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Local Bicyclists Riding For A Cure

The Empire State Ride = 500+ Miles to Fuel Cancer Research; Special Fundraiser Planned at Finnerty's



By CAITLIN CROFT

Every year roughly 300 warriors gather to make an impact on the cancer research arena and support cutting edge therapies. Their objective: seven days of cycling across NYS to raise funds for cancer research at Roswell Park. The ride starts in Staten Island & finishes in Niagara Falls, where the riders are welcomed in by loved ones, survivors, supporters and those currently battling this unrelenting disease. Ellicottville native Rick Jackson has been an avid warrior for this ride along with many others in our area.

To raise money this year, Jackson is doing what we in Ellicottville do best: PLAN PARTIES! Hosted at Finnerty's Tap Room in downtown Ellicottville this Saturday, June 18th starting at 3:00pm, you'll find raffles, a silent auction, BBQ and live music, with proceeds going towards this year's Empire State Ride.

... page 04

FRANCHOT PARK OFFERING YOUTH DISC GOLF & SPORTS PROGRAMMING

Dignitaries, sponsors and invited guests gathered June 12th for a ribbon cutting ceremony celebrating the city of Olean's newest disc golf course – and its second in the past year.

The Franchot Park Youth Disc Golf Course is a 9-hole course designed with youth and novice players in mind. The project was made possible by local businesses, the City of Olean, and a generous grant from the Ralph C. Wilson, Jr. Legacy Funds administered by the Community Foundation for Greater Buffalo. Olean Mayor William Aiello was on-hand Sunday to officially open the free course to the public.

... page 10

ASIA'S JOHN PAYNE IS BRINGING THE NOSTALGIA TO EVL

Singer and bassist John Payne, of Asia featuring John Payne, will join Lou Gramm formerly of Foreigner and John Elefante formerly of Kansas for one remarkable night of music sopeside in Ellicottville July 2nd. The annual Summer Music Festival has put together a show this year that features three of the best rock vocalists in the industry. Payne began his career with Asia in 1992 and can't wait to share over 30 years of music and memories. EllicottvilleNOW sat down with Payne to get some insight on a new album release, his friendship with Lou Gramm and his excitement about performing in Ellicottville ... page 07

TITANS THRIVE IN TRACK FINALS

State Qualifier Featured Countless Personal Bests & School Records



photo / Rich Rumfola

By RICH RUMFOLA

WNY's largest (and last) high school track meet of 2022 played out over two sun splashed days of spirited competition June 3-4 at West Seneca West High School, and judging by their numerous top-10 finishes, the ladies of the Franklinville-Ellicottville Titans team brought their A-games to the big show.

On a track squad loaded with stars, sprinter Tyetta Herman shined most brightly at the State Qualifier Meet, as the speedy sophomore used a smoking-fast time of 58.81 seconds to win the Section 6 Championship in the 400 meter dash. Having posted some of the best times this season, Herman stepped into the starting blocks as the clear favorite in the event.

... page 04



MEMORY GARDEN CELEBRATION EVENT

The longer days and shorter nights are a welcome reminder that the first day of summer is almost here! Also known as the summer solstice, June 21st marks the longest day of the year in the northern hemisphere, and a day that is particularly significant for the Alzheimer's Association. June is Alzheimer's & Brain Awareness month and in honor of that, Cornell Cooperative Extension's Master Gardener Program has planted a Memory Garden at Ellicottville's Nannen Arboretum on Wednesday, June 22nd from 3:00-7:00pm ... page 03

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Publisher's PICK

Purple Power: Master Gardeners Raise Awareness for Dementia & Alzheimer's Disease



BY MARY HEYL

The longer days and shorter nights are a welcome reminder that the first day of summer is almost here! Also known as the summer solstice, June 21st marks the longest day of the year in the northern hemisphere, and a day that is particularly significant for the Alzheimer's Association. June is Alzheimer's & Brain Awareness month, and Alzheimer's Association chapters all over the country recognize the longest day with the saying, "The day with the most light is the day we fight" and encourage the public to come together and raise awareness through various events and fundraisers.

In honor of Alzheimer's & Brain Awareness Month, Cornell Cooperative Extension's Master Gardener Program has planted a Memory Garden at Ellicottville's Nannen Arboretum. The garden will be a semi-permanent fixture and will be celebrated with a special ribbon cutting ceremony and benefit on Wednesday, June 22nd from 3:00-7:00pm, right on the heels of the longest day of the year! Master Gardener Volunteer Program Coordinator Shannon Rinow is excited to welcome the community to this fun event where she and her volunteer gardeners are looking forward to unveiling the beautiful garden of purple (the official color of Alzheimer's awareness) pollinating perennials.

