

# ellicottvilleNOW



LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ♦ June 2-15, 2022  
Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York  
Released every other Thursday • Sign up for our digital edition FREE at [ellicottvilleNOW.com/subscribe](http://ellicottvilleNOW.com/subscribe)

FREE

## HoliMont Bike Park Opens for the Season

### Convenient Lift Access, New Trail Features, and Exciting New Summer Events!

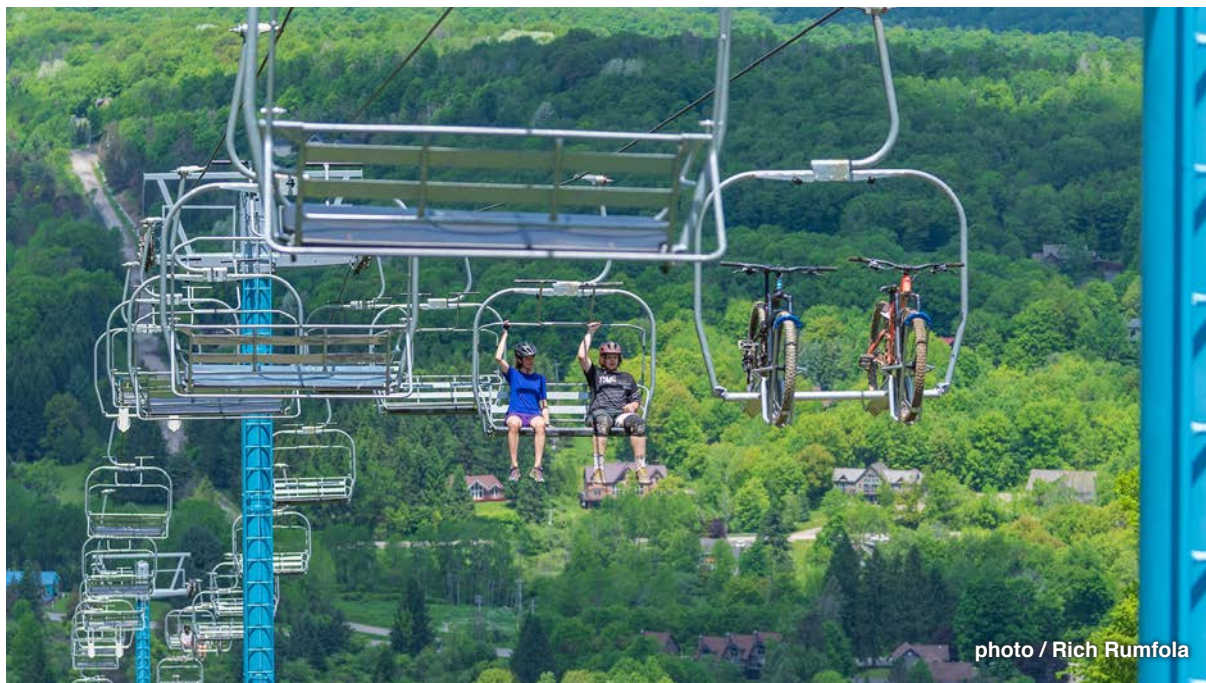


photo / Rich Rumfola

By RICH RUMFOLA

How cool would it be to have a summer “ski season” at your local ski resort? Now that the HoliMont Bike Park is officially open for the summer season, you’ll be able to find downhill enthusiasts of a different kind on the slopes and trails at the local ski club - mountain bike riders! And just like during the winter weather, once you get to the bottom of the hill, the chairlift will quickly get you back to the top.

Much to the delight of the downhill mountain biking community, HoliMont’s Bike Park entered its second season of operation when the bull-wheel turned on the Sunset chairlift the morning of Saturday, May 28th. HoliMont intends to operate the lift from 10:00am-4:30pm every Saturday/Sunday until June 17th, then adding Fridays into the schedule, noon-7:00pm.

... page 03

## TRAUMA SYMPOSIUM COMING TO ELLICOTTVILLE JUNE 15TH

The hot topic word the past two and a half years is TRAUMA. It truly is a non-tangible word or phrase. What does it really mean? How do you know if you have been traumatized? Was the pandemic a trauma?

The pandemic and acknowledgement has not gone unnoticed. Excitedly and with affirming captivation, the Western New York Public Health Alliance has heard our struggles and is stepping up to offer its 1st annual Trauma Symposium, “Trauma and the Brain: The Impact of Trauma on Health Behaviors.” Free of charge, open to the public and lunch is provided!

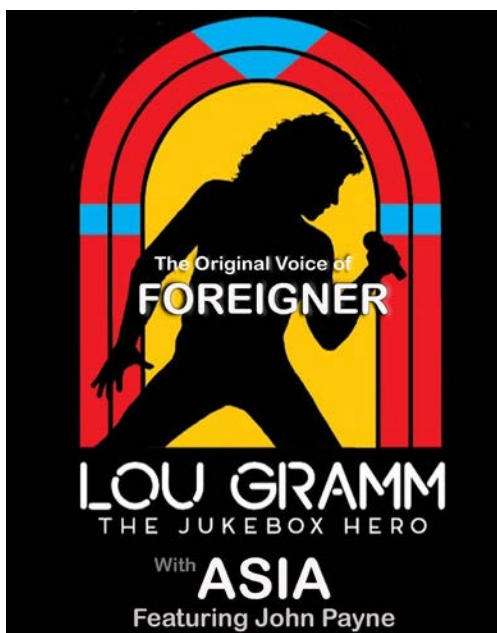
... page 11

## 24-HOUR FITNESS CHALLENGE FOR CYSTIC FIBROSIS

Bradley Poole is a man of many talents. He has risen from humble beginnings as a child diagnosed with Cystic Fibrosis. From putting together basketball tournaments for CF charities, to building a loyal following as a personal trainer, and eventually finding his true calling as a local gym owner and fitness instructor. To some, it would seem that Poole has done it all. Although he would beg to differ. Brad is back to pushing the limits of the human body, this time challenging himself to a 24-hour workout. That phrase does not scrape the surface of what he is going to do, yet it is beyond all of us ... page 04

## INTERVIEW WITH LOU GRAMM

Former Foreigner Lead Singer is Ready to Rock at Summer Music Fest



By MELANIE HULICK

The annual Ellicottville Summer Music Festival, July 1st-3rd, will feature Lou Gramm, former lead singer of Foreigner, along with John Payne of the band Asia and John Elefante of the band Kansas for a night that will take you back to the 1970’s and rock you into the current music scene.

EllicottvilleNOW caught up with Lou Gramm and talked about his excitement in coming back to perform in Western New York. He was born in Rochester, and after living elsewhere during some of his Foreigner years, he returned to his hometown and still lives there today. For more information on Gramm, visit [lougrammofficial.com](http://lougrammofficial.com). For ticket information to the Summer Music Festival concert, visit [ellicottvillenew.com](http://ellicottvillenew.com).

... page 07



## FINDING ART IN THE WILDS OF PENNSYLVANIA

Kane’s Sixteenth Annual Art in the Wilds art show is in the works! The popular fine art and fine crafts show will be held Saturday, June 25th from 10:00am-5:00pm and Sunday, June 26th from 10:00am-4:00pm at Evergreen Park in Kane, Pennsylvania. Last year the artists were thrilled to be back doing a live show because they missed the interaction with the browsers and buyers in their booths. The Art in the Wilds committee has been planning throughout the year, and again will be planning for a safe show for everyone ... page 08

Family Owned and Operated since 1979



"We've got gas."



FAST, RELIABLE SERVICE

**FOR QUALITY SERVICE, CALL THE EXPERTS**

**PROPANE • GENERATORS • SPACE HEATERS • WATER HEATERS • GARAGE HEATERS**

10035 U.S. Route 219 • West Valley, NY 14171  
**716-592-7242 or TOLL-FREE 800-640-0370**  
 After-Hours Emergency: 716-592-7242 Ext. 5  
**hollandpropane.com**



Generac Generators Propane and Gas



Navien Water Heaters

"GOOD TIMES, GOOD TUNES, GOOD FRIENDS"



Ellicottville, NY  
 699.4455

MONDAY  
 2-for-1 PBR all day!

TACO TUESDAY  
 \$2 Tacos 2:00pm til gone

WEDNESDAY  
 Busch Light Special 2 for \$5  
 1/2 Price Slushies

THURSDAY  
 FREE Pool ALL DAY!

DJ Every Fri. & Sat. 9pm  
 HUGE UPSTAIRS DANCEFLOOR

The Best Daily Lunch Specials!  
 Tues.-Sat. 11:30am-2:00pm  
 Dinner Fri. 4-9pm  
 Sat. 12-9pm

FAMOUS FOR OUR HOMEMADE SOUPS!

Reserve Our Upstairs for Your Private Party

HOLIMONT

**Saddle Pond Party & Trade Show**

JULY 23 & 24, 2022

Food • Beverages • Live Entertainment • Rock Climbing Wall • Bike Demos • Dry Camping Available • Chair Lift Access • Outdoor/Recreation Vendor Stands





**2 Day Party at the Saddle Pond!**

A fun event that helps support our local businesses geared towards outdoor sports and recreation!

Looking for local vendors! To apply, visit our website [holimont.com/events](http://holimont.com/events)

**WEED ROSS** Local

Simple. Straightforward. Insurance.



**Providing Specialized Insurance Coverage For**

Ski Homes   Airbnbs   Rentals   Businesses

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

Call (716) 699-2388 Or Visit Us At [WeedRoss.com](http://WeedRoss.com)

# Publisher's PICK

HoliMont Treats Alpine Enthusiasts to a Second Season



By RICH RUMFOLA

How cool would it be to have a summer “ski season” at your local ski resort? Now that the HoliMont Bike Park is officially open for the summer season, you’ll be able to find downhill enthusiasts of a different kind on the slopes and trails at the local ski club - mountain bike riders!

