

# **Summer Celebrations Are Here!**

From Music Festivals and Street Parties to Buckin' Broncos and Bike Riding, Ellicottville = FUN!



One of the most anticipated festivals of the year in Ellicottville is at our doorstep. The annual Summer Music Festival, July 1st-3rd, brings "The Voices of Classic Rock" to the slopes of Holiday Valley. Rock out to live performances by John Payne of Asia featuring special guests Lou Gramm formerly of Foreigner and John Elefante formerly of Kansas. (Read our full interview with John Elefante, page 07.)

Stroll the Streets and the Ellicottville Farmers' Market will return to downtown Friday evenings through summer beginning July 8th. Family friendly activities, live entertainment, and locally grown goods and craft vendors make sauntering the streets of Ellicottville a great opporunity to connect with friends and support your local community. (Learn more, page 08.)

Find a full list of summer events inside!

# FLAIR'S WARRIORS: KEEPING FAMILIES TOGETHER FUREVEF

If you've ever lost a pet, you know what an incredibly heartbreaking experience it is. Pets aren't "just pets". They become an important and irreplaceable part of the family. They bring so much comfort and love, that once that's gone, it leaves a painful emptiness. And sometimes, we're not sure what to do with that. We all respond to loss differently and grieve in our own ways. But you can either let the grief overcome you or you can use that grief to do something positive, and that is exactly how Flair's Warriors came to be ... page 15

POWER POEMS FOR GIRAFFES

For lifelong poet and author Katie Benatovich, the giraffe became the symbol of a greater mission - to promote social emotional growth and learning through books. Power Poems for Giraffes isn't just a beautifully illustrated collection of poems; it's a collaborative effort between experts, artists, designers, translators, and educators. The book and its accompanying web resources are designed to be used as a multilingual social emotional learning resource for grades K through 5.

Plus, every time a book is purchased, a portion of the sale is donated to an organization that supports the Giraffe Team's "World-Love" vision mission. Find out more.

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# VILLAGE UNVEILS NEW STATUE

10-Foot Bronze Sculpture of Olympic Gymnast Gabby Douglas on Loan



One of Griffis Sculpture Park's newest sculptures is calling Ellicottville home for the summer. A lifelike 10-foot-tall bronze sculpture of Olympic gymnast Gabby Douglas, created by Australian collaborative artists Gillie and Marc Schattner, is currently located in front of the Village Gazebo for all to enjoy.

The public is invited to attend a welcoming event in front of the sculpture on Friday, July 1st at 5:00pm. Live music and refreshments will be served.

"Continuing with our theme from 2021, and with the majority of Ellicottville's business owners or co-owners being women, this sculpture is a fitting tribute to the accomplishments of women," said Brian McFadden, Executive Director of the Ellicottville Chamber of Commerce.

... page 03



#### **ELLICOTTVILLE CHAMPIONSHIP RODEO**

One of the great summertime family-fun events in all of NYS begins a four-day run this evening out on Somerville Valley Road, as the Ellicottville Championship Rodeo returns for its 33rd season of professional cowboy competitions. Over the course of the Fourth of July weekend, more than 500 cowboys and cowgirls are expected to travel to Ellicottville to contend for approximately \$60,000 in prize money and bling. Gates open 2 hours prior to the published start time, so there's plenty of opportunity to roll in early, park close and find the best seats ... page 04

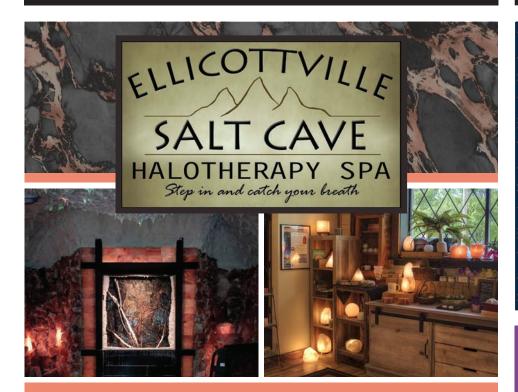
HILLTAP FESTIVAL RETURNS TO HOLIDAY VALLEY 04 | PET PARADE 06 | EA2EVL CHARITY BIKE RIDE 08

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#### PUBLISHED EVERY OTHER THURSDAY + JUNE 30-JULY 13, 2022 ... Page 03

Publisher's PICK

Griffis Sculpture Park Prevues New Sculpture of Inspirational Woman at the Village Gazebo



ELLICOTTVILLE - One of Griffis Sculpture Park's newest sculptures is calling Ellicottville home for the summer. A lifelike 10-foot-tall bronze sculpture of Olympic gymnast Gabby Douglas is currently located in front of the Village Gazebo for all to enjoy. The public is invited to attend a welcoming event in front of the sculpture on Friday, July 1st at 5:00pm. Live music and refreshments will be served.

"Continuing with our theme from 2021, and with the majority of Ellicottville's business owners or co-owners being women, this sculpture is a fitting tribute to the accomplishments of women," said Brian McFadden, Executive Director of the Ellicottville Chamber of Commerce.

In 2021, Griffis Sculpture Park received four bronze statues of inspirational women created by Australian collaborative artists Gillie and Marc Schattner. The 10-foot-tall bronze sculptures of Gabby Douglas (Olympic gymnast), Tracy Dyson (astronaut), Janet Mock (actress/producer) and Cheryl Strayed (author) were donated to the Ashford Hollow Foundation/Griffis Sculpture Park by the artists. The Cheryl Strayed sculpture was selected to appear in Ellicottville last summer.

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

Gabby Douglas is the first African American to become the Olympic individual all-around champion, and the first U.S. gymnast to win gold in both the individual all-around and team competitions at the same Olympics. Now retired from the sport, Gabby claimed the 2012 Olympic all-around championship and was the 2015 World all-around silver medalist. She was a member of the gold-winning teams at both the 2012 and the 2016 Summer Olympics, dubbed the "Fierce Five" and the "Final Five" by the media, respectively. She was also a member of the gold-winning American teams at the 2011 and 2015 World Championships.

As a public figure, Douglas' gymnastics successes have led to her life story adaptation in the 2014 Lifetime biopic film, The Gabby Douglas Story, as well as the acquisition of her own reality television series, Douglas Family Gold. Douglas has also written a book about her life and what it takes to be an Olympic gold medalist by determination and perseverance.

A perfect fit for Ellicottville, and as we say ... "Doesn't This Place Feel GREAT!"