Rinow explained, "We wanted to create a way for those battling Alzheimer's or dementia and their family members and caretakers to come, have a nice space to sit down and reflect. The events of the 22nd will help raise funds for a reflection bench, which will be situated right beside the garden." The bench is planned to be a permanent fixture that can withstand the elements, she explained.

The idea for a memory garden began as a suggestion by a board member to place a sign at the arboretum, reminding visitors that June is Alzheimer's Awareness Month. "Because the Master Gardener program is relatively new for Cattaraugus County - we haven't had it in 10 years - we thought planting a memory garden would be a fun way to involve our master gardeners in assisting with learning and education while also raising awareness for Alzheimer's disease," Rinow explained. "My colleague Tamara Bacho and I started bouncing ideas off each other, and we thought it would be a really great project for our program and a fun event for the community. We're very thankful to the Nannen Arboretum for allowing us to use the space to incorporate the garden."

Wednesday promises to be a fun day with plenty of activities for the whole family. "There will be lots of kids activities including a fishing derby with poles that have been donated," said Rinow. "We'll have a scavenger hunt and different nature activities for kids, like origami to make a spotted lantern fly, coloring books, and crayons."

Visitors can enjoy a hot dog lunch, which also includes a drink and chips, for \$5. Information tables will be set up for the arboretum and some of Cornell Cooperative Extension's programming, such as 4-H. Rinow said that she and master gardeners will be there to answer questions, discuss invasive species, and other things to look out for while gardening. There will also be some vendors set up for the event, which Rinow is hoping grows each year.

"This is our first year partnering with the Alzheimer's Association, and we'd love to make this an annual event," said Rinow. "We're hoping to adjust and improve based on feedback each year. It's a fun way to raise awareness and bring families and community members together who have been affected by dementia or Alzheimer's disease."

"Arboretum Memory Garden" continued page 13



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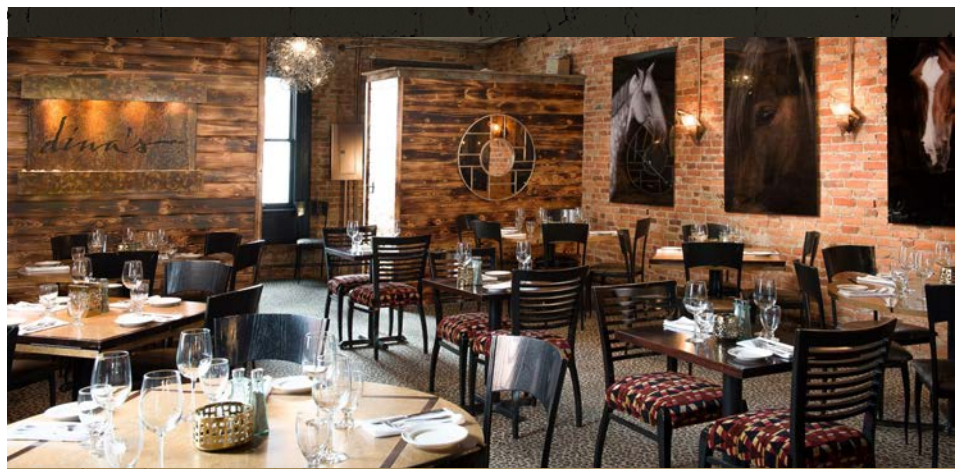


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LOCAL NEWS

TITANS THRIVE IN TRACK FINALS

Franklinville-Ellicottville Track sensation Tyvetta Herman wins Section 6 title



By RICH RUMFOLA

Western New York's largest (and last) high school track meet of 2022 played out over two sun splashed days of spirited competition June 3-4 at West Seneca West High School, and judging by their numerous top-10 finishes, the ladies of the Franklinville-Ellicottville Titans team brought their A-games to the big show.

On a track squad loaded with stars, sprinter Tyvetta Herman shined most-brightly last week at the State Qualifier Meet, as the speedy sophomore used a smoking-fast time of 58.81 seconds to run away from the crowd to win the Section 6 Championship in the 400 meter dash.

Having posted some of the best times at that distance this season, Herman stepped into the starting blocks as the clear favorite in the event.

Because of their staggered starting places on the track, it's often-times difficult to tell which runner actually has the lead, but once the girls rounded the last turn and passed by the cheering crowd in the grandstand, Herman's lead was evident and growing and she crossed the finish line comfortably ahead of the 2nd-place Portville runner.

Later in the afternoon, Herman found herself back on the podium, as she took third place in the 200 meter dash. Then as a member of the 4 X 400 meter relay team, she joined her sister Tarryn, Nicole Burton (both seniors) and junior Anna Slavinski to finish in 6th place.