And just like during the winter weather, once you get to the bottom of the hill, the chairlift will quickly get you back to the top.

“It’s just like you’re skiing,” commented Chris Perks, HoliMont’s ‘Builder Of Parks’, during a recent tour of his mountain biking playground. “You can bomb down the trails and get right back on the lift and be back at the top again in a few minutes,” he smiled.

Much to the delight of the downhill mountain biking community, HoliMont’s Bike Park entered its second season of operation when the bull-wheel turned on the Sunset chairlift the morning of Saturday, May 28th. HoliMont intends to operate the lift from 10:00am-4:30pm every weekend until June 17th, at which point mountain bikers can get a ride to the top Friday from noon until 7:00pm and Saturday & Sunday from 10:00am-4:30pm.

In order to accommodate the two-wheeled cargo of mountain bikes, the HoliMont lift maintenance crew replaced 12 people carriers for specially-designed platforms that facilitate the quick and easy loading, unloading and safe transport of bikes to the top of the hill. With more bike carriers due to arrive in the next month, Perks expects to double the uphill capacity of the Sunset lift for downhill mountain bike aficionados by the middle of summer. To make things even more user-friendly for all levels of cycling ability, the lift maintenance crew built a new platform for the top of the Sunset chairlift by added more decking to the downhill side of the off-ramp.

Mountain bikes are loaded into carriers at the bottom and arrive at the top just ahead of their owners. This gives lift attendants time to remove the bikes from the carriers and have them waiting in a rack.

Perks explained that he and his small team of trail builders have been working hard since they opened the park last summer, not only to add new trails, but also to shape and sequence berms, jumps and rollers - as well as a vast array of manmade features - with the idea of creating trails that flow perfectly from top to bottom. This includes the current effort to complete another mel-low and easy-flowing “green” trail to the bottom, ensuring the park will always be enjoyable for riders of all ages and skill levels.

Like the ski area trail marking system, mountain biking terrain deemed the Most Difficult (at that area) is denoted by the color black on trail maps. More Difficult terrain is marked in blue and the Easier terrain at that area will be marked in green.

HoliMont’s Bike Park already includes several green trails, such as the fun and kid-friendly Sasquatch loop at the top of the hill near Saddle Pond.

Just like skiing and snowboarding in the winter, bike riding is one of the rare outdoor activities where everyone in the entire family can participate together at the same time.

Although all the trails are his creations, Perks is especially proud of Newt’s Tail, a hand-raked and fast course, it’s technically demanding from start to finish and it drops like an elevator shaft to the access road at the bottom at a 17-degree pitch.

As if the allure of a stress-free, scenic ride back up the hill isn’t enough to get you excited, the

HoliMont Bike Park” continued page 12

**LET ONE OF OUR AGENTS FIND THE RIGHT HOME FOR YOU!**

6084 Rte. 219 @ Holiday Valley Rd.  
Ellicottville, NY 14731

*Open 7 Days a Week*

**RENTALS: 716-699-2912**  
**SALES: 716-699-2000**



**Holiday Valley REALTY CO. INC.**

 <b>Shanell Kiersz</b> Lic. Rental Manager 716-699-2912	 <b>Judy Gross</b> Lic. R.E. Assoc. Broker 716-378-7737	 <b>Joe Eysaman</b> Lic. R.E. Agent 716-378-7079	 <b>Joany Bund, GRI, Mgr.</b> Lic. R.E. Assoc. Broker 716-969-2156
 <b>Tara Bowen</b> Tamarack Resales Lic. R.E. Agent 716-699-7003	 <b>Jake Northrup</b> Lic. R.E. Agent 516-712-5941	 <b>Fred Graham</b> Lic. R.E. Agent 814-598-1322	 <b>Julie Filipowicz</b> Lic. R.E. Agent 716-864-7196

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



# strOLEAN

## June 3

2 to 8 p.m.

**StrOlean** /strō•lee•ann/ noun

1. an event that will be held throughout Allegany, Hinsdale, Olean & Portville area
2. event goers will be able to saunter, amble, wander, walk, promenade the sidewalks enjoying food, music, fine arts, events, fun for all ages

music • food • events • retail

For more info • 716-372-4433

www.oleanny.com • info@oleanny.com www.enchantedmountains.com



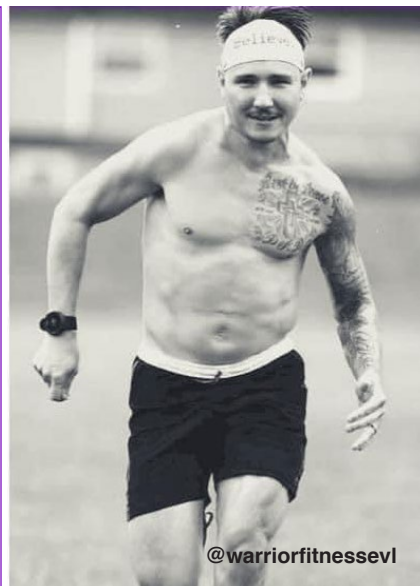

# LOCAL NEWS

## BRADLEY'S BACK AT IT!

The 24-hour Fitness Challenge to fight Cystic Fibrosis

### 24 HR FITNESS CHALLENGE FOR CF

- 1) 50 MILE RUN
- 2) 3,000 PUSH-UPS
- 3) 3,000 SQUATS
- 4) 3,000 SIT-UPS
- 5) 1,000 TIRE FLIPS
- 6) 15 MILE BIKE RIDE



@warriorfitnessv1

By ELIJAH GEORGE

Bradley Poole is a man of many talents. He has risen from humble beginnings as a child diagnosed with Cystic Fibrosis. A young adult aspiring to be an MMA fighter in "Run the Gauntlet". Going back to college to acquire 3 degrees with 2 of those being Bachelor's in Sports Management and Exercise Science, and the final being a Master's in Sports Administration. From putting together basketball tournaments for Cystic Fibrosis charities, to building a loyal following as a personal trainer, and eventually finding his true calling as a local gym owner and fitness instructor.

While the gym, Warrior Fitness and Wellness, has drawn much attention and has been very successful as an establishment, most people outside of the local community would recognize him as the man who ran 266 miles all throughout Cattaraugus for Cystic Fibrosis with a whole county having his back. Brad has been keeping himself busy since last summer's massive event, participating in marathons from EVL to NYC, giving speeches to packed crowds at major university events in WNY, and raising his daughter with his wife, with another baby on the way.

To some, it would seem that Poole has done it all. Although he would beg to differ, how does one top a magnum-opus such as a 266-mile run? You just keep going. Brad is back to pushing the limits of the human body, this time challenging himself to a 24-hour workout. That phrase does not scrape the surface of what he is going to do, yet it is beyond all of us. The last time I worked out was stretching my arm to grab the TV remote from the couch. It really would be better coming from the local legend in his own words.

**ELIJAH:** Before we start, how are your other ventures going?

**BRAD:** The gym is doing well. My members are satisfied and love the facility. I get to change people's lives every day, and you can't beat that. I've been doing CF charity events for 8 years now and each one keeps getting better than the last. It's awesome to have the support from all of these different communities. My mission is to continue spreading awareness about Cystic Fibrosis and raising funds for better medications and a cure. I won't stop doing what I do until a cure is found. As far as marathons go, I'll take some time off after this event and then start training for the New York City Marathon. I ran in it last year for the first time as part of the CF Breathe Team out of NYC and I'll be back at it again this fall."

**ELIJAH:** What is your goal with this new event?

**BRAD:** I am doing a 24-hour fitness challenge that includes a 50-mile run, 3000 push-ups, 3000 squats, 3000 sit-ups, 1000 tire flips using a 250-pound tire, and a 15-mile bike ride. My goal is to complete all of these in 24 hours, raising as much money and awareness as I can for Cystic Fibrosis.

**ELIJAH:** Where and when is this event taking place?

**BRAD:** Friday, June 3rd and Saturday, June 4th. I will begin on Friday the 3rd at 11:00am and finish on the 4th at 11:00am. It'll all be held at my gym, Warrior Fitness and Wellness (@warriorfitnessv1 on IG, @WarriorFitnessandWellness on FB) in Ellicottville. After I finish on Saturday morning, we're going to have a chicken barbecue with vendors, basket raffles, bands performing all day, and a beer tent. These festivities will start at 11:00am on Saturday and carry on until 8:00 or 9:00pm that night. Again, everything will be hosted at my gym.

**ELIJAH:** How many more charity events do you plan to host? Annually?

**BRAD:** As I mentioned earlier, I will continue doing fundraisers for the Cystic Fibrosis

"Cystic Fibrosis Challenge" continued page 12

## FRESCA YOGA

Loriann Conti is a travel nurse by trade, but a yoga practitioner by passion



www.frescayoga.net

Loriann Conti resides in Great Valley, NY, just minutes from Ellicottville. She started Fresca Yoga in the spring of last year to bring awareness and teachings of the benefits - both physically and mentally - that one receives from regular yoga practice.

"I 'dabbled' in yoga here and there when I resided in Southern California," Conti said. "In that area and many other areas, yoga is very popular. I was always more into intense bootcamp or kickboxing fitness as most people like the 'instant' sense of wellbeing they get after a high intensity workout. That is great, but fleeting. Yoga gives you that same sense of wellbeing, but it also molds and changes your nervous system when practiced regularly, while being gentle on your joints and nourishing and creating space."

