes without a press!

"Art Classes" continued page 14

# 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

# CLASSIFIEDS

## 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.

**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. 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.

## 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.

**FOR RENT:** Beautiful 6-bedroom house close to HoliMont with sauna, gym and other amenities available for 2025 seasonal rental. Contact Elizabeth at 716-612-0299 or econklin3@yahoo.com for information.

## 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."

**THREE FIVE CLEANING SERVICES:** Our team provides the following services: Airbnb rental management and cleanings, turn around, deep spring cleaning, decluttering and organizing any size projects, house staging/cleaning, years of experience. Will provide references. Contact 585-307-6422 for a Free Estimate.

**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. You can also stop by our office, 9 W. Washington Street, downtown Ellicottville, NY.

## LLC NOTICES

**NOTICE OF FORMATION** of Our Home Services LLC. Articles of Organization filed with Secretary of State of New York (SSNY) on 5/30/2024. Office location: 3030 Steffenhagen Rd Machias NY 14101 Cattaraugus County SSNY has been designated as agent of LLC upon whom process may be served. SSNY may mail process to: 3030 Steffenhagen Rd Machias NY 14101. Purpose: Any lawful act or activity.

**NOTICE OF FORMATION** of GRACE FIELD LITTLE VALLEY, LLC, Arts. Of Org. filed Sec'y of State (SSNY) 06/26/2024. Office location of the LLC: Cattaraugus County. SSNY designated as agent of LLC upon whom process may be served. SSNY shall mail copy of process: c/o the LLC, PO Box 275, Little Valley, NY 14755. Purpose: any lawful purpose.

**NOTICE OF FORMATION** of Command X Creative LLC, Arts of Org. Filled with Secretary of State of NY (SSNY) on 6/7/24. Office location Cattaraugus County. Princ. Office of LLC: 8938 US 219, West Valley, NY 14171. S.D. Brooks designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to PO: Box 1, West Valley, NY 14171. Purpose: Any lawful activity.

## COMMUNITY

**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!

**ROAD CLOSURE:** Please be aware that Cotter Road in the Town of Ellicottville will be closed from Monday, August 26th through Friday, August 30th. Local traffic only!

## GAMING AWARDS

cont. from page 11



Carnival Games. The resort added eight Second Place awards, including the Best Hotel and Best Dealers categories, and two Third Place honors.

Seneca Buffalo Creek Casino, located in the city's dynamic Cobblestone District, won First Place for Best Sportsbook Promotions, adding Second Place honors for Best Craps, Best Players Club, Casino Where You Feel The Luckiest, and Friendliest Sportsbook.

"If you look at the awards we won, you'll see they are not just confined to our gaming offerings. They touch many different areas of our properties, from the gaming floor to the sportsbook to the hotel, and most important, the service our team members provide," Nephew said. "Having that level of feedback and appreciation from our guests is incredibly gratifying, especially where our team members are concerned. They make our properties what they are."

Over the past two decades, Seneca Niagara Resort & Casino, Seneca Allegany Resort & Casino and Seneca Buffalo Creek Casino have each become premier gaming, entertainment, dining, excitement, and relaxation destinations for millions of guests who visit every year from across the United States and Canada, and around the world. From morning through night, all three Seneca properties are bustling with non-stop excitement. Each property offers a distinct vibe and feel, letting guests enjoy three unique getaways, each with the same world-class Seneca service. Across all three resort properties, guests can indulge in 20 delicious dining destinations, 12 exciting bars, over 5,100 slots, over 125 table games, and two AAA Four Diamond award-winning hotels with over 1,000 deluxe rooms and suites. All of the resorts & casinos are open 24 hours a day, seven days a week and 365 days a year. For more information, visit SenecaCasinos.com.

## NEW SCHOLARSHIP

cont. from page 04

Gary decided to postpone his studies at Buffalo State College to enlist in the Army, where he served as a sergeant during the Vietnam War. Afterwards, Gary worked for the Social Security Administration from 1972 to 1996, retiring as operation supervisor.

"Both my husband Gary and his brother Paul were family oriented men," said Barbara Endersen. "They were both good husbands and proud fathers. They would be so happy to see the family encouraging young people to pursue higher education through this memorial scholarship."

An advocate for higher education, Gary encouraged his children to excel in high school and continue on to receive their post-secondary degrees from accredited institutions.

"Education means a great deal to the Clancy family, and this scholarship will empower students to achieve their educational goals" said Kirk Windus, CRCF Executive Director. "By providing students with the resources needed to succeed, we are investing in the future leaders of tomorrow."

Donations can be made to the Gary and Paul Clancy Memorial Scholarship Fund at CRCF, 301 North Union Street, Suite 203, or online at cattfoundation.org.

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 www.cattfoundation.org. CRCF is also on Facebook (facebook.com/cattfoundation) and Twitter (@CattFoundation).

## FOOD PANTRIES

cont. from page 04

What items is the CCA always looking for? "Undergarments are a HUGE need for both men and women. Underwear and bras (perhaps sports-style bras) for both men and women in various sizes are greatly appreciated for use through our shelters. Towels, washcloths, bed sheets, blankets, and pillows are a constant need through our shelters upon arrival and moving on. Personal care items such as shavers, feminine hygiene products, toothbrushes, toothpaste, floss, deodorant, hairbrushes, etc. are always a need. Socially, craft items, puzzles, games, etc. are appreciated by all, especially those families with children."