#### M&T Bank Co-Sponsors Summer Music Fest

ELLICOTTVILLE, NY - The Ellicottville Chamber of Commerce is excited to announce that M&T Bank will join this year's presenting sponsor Holiday Valley Resort, continuing their multiyear sponsorship of the Summer Music Festival in 2022

"Both M&T Bank & Holiday Valley Resort have been major partners of the Chamber for many years, and it is with their generous sponsorships that we are able to provide outstanding family entertainment at an affordable price," stated Brian McFadden, Ex-ecutive Director of the Ellicottville Chamber of Commerce. "This sponsorship assists us in allowing children 12 & under free admission." For more information on Summer Music Festival or to purchase tickets: ellicottvilleny.com.





MENU

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# LOCAL NEWS

#### ELLICOTTVILLE RODEO

Non-stop Wild and Western action ... It's a bucking good time!



BY RICH RUMFOLA

One of the great summertime family-fun events in all of New York State begins a four-day run this evening out on Sommerville Valley Road, as the Ellicottville Championship Rodeo returns for its 33rd season of professional cowboy competitions.

Over the course of the Fourth of July weekend, more than 500 cowboys and cowgirls are expected to travel to John and Karen Kent's postcard-perfect ranch in Ellicottville to contend for approximately \$60,000 in prize money and bling.

"The Fourth of July weekend is known as 'Cowboy Christmas," Kent explained during a recent interview. "This is where the rodeo contestants hit as many rodeos they can possibly get to that weekend. Most contestants are hitting 4 or more rodeos! Our rodeo here in Ellicottville is one of the first big ones that they all want to be at."

Standing in the cowboys' way of all that prize money, there will be a livestock pen full of some of the meanest farm animals you're ever likely to lay your eyes on. "They're definitely not something you can just walk up and pet," John cautioned. "They are bred to be mean."

For the cowgirls, the rodeo contests revolve around barrel racing and cowgirls breakaway roping. The ladies showcase their expertise in horsemanship skills to be sure, but the competitions also reveal varying levels of athleticism in their horses themselves.

While the Kents' pristine farm buildings, stables and grounds provide the perfect venue for one of the first big rodeos of the season, the All-American Rodeo Company out of Fredonia, PA will provide much of the "nuts 'n bolts" of the operation - from all the bucking animals and roping calves to constructing the heavy steel arena, as well as the bucking chutes the animals and riders come out of. They also come in with the crew that moves the livestock from holding pens behind the scenes out to the bucking chutes and start gates where the animals become part of the show.

"The All-American Rodeo Company comes in with their own package of trick riders, announcers and clowns - and they're all really good. But I like to go out and find the best talent and hire them myself," John explained, "because I want to make a show that's a little bit more enticing and little bit more exciting for people to come and watch."

John credits his rodeo's prominent standing within the cowboy community for his ability to attract and hire some of the biggest talent in the industry, such as Hollywood "Cliff" Harris, a legendary rodeo clown from Texas.

"All the contract acts have no problem about coming to Ellicottville," John said. "Hollywood Harris is someone who's been in the rodeo world for years and years and he was happy to get my call to come work this event."

For each of the four days of the rodeo, nine entertaining events will span 2-1/2 hours of heated competition. Each program includes awe-inspiring trick riders (Courtney Schum from NY, 18 years of age, and Jaycee Lynn from PA, 12 years of age), the comical stylings of Hollywood the clown, and a brief intermission to stretch your legs and find your way to the concession stand and midway.

For all shows, gates open two hours prior to the published start time, so there's plenty of opportunity to roll in early, park close to the gate and find the best seats. Parking is free.

"Ellicottville Rodeo" continued page 20

#### HILLTAP FESTIVAL RETURNS

The 42 North-hosted event at Holiday Valley combines music, beer & adventure



EAST AURORA, NY- 42 North Brewing Company is hosting the 2nd Annual HillTap Festival at Holiday Valley Resort in Ellicottville, NY on Saturday, July 23rd. HillTap is a daylong festival that integrates craft beer, music and adventure sports atop the mountain at Spruce Lake.

"HillTap is truly a one-of-a-kind event. The opportunity to, again, host an event at the top of the mountain is truly unique. There is no better spot to merge craft beer, roots music and adventure," said 42 North Brewery Founder, John Cimperman.

Niki Klein, Director of Resort Services at Holiday Valley adds, "It's great to partner with 42 North on this event. Their adventurous spirit fits our DNA. We encourage attendees to spend the morning hiking and biking the trails and then spend the afternoon up at Spruce Lake."

The music line-up for HillTap will feature two regional artists. Big J Blues will bring his blues to the cabin porch stage at 1pm, followed by Meadville, PA based, Sunday at the Station. Sunday at the Station will be performing its high-energy Americana, folk, and bluegrass in Ellicottville for the first time at the HillTap Festival.

The vendor line-up at HillTap includes SUP Erie Adventures, Mud, Sweat & Gears, Tom's Pro Bikes, Holiday Valley E-Bikes, and the Hatchet & Hops Axe Wagon. Attendees are encouraged to bring their adventure gear to try stand up paddleboarding, mountain biking, and ax throwing. Fat Bob's BBQ and Nani's Mountainside Food Truck will be on-site during the festival.

Advance tickets are \$30 and include free parking, a lift ticket up to Spruce Lake, and a full day of music and adventure sports demos and clinics. Additionally, a \$40 ticket will be offered for those looking to transport their mountain bike up to Spruce Lake. Children 10 and under are free when accompanied by an adult ticket holder.

The event runs from 12 noon until 6 pm. For tickets and more information on HillTap, log onto www.hilltapfestival.com.

#### Holiday Valley Annual Spring Donations



HOLIDAY VALLEY - Officials from Holiday Valley recently presented checks to several local programs as a way of giving back to the community. Dennis Eshbaugh, President of Holiday Valley remarked, "Most of our staff live in these local communities and we are pleased to support programs for them and their families." The funds are generated through the year at various Holiday Valley events including Fall Festival chairlift rides and the Winter Carnival Snowbar.

This year's recipients include the Ellicottville Youth Soccer Program, the Great Valley Youth Program, Little League Football and Baseball, the Ellicottville Alley Katz (a group who maintains the flowers in Ellicottville) and Changing Gears Bike Program (a program that uses cycling to foster physical, mental and social skills).

#### PUBLISHED EVERY OTHER THURSDAY + JUNE 30-JULY 13, 2022 ... Page 05









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# **INTERVIEW**

## THE HITS, THE MEMORIES, AND JOHN ELEFANTE



# SUMMER MUSIC FESTIVAL | JULY 2

#### By Melanie Hulick

We've been featuring the Ellicottville Summer Music Festival for a few weeks now, talking with Lou Gramm formerly of Foreigner, John Payne featuring Asia, and this week John Elefante formerly of Kansas. All three will be together at the Summer Music Festival for their show on Saturday, July 2nd.

Elefante, formerly of the popular band Kansas, is looking forward to being part of a show that includes two of his favorite singers saying, "I'm a fan of both of these guys and to be able to be in the same show with them is one of the highlights of my career."