A debilitating on-the-job back injury with permanent nerve damage and chronic pain brought Conti back and closer than ever to yoga. To avoid surgical intervention (doctor's recommendation), she started to slowly integrate yoga into her morning routine. 15-20 minutes of slow stretching. This, over time, started to ease her pain and allowed her to return to working as a nurse.

After several years, Conti had the desire to learn all she could about the benefits of the ancient wellness practice and to share with others, especially in other regions where yoga is not as commonly practiced.

"In 2017, I went thick into the jungle of Costa Rica and studied the practice origin, philosophy, etc. for 30 days from 5:00am-9:30pm," said Conti. "Removed from the modern world, I lived and breathed from my Guru and the jungle animals."


Moving forward to Feb 2020, the devastating loss of Conti's son, Zach, who was 27 years old, coupled with the pandemic, left her paralyzed with grief. "I took a few months off," Conti said. "if I did not have my yoga resources I believe I would not have survived. This is twice in my life that yoga has healed me - once physically and once emotionally."

That is when the decision was made that it was time for Conti to share her knowledge and teachings with others in her hometown. She started Fresca Yoga (although she still works full-time as a travel RN). "I have made time to have regular summer Sunday sessions at Spruce Lake and periodically sub for local instructors, offer classes for wellness events, corporate activities, wedding parties, etc.," she said. "My goal in the next few years is to open a small hot yoga studio on my property," said Conti.

Last year's summer sessions at Spruce Lake (located at the top of Holiday Valley) were donation based, and Conti donated the proceeds to Whispering River Rescue in Gasport, NY. This year's summer sessions at Spruce Lake will run Sundays from June 12th through August 28th. Cost is \$15 per session, or book the entire summer series - 12 sessions total - for \$100 (prepaid).

Conti is also hosting a special "Yoga at the Brewery" session on Saturday, June 18th at Fathey Beer Co. in Ellicottville from 10:00am-11:15am. This is an all-level yoga class followed by a refreshing beverage (non-alcohol options available). For more information or to sign up for Yoga at the Brewery or any Fresca Yoga class, visit frescayoga.net or call 716-697-5340.

"Yoga helps you become flexible, release tension, and burn toxins so that you can experience peace, calmness, relaxation, and clarity. On the surface, yoga can be merely perceived as exercise, though the philosophy, spirituality, and healing properties of this practice behind yoga goes much deeper."



**INNER PEACE AND STRENGTH**  
MENTAL & EMOTIONAL HEALTH

**MENTAL HEALTH SERVICES IN ELLICOTTVILLE**

MAJOR INSURANCES ACCEPTED  
For more information, contact Laura Widger, LCSW  
716-244-0089 • [lmwidger@gmail.com](mailto:lmwidger@gmail.com)

**ellicottvilleNOW**  
LOCALLY OWNED AND PUBLISHED



share your photos with us!

**play along**

[@ellicottvillenow](https://www.facebook.com/ellicottvillenow)  
[#evlnow](https://www.instagram.com/ellicottvillenow)

**ELLICOTTVILLE SALT CAVE HALOTHERAPY SPA**  
*Step in and catch your breath*



**Pamper yourself this summer with our Relax & Glow Package: \$125pp**  
Includes a nourishing full body Himalayan salt glow and a therapeutic salt cave session.

**SALT CAVE THERAPY | BODY SALT GLOWS | RELAXING MASSAGE  
WARM SALT STONE FOOT MASSAGE | LEMONGRASS FOOT SCRUB**

**32 W. WASHINGTON STREET • ELLICOTTVILLE, NY  
716-699-2068 • [ellicottvillesaltcave.com](http://ellicottvillesaltcave.com)**

Every ounce of love causes a ripple of change. Be the change.  
**LITERACY OF LOVE**



**BeerGanda Beer Tasting Event!!!**

June 18, 2022, 2pm - 5pm

Ellicottville Distillery  
5462 Robbins Rd,  
Ellicottville, NY 14731



**Drink Beer (and wine and cider!) For Charity!**  
100% of Proceeds goes directly to build a Medical Clinic in Uganda!

**LIVE MUSIC!!!**  
By: Three Guys Drinkin' Beer!

**Basket Raffles and Silent Auctions!**

**LOCAL FOOD TRUCKS!!**

Entrance Fee: \$50.00 (before June 1)  
Includes: Tasting Glass, Brewery Staff Insights, and UNLIMITED BEER, Wine and Cider!!!

Facebooks:   
Tickets: 

Sponsors:  
 

OR.. Call Cari at 716-379-3242 or  
Email: [carimatejka1@gmail.com](mailto:carimatejka1@gmail.com)



**YOGA AT THE BREWERY**  
JUNE 18th | 10:00 - 11:15am  
AT FATTEY BEER CO. ELLICOTTVILLE

**OUTDOOR YOGA AT THE LAKE**  
SUMMER SESSION SUNDAYS  
AT SPRUCE LAKE  
JUNE 12th - AUGUST 28th | 9:00am  
\$15 per session  
All 12 sessions pre-paid \$100

TO SIGN UP, VISIT [FRESCAYOGA.NET](http://FRESCAYOGA.NET)

**Anew Beginning Massage & Spa**  
RENEW YOUR MIND • BODY • SOUL



MASSAGE  
REFLEXOLOGY  
FACIALS  
WRAPS  
SPECIALS  
VIEW ALL SERVICES ON OUR WEBSITE

**9 MONROE ST. • ELLICOTTVILLE, NY  
716-699-2508**

[www.AnewBeginningNY.com](http://www.AnewBeginningNY.com)



**Dan Kandefer**  
PLUMBING & HEATING, LLC

**60 YEARS EXPERIENCE**

**RESIDENTIAL • COMMERCIAL**  
QUALITY PRODUCTS & PROFESSIONAL INSTALLATION

REMODELING • RADIANT HEAT FLOORING  
ALL SERVICE WORK • BOILER SERVICE & FURNACE REPAIRS

Dan Kandefer Cell: 716-583-2034 | Great Valley Office: 716-945-5848

**WE SELL THE BEST AND FIX THE REST**

**THE BANQ**  
COCKTAILS & LOUNGE

**BOOK YOUR INTIMATE EVENT WITH US.**

DOWNTOWN ELLICOTTVILLE

716-699-9143  
[info@dinas.com](mailto:info@dinas.com)  
[@BanqEVL](https://www.facebook.com/BanqEVL)





**SEVEN MOUNTAINS**  
MEDIA

**YOUR LIVE AND LOCAL RADIO STATIONS**

7MOUNTAINSMEDIA.COM



bigolyradio.com



goatrockradio.com



popradio101.com

BUY & SELL REAL ESTATE ... *THE RELAXED WAY*



**Caitlin CROFT**  
Licensed R.E. Salesperson  
716-440-7933  
relaxedrealtorevl@gmail.com

**NEW WEBSITE LAUNCH!** 

CaitlinCroft.com

**kw** KELLERWILLIAMS REALTY WNY  
12 Monroe Street  
Ellicottville NY 14731

*Reflections*  
Hair Design

A Full Service  
**Paul Mitchell**  
Salon

Cuts • Color • Perm  
Manicure • Pedicure  
Shellac • Waxing

39 Mill Street, Ellicottville, NY  
**(716) 699-8757**

LOWERIN' EARS FOR 15 YEARS

**JONNY BARBER SHOP** 

13 BRISTOL LANE  
(next to the bowling alley)  
ELLICOTTVILLE, NEW YORK

APPOINTMENTS RECOMMENDED

**Regular HOURS** • Tuesday - Friday 9am-5pm  
• Saturday 9am-12pm  
• Follow me on Facebook!

Jonny Barlow, Licensed Barber  
716-572-3321 • jonnybarber.biz

**EVIL Cannabis Club**



- LARGE VARIETY OF STRAINS •
  - 100% TOP QUALITY •
  - TRUSTED PRODUCTS •
- FLOWER • CONCENTRATES • EDIBLES •
- CLONES • WATER PIPES • DAB BAR •
- HOMEMADE FRESH-BAKED INFUSED PASTRIES •

**NOW SERVING!**  
Fresh, hot coffee from the Ellicottville Coffee Company!

**OPEN**  
MONDAY - SATURDAY 8:00 AM - 8:00 PM  
SUNDAY 12:00 - 6:00 PM  
26 MAIN ST. | SALAMANCA, NY 14779  
**716-515-8030**

FOLLOW TO KEEP UP WITH PRODUCTS & EVENTS  
 @evlcanna





curated clothing & footwear for men, women and children

blanket room featuring Pendleton, Rump!, & Chappywrap



Product Spotlight:  
**CLUTCHES & WRISTLETS**

Swooning over this fresh fun summer color in Hobo's softest leather. A perfect pop of color to wear with your little black dress or favorite pair of jeans.

  
*daff - dry goods*

17 Washington Street | Downtown Ellicottville, NY  
716-699-2293 | daffevl.com

**MONROE ST. Brick & Brew**  
BRICK-OVEN PIZZERIA  
ELLICOTTVILLE, NY

**716-699-1051**  
**MONROESTPIZZA.COM**  
21 MONROE | ELLICOTTVILLE, NY

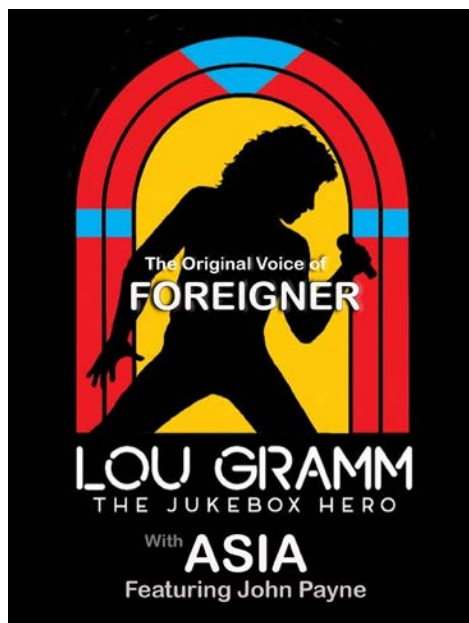


**HOURS:**  
MON-THURS 4-8PM  
FRI-SAT 12-9PM  
SUN 12-8PM

MSBB is cooking up fresh BRICK-OVEN baked PIZZA, WINGS & more!! Come enjoy our hand crafted experience with a selection of CRAFT BREWS and WINE!!   

