

ellicottvilleNOW

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Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York
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FREE

Grand Opening Event Planned for Skatepark

Village Officials and Local Advocates to Celebrate Ellicottville's New Concrete Park Friday, June 30th



@sk8evl
photo / @ellicottvilleNOW

Following three years of fundraising and a year of construction, the Ellicottville Skatepark Committee (SK8EVL) and the Village of Ellicottville are gearing up to host a grand opening celebration of the new concrete public skatepark, located inside Ellicottville's Village Park. The event is scheduled for Friday, June 30, 2023 at 4:00pm and will feature entertainment, food trucks, giveaways, and of course, skateboarding! All are encouraged to attend.

The skatepark, designed and built by Grindline of Seattle, WA, is a culmination of the passion of local skateboarding advocates and a matching grant awarded by The Skatepark Project and the Ralph C. Wilson, Jr. Foundation. With title sponsorship for the project supported by the New Car Dealers of WNY Charitable Foundation, the skatepark will be named the New Car Dealers of WNY Ellicottville Skatepark.

"The Ellicottville community has come together to create an incredible new recreational resource for the young people of the area. The Skatepark Project is proud to be a part of helping make the Ellicottville Skatepark a reality," said Benjamin Anderson Bashein, executive director of The Skatepark Project.

... page 04

LOCAL POOL PLAYERS LAS VEGAS BOUND

Experienced in playing several different sports, Lauren Smith of Randolph was initially hesitant to try her hand at pool. "I was nervous to even get involved," she recalled. "If I wasn't good, I didn't want to be judged. But doing this made me realize it's for all skill levels... Anyone can play pool: It's really about showing up, participating, and having a good time!"

Five years and an eighteen-hour pool tournament later, Smith and her team are headed to Las Vegas for the American Pool Players Association World Championship!

Some may recognize Smith from Madigan's in Ellicottville, where she waitresses, but on Wednesday nights, she can be found at the Gowanda American Legion, where she and her team play weekly to prepare for the Las Vegas tournament scheduled for August 8-12th.

... page 08

REO SPEEDWAGON READY TO ROCK SENECA ALLEGANY CASINO

Saturday, June 24th will be rocking inside Seneca Allegany Resort & Casino's Events Center for the much anticipated return of one of the greatest bands of all time when REO Speedwagon plays one show only. Playing at Seneca in 2015, the band is ready to hit the stage again and see all their fans letting go of all the problems going on in the world and just rock out and have fun. ellicottvilleNOW recently had the pleasure of talking to Bruce Hall, bass guitarist for the band, for their return performance at Seneca Allegany Casino and about any new projects they might be working on. Our conversation had us looking back at our lives and the connection we had to the "Hi Infidelity" album ... page 11

Ellicottville Little Eagles Season Kick-Off BBQ Fundraiser

The community will come together on Saturday, July 29th when the Great Valley Firemen's Clubhouse sets the stage for a Season Kick-Off BBQ Party to benefit the Ellicottville Little Eagles organization. Pre-sale tickets are now available! "We are raising money to purchase some new equipment such as helmets and pads for the pee-wee and midget football players, new flags and belts for the flag football players and pompoms for the cheerleaders," said Kristin Rocco, Ellicottville Little Eagles president ... page 04

FATHER'S DAY FAVES!

Ellicottville shops and restaurants have everything you need to show dad how appreciated he is. Find our list on page 09.



Public Profile: Michelle Capizzi

Artist, Old Soul and Alley Kat Obsessed with Color

BY CAROL FISHER-LINN

One never knows what surprising and colorful individuals live quietly in our beloved surrounding hills and forests. Truthfully, our region, and the beauty, peace, and perhaps anonymity it offers, has been blessed to open its borders to some very remarkable people. Today, I invite you to meet Great Valley and Buffalo resident, artist Michelle Capizzi.

Michelle has a BA in Fine Arts with concentration in Graphic Design from SUNY Fredonia, and has spent most of her married years as wife and mom of three now grown and flown young men. But when COVID hit, Michelle found herself going to her family holiday home in Great Valley for renewal. She kicked off her city shoes and found she loved being barefoot, which is how I found her when we met.

... page 08



@michelle_capizzi



photo / Rich Rumfola

ELLICOTTVILLE RODEO IS BACK FOR INDEPENDENCE DAY WEEKEND!

Born and raised in Great Valley, John Kent dreamed of riding broncos in the rodeo. As a young man breaking horses at home, he imagined having a dedicated rodeo crew behind him - unlike the pasture at home where he worked alone. Now over 30 years later, the Ellicottville Championship Rodeo is still bringing joy and adventure to thousands of people, and 2023 promises to be another great year! Mark your calendar for Fourth of July weekend when cowboys and cowgirls from all over the world will be heading to Ellicottville to compete in nine different events ... page 04

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NOW *this ...*

Treating Your Dad to One-of-a-Kind Local Options

There's More to Father's Day Than Watermelon Ties & Hawaiian Shirts



@evillebikeandbean
photo / @ellicottvilleNOW

Give Dad the gift of a professionally rolled burrito, a pint of 42 North and a bike tune-up from Ellicottville's Bike & Bean. Owner Dennis Baldwin is ready!

BY CAROL FISHER-LINN

The clues have been everywhere... Elegant, regal cushions of Queen Anne's lace have been covering the fields for weeks. Perky little shiny yellow buttercups wave as we go by. The fragrant phlox divaricata, with their beautiful lavender, white and purple heads, happily nod as we wander along the roadways of our community. And yet, as June 18th approaches we are amazed at how quickly we've gone from sliding down the hills in the hushed mornings on fresh powder to looking at shorts and festive, colorful short-sleeved shirts for our dads. I'm not quite sure I know what it is about Father's Day that lures many of us to the men's departments at local department stores, but the next thing we know we are picking up Hawaiian patterned shirts for dads of any age.

Here's a thought: Our Southern Tier region offers great opportunities for gift ideas that rise well above Hawaiian-themed shirts and shorts. HoliMont Bike Park, one of Ellicottville's newest attractions, is offering a "dads ride free day" (with the purchase of any kid's ticket) on Father's Day from 10:00am-4:30pm.

Voted one of America's "Best Golf Shops" by PGA Magazine, Holiday Valley's Golf Shop has all things golf and HV, Sky High and Tamarack logo items. Now, here's the place to find that stylish short sleeved shirt and casual wear for dad! And they advertise pricing below discount golf stores plus they have PGA pros to help you make your best purchasing decisions. Sounds better than a Hawaiian shirt to me.

You might want to treat dad to a fine dinner out on the town. Any restaurant in Ellicottville is a good choice, but you can't go wrong with Villaggio's menu. My surprise birthday was held there, and we all went crazy for the fried brussels sprouts and Caprese Burrata. Of course, your dad might like their shrimp scampi or anything on their Italian menu. Specifically for Father's Day, they are featuring a 32 oz. Tomahawk steak and giving a free drink for dads with purchase of a meal. And they are wheel-chair accessible.

Dina's offers inviting western ambiance where Dad can feel right at home in his cowboy boots and jeans. Start off with shrimp cocktail or crab cakes, then choose pizza, which they have a great selection of, or amazing mains from their menu like roasted duck, filet mignon or my every-time favorite, salmon.