Slavinski enjoyed a great day of her own at the State Qualifiers, as she finished fifth in the 400 meter hurdles and tied for 11th place in the pole vault.

Other strong finishes in the field events include Tarryn Herman's fifth place toss of 30'-4.25" in the shot put and freshman Elizabeth Price, who finished in 13th place in the discus.

Sophomore hurdler Audrey Hurlburt qualified for the finals in the 100 meter high hurdles when she uncorked a personal-best run on Friday in the preliminaries. Had she been able to duplicate that performance the next day in the finals; her blistering-fast time of 17.74 seconds would've been good enough for 2nd place! Unfortunately, she was ultimately unable to rekindle the magic on Saturday and finished 8th.

Also a hurdler, Audrey's senior sister Mandy Hurlburt chose to run her hurdles as part of the outdoor pentathlon - where she took home 3rd place in the competition that features the combined scoring of five events (high jump, long jump, 800 meter run, 100 meter high hurdles and shot put).

Junior distance runner Alyssa Williams also turned in a pair of great performances, finishing fifth in the 2,000 meter steeplechase and 13th in the 800 meter run. As one of the field of competitors in the steeplechase, however, Williams became part of another young lady's 'run for the ages'.

The State Qualifier meet featured countless personal bests and school records over the course of two days, but it was the other-worldly effort of Allegany-Limestone junior Angelina Napoleon that stole the show and energized the crowd just after things got underway Saturday afternoon.

While most spectators were still settling into their bleacher seats, Napoleon took the track for the start of the 2000m Steeplechase as the current New York State record-holder in the event.

"Track and Field" continued page 13

EMPIRE STATE RIDE

Local bicyclists are raising money to help find a cure



By CAITLIN CROFT

Every year roughly 300 warriors gather to make an impact on the cancer research arena and support cutting edge therapies. Their objective: seven days of cycling across New York State to raise funds for cancer research at Roswell Park Cancer Institute. The ride starts in Staten Island and finishes north of us in Niagara Falls, where the riders are welcomed in by a plethora of loved ones, survivors, supporters and those currently battling this unrelenting disease. Ellicottville native Rick Jackson has been an avid warrior for this ride along with many others in our area. "I was told about the ride from Priscilla Snider at St. Paul's Church. She saw I was a cyclist and told me about the ride; that was 4 years ago," Jackson told me.

His loving wife, Glenda, is a breast cancer survivor. "That was a scary time in our lives. I lost my big Brother David to leukemia when he was 29 years old. He battled it for 3 years and passed away on April 16, 1991." Jackson also lost his stepfather to cancer and his father had melanoma. "I have lost several friends from the Palm Beach County Sheriff's Office in Florida to different cancers." (Writer's note: There are so many friends within our community who are or have been fighting cancer, myself included.) "I do it for them all," said Jackson, "hoping to one day put an end to this terrible disease!"

Jackson started riding in the event in 2019. "I was so nervous about trying to complete the ride. Not knowing what to expect when I got to Staten Island." (Little did he know he was in for a pleasant surprise.) "When I arrived and started meeting the support folks, other riders and staff, it put me at ease. The next day we were off! The support was amazing! From the food, rest stops, mechanics, medical staff, camp set-up and take-down crew, and the coaching from a professional cycling coach each night at dinner."

To Jackson, the big takeaway was meeting so many other riders who have been affected by cancer. "It's kind of like a support group. As the ride goes on we become closer, hearing each other's stories and hearing about loved ones who fought or are fighting for their lives."

The race has helped support advances such as a therapeutic vaccine called SurVaxM designed to help patients with a particularly aggressive form of brain cancer, glioblastoma. There is an exclusive clinical trial of a lung cancer vaccine called CIMAvax-EGF which was developed in collaboration with researchers in Cuba. Also, the development of an innovative personalized medicine that enables doctors to tailor treatment to each patient's cancer experience. (Cited from the ESR website.)

"Being a part of the ESR is so huge. Every evening we hear from the doctors, nurses, and scientists who work for and at Roswell. The information passed along is amazing. For instance, I didn't know there were so many types of breast cancer. I didn't know there was a vaccine for brain cancer. And, to hear that every day some type of new cancer has been discovered, just blows me away."

According to Jackson, once you do this ride, it becomes an every year challenge. The money they raise is helping so many people, not only here in the USA, but all over the world. If this is something that interests you, check out the ESR website at www.empirestateride.com. "For every dollar we raise, Roswell Alliance Foundation gets thirteen dollars," explained Jackson. "Last year we did \$1.7 million with 277 riders. Multiply that by 13."

To raise money this year, Jackson is doing what we in Ellicottville do best: PLAN PARTIES! Hosted at Finnerty's Tap Room in downtown Ellicottville this Saturday, June 18th starting at 3:00pm, you'll find raffles, a silent auction, BBQ and live music, with proceeds going towards this year's Empire State Ride.