# INTERVIEW

## LOU GRAMM TO ROCK THE SLOPES OF ELLICOTTVILLE



.....  
**SUMMER MUSIC FESTIVAL | JULY 2**

By Melanie Hulick

The annual Ellicottville Summer Music Festival, July 1st-3rd, will feature Lou Gramm, former lead singer of Foreigner, along with John Payne of the band Asia and John Elefante of the band Kansas for a night that will take you back to the 1970's and rock you into the current music scene.

Singer/songwriter Lou Gramm has had two successful careers - one with the band Foreigner and now as a solo artist. His voice is unmistakable as he belts out hits from his Foreigner days, including "Feels Like The First Time", "Urgent" (which has one of the best saxophone solos of all time), "Waiting For A Girl Like You", "Juke Box Hero" and "I Want To Know What Love Is", to name just a few of the band's 20 top 40 singles.

"I am enormously proud of my 26 years with Foreigner, and the music I made with them is still a big part of my solo shows today," said Gramm.

Deciding to go it alone and try a solo career, the singer/songwriter's debut album in 1987, "Ready Or Not", would garner him the song that became Billboard's #1 most played single at rock radio that year, "Midnight Blue". As he continued with his solo career he would have major success again with the release of his second solo album in 1990 with "Long Hard Look" which produced the hit single "Just Between You And Me".

Gramm was born in Rochester, NY, and after a few years living elsewhere during some of his Foreigner years, he returned to his hometown and still lives there today, which constitutes him as a "local" in the eyes of Buffalonians. "I just had to come back to Rochester," stated Gramm. "Nowhere else felt like home to me."

I spoke with the singer recently, who I interviewed back in 2012; we caught up on what he's been doing, a possible new solo album that will include some unfinished songs from his previous solo album releases that he is finishing, addiction and the missed flight home that led to his sobriety and a new lease on life.

I asked the songwriter what he would consider a perfect day, to which he responded, "Spending quality time with my four-year-old daughter and being present in her life. I wasn't present the years I had my other children when I was with Foreigner touring so much and making a career. That's always been a major regret of mine. I'm getting another chance at being a father and I couldn't be happier."

For more information on Gramm, visit [lougrammofficial.com](http://lougrammofficial.com). For tickets to the Summer Music Festival concert, visit [ellicottvillenyc.com](http://ellicottvillenyc.com).

## A Conversation with Lou Gramm

**HULICK:** I interviewed you in 2012 and at the time you were in your third decade in the music industry. You joked then that you were good talking about two decades, but you weren't so anxious to talk about three decades. How do you feel now that it's over four decades?

**GRAMM:** (laughs) I'm fine with it. I'm getting to release an EP and then maybe in another six months or so another EP and then put the two together for an album release.

**HULICK:** You've gone back through some of your older solo recordings to put on these, correct?

**GRAMM:** Yes. There's always three or four songs you record that did not make the album. You may also have strong ideas for a song but didn't have time to finish them, so most times the ideas just sit around and collect dust, but a lot of these songs stayed in my mind and I thought it was time to dust them off, finish them and put together a compilation album. There's some real interesting and powerful songs there.

**HULICK:** Your songs are ones that stand the test of time and are relevant no matter how much time has passed.

**GRAMM:** There is somewhat of a timeless element to them. They don't sound dated and they're still exciting to listen to and perform.

**HULICK:** You have an incredible voice Lou, and many artists have said to me that they consider your voice one of the best of all time.

**GRAMM:** Wow! That's wonderful! Mick Jones (founder of Foreigner) really pushed me to sing our songs higher and higher and I was able to do it. But as you get older you lose a couple notes on the top end of your voice ... it's just a natural part of aging. What we do is perform the songs a half step down and it sounds exactly the same and allows me to hit those awesome notes that I would not want to leave out.

**HULICK:** Since we last talked, you were inducted into the Songwriters Hall of Fame.

**GRAMM:** Yes. It was very exciting. It was the first time Mick and I had talked in 12 years. When we parted company in 2001 it was on bad terms. It was very, very upsetting to me that things ended that way. He was not in good shape healthwise and in a little bit of a self destructive mode. I went through an addiction to drugs and alcohol for 11 years during my time in Foreigner. After playing Madison Square Garden one night we attended a party afterwards with people from the recording company and some friends from Manhattan. It was 3:00am when I got to my hotel room and I had an 8:30am flight back home to Rochester. I didn't even make it to the bed ... I just slept on the floor. Needless to say I missed my flight that morning and it was then and there I made the decision to go directly into a rehab program ... not even going home first. I called my wife and told her and she was crying and relieved I made the decision to get well. I am happy to say that I've been sober for 30 years.

**HULICK:** That's terrific Lou! So that missed flight home in a way saved your life.

**GRAMM:** Yes it did.

**HULICK:** I think if you would have gone home first your thoughts would have been the same as any other time ... I'm fine, I made it home, I'll just keep doing what I do.

**GRAMM:** I think so too Melanie. I would have assumed the problems I always had up until then.

**HULICK:** Well congratulations! That is such a struggle every day to keep your sobriety. How did your family do through Covid?

**GRAMM:** My son got it, but he is fine and the rest of the family made it through OK.

**HULICK:** I know we talked about your EP's and a possible new album coming down the road ... are there any other projects in the near future?

**GRAMM:** I love muscle cars and I have a few of them so I'm getting ready for the season coming up ... going to go on the road and go to cruise nights and car shows. It's a fun time.

**HULICK:** I bet you meet a lot of interesting people along the way.

**GRAMM:** Oh sure. I don't necessarily want to spend time talking about my career with them because I'm there to see cars. So I say hello and let them down gently. (laughs)

**HULICK:** There's a lot of excitement building around your upcoming performance at the Ellicottville Summer Music Festival. Do you have a message to your fans that will be attending?

**GRAMM:** Yes. I'm excited about performing in upstate New York and seeing some friends I've known for years in that beautiful, nothing like it in the world that is Western and upstate New York ... the trees, the countryside. It's going to be awesome for me ... I love it there. There's nothing like it and we're going to rock you real hard and you're going to leave with a big smile on your face!

# REGIONAL

## ART IN THE WILDS

Artists announced for the 16th annual juried fine arts showcase



KANE, Pa. - Kane's Sixteenth Annual Art in the Wilds art show is in the works! The popular fine art and fine crafts show will be held Saturday, June 25th from 10:00am-5:00pm and Sunday, June 26th from 10:00am-4:00pm at Evergreen Park in Kane, Pennsylvania.

Fine artists and artisans submitted applications and photos to a jury panel which decided on the final slate of participants for the 2022 show. Artists were chosen for the quality of their work, and with consideration to balancing the variety of media.

Last year the artists were thrilled to be back doing a live show because they missed the interaction with the browsers and buyers in their booths. The Art in the Wilds committee has been planning throughout the year, and again will be planning for a safe show for everyone.

Art in the Wilds is pleased to welcome the following artists to the 2022 Fine Art and Fine Crafts Show:

- Ceramics/Pottery: Lana Heckendorn, Stacy Johnson-Leske, Karen McKee, Krysta Robinson, Amanda Wolf, Francine Zajac
- Fiber Arts: Pamela Bartl, Debbie Penley, Jill Rouke.
- Glass: Amy Hahn, Kalpana Lehman, Kathleen Schnell, Dan Sullivan
- Jewelry: Mimi Antonetti, Gerina Faison, Megan Gillis, Peggy Houser, Christina Krautz, Laurie Leonard, Donna Little, Kaylee Taylor, Heather Thompson.
- Mixed Media: Lisa Arkus, Dawn Johnson
- Painting/Drawing: Chandler Beatty, Al Dornisch, Denise Drummond, Jack Paluh, Ellen Paquette, Alexis Rodefer, Larry Schneider
- Photography: Larry Downey, Rocky Holland, Curt Weinhold, Michael Weishan
- Sculpture: Anthony Arkus, Mark English
- Wood: Gregg Kristophel, Jack Northrop, Robert Vrboncic

Art in the Wilds is a family friendly event and a great way to enjoy a day at Evergreen Park. Each year the two-day show draws thousands of people from throughout western Pennsylvania and New York.

"This wonderful art show would not be possible without the support of our generous community-minded sponsors," said Julie Cleland, President of Art in the Wilds. As a 501(c)3 non-profit organization, Art in the Wilds is able to promote the show with local and regional advertising. Donations also provide needed services for the weekend.

Supporters include grants from the Pennsylvania Council on the Arts, the Kane Community Development Foundation, the Cleland Endowment and the Northwest Charitable Foundation. Major sponsorships include Zook Motors and Ed and Julie Malmstrom.

In addition, Art in the Wilds partners with several organizations including the Kane Chamber of Commerce, Allegheny National Forest Vacation Bureau, PA Route 6, and the Wilds Cooperative of Pennsylvania.

"Art in the Wilds brings together our region's finest artists and artisans every year for a grand weekend in June. Happy customers come to appreciate the artwork and the beautiful park setting - it's Art in the Wilds!"