The singer/songwriter auditioned for the lead vocalist and keyboard player for Kansas in 1981 and was accepted to the group that went on to be a great success. Not only was Kansas known for their different sound, but also for the songwriting with hits like "Carry on Wayward Son", "Dust In The Wind" and "Play The Game Tonight".

Working closely with his brother, Dino, the two went on to produce albums for other artists that number well over 100 ... including the soundtrack of the movie, St. Elmo's Fire.

Earning multiple GMA Dove Awards, four Grammy Awards and 10 Grammy Nominations, Elefante would add record label chief to his list of accomplishments, build a recording studio in Nashville with his brother called Sound Kitchen, which saw an impressive list of artists that recorded there including Bruce Springsteen, Faith Hill, Tim McGraw and Buddy Guy as well as moving on with a successful solo career.

I spoke with Elefante recently and we talked about his upcoming show in Ellicottville, our admiration for Lou Gramm and what's next for the singer/ songwriter and producer. As busy and as complicated as his career is, he describes for me his very simple perfect day and has a message for his fans coming out to see him at Summer Music Fest, which you can read about in the following conversation.

This is going to be one fun show ... get your tickets today!

For more information on Elefante visit johnelefante.com. For ticket information to the Summer Music Festival concert visit ellicottvilleny.com.

## A Conversation with John Elefante

HULICK: I spoke with Lou Gramm and John Payne earlier today and they are excited that the three of you are doing this show together. ELEFANTE: That's good company to be in.

**HULICK:** You got your start in music at an early age in your family's band. Have you always wanted a career in music? **ELEFANTE:** I've never had any other job. I was playing Disneyland in California

when I was 15 years old.

HULICK: You are a singer, songwriter and producer. Is there anything you would like to do that you haven't yet?

**ELEFANTE:** Not really. I've played almost every instrument ... I sing, write and pro-duce. I think I've covered all the bases. I'm pretty happy with what I've done. I can't think of anything I'd rather do.

**HULICK:** Lou and I were talking about how you can tell if an artist on the stage really enjoys what they're doing and is still at the top of their game. Artists from decades ago still have strong voices and you can see and feel the love they have for their craft. **ELEFANTE:** Let's face it ... Lou's one of the best rock and roll singers that's ever lived. When that guy sings he's full of passion. There's nothing fake about it. To tell you the truth, he's one of the reasons I wanted to sing.

HULICK: I like the fact that there are not only large venues you can play but also smaller venues that really enhance the performance. I saw Lou in 2012 at a venue of just over 400 seats and when he opened his mouth to sing he filled every bit of that room. I've never heard anything like that before. It was insane. So thanks to you and all these other artists for giving us an evening of great memories and great singing. **ELEFANTE:** We're all enjoying these shows so much.

**HULICK:** Putting multiple artists from the same decade into one show is genius. **ELEFANTE:** It's becoming very popular. I think that's because Lou (Gramm) can do Foreigner hits, I can do Kansas hits and John (Payne) can do Asia hits. You get a pretty widely covered variety of stuff we all grew up with, and sometimes it's more exciting to see that than say a band that's had maybe one or two hits then the rest of the time they're playing songs you haven't heard before.

**HULICK:** You recently released your newest album, "The Amazing Grace", in April. **ELEFANTE:** Well it came out in Europe then, but it was held up a few days in the U.S. because I went in and redid a couple things I wasn't happy with. Once it goes on record you can't go back and change it and it was going to bug me the rest of my life. (laughs)

HULICK: When you were with Kansas did you write or co-write most of the songs? ELEFANTE: I had a chance to write a good amount of songs on those records. I was very fortunate to not only sing those songs, but also chip in on the writing. That was a real honor to me. Especially co-writing something with Kerry Livgren (co-founder of Kansas) was super.

HULICK: Who were your musical influences growing up, besides your family? ELEFANTE: I was all over the board Melanie. I grew up listening to the Jackson 5, Chicago, Beatles, Genesis, Led Zeppelin, Pink Floyd, Elton John, Billy Joel ... anyone that had great melodies I was attracted to.

HULICK: Can you think of one time in your life that somebody gave you advice and you took it and were glad you did?

ELEFANTE: Man ... that's a difficult question. I've probably had a lot of them but they don't come to mind right now. Kerry Livgren would always throw tid-bits out to me ... he's very profound. He said write from the heart ... write what's genuine, don't necessarily worry about if it's going to be a hit.

#### HULICK: What's next for you?

**ELEFANTE:** Well I'm doing a ton of interviews for this new album all over Europe, South America and the U.S. We're going to be talking about the possibility of a tour, depending on how the record is doing. I'll continue doing shows like the one I'm coming to your town to do.

HHULICK: Describe your perfect day. ELEFANTE: Having a really fun day with my family and my grand kids ... appreciating life and what God has given me.

HULICK: Do you have a message for your fans on your upcoming show? ELEFANTE: I think they're really going to like it. It's high octane and they're going to be hearing hits all night long. I can always tell how a show is going to go the minute I step on the stage and start singing ... if I see a bunch of smiles then I feed off that.

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# COMMUNITY

#### STROLL THE STREETS

Saunter the sidewalks Friday evenings for family friendly activities + Farmers' Market



BY MARY HEYL

Looking for a fun, free night out that the whole family can enjoy? Beginning next week, spend your Friday nights in Ellicottville, when Stroll the Streets and the Farmers' Market return for the season! From July 8th until September 2nd, each Friday night promises a variety of activities, entertainment, and locally grown or made goods. Stroll the Streets or-ganizer Jessica Gilbert and Farmers' Market coordinator Caitlin Croft are excited to share what's new this year.

Both Gilbert and Croft have served in their roles since the inception of both events. They've witnessed exciting growth over the years and were instrumental in ensuring these events continued amid the COVID-19 pandemic. "After doing this in pandemic mode for the past two years, I'm just thankful we've been able to keep it going, and keep it simple and fun," said Gilbert.

Stroll the Streets began approximately six years ago as an initiative inspired by something a local business owner saw in a community where he lived. Gilbert, owner of Ava Grace Fashions, explained, "He came to other business owners, told us how this had been really great for his previous community, enhanced their involvement, and that it was good for businesses, too. We started Stroll the Streets, and I've been on the committee ever since!"

Gilbert and her committee work with the Rotary Club of Ellicottville, the umbrella nonprofit organization for the event. "The whole idea behind it is to create fun activities for the locals and tourists to do in the community, and it really does enhance activity and fun in the village for everyone, whether you're from Ellicottville or if you're just in town for the weekend," said Gilbert.