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INTERVIEW

ASIA'S JOHN PAYNE BRINGS MUSIC NOSTALGIA TO ELLICOTTVILLE



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SUMMER MUSIC FESTIVAL | JULY 2

By Melanie Hulick

Singer and bassist John Payne, of Asia featuring John Payne, will join Lou Gramm formerly of Foreigner and John Elefante formerly of Kansas for one remarkable night of music slosside in Ellicottville July 2nd. The annual Ellicottville Music Festival has put together a show this year that features three of the best rock vocalists in the industry.

Payne began his career with Asia in 1992 and can't wait to share over 30 years of music and memories. "I started out playing in local bars and spent years and years on the road before I even got a record deal," said Payne. "So these kind of shows are so fun to do."

Also hitting the road this summer on a Double Anniversary Tour with Asia featuring John Payne, the singer is showing no signs of slowing down. "Aqua", his first album as lead vocalist with Asia, is part of the reason for the Double Anniversary Tour. With its release 30 years ago, the band is also celebrating 40 years since the release of their first self titled album "Asia"... hence the Double Anniversary Tour.

Asia has released 13 studio albums and 16 live albums that have garnered the hit songs "Who Will Stop the Rain", "Heat of the Moment", "Someday", "Here Comes the Feeling", "Sole Survivor" and more. A new album is in the works and will be released either by the end of this year or first part of 2023.

I caught up with Payne recently and he told me his plan for recording the new album, the "pinch me" moments of his career, his favorite rock vocalists, his friendship with singer Lou Gramm and what is the best thing about being John Payne.

"I'm really looking forward to doing this show with Lou and John Elefante," said the singer. The music of these three bands will take you back to a much simpler time ... and who doesn't need that right now? Come on out and stay after the show to say hi ... I will be doing a signing and I can't wait to meet my fans!"

For more information visit asiafeaturingjohnpayne.com. For ticket information to the Summer Music Festival concert visit ellicottvillenyt.com.

A Conversation with John Payne

HULICK: I just talked to Lou Gramm and I'll be talking to John Elefante later today. So this is a great day for me!

PAYNE: So you got the whole lot of us! It's a fun lineup. I pinch myself when I do some of these shows ... the music is so cool.

HULICK: Not only are you doing these shows with Lou and John E., but you are doing the Double Anniversary Tour with Asia.

PAYNE: I'm doing that and some other things ... I go out as Asia featuring John Payne, I have the Voices of Classic Rock show and another show called the 80's Rock Tour. Two of the shows have similar lineups and songs but when I go out as Asia featuring John Payne for the Double Anniversary Tour, we do the first album that the founding members put together in 1982 and then the first album I performed on which is "Aqua" from 1992. I can't believe I've been in the band for 30 years!

HULICK: I would imagine it's quite a trip down memory lane when you're singing songs from three decades.

PAYNE: It is! But it's weird because it doesn't seem that long ago. The time seems to accelerate. It's funny ... at the beginning of each month when I pay my bills I'm like ... "Didn't I just pay these?"

HULICK: Tell me what we can expect at Ellicottville's Summer Music Festival.

PAYNE: It's a show full of hits. You'll hear the biggest rock songs ... "Carry On Wayward Son", "I Want To Know What Love Is" and "In The Heat Of The Moment". We'll do an Asia set, a Kansas set and finish up with a Foreigner set.

HULICK: What a fun evening that will be. I can hear what a fan you are of these guys ... it's more than you being a part of the show.

PAYNE: Yes exactly! Like you I grew up with these guys' music and I could just pinch myself as I'm on stage with them. You know one time Lou and I were having lunch and he was telling me about his trials with the two brain surgeries he's had and I'm looking at him thinking how glad I am that he made it to the other side of something that should have killed him. I remember we were doing "I Want To Know What Love Is" and a 40-piece choir came out, and I'm standing there looking at him, and tears were rolling down my face being on stage and having that magical moment after knowing what he'd been through. Lou's a warrior.

HULICK: When I am at a concert and whoever I am seeing does that one iconic song of theirs, I find myself in this zone where I think how very lucky I am to be in the same place as that artist for that moment of time as they are singing live in front of me. There's nothing like it. What is your favorite song to do live?

PAYNE: During this Double Anniversary Tour I'm actually looking forward to going back and playing the album "Aqua", because I've always done "Who'll Stop The Rain" off the album ... but there are songs I haven't done for ages like "Someday" or "Don't Call Me". Last night I was in my studio doing pre-production of the Asia songs I've never done from the first album since I wasn't a member at the time. I'm looking forward to doing that entire album on this tour.