For a lighter yet delicious treat, if given my choice for pizza, I'm all in for Monroe Street Brick and Brew, whose menu includes specialty or custom pizza, brick oven wings and calzones. Here's the best part - if dad wants to stay home and nosh with his family in his comfy slippers, they deliver!

For a yummy dessert, top off your meal with a mocha and salted caramel Frappuccino with vanilla milkshake and whipped cream at Ashford Junction Depot. If you are planning a summer event, ask about their ice cream truck while you are there.

Think about how hard our dads work sometimes. I'm betting they could use a little relaxation, right? How about paying a visit to one of our great local spas for a nice Father's Day afternoon? Anew Beginning Massage and Spa offers AIS (Activated Isolated Stretching) sessions to help with flexibility in muscles and help improve mobility. Ellicottville Oasis Spa at the Tamarack Club has a great Fire and Ice Massage to help treat your dad's aches and pains, with heated basalt rocks and cold therapy spot treatment to target those areas that really need attention. Hey... dads can enjoy massage therapy too!

What about the dad that thrives in the kitchen? The one who has the grill on standby and a cooler full of beverages in his garage ready to go. You can add a great organic spice variety from Nature's Remedy to expand his seasoning profile or go for something even more unique by heading over to the Ellicottville Salt Cave and picking up a Himalayan Salt Slab. Your dad can prep, season and even serve some amazing meals on that baby! They can be grilled or chilled to extreme temps and last for quite a long time with proper care. Snag one of those and a set of Salt Shot Glasses for some smooth tequila!

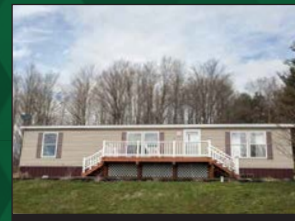
What dad doesn't love a road trip? If it's a nice day, take dad to Genesee Country Village and Museum in Mumfordsville. Admission for dads is free on Father's Day! If he loves baseball, he might want to take in a vintage baseball double header at their ballpark, played by 1868 rules before they played with gloves or protective equipment.

Bottom line: If the man you look to and refer to as "dad" is still on this earth, count yourself among the lucky ones and be sure to spend some time with him. If he's not nearby, give him a call and grant him the un-rushed time he wants to chat with you. If he is gone, visit his grave or take a few minutes to remember him and whisper a prayer of gratitude for what he passed on to you. To all the dads reading this piece, Happy Father's Day!

ACREAGE

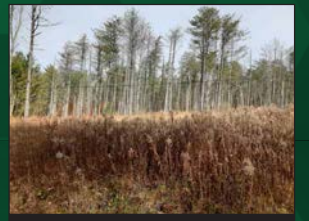
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LOCAL

A BUCKIN' GOOD TIME!

Championship Rodeo to Kick Off Independence Day Weekend in Ellicottville



photo / Rich Rumfola

BY MARY HEYL

Born and raised in Great Valley, John Kent dreamed of riding broncos in the rodeo. As a young man breaking horses at home, he imagined having a dedicated rodeo crew behind him—unlike the pasture at home where he worked alone. While Kent’s cautious mother wouldn’t allow him to join the rodeo, she never said he couldn’t run his own. Little did Kent know that a stranger on his doorstep would make this dream a reality. Now over 30 years later, the Ellicottville Championship Rodeo is still bringing joy and adventure to thousands of people, and 2023 promises to be another great year! Mark your calendar for Fourth of July weekend (June 29th - July 2nd) when cowboys and cowgirls from all over the world will be heading to Ellicottville to compete in nine different events.

Even though Kent did not join the rodeo as a young man, his life has been no less adventurous! When Kent bought the farm at 6319 Sommerville Valley Road in Ellicottville, he couldn’t wait to buy his own horses; three weeks later, he’d already purchased 16! With the support of his family, he decided to open a riding stable, which was met with an enthusiastic response. “Once it caught on, we did 110 to 120 rides a day, six days a week,” said Kent.

While the riding stable was a success in and of itself, many were asking Kent to do more, and he thought about rodeo. “The next thing I knew, there was a guy by the name of Mike Swearingen pounding on my door,” Kent recalled. “He was down here turkey hunting and went to the Gin Mill for a beer and dinner and overheard someone talking about me and my idea. He said, ‘I heard you’re thinking about doing rodeos - my brother and I put them on! Let’s talk.’” And so began a thirty-two-year-long relationship with Rawhide Rodeo, who recently sold to All American Rodeo.

“All American is an excellent rodeo company; this is our third year with them,” said Kent. While Kent owns the Ellicottville Rodeo facilities, which include an announcer’s

“Championship Rodeo” continued page 14

LITTLE EAGLES FUNDRAISER

Pre-order Your Tickets for the Season Kick-Off BBQ Event



BY JESSICA SCHULTZ

The community will come together on Saturday, July 29th when the Great Valley Firemen’s Clubhouse (6035 Depot Street) sets the stage for a Season Kick-Off BBQ Party to benefit the Ellicottville Little Eagles organization. Pre-sale tickets are now available!

“We are raising money to purchase some new equipment such as helmets and pads for the pee-wee and midget football players, new flags and belts for the flag football players and pompoms for the cheerleaders,” said Kristin Rocco, Ellicottville Little Eagles president. “We are also purchasing new jerseys and uniforms for both the football players and cheerleaders at all levels. It has been several years since we have been able to upgrade these things, so it is much needed! There will be a basket raffle, Little Eagles gear for sale, and a cornhole tournament to hopefully raise enough money to cover our needs for the season.”

Cost for the chicken BBQ is \$15 presale or \$17 on the day of the event. Track down any Little Eagles player or cheerleader for presale tickets or contact ellicottvillelittleeagles@

“Little Eagles Fundraiser” continued page 14

SKATEPARK OPEN FOR USE

Special Grand Opening Celebration Scheduled for Friday, June 30th



photo / Jake Bellamy

ELLICOTTVILLE - Following three years of fundraising and a year of construction, the Ellicottville Skatepark Committee (SK8EVL) and the Village of Ellicottville are gearing up to host a grand opening celebration of the new concrete public skatepark, located inside Ellicottville’s Village Park. The event is scheduled for Friday, June 30, 2023 at 4:00pm and will feature entertainment, food trucks, giveaways, and of course, skateboarding! All are encouraged to attend.

The skatepark, designed and built by Grindline of Seattle, WA, is a culmination of the passion of local skateboarding advocates and a matching grant awarded by The Skatepark Project and the Ralph C. Wilson, Jr. Foundation. With title sponsorship for the project supported by the New Car Dealers of WNY Charitable Foundation, the skatepark will be named the New Car Dealers of WNY Ellicottville Skatepark.

“On behalf of SK8EVL, we can’t thank the New Car Dealers of WNY Charitable Foundation enough for their support in this endeavor,” said Brenda Perks, SK8EVL lead advocate. “Their \$100,000 donation turned into \$200,000 as a result of The Skatepark Project and RCW Jr. Foundation’s Built to Play matching grant program. Add to that all the support we’ve received from businesses and community members right here in Ellicottville, and we now have a state-of-the-art facility that welcomes all ages, all skill levels, and most importantly, a safe space where our youth can be active, develop friendships and express themselves through the sport of skateboarding.”