Weekly activities include live musical entertainment, a balloon twister and face painter, not to mention the sidewalk activities by participating businesses. Hula hoops, sidewalk chalk, bubbles, and even corn hole are just a few things that business owners set up on the sidewalk while they are inside, helping customers or serving restaurant patrons. Gilbert noted that this is a great night to get ice cream or dinner out with the family, as many restaurants have more kid/family-appropriate specials on Friday nights, and the shops are open later, too.

This year, Stroll the Streets is offering a printed and digital passport that guides participants to different stops in the community. A completed passport can be entered to win prizes at the end of the summer! On July 8th, Gilbert will have a booth set up at the Farmers' Market with a link to the digital passport, as well as the printed version. New this year, Gilbert will be selling Ellicottville Farmers' Market/Stroll the Streets t-shirts at her booth. "\$15 of each shirt goes to help fundraise for Stroll the Streets and the Farmers Market," said Gilbert. "Fundraising helps pay for advertising and our entertainers. That way, we can keep these things free for the public." Donations are also accepted via check payable to the Rotary Club of Ellicottville and can be mailed to Jessica Gilbert at P.O. Box 1313, Ellicottville, NY 14731. Gilbert thanks Stroll the Streets' many sponsors who support the weekly event and looks forward to another great year!

#### ELLICOTTVILLE FARMERS MARKET

In 2018, the Farmers' Market was added to Stroll the Streets, and coordinator Caitlin Croft has been involved since day one. She wrote the initial scope of work for the project, encouraged by John Rounds, owner of Adventure Bound On the Fly and Ellicottville Coffee Company. Croft's goal is to "cultivate a group effort with it being the community and vendors

#### "Stroll the Streets" continued page 20

#### EAST AURORA TO ELLICOTTVILLE

42-mile Charity Road Ride to benefit the Erie Cattaraugus Rail Trail



EAST AURORA - After selling out in its inaugural year, the Erie Cattaraugus Rail Trail (ECRT) will once again host a 42-mile charity bike ride from East Aurora to Ellicot-tville this fall. The EA2EVL Fondo - or non-competitive bike ride - will take place October 1, 2022, with a finish line party at Holiday Valley.

The 2021 EA2EVL Fondo sold out with 300+ riders, bringing in over \$50,000 for the 27-mile ECRT rail trail that runs along the former Buffalo & Pittsburgh rail line from Orchard Park to Ashford, NY. According to Deborah Fenn, Board President of ECRT, last year's event was stellar.

"From the gorgeous fall weather to the scenic ride route and our amazing riders, volunteers and sponsors, it was a strong show of support for the trail," Fenn said. "We're inviting riders of all skill levels to join us again this October."

"Last year's EA2EVL Fondo surpassed our expectations in terms of both fundraising and participation," said event sponsor John Cimperman, Founder of 42 North Brewery. "We look forward to building on that success and creating a new cycling tradition in Western New York."

#### **EA2EVL ROUTE / REGISTRATION / SPONSORS**

The bike event will follow the same route as last year, with a start line in East Aurora at 42 North Brewery. The riders then travel south down scenic Route 240, riding on the road parallel to the ECRT trail from West Falls into Concord. The course continues through the fall foliage and rolling hills to Route 242 and winds into the town of Ellicottville. The event ends at a finish line party at Holiday Valley, open to the public featuring food, drinks, live music and raffles. Transportation will be offered to bring riders back to East Aurora, or riders can opt to take advantage of special rates for lodging at Holiday Valley.

Registration is open now at www.ea2evlfondo.com for an early bird discount rate of \$59. All riders receive a commemorative shirt and access to the post-event party. Participants are also asked to raise a minimum of \$100 in donations for Erie Cattaraugus Rail Trail, with additional prizes awarded for all \$250, \$500 donors, and a special "yellow jersey" for the top fundraiser.

"The donations from the 2021 EA2EVL Fondo funded the removal of the rails and ties from the start of trail in Orchard Park," Fenn shared. "This is significant because it's the only mile of trail that still had rails and ties remaining. Thanks to this event, we're making exciting progress clearing the trail!"

National Fuel, Tom's Pro Bikes, 42 North Brewing and Phillips Lytle are sponsors for the 2022 event. Tom's Pro Bikes will also provide tech support to riders on the course. Learn more about ECRT at www.ecattrail.org.

About Erie Cattaraugus Rail Trail Inc.: Erie Cattaraugus Rail Trail, Inc. is a 501(c)(3) non-profit organization that serves as trail manager for a 27-mile recreational trail on the Buffalo & Pittsburgh Railroad rail line. In 2018, ECRT, Inc. and BPRR signed a long-term rail banking agreement to allow for trail use and improvements. In Orchard Park a 2-mile section of the trail is cleared and open, but unfinished, from Ellicott Road to Jewett Holmwood Road. Additionally, a 1.7-mile Pop Warner section in Springville is open, along with another 3.5 miles of unimproved trail in East Concord. ECRT, Inc. has over 6,500 friends and community supporters. Find more information at www. ecattrail.org.



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# ART & EDUCATION

#### POWER POEMS FOR GIRAFFES

A Book with an Impact: Promoting Social Emotional Growth and Learning for Grades K-5

By LOUISA BENATOVICH



#### WHY GIRAFFES?

Wouldn't you like to talk to a giraffe? Be a giraffe? Play with a giraffe? These are all thoughts that passed through Katie Benatovich's mind when she was thinking about how to make multilingual and social emotional learning fun, accessible, and meaningful. Katie noted that giraffes are gentle, graceful creatures. They rarely make noise, preferring body language and scent to communicate amongst their herds. They're also a bit misunderstood. Everyone knows of earth's tallest land creature, but much less is known about the intricacies of their behaviors. Within the last decade, researchers have uncovered more about the social-emotional behaviors of giraffes than they ever could have expected. Giraffes express emotions like grief and happiness; they also have complex social networks that contribute tremendously to their health and longevity. A giraffe that can balance their physical, emotional, and social well-being is a healthy, resilient giraffe! The idea of writing poems for giraffes to hear was born!

#### WHAT IS SOCIAL EMOTIONAL LEARNING?

Like with giraffes, social emotional learning (SEL) is a crucial component of human development. According to CASEL (the Collaborative for Academic, Social, and Emotional Learning), SEL is the "the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions." These skills are relevant to everyone, regardless of race, ethnicity, family income levels, learning abilities, home language, immigration status, gender identity, sexual orientation, and more. SEL trainings have become increasingly popular, especially in schools. Understanding and dealing with our own emotions is difficult at any age, and increased awareness of its necessity will hopefully create better learning environments for students and better life outcomes.