HULICK: That must be exciting to have had such a great career, but then having something fresh and new singing those songs that you've never done before.

PAYNE: Right! Who would've thought that in my 60's I'm still covering some new ground. There's still life in this old dog. (laughs) I'm lucky I still have the same range as I did 30 years ago and I still have the same enthusiasm ... I still believe we can do something significantly good on the next album, which we will be working on after this anniversary tour. I've had my dear friend Rodney Matthews, who did the "Aqua" cover, do the cover for our next album already. The title will start with an "A" like most of the Asia albums. It's still exciting.

HULICK: I know vinyl is making a comeback. Do you miss those old album covers with the amazing artistic work of art on them?

PAYNE: That's so funny you should mention that! I'm thinking of getting a cabin in Colorado in the middle of nowhere and having all the band members and me spending a month recording there. No distractions. Making the album with everyone together in the same place like it used to be done. We'll probably do more vinyl, especially with all the amazing artwork that we've had done. I have all these notes of instruments and who played what, who engineered and who produced this track ... where was it done and any interesting stories around it. Plus all the thank yous to the people who were involved in it ... it's always good to know those things. I love to sit down with no distractions, put this vinyl on, then open it up and just read. I miss that.

HULICK: What is the best thing about being John Payne?

PAYNE: That's a very interesting question. No one has ever asked me that. The best thing about me is I have great people around me, great friends and I absolutely love what I do. We only have one life here and I've had an incredible life and let's hope it continues a bit longer.



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CELEBRATING A LEGACY

Homestead Party on June 25th to help raise funds for Krahe Peace Scholarship



The late Dave & Irene Krahe on the steps of their long-time home at 123 S. 9th St.

OLEAN - David and Irene Krahe made their home and raised their family as a proud part of the Olean community at 123 S. 9th St. The Krahe family will celebrate in the house where they were raised one last time on Saturday, June 25th during Olean High School's alumni weekend, with the homestead party serving as a fundraiser for the Michele Krahe Peace Olean High School Scholarship.

David and Irene, originally from Erie (PA), settled in Olean after graduating from St. Bonaventure University and marrying in 1959. The Krahes called 123 S. 9th "home" beginning in 1966.

All the Krahes' six children graduated from Olean High School and were active in the Olean community. Though Meme Yanetsko is the only Krahe child remaining in the Olean area, David and Irene's two daughters (now residing in Cleveland, Ohio) and son (Rochester) return to Olean several times a year.

Irene passed away on January 11, 2021, and David passed away on February 25, 2021.

David and Irene established the Michele Krahe Peace OHS Scholarship at the Cattaraugus Region Community Foundation after their daughter, Michele, passed away in 2012 to support graduates of Olean High School intending to pursue a career in accounting or business.

The sale of the Krahe's home is currently pending, but the homestead party will give the family and the community one last chance to celebrate the lives of two people, who so loved the community they lived in, while also supporting the legacy of their loved sibling through the scholarship bearing her name. Saying goodbye to their childhood home will be bittersweet, said Mary Krahe Shreve.

"123 was a wonderful place to grow up, and it will always be 'home' to me," Mary said. "The neighborhood was filled with lot of kids and great families. Mom and Dad always welcomed everyone into their home, and Dad was known to ask if they wanted a drink before they were two feet in the door. It's going to be sad to say goodbye, but it's time to let others make as many great memories as we had - plus we carry the wonderful memories with us in our hearts!"

The party will be held from 4:30-8:00pm. Admittance is free, but a donation of \$10 is suggested.

"Dave and Irene's children: me, Michael, MaryLee, and Marcy (in spirit Mattie and Michele), invite their friends, our friends and all that were welcomed into our childhood home to come celebrate at our goodbye to the house party," said Meme Yanetsko.

Those that cannot attend but would like to donate to the Michele Krahe Peace OHS Scholarship can do so by mailing or dropping off a check at the Cattaraugus Region Community Foundation, 301 North Union St., Suite 203, Olean, NY 14760 or online at cattfoundation.org.

The Cattaraugus Region Community Foundation is the area's supportive, responsive and trusted community foundation. Established in 1994, CRCF is growing good by connecting donors to the causes they care about most in the region. Grants from the foundation support many areas, including education, scholarships, healthcare, the arts, community development, human service, and youth development. To learn more, call 716-301-CRCF (2723), email foundation@cattfoundation.org, or visit www.cattfoundation.org. CRCF is also on Facebook ([facebook.com/cattfoundation](https://www.facebook.com/cattfoundation)) and Twitter (@CattFoundation).

AND THEN THERE WERE TWO

Franchot Park now offers youth disc golf course and youth sports programming



OLEAN - Dignitaries, sponsors and invited guests gathered June 12th for a ribbon cutting ceremony celebrating the city of Olean's newest disc golf course - and its second in the past year.