Built to Play Skatepark Grants are offered through a partnership between The Skatepark Project and the Ralph C. Wilson, Jr. Foundation. The grant initiative offers matching grant funds of up to \$250,000. The Built to Play Skatepark Program supports community groups and municipal entities throughout Western NY and SE Michigan that are seeking to create free, public skateparks that serve low-income communities. Built to Play Skatepark Grants also include an additional \$50,000 to fund processes and design features that lessen the environmental impact of the skatepark. Ellicottville received the full match as well as the environmental impact award.

“With Brenda and Chris Perks leading the way, the Ellicottville community has come together to create an incredible new recreational resource for the young people of the area. The Skatepark Project is proud to be a part of helping make the Ellicottville Skatepark a reality,” said Benjamin Anderson Bashein, executive director of The Skatepark Project.

For more information about the new skatepark and up-to-date details about the grand opening, follow [@sk8evl](https://www.instagram.com/sk8evl) on Instagram and Facebook.

ABOUT THE SKATEPARK PROJECT

Founded by Tony Hawk, The Skatepark Project (TSP) is a nonprofit organization working to increase access to outdoor recreation and free play through the creation of safe and inclusive community skateparks. TSP provides the resources, advocacy skills, grants and fellowship programs that guide skaters in creating their own community skateparks, from conception through construction. This is a collaborative process between skaters and city authorities to invest in capital improvements that will enrich a community for decades.

The Skatepark Project’s grant programs have awarded over \$11 million to help fund nearly 700 public skateparks in all 50 States, enjoyed by an estimated 8 million people annually. The organization’s International Program has provided technical and financial support to assist youth through the Skateistan educational programs in Afghanistan, Cambodia, and South Africa. To get involved, visit skatepark.org.

ABOUT THE RALPH C. WILSON JR. FOUNDATION

The Ralph C. Wilson, Jr. Foundation is a grantmaking organization dedicated primarily to sustained investment in the quality of life of the people of Southeast Michigan and Western New York. The two areas reflect the devotion of Ralph C. Wilson, Jr. to his hometown of Detroit and greater Buffalo, home of his beloved Buffalo Bills NFL team.

Prior to his passing in 2014, Mr. Wilson provided that a significant share of his estate be used to continue a life-long generosity of spirit by funding the Foundation that bears his name. Based in Detroit, the Foundation began with a grantmaking capacity of \$1.2 billion over a 20-year period, which expires January 8, 2035. This structure is consistent with Mr. Wilson’s desire for the Foundation’s impact to be immediate, substantial, measurable, and overseen by those who knew him best. For more information visit www.rcwjrf.org.

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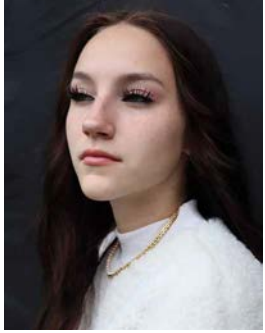


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PUBLIC PROFILE

LAUREN SMITH VEGAS BOUND

Local Pool Player and Team Heading to World Championships



BY MARY WEISER

Experienced in playing several different sports, Lauren Smith of Randolph was initially hesitant to try her hand at pool. “I was nervous to even get involved,” she recalled. “If I wasn’t good, I didn’t want to be judged. But doing this made me realize it’s for all skill levels... Anyone can play pool: It’s really about showing up, participating, and having a good time!”

Five years and an eighteen-hour pool tournament later, Smith and her team are headed to Las Vegas for the American Pool Players Association World Championship!

Some may recognize Smith from Madigan’s in Ellicottville, where she waitresses, but on Wednesday nights, she can be found at the Gowanda American Legion, where she and her team play weekly to prepare for the Las Vegas tournament scheduled for August 8-12th. “My dad, Casey Smith, is my captain, and he’s been my captain and coach for the past five years,” she explained. “We’ve been playing on the APA league for the past five years together. We’re a team of eight, and Hughes Hotel in Little Valley is our home base - our big trophy is there!”

Smith’s team, Smitty’s Stokers, has been playing 8-ball and 9-ball, known as double jeopardy, in a weekly league at Hughes Hotel. Team members include Brian Ruth, Rusty Ruth, Barbie Smith (Lauren’s aunt), Lorene Martin, Jenna Frederickson, Logan West, and Casey Smith, the team captain. In 8-ball, all 15 balls are used, with the 8-ball in the middle of the rack. “After the break, you’re hitting solids or stripes, and you don’t have to go in number order,” said Smith. “In 9-ball, you play with only nine balls. It’s a game where you have to go in number order, one through eight, and then the 9-ball is two points - it’s all graded on a point system.”



Smith’s team advanced to the WNY APA World Pool Qualifiers for 9-ball, and on Mother’s Day weekend, their skills were put to the test! Held at the Gowanda American Legion, the WNY APA World Pool Qualifiers included players who compete weekly in 8-ball, 9-ball, and doubles (8 and 9-ball format), masters and ladies formats. The WNY APA Pool League is owned by league operators Chris and Vernica Washy, who have owned and operated the franchise since July of 2015. Initially, the franchise included all of Erie County, but in 2018, the territory was split into two leagues: WNY APA (which includes southern Erie County) and Buffalo APA. WNY APA has over 360 local members and is the largest pool league in the southern Erie County area and Cattaraugus County.

“When we played in the qualifiers on Mother’s Day weekend, we played 9-ball all day on that Saturday,” said Smith. “We ended up being there for 18 hours! We weren’t playing for 18 hours straight, but with how the bracket worked out, we were there from 7:30am until about 2:30 in the morning. It came down to the last two teams on that Saturday. We went back on Sunday and ended up winning!”

All league members pay weekly dues, a portion of which is used as tournament prize money for the APA, which is the largest amateur pool players’ association in the world. Each member of Smitty’s Stokers received \$450 to use toward their trip to Las Vegas, where they will compete against teams from all over the country. The largest pool tournament in the world, the APA World Pool Championship will be held at the Westgate. For Smith’s dad, the team captain, this will be his fourth time playing in the world championship, but the first time going with his daughter. “It’s going to be a pretty cool experience,” said Smith. “There are hundreds of pool tables in this huge room - it’s true Vegas for you! I’m really excited to participate. It’s basically double elimination. You have to lose twice to be out. If we win, our team would win \$20,000 to be split among the eight of us!”

Smith emphasized that teams consist of players of varying skill levels, and the league is “Pool Shark” continued page 14

MICHELLE CAPIZZI ART

Artist, Old Soul and Alley Kat Obsessed with Color; Always Dreaming in Shapes



BY CAROL FISHER-LINN

One never knows what surprising and colorful individuals live quietly in our beloved surrounding hills and forests. Truthfully, our region, and the beauty, peace, and perhaps anonymity it offers, has been blessed to open its borders to some very remarkable people.