#### **ABOUT THE BOOK:**

For lifelong poet and author Katie Benatovich, the giraffe became the symbol of a greater mission - to promote social emotional growth and learning through books. Power Poems for Giraffes isn't just a beautifully illustrated collection of poems; it's a collaborative effort between experts, artists, designers, translators, educators, and changemakers. The book and its accompanying web resources are designed to be used as a multilingual social emotional learning resource for grades K through 5.

"When new to the world, giraffes' necks seem preposterously long," Katie writes, "yet, as they grow, they learn they are perfectly fitted to their unique purpose and place. This book wishes to help children tap into their "inner giraffe" and is a celebration of the resiliency and grace we all have inside."

Power Poems adopts a marvelous three-pronged approach:

1) Power Poems: Power Poems for Giraffes focuses on poems as narrative therapy - thinking about the way poems make us feel. Poetry is a way to interpret and process what we experience as humans every day. Exploring emotions and ideas through poetry is a way to work through the difficulties of life. It is an incredibly powerful tool. In celebration of the diversity in WNY and beyond, every poem in Power Poems has an English version and a version in another language. Ten home languages are represented in this book; a home language is the first language a person speaks before adding any second languages - from

French and Spanish to Hawaiian and Sinhalese (spoken in Sri Lanka). Thanks to a marvelous team of translators from all over the world, the poems can be used as a TESOL (Teaching English to Speakers of Other Languages) resource. A recorded version of many of the poems can be found at treetopspublishing.com. Magical illustrations by Carey Welch bring the poems to life. Her skillful use of traditional acrylic paint and computer-based graphic design lend an incredible richness to every page. It is impossible not to get lost in the colors and the fantastical imagery. She makes you wish you could jump into her world.

2) SEL Activities: Charity Burlingame, a licensed school counselor, designed SEL activities for each of the book's ten poems. They're crafted for teachers, parents, and mentors to try with their students, children, and mentees. Targeting specific emotions like sadness, jealousy and anger, the activities (often involving tactile components like coloring or papercutting) open new avenues for communication. The SEL activities can be used in different group sizes: one-on-one, small group, or whole class, lending themselves to in-person and remote learning experiences.

**3) Connection Cards:** Designed by Neal Steward, the Connection Cards correspond to each Power Poem and help the user understand the key emotion being explored in each poem. The two key emotions are printed on matching shapes - hearts, squares, circles, triangles. The cards are a tactile representation of the SEL activities. Thoughtfully designed by Katie, Neal was able to combine Carey's illustrations, making the Connection Cards an adventure all on their own. Though evolving a negative emotion to a positive one isn't as easy as flipping over a card, the Connection Cards are an additional support to the book and SEL activities to help users explore and understand their emotions. They also incorporate the many languages present throughout the book which makes learning new languages fun and accessible.

#### **MEET THE TEAM**

Known as the Giraffe team, Katie Benatovich, Charity Burlingame, Carey Ann Welch, and Neal Steward worked together for over a year to make Power Poems happen.

"The most rewarding part of this whole process has been bringing together such a talented team and making a tool with our combined skills to help others in meaningful ways," says Katie. "As the first book in a series, Power Poems for Giraffes starts a ripple effect of spreading peace and world love. This is a vitally important message to spread and remember anytime." Katie holds a master's degree in TESOL and a Mental Health First Aid Certificate. She loves to read, write poetry and songs, walk in nature, swim, practice yoga, and cook with her children.

"I hope more attention on social emotional learning is sparked through this project," says Charity. "The importance is huge, and unfortunately the need is equally huge. Society needs to be aware of both the need and the available resources to address and support the need." Charity lives in Western New York with her husband and two kids. She holds a master's in education and is interim assistant principal under the title Intervention Behavior Support Specialist in Buffalo. She loves to spend time with her family in nature - that is where her heart is content.

Carey not only illustrated the book, she designed it and the accompanying website (treetop-spublishing.com). "From my earliest memories, my mom, Ann, inspired a true love of cre-

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Valley's golf course becomes one of the best outdoor concert venues in the region! Live performances by Asia featuring John Payne with special guests Lou Gramm (former lead singer of Foreigner) and John Elefante (former lead singer of Kansas) on Saturday, and the BPO with ELO and a fireworks extravaganza on Sunday. Tickets available at the gate. 12 and under are FREE!

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Summer in Ellicottville is back on track, and Thursdays at the gazebo will be HOT! The Gazebo Series has spiced things up with the addition of a variety of fun and exciting bands that will make you want to dance the night away! The Ellicottville Chamber of Commerce has lined up the region's best performers for FREE entertainment on the Gazebo lawn. So pack your blankets or chairs, pack a picnic, and bring the family!



'Saddle Pond Party & Trade Show' event! Gather together for a weekend full of outdoor sports and recreation while supporting Ellicottville businesses. There will be food, beverages, live entertainment, and even a rock wall! Bike Demos will be featured by Loud Performance, and camping will be available. Bike/hike lift access is available for \$25/day for non-members, but the event is free and open to all!

5Pruce Lake @ Holiday Valley • Noon - 6:00 PM www.hilltapfestival.com



Celebrate the height of summer at the top of Spruce Lake at Holiday Valley for a day of fun in the sun! This hilltop jamboree will feature live music, food trucks, drinks, axe throwing, SUP demos, bike demos, vendors and other outdoor recreational activities. Take the chairlift up to Spruce Lake, hike, or ride your bike! (Your ticket includes lift access.) Children under 10 are free!

m - 53 800-349-9099 www.ellicottvilleny.com DOWNTOWN VILLAGE JULY





is self-contained, meaning all of the venues are within an easy walking distance of each other. So after you arrive, park the car and enjoy the fresh mountain air on foot. Outstanding accommodations for all budget levels are located in the village or within walking distance.

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Sample the best of Ellicottville's amazing and diverse restaurants as they set up "Cafe Style" on the streets, surrounded by fun and exciting street performers. Judges sample each restaurant's signature dish and present awards in various categories. Food item tickets are \$1 each, and restaurants charge \$1-\$5 for their dishes. Entrees, desserts, healthy options and non-alcoholic drinks are some of the featured choices.

www.griffissculpturepark.org GRIFFIS SCULPTURE PARK, EAST OTTO, U O



It's a day filled with music, creativity, exploration and more! Live performances on the outdoor stage by Jim Donovan & Sun King Warriors (Rusted Root), PA Line, Sly Boots Circus, Isaac Spaeth & Company, Ruby and Mikee Strongman. The day will also feature a local artisans vendor village, kids craft area, beer & wine garden and

so much more. Tickets are \$20 for adults/ teens. 12 years and under are FREE. And of course, everyone is encouraged to explore the park! This event not only celebrates the local, creative community, but it helps with funding to keep the park open. Chairs, blankets and coolers welcome! See you there!