She continued, "Needs still exist outside of the holidays, and Connecting Communities in Action works hard to meet these needs when and how we are able. Support from the community allows us to continue this important work." You can reach out to the CCA at 716-945-1041, search them on Facebook or visit their website ccaaction.org.

If you think you can't afford to make a worthwhile donation, the size or amount doesn't matter. In the words of Mother Teresa, "It's not how much we give, but how much love we put into giving." Just a few items here and there throughout the year can make a huge impact for someone who is looking for help. So let's make a deal as a community, to come together to support our local food pantries year-round the best that we can.

## ART CLASSES

cont. from page 12

**Foam Sculpting:** August 27th (Tuesday) with Eric Jones from 5:00-7:00pm. Cost: \$50 Artisan Members & Above, \$60 Basic/Family Members & Non-Members. Supply Fee: \$8. Age: 12+. Discover the fundamentals of sculpting in our beginner-friendly class. Learn essential techniques for shaping and detailing with foam as you create your own unique pieces of art. Guided by expert instructor, artist and TV personality Eric Jones, you'll explore different sculpting tools and methods, gaining hands-on experience and confidence. Perfect for all skill levels, this class provides everything you need to start your journey in the captivating world of sculpting.

**Handbuilding:** September 5th through October 24th (Thursdays) from 10:00am-12:00pm with Geraldine Nash Smith. Cost: \$240 Artisan Members & Above, \$260 Basic/Family Members & Non-Members. Age: 18+. This is a skill and knowledge building course. We seek to answer the question, "What can I do with the clay (underglaze and glaze) and when can I do it?" Topics covered: Stages of clay workability, Lid styles for covered containers, style, size, and placement of handles, feet, and spouts, Joining smaller pieces together for a larger piece with any type of construction method, Hard slab construction (please bring an 11"x17" cookie tray for storing pieces while in process), colored underglaze possibilities, and A completed review of glazing techniques. Please bring a single subject notebook for notes for the whole class and glaze documentation.

# instaNOW

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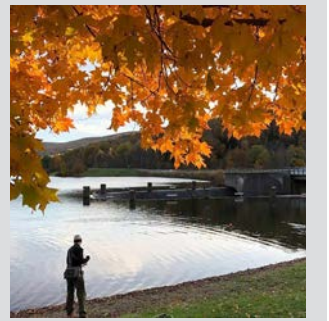
lcove1: Master of music, passion, connection, you can't help being drawn into her magical world. Truly a one woman show. Must see. @jen\_mulhem @chriscove #evlnow #ellicottvillenewyork



sammi128: Sweet little Goldie took overall first place for the Pinewood Derby @madigans\_evl to support @ellicottvilleplayground! Such fun!



deer\_run\_cabin: Dina's Restaurant is a must do! #evlnow



emountains: Cooler temperatures and vibrant Autumn foliage.



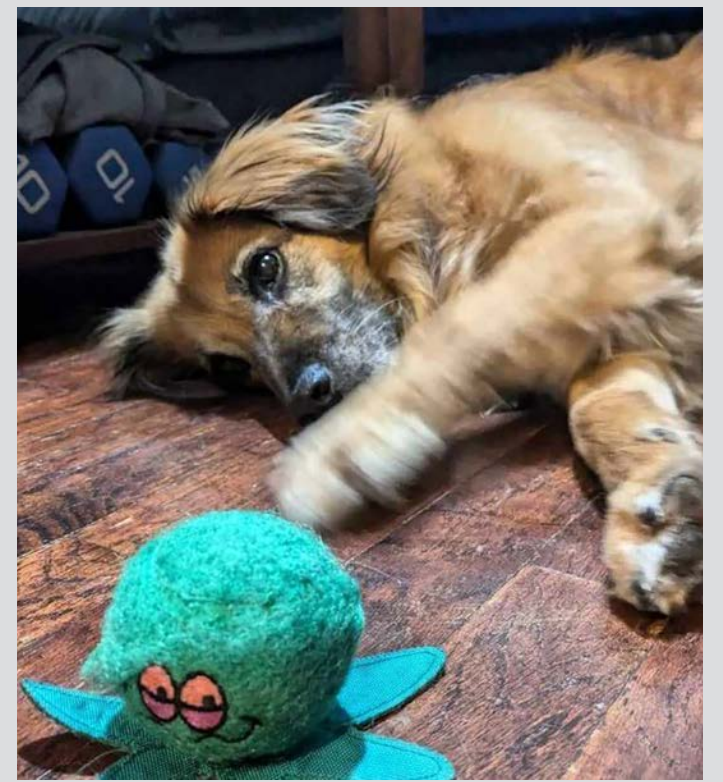
dailycitytrain.skate: Surprise visit from Roman Morales of Arizona, who stopped by to share his love of skateboarding. #evlnow



loudperformancechq: First enduro race was a wild one!



wineryofevl: Sip, savor, and relax at the Winery of Ellicottville.



willygoat\_adventures: Welp, I tore my ACL and will need surgery. Send me all your good vibes! #bigstronggirl #adventuredog #rescuedog



bloodunderrazor: Anime and Aiden taking in the displays at the Corning Museum of Glass. #theyreallyarehavingfun @ellicottvillenow



soulandfest: Huge shoutout to @casual-hand and @regularmustard for capturing the fun & love we shared together.



sendybendy : Trail Report: Mud, puddles, but no matter what, always fun!

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@gatesofhellphoto



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