Every person has a story. Some arrive and immediately bubble to the surface in an unmistakable flamboyance that we are all drawn to. Our beloved Bobby McCarthy was one such individual. For those of you who knew him, you know what I mean. Darlene Allen is usually front and center, either participating in local fun events or creating her own horse races to gather her friends for fun and frolic, yet can also be counted upon for serious business. Thanks to this wonderful opportunity of writing for my readers, I am blessed with the opportunity to learn about people and share their stories. Today, I invite you to meet Great Valley and Buffalo resident, artist Michelle Capizzi.

Michelle has a BA in Fine Arts with concentration in Graphic Design from SUNY Fredonia, and has spent most of her married years as wife and mom of three now grown and flown young men. Michelle was one of those moms who baked cupcakes, cheered at sports events, and volunteered for any occasion in schools or their community. Michelle also served as Art Director for Millard Fillmore Hospital. She says she was very fortunate to volunteer 18 years for Albright Knox Art Gallery when it was still called that (now known as Buffalo AKG Art Museum, scheduled to reopen this week). She focused on family first but still found time to be on the Board of CEPA Gallery, a contemporary photography and visual arts center in Buffalo. She loved surrounding herself with art and learned a lot in the process.

One day, as her children were leaping from the nest, she listened to and internalized her own words as she suggested to her sons that they follow their hearts and dreams. She thought back to the many years she suppressed her love of painting by stashing it out of the way after she completed a work. Most friends did not even know of her passion or talent.



Then COVID hit and Michelle found herself going to her family holiday home in Great Valley for renewal. The metamorphosis began. She kicked off her city shoes and found she loved being barefoot, which is how I found her when we met, wearing cut-off shorts splattered with paint and a great big, contented smile on her face.

Now, to be honest, I have not been a fan of abstract art. Perhaps I just don’t understand it, but I am rarely drawn to it in a gallery or elsewhere. But there, things changed. After I climbed the stairs to Michelle’s second floor gallery (which gives her a tree-top view of the nature surrounding her, plus great light) I was suddenly immersed in nothing but! It was everywhere! On the floors, on the walls, everywhere I turned. It was all waiting for her to gather it up (with the help of Suzie Ditcher) for an installation opening the 22nd called ‘Anything Can Happen’ at Serendipity Labs at Seneca One Tower where she will be Artist in Residence for the duration.

Here’s how she describes the display of 17 works titled “Anything Can Happen”: “The positivity that happens when we dream and embrace the goodness that surrounds us. There is an abundance of goodness in our everyday lives that help us find joy. When we find those happy moments, we can discover our passion and that is when anything can happen.”

Upon seeing this riot of mostly soft color at every turn, I asked... why this style? Her response: “For conversation; for getting lost in the beauty of the colors and the happiness of the shapes. I’ve been told my art has the unique ability to change the energy in a room. I often hear from clients that they love the conversations each piece inspires. Through my original paintings, you will discover energy packed with emotion. Art can boost your mood and induce reflection.”

Acrylic is her main medium, but she usually combines mixed media in all paintings, using “Michelle Capizzi Art” continued page 14

Father's Day Favorites

A Guide to Grabbing Great Local Gifts for Dad

Ellicottville Shops and Restaurants Have Everything from Super Rad Dad Socks to Grilling Spices and More



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716.699.2199 • villaggioevl.com

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716.699.2508 • anewbeginningny.com

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Ellicottville Distillery
5462 Robbins Rd. • EVL
716.597.6121 • ellicottvilledistillery.com

What could be a better Father's Day gift than a bottle of locally brewed bourbon? A bottle of Maple Bourbon Creme from Ellicottville Distillery can. It's delicious on its own or turned into a sweet cocktail. Try adding some to a glass of root beer and vanilla ice cream for an adult version of a Root Beer float! Or maybe he'd rather have some bourbon reserve, whiskey or vodka? For any dad who loves a good drink, this is the place to stop!



SPICE UP YOUR LIFE

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26 Monroe St. • EVL
716.699.4372 • facebook.com

We all know a dad who loves to cook (or at least to grill). Perhaps you have a gourmet for a father who loves organic meats and veggies. Well, shouldn't their seasonings be organic also? Nature's Remedy boasts a great array of organic extracts and spices, like ground cloves, basil, lemon extract, and coconut extract. They also carry bone broths, rice, local honey, and much more. Do your dad a favor and snag him something tasty for Father's Day.



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Thrive IV Lounge
5 Washington St. • EVL
716.244.3286 • thriveivloungeyny.com

Dads everywhere are always working hard, so schedule them for a Tri-Amino boost at Thrive IV Lounge. This inter-muscular injection can help play a critical role in heart health, as well as physical performance. It can help increase blood flow, decrease migraine symptoms, and aid in post-workout recovery and performance enhancement! Or maybe he could use a Myers Cocktail to help reduce fatigue, stress and anxiety.



HATS FOR DAD

Hot Wing Designs
716.867.9639
gregculver.com

Who has a dad that loves to wear ball caps? Has he had the same one for like 20 years? Maybe it's time to pick him up a new one from Hot Wing Designs. His "Willy" hats are his most popular Father's Day gift. He named them after his cousin Bill in Denver. It's a Richardson 320, unstructured hat made from soft twill fabric. The hats roll up nicely and the brims are easy to train. So grab a "Willy" for your dad this Father's Day!



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11 Washington St. • EVL
716.699.2084 • purpledoorknob.com

Dads have to wear socks too, but that doesn't mean they have to be plain black or white. For the fashion discerning father, you can hit up The Purple Doorknob and pick from their huge selection. From hip music artists to funny fart socks, they are always comfy and never boring. Even if he doesn't show off his feet, he can always have a chuckle. For the unique gift for dad, shop the Purple Doorknob this Father's Day.



PERFECT PIZZA

Monroe Street Brick & Brew
21 Monroe St. • EVL
716.699.1051 • monroestpizza.com

What if your dad doesn't feel like cooking or going out for dinner? No worries, stop into Monroe Street Brick & Brew and grab a pie to go. From traditional pepperoni and cheese to the Bricks Hawaiian, they have a creation for every pizza palate. Or you can always build your own from their great toppings selection! Round out the meal with some brick-own baked chicken wings, boneless wings or their new chicken sticks. What an awesome Father's Day feast!



DECADENT & DELICIOUS

Dina's Restaurant
15 Washington St. • EVL
716.699.5330 • dinas.com

Want a delightful evening out with your dad for Father's Day? Come to Dina's Restaurant and treat him to an array of delectable morsels and hearty mains. Start off with an old school shrimp cocktail or fried calamari, eat your greens with a serving of roasted beet and arugula, hop over to a pizza, pasta or maybe even spicy tofu. Make sure to check out their specials and seafood options. Whatever your dad is craving, he's sure to find it at Dina's.