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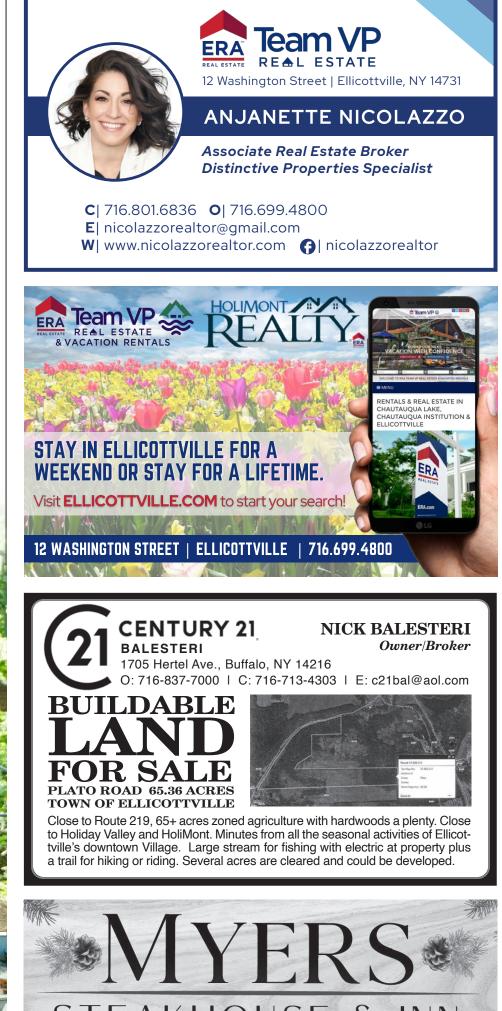
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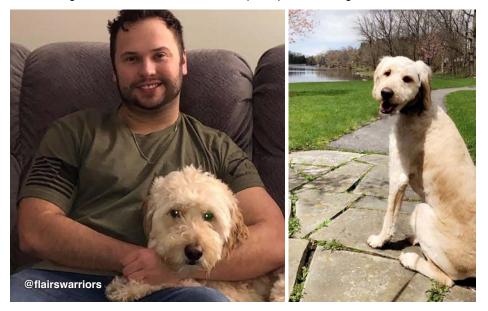
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# REGIONAL

#### FLAIR'S WARRIORS

Dog advocates on a mission to help keep families together "furever"



#### By MEAGHAN LUCARELLI

If you've ever lost a pet, you know what an incredibly heartbreaking experience it is. Pets aren't "just pets". They become an important and irreplaceable part of the family. They bring so much comfort and love, that once that's gone, it leaves a painful emptiness. And sometimes, we're not sure what to do with that. We all respond to loss differently and grieve in our own ways. But you can either let the grief overcome you or you can use that grief to do something positive, and that is exactly how Flair's Warriors came to be.

Alex Popiela had a 3-year-old Goldendoodle named Flair. He was fun-loving, energetic and so loyal. The only thing he cared about was spending time with the people he loved the most. Flair was a perfectly healthy dog until last summer. One day he started acting lethargic. He wouldn't eat or drink, wasn't moving much and no longer wanted to play. Alex took him to the vet, but after some testing and blood work, he was ultimately sent home with medications and was told to monitor Flair.

The next day Flair became sicker and was taken back to the vet. The vet recommended they perform an exploratory surgery under the assumption there was an intestinal obstruction. Unable to find anything, the vet noticed Flair wasn't recovering from the anesthetic and began crashing. He was rushed to an emergency facility, where it was determined that he had an Addisonian Crisis, meaning his adrenal glands were not producing enough cortisol to help regulate his body while he was under during surgery. His body couldn't wake itself up from the anesthetic and it started to shut down.

Over the course of a long, anxiety-filled week, the hospital was able to stabilize Flair and send him home. After a day, Flair was slowly getting back to his fun-loving self, but then became sick again and was taken back to emergency care. Because he was so weak from surgery and the disease itself, his organs were starting to fail. Already having acquired a week's worth of hospital bills with an uncertain future for Flair, Alex still told the hospital to do everything they could to save Flair. However, each time an organ had been stabilized, a new organ would start to fail. With so much unpredictably regarding Flair and vet bills piling up, Alex had to make the most difficult decision of his life - to put his best friend down.

During Flair's time in the hospital, Alex spent a lot of time researching ways to receive financial assistance for Flair, but he couldn't find a single place in Western New York. Dogs who suffer from treatable diseases deserve a chance. But dogs don't get a say. "Their livelihood is based on our financial circumstances, which is unfair," said Alex. "If they had a voice, they'd prefer that we keep fighting."

Enter Flair's Warriors.

Alex founded this organization with the help of his brother, Tyler, and a few other friends, about a month after Flair passed. Originally, it was an idea his mother gave him to distract him and help cope with his loss, to keep his mind busy. But Alex was motivated to do this in Flair's honor. "It was a way for me to help keep him with me. It's almost like I carry him with me now. His legacy kind of lives on with the organization. That's what motivated me to keep going with it," Alex explained.

So what exactly does Flair's Warriors do? They offer ongoing financial assistance for sick and disabled dogs in the Western New York area. "We don't pay for surgeries, but what we can do is allocate funds to help pay for ongoing medications for dogs with treat-

"Flairs Warriors" continued page 20

#### NATIONWIDE RECOGNITION

CA BOCES honored with National Public Relations/Design Awards



Allegany-Limestone Superintendent, Tony Giannicchi in front of the award-winning entrance at the middle/high school.

OLEAN - Each year, the National School Public Relations Association (NSPRA) recognizes exemplary work in school public relations, marketing, graphic design, and digital media in their nationwide Communication Awards competition. The Cattaraugus-Allegany BOCES Graphic Design/Print Shop team recently received recognition in several categories in the 2022 competition.

NSPRA's mission is to build support and trust through responsible public relations that leads to success for all students. With more than 80 years of experience, NSPRA has a reputation in the field for practical approaches to solving school district and agency communication problems. The NSPRA has honored the best work in school communication for more than 50 years with its annual awards.

CA BOCES was awarded recognition for several pieces in the Publications and Digital Media category in the 2022 competition that included several internal booklets and brochures and a front entry window design for Allegany-Limestone Central School District.

Scott Payne, CA BOCES District Superintendent, said that he was pleased to learn of the recognition. "Our team focuses all year on providing high-quality communication solutions internally and to the component school districts in our region," he said. "I'm extremely proud of the work being done to increase communication and professionalism in our communities."

CA BOCES Director of Technology, Michael Graf, said that he is proud of the team and their continued innovation. "Our focus continues to be working together for the best solutions for our districts. These awards highlight how our team continues to push creativity with that goal in mind."