Evergreen Park is located on Route 66 (S. Fraley Street) between Chestnut Street and Birch Street, in the center of Kane, located on the edge of the Allegheny National Forest. For more information on the year's Art in the Wilds, visit [www.artinthewilds.org](http://www.artinthewilds.org) or follow the event on Facebook.

## DW MEMORIAL DICE RUN

Get ready to shake and roll through Olean this August



OLEAN - GOACC and the former Rally in the Valley committee met in late 2021 and are bringing a dice run to the August StrOlean! "We are excited with this addition to the event," reported Meme Yanetsko, GOACC COO.

The dice will be 'shaken and rolled' for the inaugural DW Memorial Dice Run, August 13th, with start/finish in Downtown Olean. Two businessmen from the Rally in the Valley Event Committee have passed away ~ Dennis Jones and Wayne Johnston. Team DW Dice Run are proposing this event as a memorial to those gentlemen with proceeds to benefit area youth in the county through scholarships at Olean City Schools and Archbishop Walsh through the Cattaraugus Region Community Foundation.

"Dennis was synonymous with the Rally in the Valley Olean; he was the heart and soul of the first Rally back in 2003 and it continued until his passing in 2016. Wayne, Dennis' brother-in-law, was also a mainstay with both the organizing committee and the event staff of the rally," added David "DJ" Dick, Rally organizer since early 2010s and current member of the DW Dice Run committee.

DJ is joined by many others from the Rally committee including Mike Stevens, Tim Brushingham, Joe Duplechian, Colleen Taggerty; and they are accompanied by Abbey Bowser, Tim Smith, Tom Yanetsko, House Ellman, Cam Myers, Mayor Bill Aiello and Laurie McCarthy.

The Dice Run will have registration on the campus of Jamestown Community College at Cutco Theater lobby that Saturday. The run will commence from JCC at 11:00am and will have a route either located throughout SWNY or NWPA (this will be determined later this month). The run participants are expected to be back in Olean to Delaware Avenue (off North Union) by 4:00/5:00pm.

Participant fees will be available for both driver and passenger with prize monies of \$2,000 awarded to high/low rolls. Registration will also be open in June online at [shop.oleanny.com](http://shop.oleanny.com).

Joe Duplechian stated, "Our core group would like to see this event grow back to a version what the Rally once was; we are working with GOACC again as their core staffing has attention to detail and organizational skills our volunteer committee didn't have - due to jobs, kids, etc."

The dice run has sponsor opportunities for local organizations and businesses. Named after the run's honorees, Dennis Jones and Wayne Johnston - the levels are Jones Chrome Sponsor \$200: Sponsor's logo on the event tee shirt and promotion on social media / website. Sponsor receives two shirts; and Johnston Leather Sponsor \$100: Sponsor's name listed on event tee shirt and promo on social media / website. Sponsor receives one shirt.

Yanetsko added, "Since the run is held during our StrOlean, there are food and retail vendor opportunities available. We are also going to connect with the restaurants in and around the AHOP area to see about them having an in-restaurant Taste of Olean."

GOACC has three StrOlean events scheduled for this summer - in June, August and October, with the first one taking place this Friday, June 3rd.

For more information on any GOACC events and activities or to learn more about how you can get involved, please call the Greater Olean Area Chamber of Commerce office at 716-372-4433 or email [info@oleanny.com](mailto:info@oleanny.com).



# NO COVER, NO PROBLEM

## Free live music every week at The River Bar!

### JOE & THE SHMOES

Thursday, June 2 • 7 PM - 11 PM

### ROCKIN' BLUES & BREWS NIGHT

featuring High Horse  
Friday, June 3 • 7 PM - 11 PM

### BLACK WIDOW

Saturday, June 4 • 5 PM - 9 PM

### DJ GOODRICH

Saturday, June 4 • 9 PM - 1 AM

### COYOTE BAND

Thursday, June 9 • 7 PM - 11 PM

### ROCKIN' BLUES & BREWS NIGHT

featuring MARK WINSICK  
Friday, June 10 • 7 PM - 11 PM

### TOMMY Z

Saturday, June 11 • 5 PM - 9 PM

### DJ GOODRICH

Saturday, June 11 • 9 PM - 1 AM

### PEDRO & THE SMOOTH CATS

Thursday, June 16 • 7 PM - 11 PM

### ROCKIN' BLUES & BREWS NIGHT

featuring JJ WHITE & MOJO SAUCE  
Friday, June 17 • 7 PM - 11 PM

### YANK THE COVER

Saturday, June 18 • 5 PM - 9 PM

### DJ GOODRICH

Saturday, June 19 • 9 PM - 1 AM

### BROTHER JAMES

Thursday, June 23  
7 PM - 11 PM

### ROCKIN' BLUES & BREWS NIGHT

featuring IRON EYES EXPERIENCE  
Friday, June 24 • 7 PM - 11 PM

### POCKET CHANGE

Saturday, June 25 • 5 PM - 9 PM

### DJ GOODRICH

Saturday, June 25 • 9 PM - 1 AM

### KARAOKE NIGHT

featuring DJ GOODRICH  
Thursday, June 30 • 7 PM - 11 PM

## DOUBLE DEAL FOR DAD!

Buy One Buffet, Get One FREE

Father's Day, June 19 • 11 AM - 7 PM

Treat the special dad  
in your life to a special  
meal with us!

Special Father's Day Menus at



SENECA CAFE

THUNDER MOUNTAIN Buffet

  
**SENECA  
ALLEGANY**  
RESORT & CASINO

[SENECAALLEGANYCASINO.COM](http://SENECAALLEGANYCASINO.COM)



Experience the comforting atmosphere of Dina's.  
BREAKFAST | LUNCH | DINNER

*dina's*

Upscale American Cuisine  
Made-to-Order  
Local, Fresh Ingredients  
Homemade Cookies, Pies and other Sweet Endings

15 Washington Street  
716.699.5330

Downtown Ellicottville  
[www.dinas.com](http://www.dinas.com)



**Art  
IN THE WILDS**

Juried Fine Art Show

June 25 & 26

Evergreen Park in Kane, PA



Find your newest treasures!  
Painting, Mixed Media,  
Woodturning & Carving,  
Jewelry, Sculpture, Glass,  
Fiber Arts, Pottery,  
And Much More!



See You In The Park!

[artinthewilds.org](http://artinthewilds.org)



**FIND US AT  
TWO  
LOCATIONS!**

4774 ROUTE 219  
GREAT VALLEY, NY  
&  
**NEW!**  
220 W. STATE ST.  
OLEAN, NY

MONDAY - FRIDAY  
9:00am-5:00pm  
SATURDAY  
10:00am-4:00pm  
SUNDAY  
CLOSED

**REAL ESTATE DONE RIGHT**

Nervous about selling or buying property? Don't be!  
We ensure you get the best experience possible.

**RESIDENTIAL • APARTMENTS • VACATION RENTALS  
WE HANDLE THEM ALL!**

**716-265-2062**

*We always have a current list of available properties to check out!*




Featuring Steaks,  
Seafood &  
Pasta Entrees.

Thursday  
**DATE NIGHT:**  
Two can dine for  
\$56. Find the  
Date Night Menu  
on our website.

OPENING FOR THE SUMMER JUNE 15TH  
Wed.-Sat. / Bar 4:30pm / Dinner starts at 5:00pm

23 Hughey Alley • Ellicottville, NY 14731  
716-699-4672  
www.thesilverfoxrestaurant.com



MENU




**Build a Healthier YOU**

Locally owned with over 16 years of  
personal training experience!

Customized, one-on-one programs  
in our private studio.

55 Bristol Lane, Ellicottville  
716-698-1198



**NEW LOCATION! LOTS OF PARKING!**

NOW CELEBRATING  
42 NORTH BREWING  
IN HOUSE!

THAT'S...  
BIKES, BURRITOS & BREWS  
*Tuning Ellicottville's Bike Scene  
Since 1996*

11 MARTHA STREET, EVL  
716-699-BIKE



**CLEANING SERVICES**

*Specializing in Commercial and Residential Cleaning*

- All office cleaning services discussed & designed for your needs
- No job is too small
- Weekly, biweekly or monthly cleaning options available
- Offering Deep cleans & carpet cleaning
- Construction cleanup
- Plus rental property flips
- And commercial cleaning too!

**Call Now!**  
585-435-7158  
martenscleaning@yahoo.com

Follow us on Facebook!





12 Washington Street | Ellicottville, NY 14731

**ANJANETTE NICOLAZZO**

*Associate Real Estate Broker  
Distinctive Properties Specialist*

C | 716.801.6836    O | 716.699.4800  
E | nicolazzorealtor@gmail.com  
W | www.nicolazzorealtor.com    F | nicolazzorealtor





**STAY IN ELLICOTTVILLE FOR A  
WEEKEND OR STAY FOR A LIFETIME.**

Visit **ELLICOTTVILLE.COM** to start your search!

**12 WASHINGTON STREET | ELLICOTTVILLE | 716.699.4800**



**GUNS ★ AMMO  
★ HUNTING ★  
★ FISHING ★**

**MARTENS  
OUTDOORS**  
*THE GREAT OUTDOORS AWAITS*

**Northland  
FISHING TACKLE**





4343 South Whalen Rd., Great Valley, NY 14741 | 716-265-2857

**MYERS**

**STEAKHOUSE & INN**

716.945.3153  
Myerssteakhouse@gmail.com

CHECK OUT OUR MENU AT  
MyersSteakhouse.com

HOURS: WEDNESDAY - SATURDAY 11:30AM-2PM FOR LUNCH | 4PM-8PM FOR DINNER

# HEALTH & FITNESS

## Core Performance: Stand Up Straight

By KIM DUKE, CERTIFIED PERSONAL TRAINER

“Stand up straight.” That’s timeless advice we’ve probably all heard at one time or another. It’s worth heeding. Good posture is important to balance: by standing up straight, you center your weight over your feet. This also helps you maintain correct form while exercising, which results in fewer injuries and greater gains. And working on balance can even strengthen your abilities in tennis, golf, running, skiing and just about any other sport or activity.