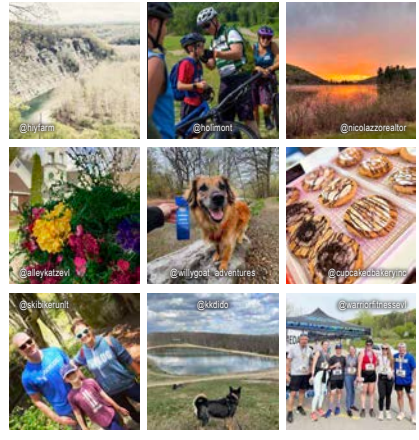


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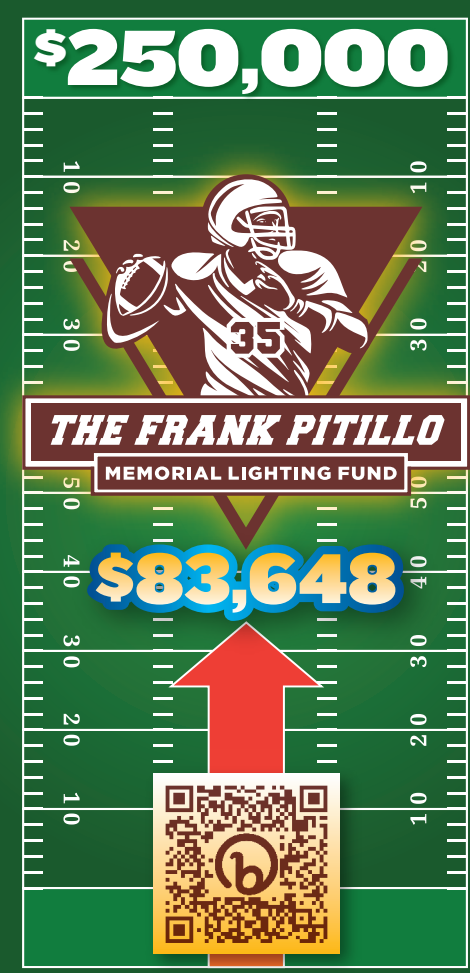
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INTERVIEW

REO SPEEDWAGON: The Iconic Band Returns to Seneca Allegany Casino



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JUNE 24th • 7:00PM

By Melanie Hulick

Saturday, June 24th will be rocking at Seneca Allegany Resort & Casino's Events Center for the much anticipated return of one of the greatest bands of all time when REO Speedwagon plays one show only. Playing at Seneca in 2015, the band is ready to hit the stage again and see all their fans letting go of all the problems going on in the world and just rock out and have fun.

For over 50 years REO Speedwagon has solidified their status as one of the most iconic bands in both the Rock and Adult Contemporary music genres. Think about that for a second... they're still going strong and selling out venues all over the world for more than a half century.

Starting out in the late 1960's at a college in Champaign, Illinois, the band paid their dues by playing endless small gigs until all the hard work and countless shows earned them critical acclaim as a band that started the rock movement in the Midwest. With the release of their 9th album, "Hi Infidelity" in 1980, they were ready to be catapulted into music history with the biggest selling rock album of 1981, which went on to sell well over 10 million copies.

That album garnered the band some of the most recognized songs around the world that are still staples on classic rock or adult contemporary radio stations today. Songs like "Keep On Loving You" and "Take It On The Run" are considered rock anthems by music industry standards.

Touring through the past decades, they've teamed up with other power groups like Styx and Chicago, their Midwestern cousins, and have laid claim to some of the biggest concert events that have sold out venues wherever they go.

I recently had the pleasure of talking to Bruce Hall, bass guitarist for the band, for their return performance at Seneca Allegany Casino. Our conversation had us looking back at our lives and the connection we had to the "Hi Infidelity" album. We also talked about any new projects they're working on to which Hall said, "We still write a lot of songs, we record some of them but we just keep them and wait to see what happens in the future."

As with most artists, the elation they feel post-Covid is present in their minds, which we got into as the guitarist talked about how tough those couple years were.

Asking what the best thing about being Bruce Hall is, he replied, "I would say my love of many things... I love my family, I love my band and I love music. I love traveling together with my band. Even after all this time we really love each other, like brothers. We don't always get along, we have disagreements, but that's what a normal family does."

.....

For ticket information visit www.senecacasinos.com and click on Seneca Allegany. For more information on the band visit www.REOSpeedwagon.com.

A Conversation with Bruce Hall

HULICK: The last time you played here it was 2015 at Seneca Allegany and we're thrilled to see you're coming back.

HALL: Yes. We don't get up there every year but we get there when we can.

HULICK: I'm sure some of the places you play must feel almost like home, as many times as you've played certain cities and venues.

HALL: Yeah especially in the states... we plow through it every year and thank goodness the fans keep coming and they're loving the shows. So I think we're going to keep going as long as the fans want us to.

HULICK: I imagine you're having a blast, especially since the whole Covid thing.

HALL: I think that was probably the toughest thing any of us had been through. Most musicians I know - and actually we can include anyone in the entertainment business really went through some tough times. Everything stopped... just completely stopped. It was tough. We did little things that we could and I ended up with a couple cameos just to have a place to play a little bit and to help raise a little money for the crew. Kevin did a little thing at his house. We were having cabin fever. We didn't know what to do with ourselves.

HULICK: I know how much artists' families want them to be home more often. Did it get to a point when your family said... Don't you have a tour to go do? (laughs) Kinda like a "be careful what you wish for" scenario?

HALL: (laughs) Yeah! I have to say my wife wanted me to go out, not because she was sick of me, but she just thought it was starting to affect me, not being able to go out and play my music. I did a lot of stuff around the house... boy did I ever. (laughs) That's all I had to do was to fix things. It happened to everybody. It wasn't just us. I'm amazed we all made it through it as well as we did. In the beginning it seemed like anybody that got Covid was handed a death sentence... that would be the end of you... you were a goner... and it was scary. When things started changing around, when everyone was getting their vaccinations, and as time went on the thinking changed to if I get sick I get sick... I got enough vaccine in me to kill a horse (laughs). Finally we could all start getting out of our houses.

HULICK: You're right. I'll tell you something. All the musicians, the bands and solo artists are all full speed ahead, especially this summer. Last summer things started coming together with tours starting back up, but this year is crazy. You can't even keep track of all the concerts coming to your area. It's terrific!

HALL: That's for sure! You're right.

HULICK: Is there a favorite place you and/or the band like to play?

HALL: Sure there is. I have a couple. There's the mid-west... I'm from Illinois and that's where I grew up so I like playing in Chicago and St. Louis. Those are two of my favorites. I like playing in Detroit, and I like Colorado at the Red Rocks - that's a really great place to play. There's a lot of great places to play. Those are just the first ones that come to mind. I would say the mid-west because that's where we're from and we get to see family and friends when we go back there.

HULICK: I met you backstage in 2005 at the Erie County Fair. I interviewed James Young of Styx, who were playing the show with you guys.

HALL: We tour with Styx a lot. We're all good friends. We even made an album together, "Live At Riverport". It's a double album. There's a full set of Styx and a full set of us, and then we did three or four songs together. We also did a song together, "Can't Stop Rocking". We all played on it in the studio that particular tour and I thought it turned out great. It really didn't do anything, but it was fun to make it.