As the regional leader in education services, CA BOCES offers state-of-the-art programs for learners of all ages and abilities as well as cost-effective shared services for 22 component school districts. CA BOCES empowers students to achieve their maximum potential by offering a wide variety of innovative programs and support that include special education, career and technical education, adult and continuing education, technology support, and instructional support services. To learn more, visit www. caboces.org.

#### LIVE AT SENECA ALLEGANY

Skid Row, Warrant, Quiet Riot bringing "Live to Rock" Tour to Salamanca

SALAMANCA - The mountains will rock when Seneca Allegany Resort & Casino welcomes the Live to Rock Tour featuring Skid Row, Warrant and Quiet Riot for a monster show inside the Seneca Allegany Event Center on Saturday, September 17th at 8:00pm. Tickets are on sale now for \$45 apiece. In addition to the Live to Rock Tour, Seneca Allegany Resort & Casino has a number of exciting upcoming shows, including Ron White July 30th, Little Big Town August 5th, Sammy Hagar & The Circle August 6th, and Amy Schumer October 29th.

Seneca Resorts & Casinos uses all paperless ticketing for all events. Tickets may be purchased online at Seneca AlleganyCasino.com or ticketmaster.com, or in-person at The Logo Shop inside Seneca Allegany Resort & Casino. A secure link, sent by either e-mail or text, allows guests to save tickets to their phone or mobile device. ellicottvilleNOW

# **MEETING NOTES**

#### Ellicottville Village Board: Letters Sent to Elk Creek Property Owners Seeking Access to Remove Debris

#### By KATHLEEN KELLOGG

Ellicottville Mayor John Burrell pressed Village and Town Engineer Ben Slotman and other Village staff to dredge Elk Creek in 2022, repeating his earlier appeals to prevent future flooding and bank destabilization, during the June 21st Village Board meeting.

"The homeowners want us to do that and if we don't do that they will leave," said Burrell, noting that the Village has maintained the creek in this way for many years, but now the stormwater volume has increased, caused by the past 50 years' development in the upstream townships.

Slotman pointed out permission will also be needed from all adjoining owners on both sides of the creek to enter it and do the dredging work. The Village has obtained the necessary permit to work from the street to the creek, he added.

Burell suggested seeking access to the creek through property owner Kody Sprague or through another property owner at the corner of Mechanic and Elizabeth Streets as the beginning step to enlarging the water channel in Elk Creek. Those property lines extend from the street through the full width of the creek, he said.

After a lengthy discussion, it was decided that a letter seeking permission for crews to access Elk Creek will soon be sent to property owners of the creek bed. It was noted that in a past creek cleanup along Parkside Drive and Elizabeth Street, it took months to get some property owners' consent. Also, those agreements do not extend to the next project. He said he is certain at least 10 property owners will sign an access agreement. Others who won't sign can be "worked around." Burrell then offered to remove on his own the gravel deposits from the edge of his property into his property line in the center of the creek.

The Mayor noted Village crews continue to pick up yard debris weekly, whenever it has been left at the curb. He asked the Village Board to think about taking action to reduce the cost, the workload and the clutter with a six-month permit system for brush pickup at the curb.

"We can't continue all year long to pick up yard debris," Burrell said, suggesting 52 weeks of debris pickup is "too much to ask of the Village".

He proposed issuing permits June through October, perhaps with a fee. He reminded the Board that the Village already has a similar system to reduce taxpayer expenses by sending homeowners a bill if crews have to mow grass that has grown too tall.

In another matter, Cattaraugus County has completed the \$365,000 purchase and transfer to the Village of a 1.55-acre vacant lot at 23 Mill Street. Plans are to convert the landlocked parcel into a parking lot that can hold 121 visitor autos, with the entire project estimated to cost about \$1 million.

Village Trustee Caitlin Croft commented that she learned in a recent conversation with Kate O'Stricker, the Cattaraugus County Development Specialist, the County could sponsor a grant request for transportation needs based on the County's participation in obtaining the property. Funds could pay for paving and would enhance community services.

Other updates: The Skatepark project is slowly moving forward toward an October completion date, Slotman reported. Revisions are underway in Grindline's construction documents, and a 5:00pm July 8th groundbreaking is planned at the site, located in the Village Park.

Interim Planner Greg Keyser reported that his first meeting with the Village Planning Board on June14th went well. The Board next meets in a 4:30pm.work session July 5th and a 5:30pm meeting July 12th. The meetings are also attended by Keith Ewald, a Community Planning Consultant from Barton & Loguidice. Ewald has been hired to assist the Planning Department for 16 hours a week for 6 months while Keyser is in training.

The Mayor also announced Jim Kellerman has accepted the Village's offer of employment beginning Monday, June 27th, to fill a vacancy due to the retirement of Norm Forrest. Burrell noted Forrest's final work day is July 27th but will use up the next month in accrued vacation time. Forrest worked for the Village for 25 years.

Burrell said four candidates were interviewed for the new position and after Monday, June 27th, the Village will again be at full employment.

Burrell said he expects to see the completion of a draft of a local wellhead protection plan in December. The effort is part of the Village's participation in the Drinking Water Source Protection Program (DWSP2). Local stakeholders have been meeting regularly since September to identify risks to drinking water quality and devise ways to protect it.

The Ellicottville Village Board will next meet on Tuesday, July 19, 2022 at 6:00pm both in a Zoom connection (see the Village's section of ellicottvillegov.com) and in person in the Town Hall Conference Room at the corner of Jefferson and Washington Streets in the Village.

#### Town Board Weighs School Resource Offer Request from Ellicottville Central School

#### By KATHLEEN KELLOGG

The Ellicottville Town Board fielded several personnel-related issues during its June 15th regular session.

The question of assigning a full-time School Resource Officer (SRO) to work at Ellicottville Central School had been placed on hold but was revived and may be settled if employment terms can be worked out and an authorizing resolution is drafted for the July meeting.

Town Board members discussed some of the details with Officer-in-Charge Don Auge and Town Attorney Seth Pullen during the meeting. The school district's superintendent had made a general proposal to Auge earlier this year, but details were lacking, and school officials had at one point considered seeking a deputy from the Cattaraugus County Sheriff's Office.

The expenses of salary, benefits and reimbursable costs, the length of the contract, flex time, and overtime were among the key issues raised, to be addressed in the coming weeks. The group agreed that supervision would remain in the hands of Auge and the arrangements should line up with the terms of the police bargaining unit, such as limiting the SRO to an 8-hour work day.

The Board accepted the June 8th resignation of Highway Department worker Brian Fuller and, before turning to the matter of the Department's three vacancies, Highway Superintendent Kevin Woodin announced he had accepted a Civil Service job offer from another municipality. His resignation, effective July 8th, was accepted and his position will be advertised.