The Franchot Park Youth Disc Golf Course, an initiative of The Twin Tiers Disc Golf Association [TTDGA], is a 9-hole course designed with youth and novice players in mind. The project was made possible by local businesses, the City of Olean, and a generous grant from the Ralph C. Wilson, Jr. Legacy Funds administered by the Community Foundation for Greater Buffalo. Olean Mayor William Aiello was on-hand Sunday to officially open the free course to the public.

The TTDGA is also the organization responsible for installing the full 18-hole disc golf course in Gargoyle Park in the spring of 2021. The youth course fits perfectly into the nonprofit group's mission of growing disc golf in the Twin Tiers Region with a focus on youth development, healthy living and social responsibility.

Last year TTDGA hosted five summer youth day clinics and after seeing a positive response from over a hundred kids, sought to install a permanent youth disc golf course while ramping up 2022 youth programming. Partnering with the Cattaraugus Region Community Foundation & Educational Disc Golf Experience (EDGE), TTDGA was awarded two Ralph C. Wilson, Jr. Legacy Funds Grants for Franchot Park and Youth Programming.

The State of Play Report emphasizes eight important plays: 1) Ask Kids What They Want. 2) Reintroduce Free Play. 3) Encourage Sports Sampling. 4) Revitalize In-town Leagues. 5) Think Small. 6) Design for Development. 7) Train All Coaches. 8) Emphasize Prevention.

Thanks to these organizations, a free two-week disc golf program will take place in July for ages 7-13 at Franchot Park. Interested parents may contact twintiersdiscgolf@gmail.com for more information and to sign up.

Coaches and PE Teachers from Olean, Hinsdale, Portville and other area schools will receive training from EDGE Founders Jay and Des Reading as well as free equipment for their classrooms.

The youth course is located in the eastern half of Franchot Park, near the Children's Memorial Flower Garden. In fact, the mission of the Memorial Flower Garden has been incorporated into the layout of the course as TTDGA offered donors the opportunity to dedicate trees and memorial stones to the memory of their loved ones.

Providing a way to help families preserve these memories while also providing the opportunity for family recreation was key to the concept of the course, said TTDGA member Dave Haynes, whose idea and efforts inspired the course.

The Franchot youth course is the first of its kind in Cattaraugus County and is perfect for kids and inexperienced adults. Mr. Haynes said that, during his frequent visits to work on or play the course, he takes a great deal of satisfaction from seeing families who have already been out enjoying the course before installation was even complete. "That's what it's all about," he said.

Each hole will feature two tee locations. One tee location will make each hole more chal

"Twin Tiers Disc Golf" continued page 13



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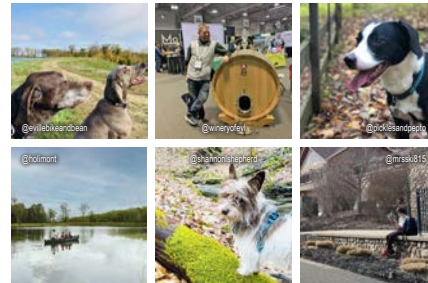
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HEALTH & FITNESS

Core Performance: Strength Training 101 - Where Do I Start?

By **KIM DUKE, CERTIFIED PERSONAL TRAINER**

You know that strength training will help you meet your goals, no matter what they are. And you know a strong body is a healthy body. But, starting a whole new workout routine can be daunting. So, I put together a few options for you to help you understand that strength training comes in a variety of packages. And, as I have pointed out in so many of my articles, keep your moves basic and simple until you can perfect your form, tempo and breathing.

The first option is bodyweight training. With bodyweight training you need minimal equipment (or none at all), and you can train anywhere as long as you have space to move around. Some of the exercises included in bodyweight training are squats, lunges, push-ups and pull-ups. The one downside to body weight training is that you need to keep modifying the exercise's difficulty in order to ensure you are leveling up and progressing.

A second option for strength training is using dumbbells. Dumbbells are a great way to start out with weighted strength training for a few reasons. First, most gyms will have a good set of dumbbells, even if it's a basic gym. If your only option is to train at home, dumbbells have been a staple of home gyms and are now becoming readily available to purchase. Dumbbells provide an added stabilization challenge and point out muscle imbalances pretty easily.

A third option is the barbell workout. Because a barbell is incredibly stable (using two hands instead of just one with a dumbbell), barbells allow you to progress clearly and quickly, allowing you to add small increments of weight each week. It is easier to go heavier using barbells, especially for lower body movements like the squat and the deadlift.

When it comes to movements like squats, deadlifts, pull ups, bench press, etc., your form is crucial. Until you are confident with the exercise, use a broomstick (or PVC Pipe).