HULICK: You guys and Styx are iconic bands of the 80's. I was a senior in the 80's and a group of us would get together every Friday night and we would play the "Hi Infidelity" album and sing the entire album so loud to the point that the neighbors would come over and say... go ahead and sing but can you keep it down a little bit? (laughs) Of course our choir director wished we had that strong of vocals in choir. (laughs)

HALL: That's great! Rock and Roll is supposed to be loud and if you disturb the neighbors that's even better. (laughs). When we were kids growing up we practiced in the house and my next door neighbors used to hate that and they would call the police and the police would come by and tell us to turn it down. We were like... ugh really? It was part of the whole training on learning how to be a rock and roller, because you had to play with a little bit of volume. I didn't see any problem getting in trouble for that. (laughs)

HULICK: (laughs) Right? There's a lot worse things you could have gotten in trouble for. What would you say is your favorite decade, personally or career-wise? Do you have a decade that you seem to go back to in your mind that stands out?

HALL: Well... the 80's of course... what I can remember of them. Looking back on it, it seemed like it was fun at the time. We were young with too much money and we were running around the country and being stupid and doing things we shouldn't have been doing. The 60's were interesting because the Beatles came along and the whole British Invasion happened and it changed a lot of people's lives, mine included. There were a lot of kids my age that were starting to let their hair grow, wearing bell bottoms. That doesn't sound like much now but back then it was. I got kicked out of school for wearing bell bottoms... that was terrible. One day they told me to go home and change my clothes and my Phys Ed teacher cut my hair... some of it. (laughs)

HULICK: (laughs) No way! Are you serious?

HALL: Yeah! I was on the basketball team and I was at practice and he said to me, Mr. Hall come here... as he was sitting on the stage acting like he was in the army and made you stand at attention. He brought out these scissors and grabbed the front of my hair and he cut it!

HULICK: Wow! Wow! That's crazy!

HALL: I know. They were allowed to paddle your ass then, too. There was a paddle with the holes in it they used. It was not fun. So I got done with sports and said, screw you guys and then I started being in bands and I'm still doing it.

"REO Speedwagon Interview" continued page 14

HEALTH & FITNESS

Core Performance: Treating Muscle Pain

By **KIM DUKE, CERTIFIED PERSONAL TRAINER**

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

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

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

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

Tendinitis is a painful inflammation issue that affects the tendons - the connective tissues between your muscles and bones. A common cause is repetitive activities so tendons in your elbow, knee, shoulder, hip and even your Achilles tendon are common sites.

Besides the usual measures to alleviate the pain - rest, pausing of activities that cause pains, OTC pain relievers - ice is the preferred method here as it can ease the inflamma-

tion and help numb the pain.

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

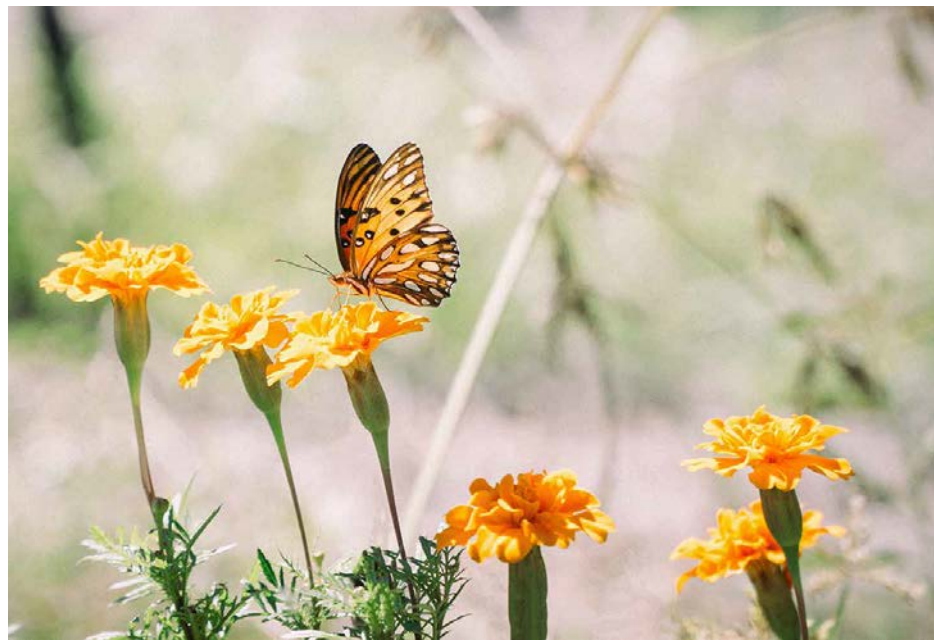
GUIDELINE FOR APPLYING ICE AND HEAT

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

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

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, 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, or call 716-698-1198.

June is National Pollinator Month



By **SHANNON RINOW, MASTER GARDENER COORDINATOR**

Cornell Cooperative Extension Cattaraugus County's Master Gardener Program is celebrating National Pollinator month by sharing information and resources to help create a garden for your favorite pollinators.

Pollinators include more than just butterflies and honeybees. Did you know, there are 450 native bees in NYS? Pollinators also include an assortment of wild native bees, beetles, moths, bats, wasps, birds, specialized flies, and other beneficial insects. They all play an important role in pollinating plants. They have very basic needs - food, source of water, and shelter from wind and heavy rain. You do not need a large plot of land or large garden space to create an inviting refuge for pollinators. In fact, you can start with just a couple of container pots!

There are some considerations before you head out to your favorite local nursery. First, you'll want to identify your space. You can start small and always build on later. Take note if the garden site is sunny or shaded and if there is easy access to water nearby. Whenever possible, choose native. Native plants are important because they have co-evolved with native insects, birds, and wildlife. It's important to maintain that ecosystem. Native plants also have a remarkable root system, compared to non-native plants (EPA). These deep roots reduce soil erosion, water runoff and help to store carbon.

Consider your local conditions when choosing the right plant(s). Do you live in a swampy area? Do you have acidic or alkaline soil? Is your soil type sandy, clay or loamy? Do you reside in an urban/rural/suburban environment?

Include plants that serve as food for all stages, such as caterpillars, as well as those that provide nectar and pollen for adults. The best nectar flowers are fragrant, have a long season of bloom, and provide a sequence of bloom throughout the season. Clumped or massed plantings are most effective in attracting butterflies and bees. Flowers that are flat-topped or clustered provide landing platforms and easy access to nectar. Plant flowers with a variety of shapes, like tubular, bowl-shaped & flat-topped, to appeal to a large variety of pollinators. Blue, purple, white, pink, yellow, orange, and red flowers may entice butterflies and other pollinators to your yard. Consider being a part of the monarch butterfly conservation efforts and designate your property as a "Monarch Waystation". For more information, visit www.monarchwatch.org/waystations.

Visit our website or contact your local Master Gardener program for a list of recommended pollinator plants to choose from: cattaraugus.cce.cornell.edu.

Softball Tournament Supports C-LV Scholarship



OLEAN - The second annual Vincent C. Horth Memorial Softball Tournament, held May 28, raised \$1,621 for the Vincent C. Horth Memorial Scholarship fund at the Cattaraugus Region Community Foundation.