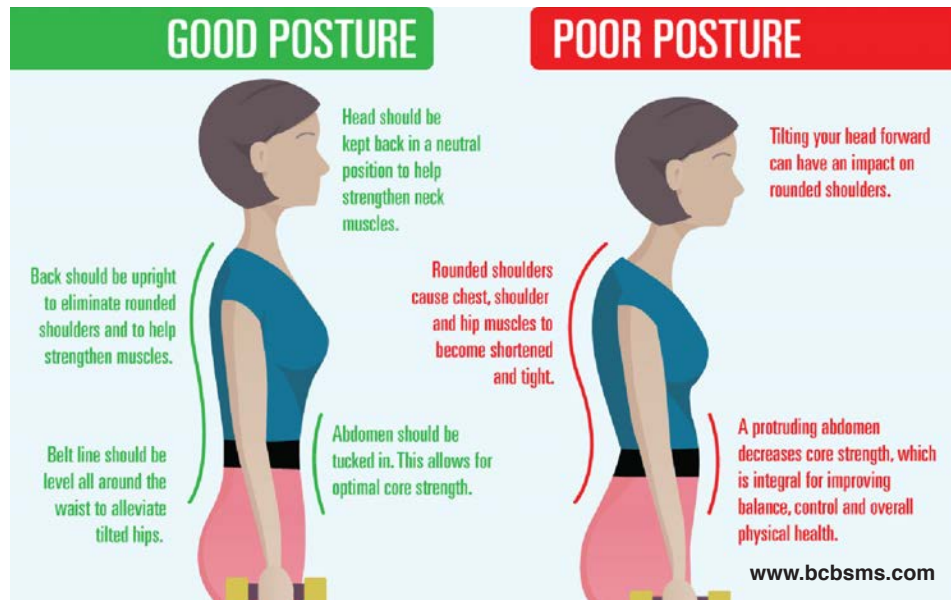
Not an athlete? It still pays to have good balance. Just walking across the floor or down the block requires good balance. So do rising from a chair, going up and down stairs, toting packages, and even turning to look behind you.

Poor posture isn’t necessarily a bad habit, either. Physical reasons for poor posture include: people who sit for long durations/work on a computer or stare at their phones. Those who have poor posture are subject to the following imbalances:

- Inflexible muscles that decrease range of motion (how far a joint can move in any direction). For example, overly tight, shortened hip muscles tug your upper body forward and disrupt your posture. Overly tight chest muscles can pull your shoulders forward.
- The “core muscles” of the back, side, pelvis, and buttocks form a sturdy central link between your upper and lower body. Weak core muscles encourage slumping, which tips your body forward and thus off balance.
- The good news: You can improve your posture with a few simple tricks. Quick posture checks in the mirror before and during any exercise can help you get the most from your regular workout. And increasing your core strength and flexibility can help you improve your posture noticeably in just a few weeks.

Practice good posture by doing the following:

- Keep your chin parallel to the floor.
- Roll your shoulders up, back, and down to help keep them even.
- Keep your spine neutral. (No flexing or arching to overemphasize the curve in your lower back)
- Keep your arms at your sides with elbows straight and even.
- Keep your abdominal muscles braced.
- Keep your hips even, knees pointing straight & weight evenly distributed on both feet.



- These same practices should be applied even as you are seated.

Not only does good posture create a stronger and sturdier body - it also projects confidence. So keep your chin up, shoulders back and eyes forward for a posture perfect you!

*Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, located at 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 page or www.coreperformancefitness.com. Kim can be reached directly at 716-698-1198.*

## Inner Peace & Strength: Trauma Symposium Coming to Ellicottville June 15th: FREE & Open to the Public

By LAURA WIDGER, LCSW

**TRAUMA and the BRAIN**  
The Impact of Trauma on Health Behaviors

Wednesday, JUNE 15, 2022  
10:00AM TO 3:00PM

HOLIDAY VALLEY RESORT  
Ellicottville, New York  
FREE OF CHARGE  
Lunch Provided, Open to the Public

Featuring nationally known Dr. Darryl Tonemah speaking on the impact of trauma on the brain. Other speakers/topics include the traumatizing impact of the pandemic, dealing with trauma within the law enforcement field, historical trauma and trauma recovery.

**SPEAKERS:**

- Dr. Darryl Tonemah
- Dr. Yodit Betru
- Vicki Grant
- Law Enforcement Panel
  - Sheriff Jim Quattrone
  - Brent Schlafer
  - Melanie Churakos

CLICK HERE TO REGISTER

Or visit: <https://www.eventbrite.com/e/trauma-and-the-brain-the-impact-of-trauma-on-health-behaviors-tickets-338306743577>

**SPONSORS:**

- Health Foundation for Western & Central New York
- WESTERN NEW YORK PUBLIC HEALTH ALLIANCE, INC. - A Regional Partnership for Public Health
- University at Buffalo - The State University of New York
- PHA - New York State Public Health Association

The hot topic word the past two and a half years is TRAUMA. It truly is a non-tangible word or phrase. What does it really mean? How do you know if you have been traumatized? Was the pandemic a trauma? Let us hear a bit from the trauma-informed care implementation resource center for some answers.

“Trauma is a pervasive problem. It results from exposure to an incident or series of events that are emotionally disturbing or life threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, and/or spiritual well-being. Some experiences that may be traumatic include: physical/sexual/emotional abuse, childhood neglect, living with a family member with mental health or substance use disorders, cancer, a sudden death of a loved one, poverty, a natural

disaster, racism/discrimination/oppression, violence in a community/war/terrorism, a pandemic, to name a few.”

some symptoms: shock/denial/disbelief, confusion/difficulty concentrating, anger/irritability/mood swings, anxiety, fear, guilt/shame/self-blame, withdrawal from others, feelings of sadness or hopelessness, feelings of disconnection of numbness, insomnia/nightmares, fatigue, being startled easily, etc.

The pandemic and acknowledgement of trauma impacting people the past two and a half years has not gone unnoticed. Excitedly and with affirming captivation, the Western New York Public Health Alliance has heard our struggles and is stepping up to offer its 1st annual Trauma Symposium, “Trauma and the Brain: The Impact of Trauma on Health Behaviors.”

The Trauma Symposium is set to be held on Wednesday, June 15th at Holiday Valley Resort in Ellicottville, NY from 10:00am-4:00pm. This symposium is free of charge, open to the public, and offers complimentary lunch. There will be 4 guest speakers all offering up their expertise on the complexities and human reactions to trauma. To begin, Dr. Tonemah will be speaking on topics related to trauma and brain functioning, tools for regaining sovereignty, recovery from trauma, as well as trauma experienced by indigenous populations. Dr. Betru will be addressing trauma and marginalized populations, trauma and its impact on anxiety, as well as a multitude of self-care techniques. Vicki Grant will be specifically addressing the traumatizing impact of the pandemic. And lastly, sheriff Jim Quattrone, Brent Schlafer, and Melanie Churakos will be discussing the impact of trauma within the law enforcement fields.

Come join the fun with a learning, curious, and open mind. Find some clarity to what our nation has been through during these pandemic times.

*Laura Widger is a NY State Licensed Clinical Social Worker with 15 years of experience in the field of emotional wellness and mental health. She owns and operates Inner Peace and Strength - Mental and Emotional Health, and specializes in trauma healing with children and adults. She lives in Cattaraugus County with her husband, children, and German short haired dog. Laura personally and professionally strives to promote internal self leadership and the discovery of true genuineness and balance within.*

Author Lawrence Robinson, Melinda Smith (M.A) and Jeanne Segal (Ph.D) break down

Author Lawrence Robinson, Melinda Smith (M.A) and Jeanne Segal (Ph.D) break down



**32 ACRES!**  
Seclusion is yours when you own this quaint 1BR, 1BA cabin on 32 open & wooded acres w/ a detached garage. MLS#B1409495 ... \$188,000



**SALE PENDING!**  
Charming 3+BR, 1BA home w/ family room, side patio, att. garage on 3 acres just outside the Village of Ellicottville. MLS#B1406048 ... \$274,900



**NEW ON THE MARKET!**  
Unique opportunity is this beautifully maintained 5+BR, 2+BA home that includes a church, garage and parking. MLS#B1408406 ... \$379,900



**TINA J. DILLON**  
Licensed Real Estate Salesperson  
**716-474-5646**  
thedillonteam@gmail.com



OFFICE: 34 WASHINGTON ST., ELLICOTTVILLE, NY • PHONE: 716-699-4695

[WWW.TINADILLON.NET](http://WWW.TINADILLON.NET)

## HOLIMONT BIKE PARK

cont. from page 03

folks at HoliMont have arranged for live entertainment many weekends throughout the summer and on most Saturdays and select Sundays, there will be food and beverages available.

“We’ve been working hard to get the word out that we’re open to the public,” explained HoliMont’s Events and Marketing Director, Jennah Bradley. “On weekends during the ski season, it’s true that HoliMont is for members only, but for virtually the rest of the year, it’s open to the public,” she added.

In addition to all the improvements being made to the bike park and trails, HoliMont continues its efforts to make use of the truly beautiful natural resources at hand to attract more visitors to the ski area. Work has even begun to convert one end of the Saddle Pond into a small beach - bring a bucket and shovel and build your own sand castle! Dry camping is allowed (details to come), and folks can fish, swim, canoe, kayak and paddleboard in Saddle pond at the top.