So what is the best form of strength training? All of the above...

The following are some sample workouts:

Bodyweight: Complete 1 set of each exercise and then move directly onto the next exercise. Rest and hydrate between each sequence.

- 1) 20 prisoner squats
- 2) 10 push ups

- 3) 20 walking lunges
- 4) 10 tricep dips
- 5) 30 second plank
- 6) 30 jumping jacks (high or low impact)

Repeat 2-3x through.

Dumbbell/barbell: Complete each exercise in a controlled manner. Start with 5-10lb. dumbbells.

- 1) 10-12 goblet squats
- 2) 10-12 hinge over at waist w/ engaged core- upright row (a barbell is a good option)
- 3) 10-12 sumo squats with biceps curl-(alternate curl option)
- 4) 10-12 triceps kickback
- 5) Using a bench or Swiss ball- Chest press 10-12 (a barbell is a good option)
- 6) Swiss ball plank 30 sec.

Repeat 2-3x through.

So which one is better? Either! The routine that best fits your fitness level and fitness needs is the one that is right for you.

With either plan, make sure the difficulty increases over time. Doing 2-5 more squats, lifting 5 more pounds or adding a second set of heart pumping cardio could do this. The main goal should be to always do better than you did the last time; this will ensure you are continuously getting stronger and faster.

Honestly though? How you eat will account for 80-90% of your success or failure. SO, with a quality diet you will lose fat and build strength EITHER way.

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.

ARBORETUM MEMORY GARDEN

cont. from page 03

Several local businesses and organizations have donated items for the basket raffle, and there will also be a door prize, said Rinow. Prize donations will continue to be accepted right up until the day of the event. Donations can be dropped off at the Cornell Cooperative Extension at 28 Parkside Drive in Ellicottville anytime between 8:00am and 4:30pm Monday through Friday. Arrangements to have prize donations picked up can be made by emailing Rinow at smr336@cornell.edu.

Rinow said that the event will take place rain or shine, though if the rain is heavy, all activities will be moved indoors. For more information, contact Rinow by email or phone at 716-699-2377 ext. 106.

TRACK AND FIELD

cont. from page 04

From the report of the starter's pistol, through the bell lap and on to the finish, Napoleon dominated the field (she passed all but two of the girls that began the race with her) en route to an historic finish on the all-weather surface at West High.

For those in attendance, it was clear to see by the end of the second lap that Napoleon would win the race; but once it was over, the crowd roared when it was announced that she not only had broken her own NY State record, but the junior from Allegany was indeed the new American record-holder for all women under the age of 20!

As for the F-E Titans boys team, the seniors who led the way the entire season continued their success, as hurdler Cayden Hatch brought home a pair of top 10 finishes. Hatch finished 6th in the 400 meter intermediate hurdles and 7th in the 110 meter high hurdles and Wyatt Tinelli took 5th in the pole vault and 14th in the triple jump.

Other senior standouts posting top 10 finishes included Connor Terwilliger, who finished 6th in the pentathlon and Maddox Bush, who brought home a 7th-place finish in the high jump.

Distance runner Grant Cornell, an eighth-grader, took 8th place in the 3000m steeplechase and 12th in the 3,200 meter run.

TWIN TIERS DISC GOLF

cont. from page 10



lenging, and is designed for youth between the ages of 9 and 13; while a second tee location will make the holes more manageable for kids between the ages of 4 and 8.

"We're excited about how many families will be able to benefit from this course," said TTDGA president Rich Longer. "It's easily accessible and free - and it's playable with a disc that can cost as little as ten dollars."

Free discs were given away to kids who attended the ribbon cutting event, and a donation was made so any resident with an Olean Public Library card will be able to borrow discs for free from the library.

"The Olean Public Library will be stocking a variety of discs and offering up to two disc rentals for card holders of all ages to give disc golf a try at Franchot Park," he said. "We're so excited to be partnering with the Olean Public Library on this. It's emblematic of the amazing support we've enjoyed from the community."

Very sincere thanks go to the City of Olean, Children's Memorial at Franchot Park, the Ralph C. Wilson, Jr. Legacy Funds and all of the individual sponsors we plan to recognize on the Course Welcome Map Sign.

The Ralph C. Wilson, Jr. Legacy Funds were established at the Community Foundation to provide support to four areas that were important to Mr. Wilson: caregivers, community assets, design and access, and youth sports. Endowment funds, like these created to honor Mr. Wilson, are designed to grow over time and provide funding for charitable causes according to a client's wishes.