This year's tournament brought together 72 players at the Cattaraugus Fireman's Club for a draft-style tournament that celebrated the life of Vincent C. Horth, a Cattaraugus native who passed away in 2022.

Horth, a skilled mechanic and electrician, loved sports and the outdoors, and particularly enjoyed playing softball. The first Horth Memorial tournament was organized in 2022 as a tribute and a way to raise money for a scholarship in Horth's name that supports students planning to follow in his footsteps in the mechanical/electrical field.

Pictured is the winning team of the Vincent C. Horth Memorial softball tournament: Karlene Familie, Maegan Ellis (holding Vince's jersey), Jennifer Merle, Peter Willis, Zac Hubbard, Tim Swauger, Dan Waasdorp, John Carroll (tournament organizer), Chad Rogan, Xander Edstrom, Dylan Horth, Casey Wolff and Mugsey Ortega.

Horth's family established the Vincent C. Horth Memorial scholarship at CRCF in early 2023. The fund is making its first scholarship award this year.

Donations can be made to the Vincent C. Horth Memorial Scholarship fund at CRCF, 301 North Union St., Suite 203, Olean, NY 14760 or online at cattfoundation.org.

HOLIDAY VALLEY MUDSLIDE

ELLCOTTVILLE - The 11th annual Mudslide is a mudrun that's FUN, and it's THIS SATURDAY, June 17th! Yes, you'll get muddy, yes there is running, yes there are 15 obstacles but NO fire, NO barbed wire, and NO electric shocks! New for 2023, the 3.5-mile and 5.4-mile courses both start at the top of Morning Star with access from the Yodeler lift and run along the ridgeline to Spruce Lake and then back around the mountain to Eagle where the short course and long course split. (The long course adds a bit up uphill running in case you're feeling especially tough!) All runners will be timed and awarded a finisher's medal. Interested? There's still time to sign up! Head to holidayvalley.com for additional race details and registration link.

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THE SILVER FOX STEAKHOUSE: Experienced Kitchen Staff. Mail resume to P.O. Box 146, Ellicottville, NY 14731 or email silverfoxeville@aol.com.

CHAMPIONSHIP RODEO

cont. from page 04



booth, two offices, and a large kitchen, he hires All American to come in with the animals. This year, the rodeo includes the following nine events: bareback bronc riding, saddle bronc riding, steer wrestling, team roping, junior bull riding, cowgirls barrel racing, calf roping, cowgirls breakaway roping, and bull riding.

Contestants from all around the world will compete, and Kent anticipates even more contestants this year. "I raised the prize money in the arena to attract more cowboys," he explained. "Usually, we have 450 to 500 cowboys a year, and they come from all over the world. We get Brazilian cowboys, lots of Canadians, and cowboys from all over the country, including a lot from Texas and Florida. Our clown, Hollywood Harris, is also from Florida."

This year, Kent says there will be lots of break-away ropers, barrel racers, and plenty of bronc riders, too. "Our show always last two hours and about 30 or 40 minutes. On Thursday, Friday, and Saturday, we start at 7:00pm, with fireworks right after the show every night [excluding Sunday]." On Sunday, July 2nd, the show begins at 2:00pm.

This annual family-friendly event includes fun for all ages! Families with young children can enjoy the kids' stick horse race, which is open to youth ages 10 and younger. Registration is at the K-M Tack Tent, which is just inside the gate. Camping is allowed on the rodeo grounds (no electricity available), and there are plenty of food vendors along the midway. Gates open two hours prior to the start of each rodeo, so there is plenty of time to have a bite to eat or check out the tack show vendors.

PURCHASE TICKETS

Although tickets can be purchased in advance online at www.ellicottvilleroдео.com, pre-sale tickets are not required for entry. Plenty of tickets will be available at the gate for each day of the rodeo, and parking is free, as always. Those who do wish to purchase tickets in advance should do so by June 24th, as tickets must be mailed in time for the first day of the rodeo on June 29th. For more information, call 716-699-4839, and be sure to follow Ellicottville Rodeo on Facebook.

MICHELLE CAPIZZI ART

cont. from page 08

her hands and unexpected tools as she layers her medium to create texture and detail. Also, she devised a way to paint on burlap! Words cannot convey what Michelle's art can. She does commission work, so if you find you like her style, contact her for some exploring for your own personalized piece or buy one you like at the exhibit in Buffalo.

You can go online and find her work at michellicapizzi.com, on her Instagram page (@michelle_capizzi) or listen to her podcast interview at <https://andrealiebross.com/bonus-podcast-2-why-now-is-the-time-to-invest-in-yourself-with-michelle-capizzi/>. If you want to meet Michelle in person, look for the Alley Katz when they are out and about town doing their beautification work. Yep, she's also a Kat! Ask her about the painting she created and auctioned off and you will discover her beautiful soul.

PS: A portion of the sales from Michelle's 'Anything Can Happen' Series while in residence at Serendipity Labs at Seneca One Tower will be donated to the Great Valley Food Panty, Great Valley, NY and EPIC, Every Person Influences Children, Buffalo NY.

LIBRARY BOOK SALE

ELLICOTTVILLE - The last day for the Ellicottville Memorial Library's annual book sale is this Saturday, June 17th. Browse through a large selection of donated books, puzzles and DVDs. All proceeds will go to support the library. For more information on this and other activities planned at the library, go to ellicottvillelibrary.org.

LITTLE EAGLES FUNDRAISER

cont. from page 04

gmail.com to order from Kristin directly. Dinners will include a half chicken, two sides, roll and cookie. There will also be pop, beer and water available for purchase.

Like cornhole? There are still a few spots open in the day's tournament. Cost is \$25 per team of two. Reach out to the email above to secure your team. Prizes will be awarded for 1st through 3rd place. If cornhole isn't your thing, there will also be a number of yard games and other kid-friendly activities.



The three-piece classic rock band, Remedy, will take the stage at 2:00pm. You may recognize them from playing locally in Salamanca, Bradford and Great Valley (their home base). The band's focus is fun with a capital F.U.N.!

"We are looking for community and local business support with our basket raffle," said Kristin. "Any big-ticket items, baskets of goods or gift cards that can be donated would be greatly appreciated. All the proceeds from the raffle will benefit the equipment and uniform fund. Monetary donations are also accepted and appreciated."

Keep in mind that even though the raffle tickets, chicken BBQ and drink tickets are paid items, the rest of the event is FREE to attend. According to Kristin, the goal is to make this an annual fundraiser, so mark your calendar and plan to come support the local youth league. Help these kids get some new gear! As Kristin says, "They work so hard and take such pride in their sport - let's keep them safe and looking good while doing it!"

POOL SHARK

cont. from page 08

always looking for new players. "Playing in the league is something to look forward to every week," she noted. "You have your eye on the prize to go to Vegas - that's what everyone wants! It's a great outlet to be involved in a team sport, without being overly physical. You could be a farmer or a CEO on Wall Street... anyone can play pool; it's people from all walks of life. I'd highly recommend getting involved."

While it can be intimidating to try a new sport, Smith discovered that the friendly atmosphere among league members was - quite literally - a game changer for her. "Everyone is so welcoming and helpful; it's a great team building atmosphere. Even people from other teams will help you out if you have questions. After you're done playing, other teams and players will give advice and suggestions. You can go and ask anyone for help."