HoliMont also has scattered a number of special weekend events throughout the summer and into the fall, including the Saddle Pond Party and Trade Show July 23rd-24th, featuring vendors in the outdoor sports and recreation industry.

Bradley is also looking forward to a pair of August events - The Good Climb Aug. 6th, where bike riders will take part in a five-hour endurance event and the Western New York Mountain Biking Association (WNYMBA) Campout from August 12-14th, with live music, beer tasting by 42 North Brewery and BBQ by Fat Man BBQ.

HoliMont is also collaborating with Dennis Baldwin, the owner of Ellicottville Bike and Bean, for the return of Roots, Rocks and Ridges on Oct. 1st-2nd. It’s a two-day event, featuring excellent cross-country riding onto State Forest land on Saturday and a day of downhill mountain bike racing Sunday.

“We’ll have the start/finish line at HoliMont,” Baldwin explained, “and with what we have planned for the two days, we’re going to try to bring back the feel of the original days of mountain bike racing.”

It has been well-documented that the covid pandemic pushed people out of their homes, into the great outdoors and onto all forms of recreational equipment. Bikes of all kinds were actually in short-supply for a period of time and now the sudden infusion of new interest in the sport translates into more visitors riding bike trails and patronizing local businesses in the Ellicottville area.

As the owner of the go-to bike shop in town and roller of the perfect burrito, Baldwin has also noticed the influx of downhill mountain bike enthusiasts. “The HoliMont Bike Park has definitely brought another group of riders to town,” he admitted with a smile,” he said. “There are lots of different styles of riding that people do now, and this (downhill) version of mountain bike riding seems to complete the (cycling) scene around here,” - referring to an already well-developed local network of more than 35 miles of cross-country mountain biking trails.

On days when the lift is operating for mountain bikes, the Loud Performance Bike & Board Shop of Bemus Point will have a mobile command center just adjacent to the base of the Sunset lift for walk-up repair work and daily mountain bike rentals.

Anyone seeking access to the chairlift must first check-in with the attendant at the small mountain shop hut at the bottom of the hill to sign a release and pay for the lift ticket. You’ll be able to find some necessities, as well as plenty of newly-branded HoliMont apparel and accessories in the mountain shop.

When Perks was asked for an overall assessment of the state of his newly-created mountain bike heaven, the Builder of Parks replied, “This bike park is still in its infancy. Our goal is to create something really special here - but like any good trail, it takes time to build it.

# katty's

cafe

★ the hot spot for breakfast  
★ specialty coffees & drinks  
★ daily lunch specials  
★ homemade soups & chili

Come dine at our 2nd location  
**KATY'S FLY-IN**  
Route 219,  
Great Valley, NY  
Serving Breakfast,  
Lunch & Dinner

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

OPEN 7 DAYS A WEEK for breakfast • lunch • good company!  
★ Washington Square ★ Ellicottville, NY ★ 716.699.8860

NEW CRYSTAL SHOP!  
COME VISIT US!

Good  
the  
Spirit  
Gifts

Holistic, Mystical & Metaphysical Shop

Gifts that Uplift

11 Martha St., Ellicottville  
Mon-Sat 11-6, Sun 11-5  
Blessings@GoodfortheSpiritGifts.com



**G.D. FULLER, INC**  
**Roofing**  
716-498-2422  
Serving WNY Since 1969!

HELP NEEDED  
FOR OUR  
GROWING COMPANY  
CALL TODAY!



get  
weekly  
deliveries of  
micro greens, lettuces  
and herbs



Learn more about our Subscription options:

ellicottvilleegreens.com

FRESH HARVESTS, DELIVERED RIGHT TO YOUR DOOR

## CYSTIC FIBROSIS CHALLENGE

cont. from page 04

Foundation until a cure is found. The CF Foundation does not receive any government funding, so the only way for those of us with CF to have access to life prolonging medications and eventually a cure is through fundraising. All profits raised go towards the CF Foundation’s research. We’ve come a long way since I was a kid, but there’s still more work to be done. Not many people with CF get the opportunity to live into their 40s. So, every year I will continue doing these crazy challenges and I will continue being an advocate.

**ELIJAH:** Where can people find out more information?

**BRAD:** You can find more info about this event by going to my Facebook page @24hoursforcf. I also encourage people to come down all day Friday and Saturday morning to exercise with me. There will also be a beautiful 2.5-mile course that will go through the village of Ellicottville that people may either run or walk on. So, come on out and help support this wonderful cause.

Now, it’s not every day that a person gets an opportunity to meet someone who is as passionate, kind, and dedicated to their cause as Brad is. Fortunately for myself, he is my uncle. He is also a positive role model, idol, and an inspiration to everyone. Quoted from the article that served as a prelude to the 266-mile run, “Whether in one aspect or all of them, you will find few better to carry the running torch for the CF Community other than Bradley Poole.” There are many ways you can show your support for him as he tackles this absolute behemoth of a workout. And it still stands, by all means ... get out there and show some support.



# Team Pritchard

## Selling the Ellicottville Lifestyle!

### Cathleen Pritchard & Melanie Pritchard

Associate Real Estate Brokers  
 ERA Team VP Real Estate & HoliMont Realty  
 info@teampritchard.com  
 12 Washington St., Ellicottville, NY 14731



Cathy: (716) 983-4234 [www.TeamPritchard.com](http://www.TeamPritchard.com) Melanie: (716) 480-8409



**Ellicottville 360 imaging!**



We now provide LOCAL, day after listing with us, 3D images of your home! Save a trip (and gas) and check out our 3D view! (32 Washington-1,200,000 Business Opportunity!)



28 Fresh Tracks \$2,149,000  
 Close the Village. Spacious, King of the Hill at HoliMont!  
 4 bdrm 4 bath 2,688 sq ft



**Hot New Listing!**

14 Northgate \$345,000  
 Close the Village. Spacious, like new townhome!  
 3 bdrm 2 bath 1,216 sq ft



**Ellicottville 360 imaging!**



13 Greer Hill \$1,144,000 Built in elevator! Ski ready, heated driveway! Spectacular home with elevator!  
 4 bdrm 4.1 bath 4230 sq ft



6447 Holiday Valley Road • Ellicottville, NY  
 716-699-8996  
[www.ellicottvilleoasis.com](http://www.ellicottvilleoasis.com)

*You deserve to treat yourself*

- Massage Therapy •
- Manicures •
- Pedicures •
- Organic Facials •
- HydraFacials •
- Eminence Skincare •

Call or book your appointment online!



**THE PURPLE DOORKNOB**  
**NEW LOCATION!**

11 WASHINGTON ST.  
 DOWNTOWN ELLICOTTVILLE



OPEN MONDAY: 10AM-5PM  
 TUESDAY-THURSDAY: 11AM-5PM  
 FRIDAY-SUNDAY: 10AM-9PM

[ThePurpleDoorknob.com](http://ThePurpleDoorknob.com)



**WEDDINGS • ANNIVERSARIES**  
**GRADUATIONS • REUNIONS**  
**BIRTHDAYS • TAILGATE PARTIES**  
**LET US CATER YOUR NEXT EVENT!**

**CALL KEN CARSON**  
**716-341-8385 or 627-5495**  
[carsonsbhqatering.com](http://carsonsbhqatering.com)

*Unique Style from Around the World!*



*The Latest in Fashion Trends in Women's Clothing & Accessories, Gifts & Home Decor*

716-699-2128  
[www.gadogadoellicottville.com](http://www.gadogadoellicottville.com)  
<http://gado-gado.shoptiques.com>

26 monroe street • ellicottville, ny 14731

# Nature's Remedy

natural foods market & holistic wellness center

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

TEXT NATURESREMEDY to 22828  
 TO JOIN OUR MAILING LIST

[Natures-Remedy.net](http://Natures-Remedy.net)  
[gretchenmendell@yahoo.com](mailto:gretchenmendell@yahoo.com)

716-699-HERB (4372)

@Natures\_Remedy

# CLASSIFIEDS

## EMPLOYMENT

**THE SILVER FOX STEAKHOUSE** is looking for a Prep Cook/Dishwasher. Mail resume to PO Box 146, Ellicottville, NY 14731 or email silverfoxeville@aol.com.

**LEAD CARPENTER:** Must have at least 5 years experience. Apply in person to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: gmnickolson@aol.com.

**EXPERIENCED CARPENTERS NEEDED:** Apply to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: gmnickolson@aol.com.

**NEWSPAPER DELIVERY:** Position available at ellicottvilleNOW delivering newspapers in Ellicottville and surrounding communities each week. Must have a valid driver's license and reliable vehicle. Great supplemental income. Send letter of interest to brenda@ellicottvillenow.com.

## SERVICES

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

**MARTENS CLEANING SERVICE:** Local, professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential and business cleaning. Call Christina Martens, 585-435-7158.

**ROTOTILLING, LAWN ROLLING, Brush Hogging, Wildlife Food Plots.** We sell plot seeds in bulk. Ken's, 716-592-9138.

**DAN KANDEFER PLUMBING & HEATING:** Quality products and professional installation. Residential and commercial, 60 years of experience! Serving Ellicottville and the surrounding areas. Call 716-583-2034 or 716-945-5848.

## RENTALS

**ERA TEAM VP REAL ESTATE & VACATION RENTALS** offers over 200 privately owned and professionally managed vacation rental homes and condominiums in Ellicottville, Chautauqua Lake and Chautauqua Institution. View all of our rentals at MyTeamVP.com or call 800-344-2198 to speak with a seasoned reservationists.