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Mary Hermans Exhibits "Blue" Prints at the Ellicottville Memorial Library



mans creates one-of-a-kind pieces using 'treasures' gathered while exploring in nature. Plants, driftwood, bones, and shells are common mediums used to create framed art, sculptures, jewelry, clothing and more. Flower pressing, cyanotype and eco-printing are among her most favored and adored processes.

As an herbalist and healing arts practitioner, Mary is tapped into subtle energy realms and the broader patterns and cycles of life. Her work seeks to illuminate and appreciate the simple, chaotic, beautiful, whimsical, heart-wrenching and life affirming energies around us and within us at all times.

The Ellicottville Memorial Library is located at 6499 Maples Road in Ellicottville, NY. Hours are 10:00am-5:00pm daily; closed Sunday. Evening hours are 5:00-8:00pm Tuesday and Wednesday. Call 716-699-2842 for more information or to learn about other exhibits, classes/programming, and new releases.

ELLCOTTVILLE - A collection of beautiful blue prints is currently featured at the Ellicottville Memorial Library through August 2022. These works, created by Mary Hermans, use a unique art-form of Cyanotype: a 170-year-old photographic printing process that produces prints in a distinctive indigo-blue color.

Based in Western New York, Mary Her-



Deployment

On Tuesday, June 14, 2022, 1ST LT. Alex Steinbroner of the U.S. Army was deployed to Africa for one year. Alex, an ECS graduate who then attended St. Bonaventure University on a full ROTC scholarship, is the son of Bill and Michele Steinbroner of Little Valley. "We are so proud of Alex as he represents his country, his family, and his hometown. God speed LT Steinbroner."

Craft Beer, Burritos and Bikes

42 North Outpost Hosting Grand Opening Celebration at Bike & Bean June 18th

EAST AURORA, NY - 42 North Brewing Company is hosting the official grand opening of its "outpost" at Ellicottville's Bikes Burritos & Brews (aka Bike & Bean), 11 Martha Street, Ellicottville on Saturday, June 18th. The event, from 2:00-6:00pm, will include free beer samplings and live music. The 42 North Outpost will allow customers to grab a 42 North beer, as well burritos and, if needed, a bike tune-up. In addition to draft beer for on-premise consumption, the 42 North Outpost will offer a full variety of beer to-go. Currently, the Outpost will be open Thursday through Sunday from 11:00am until 6:00pm. For more information on 42 North and events at the Outpost, visit www.42northbrewing.com.

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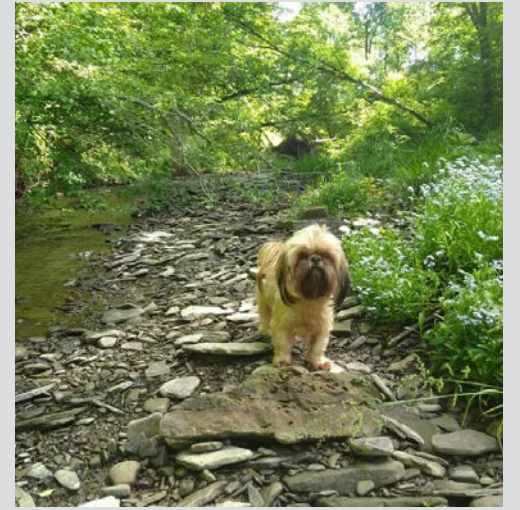
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👤 snowbeltcannabis: Willow was THE BEST little helper this morning for the Hands on Neighborhoods event #dontlitter #doyourpart #evlnow



👤 chrisperks_716: Shredding with the little one! @holimont @holimont_parks #mtbdh #mtb



👤 thecharlesbchamberlain: Looks like #summer is finally here! #hikingtrails #happiness #evlnow



👤 rohringsue: Lots of fun! First time taking our bikes on the lift at HoliMont #evlnow #mountainbiking #holimont



👤 saisonsinn: Our pool is your pool #ellicottvillenow #nytrip #evlnow



👤 team_pritchard: Gorgeous day for a trail ride @holimont! Check it out! #evlnow #placelove #mountainbike



👤 ellicottvillebrewinglocal: #stripsteak #grillmaster #evlnow



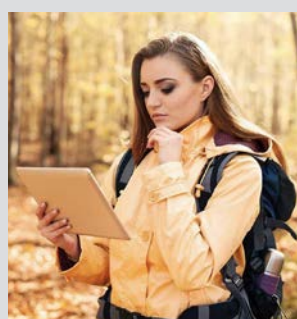
👤 dash_913: The calm after the storm. #evlnow #ellicottvillenow #drone #djimavic #rainbow #dronephotography #dronephoto



👤 avagracefashions: #evlnow #summervibes #adventure



👤 picklesandpepto: #localproduce #berriesfordays #ellicottvillenow



👤 enchantedmountainchallenge: #treasurehunt #map #evlnow

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