For those who may be brand new to the sport, Smith's advice is simple: "Just go do it. You won't regret it. You'll be thankful you did!" For more information about the WNY APA, visit www.wny.apaleagues.com or call 716-545-0505. Check out WNY APA on Facebook to follow Lauren and her team as they compete in Las Vegas!

REO SPEEDWAGON INTERVIEW

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HULICK: Well your fans, including me, are glad you did. I have to say you are so animated when you play. You are fun to watch... you personally, whenever I'm at one of your concerts. The fun just exudes from you... well actually all the guys, but you draw people in. I just want to say thanks for all the great music you've given all these years.

HALL: You are more than welcome. Thanks for commenting. We couldn't do it without you, that's for sure. I just feel so lucky to still have my band and that we're still touring and everybody is still healthy and happy. You can't take it all for granted. You have to be thankful, which I am.

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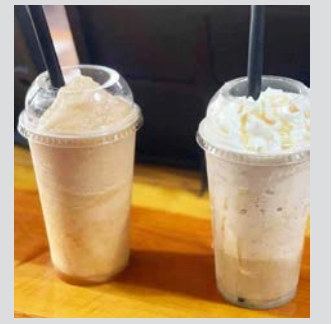
holimont: Experience a magical Sunday at HoliMont, where moments of family fun become lifelong memories. Imagine your kids' excitement as they master new trails. #getoutside #bikelife #evlnow



ellicottvilleNOW: Field trip Friday! Dining and touring EBC Little Valley with our #workfamily and clients. #evlnow #ellicottvillebrewing



dailycitytrain.skate: Getting closer to opening day! #evlnow



ashfordjunctiondepot: Smoothie time! #cooldown #evlnow



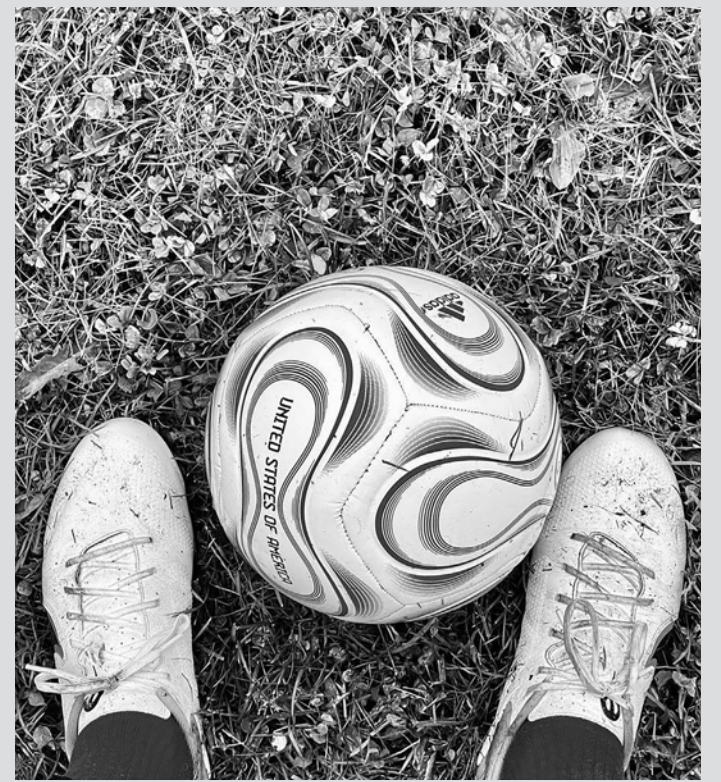
snowbeltgardens: We had a blast at our first @jamestownpublicmarket and @jamestownpride day! #eatlocal #farmersmarket #evlnow #eatfresh



holimont_parks: New trail! Hang tight, we're in build mode! #evlnow



bloodunderrazor: True that @ellicottvillecoffee! #itsamood



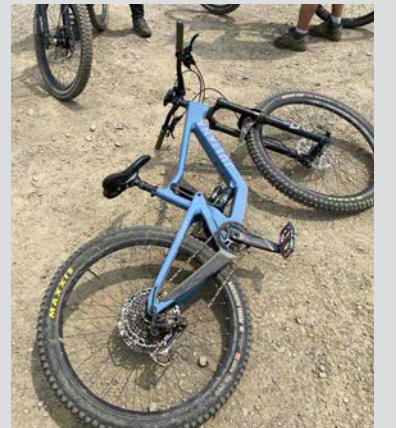
dash_913: It had been a long... long time since I last played soccer. And last night it showed. Still fun though. #evlnow #stillgotit #funtimes



team_pritchard: Why live here? All of the wondering things, places & people we have! #thisisellicottville #evlnow #placetolove #iloveny



evillebikeandbean: Bikes-Burritos-Beers. #mondayshopride was on rain delay this week but we're always ready! #bikingfun



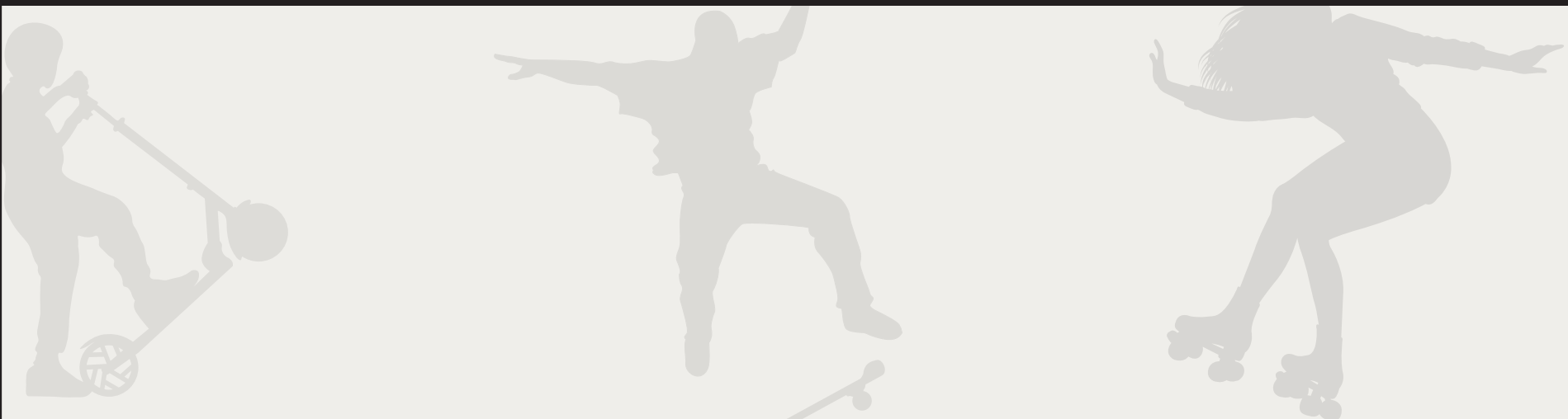
leahgangloff: Ready to ride! #holimont #holimontparks #dhmtb #evlnow



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