## COMMUNITY

**TRASH TO TREASURE SALE:** HUGE sale Friday, June 10th 9:00am-4:00pm and Saturday, June 11th 9:00am-3:00pm. St. Paul's Lutheran Church, 6360 Route 242 E., Ellicottville. The Treasure Cafe will be up and running both days of the sale, offering fresh grilled Sahlen's hot dogs and our famous hot fudge sundaes!

## CA BOCES Hosts "Cop Camp"

Students given opportunity to explore careers in the law enforcement / military sectors

**OLEAN -** The CA BOCES CTE Center at Olean was the recent host for the 2022 "Cop Camp" held at the William O. Smith Recreation Center in Olean. Cop Camp is an annual event that focuses on career exploration for students in Career and Technical Education (CTE) programs at CA BOCES. As part of the event, representatives from a number of agencies in the law enforcement/military sector provide presentations on their respective fields and highlight the education and experience that is required for each. Additionally, representatives share their candid experiences in the field and meet in small groups with students to answer questions. Scholarships and Awards are also distributed to local students.



Tim Emley, Criminal Justice Instructor at the CTE Center at Olean and the event organizer, said he was pleased with the event and grateful for the support shown from the law enforcement/military community. "Representatives from a number of agencies travelled long distances to meet with our students who are considering careers in law enforcement," he said. "That sort of up-close-and-personal feedback is so important as students make decisions about their futures."

Representatives from the following agencies participated: NYS Department of Environmental Conservation, Cattaraugus County District Attorney, NYS Forest Rangers, NYS Troopers, NYS University Police, Cattaraugus County Probation, U.S. Customs & Border Patrol, K9, NYS Corrections, Cattaraugus County Corrections, U.S. Secret Service, FBI, City of Olean Police Department, Cattaraugus County Sheriff's Department, Cattaraugus County Dispatch, NYS Trooper Crime Scene Investigation, National Guard, U.S. Navy, U.S. Marine Corp, U.S. Army, U.S. Air Force, and ROTC St. Bonaventure.

Three officials who have been with the program for nearly 20 years received awards of appreciation. Correctional Superintendent Christopher Yehl of the Wende State Prison Correctional facility, Lt. Tim Flanagan of the NYS Forest Ranger Division and Deputy Robert "Bob" Renfrette, a long time K-9 officer were recognized for their commitment and dedication toward the program and assisting young potential Law Enforcement students get a jump on their careers. Each official was given an appreciation certificate along with a 2022 Cop Camp t-shirt.

## Cereal Box Challenge

Greater Olean Area Chamber invites area businesses to food pantry fundraiser

**OLEAN -** A big and sweet part of the GOACC's Southern Tier Corporate Challenge 5K Run and Walk has always been the Cereal Challenge. The 'throw down the cereal spoon gauntlet' began in 2013 as an idea proposed by community resident Joann Dombeck. Officials at the Greater Olean Area Chamber of Commerce will host the Corporate Cereal Challenge in June in conjunction with the running race.

Companies can sign up by emailing info@oleanny.com stating that your company will be collecting cereal. An official tallying form will be sent upon receipt of email. The contest officially starts Friday, June 3rd and ends Monday, June 20th. Once all donations have been collected at each business, the boxes should be counted, number reported on the form and then cereal brought to the Olean Food Pantry before the end of business on Monday, June 20th. The Olean Food Pantry is located at 8 Leo Moss Dr., Olean (behind the Cattaraugus County admin building and Bethany Lutheran Church). Delivery times to the pantry are when they are opened: Mondays 12:30-4:30pm, Fridays 10:00am-2:00pm.

D.B. Busan, the pantry Warehouse Manager stated, "This challenge was a brilliant idea from Joann - especially cereal during the summer months when most children are at home and the Food Pantry needs to ensure an adequate supply of cereal is available!"

For more information or registration details, please call GOACC at 716-372-4433 or email info@oleanny.com.

# ellicottvilleNOW

LOCALLY OWNED AND PUBLISHED

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

Distributed in Ellicottville and locations throughout Cattaraugus County & Chautauqua County, NY

[ellicottvilleNOW.com](http://ellicottvilleNOW.com)

SIGN UP FOR eNOW News FREE at [ellicottvilleNOW.com/subscribe](http://ellicottvilleNOW.com/subscribe)



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

ellicottvilleNOW is a publication produced by DesignPerks of Ellicottville, member of PaNDaGOAT Media | [ellicottvilleNOW.com](http://ellicottvilleNOW.com)

OFFICE  
9 W. Washington St.  
Ellicottville, NY 14731  
716-699-9816

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

ASSISTANT DESIGNER,  
WEBSITE CONTENT MANAGER  
Meaghan Lucarelli  
info@ellicottvillenow.com  
info.designperks@gmail.com

DISTRIBUTION MANAGER  
Evan Evans

ADVERTISING SALES ASSOCIATES  
Brenda Perks  
Direct: 716-244-7573  
brenda@ellicottvillenow.com  
Evan Evans  
Direct: 716-474-6812  
evane716@aol.com

TEAM WRITERS / PHOTOGRAPHERS  
Caitlin Croft  
Mary Heyl  
Kathleen Kellogg  
Melanie Hulick  
Spencer Timkey  
Dash Hegeman  
Louisa Benatovich  
Kim Duke  
Laura Widger  
Trevor Brachmann  
Ashley Baron  
Clara Kosinski  
Rich Rumpfola  
Frank Ujvari

## Article/Photo Contributions

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

## Advertising Rates

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

ellicottvilleNOW is published by DesignPerks, 9 W. Washington St., PO Box 1077, Ellicottville, NY 14731. ellicottvilleNOW is released every other Thursday in print and online at [ellicottvillenow.com](http://ellicottvillenow.com). Copyright © 2021 by DesignPerks. All rights reserved. Reprinting in whole or part is forbidden except by permission from DesignPerks.

# instaNOW

Follow us on Instagram @ellicottvillenow

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

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



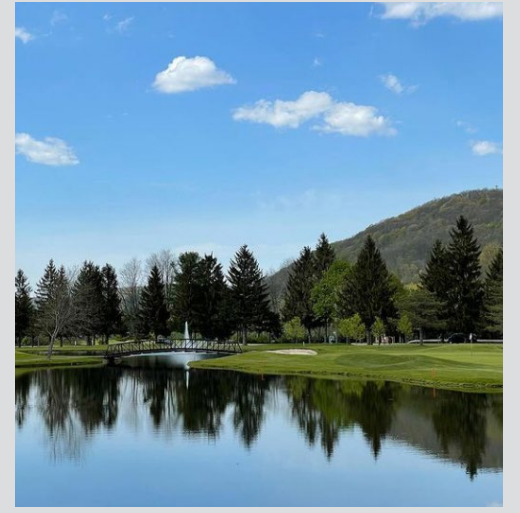
Tagged images serve as granted permission for use by ellicottvilleNOW for promotional purposes of any kind in print • online • and on social media platforms.



Itwthenavydude: Another blue sky Memorial Day in Ellicottville #smalltownlife #ellicottvilleny #evlnow #memorialday #veterans



escape.to.ellicottville: Life is cool by the pool #holidayvalley #summergetaway @ellicottvillenow



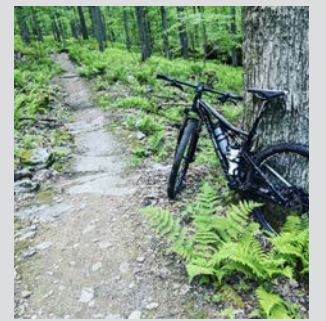
onemorerunevl: What a great day for golfing! #ellicottvilleny #golftown #getoutside #evlnow



yerboy: Good morning, #southerntier! #nyparks #evlnow



thecharlesbchamberlain: #naturelover #evlnow #happy



tpitrickten: #evlnow #jakesrocks #alleghenynationalforest



willygoat\_adventures: Still doing my thing and chasing sunsets #chautauqualake #dogsonadventures #evlnow #adoptdontshop



dirtyroadrabbit: #jakesrocks #gorideyourbike #evlnow



homegrownpediatrics: Parks & Picnics... This time in the well hidden playground near the bus garage in Allegany #evlnow #growstrong



homegrownpediatrics: Happy Memorial Day! #evlnow



bonabobvw: #memorialday #ellicottvilleny #evlnow



sk8evl: Help us pave the way! #theskateparkproject #evlnow

# ELLICOTTVILLE SUMMER MUSIC FESTIVAL JULY 1-3, 2022

## VOICES OF CLASSIC ROCK



LOU GRAMM  
Formerly of  
**FOREIGNER**

JOHN ELEFANTE  
Formerly of  
**KANSAS**

**BUFFALO PHILHARMONIC ORCHESTRA**  
**FEATURING STRANGE MAGIC**  
THE MUSIC OF THE ELECTRIC LIGHT ORCHESTRA



LIVE CONCERTS ON THE SLOPES OF HOLIDAY VALLEY  
PURCHASE YOUR PRE-SALE TICKETS  
BEFORE JUNE 19<sup>TH</sup>

# ELLICOTTVILLENY.COM



# *Holiday Valley* 10<sup>TH</sup> ANNUAL MUDSLIDE OBSTACLE TRAIL RUN

## SATURDAY JUNE 18, 2022

3.5 or 5.4 MILES • 15+ OBSTACLES  
KIDS RACE • COSTUMES • GOODIE BAGS

For more information and to register,  
visit: [holidayvalley.com/mudslide](http://holidayvalley.com/mudslide)



6557 Holiday Valley Road | Ellicottville, NY 14731  
716-699-2345 | [HOLIDAYVALLEY.COM](http://HOLIDAYVALLEY.COM)