Woodin was elevated to his post in April to fill a vacancy caused by the retirement of former Highway Superintendent Thomas Scharf. Candidates have been sought to fill laborer, commercial driver and heavy equipment operator jobs since April. Two former Highway workers were called back as temporary laborers to fill in on an as-needed basis.

Woodin reported he has received four applications and will conduct preliminary phone interviews, assisted by Deputy Superintendent Thomas Raab. He said one of the candi-

dates is CDL-certified but permanent hiring will be based on all candidates' ability to obtain the license. A Board member will assist in the final round of interviews and hiring.

In the meantime, the Highway Department has been working on Jackman Hill Road shoulders, ditching, patching potholes and mowing.

Town and Village Engineer Ben Slotman reported that a new boiler is in place and other work is underway on the Town Center renovation project, with the Board approving a change order from Erhart Construction Management for \$4,860 in costs of electrical work in the conference room, Engineering Department offices and the Cornell Cooperative Extension wing. The Board also approved a \$11,206.75 change order by Parise Mechanical for HVAC work.

Slotman said \$188,841 is the new cost breakdown for the Center renovation project and the boiler portion of the project is \$147,700, with an expected completion date for the boiler portion in mid-July.

On the topic of the capital water project, the water main and storage tank contract bids of \$4,298,935 were awarded to low bidder J.D. Northrup Construction in a special Board meeting held May 25th. At that time, change orders were being prepared for the well house and pump station, as well as the electrical and instrumentation component now being advertised for rebid.

The Board then approved a \$16,080 bid from Ehmke Well Drillers for cleaning and inspection of the Trailer Park well and pump.

Town and Village Planner Greg Keyser reported he received an application from Borrego Energy of San Diego, Calif. to place a 5-megawatt solar project at 6902 Simmons Road. The project will be on the Town Planning Board's June 27th agenda.

Brief discussion was held regarding the town's power to regulate cannabis, possible zon-

#### "Ellicottville Town Board" continued page 22



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# HEALTH & FITNESS

#### Core Performance: Ice or Heat?

#### BY KIM DUKE, CERTIFIED PERSONAL TRAINER

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

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

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

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

Tendinitis is a painful inflammation issue that affects the tendons, the connective tissues between your muscles and bones. A common cause is repetitive activities so tendons in your elbow, knee, shoulder, hip and even your Achilles tendon are common sites. Besides the usual measures to alleviate the pain - rest, pausing of activities that cause pains, OTC pain relievers - ice is the preferred method here as it can ease the inflammation and help numb the pain.

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

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



• Ice packs: Frozen peas or corn, ice cubes in a baggie or frozen gel pack. You can ice beyond 48 hours, until swelling, tenderness or inflammation are gone.

• Ice massage: Freeze water in a Dixie cup, peel back the top, and massage the tender area until it's numb. (Best for targeted icing after injury or for areas too awkward for ice packs, like the elbow or heel).

• Cold masks: Place a cold mask, available at drugstores, over your eyes or lay a towel soaked in cold water over your forehead and temples.

Moist heat: Enjoy a bath, shower, hot tub or whirlpool using warm, not hot, water (92-100°).
Heat wraps: Drape a heat wrap, available at drugstores, around your neck like a scarf (great for work or travel).

• Heating pads: To avoid burns, remove heating pads if the area becomes uncomfortably warm.

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, 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.

#### Suzy's Star Readings: July's Big Message - Go With The Flow

#### By Rev. Suzy Woo, B.Msc



Happy birthday to all the Cancer people! Everyone has an area of life that is ruled by Cancer. Look to your own 4th house, or any planets in the sign of Cancer, or the cusp that the sign of Cancer is on in your personal chart. You can generate your birth chart at any time for free on my website!

We are being led into the month under the energy of the Cancer New Moon June 28th. The sign of Cancer is ruled by the moon, and is the most emotional of all the signs. It is a water sign, and water, esoterically, represents tears (cleansing), emotions, and spirituality. It is the sign of the mother, of nurturing, nursing, and is also a sign of the healer.

The moon represents night time, privacy, and Cancer energy loves home, being a home-body, and has a need to feel safe, particularly at home, like a nest. It's no surprise that as the summer solstice happens, on the first day of Cancer season, it becomes time for celebrating with families, graduations, barbecues, concerts, fun and those we consider as family to get together.

We are also having a special, rare occurrence where most of the ancient ruling planets are in either their signs of rulership, or a sign they are quite at home in, so this will provide for feeling supported - a soft comforting notion that everything will work out. Cancer energy does have a hard time giving up grudges ... and during this time, it really is time to let it all go. What's the point in keeping score?

We have a super full moon peaking at 2:38pm on July 13th, so it will look huge! You might get mushy, emotional, reflective ... but don't let yourself get stuck wallowing in the past. Reflect, smile, keep the good memories and release the rest.

We are having Saturn in retrograde motion for the next few months; this is good news! It gives us time to go over our work, our plans, our foundations, as Saturn rules these things. We can actually slow down and study more, plan more, and not feel pressured to perform and do at this time. Overall we can expect some surprises out of nowhere that happen for our highest good ... so if something big shifts, know that it will be replaced by something grander for you!

Try to remember the theme of going with the flow, and to give yourself permission to slow down and enjoy the moon and the beautiful planetary lineup in the early early morning hours, to count your blessings and maybe even see me for a private reading or a new offering - sound massage therapy, which vibrates the water in your body by placing singing bowls directly on the body! What a way to really release tensions and allow yourself to relax and become rejuvenated!

Cancer is the launch of the summer season, so get started, be motivated, plant, garden, swim, go to the beach, boating, anything water-related, especially with loved ones.

The new moon for July falls on the 28th in Leo and that will lead us to the hazy lazy days of summer and The Lion's Gate spiritual development retreat I'm holding in Java. Check out my website for details on that.

Appreciate those you consider family, and one-up it by enjoying the great outdoors, music, and laughs! That is what summer is for. Until next month, be well and smile often! Your sister from the stars,

#### - Suzy Woo

*Rev. Suzy Woo, B.Msc, is a Spiritual Healer, Astrologer, and Psychic Medium specializing in Energy, Sound, Light and Crystal Healing. Suzy is the owner of Good for the Spirit Gifts, 11 Martha St., Ellicottville, NY. Follow her on IG/FB, find her at suzy-woo.com or call 716-699-2871.* 

#### Page 20 ... JUNE 30-JULY 13, 2022 ◆ PUBLISHED BI-WEEKLY ELLICOTTVILLE RODEO

#### cont. from page 04

Bleachers are available on one side of the arena, benches line the hillside opposite the bleachers, and spectators also have the option to bring their own lawn chairs. From there, rodeo enthusiasts can grab a bite to eat and an ice-cold beverage from the newly updated kitchen facility. Check out the Rodeo Tack Shop and the cowboy lifestyle trade show, featuring vendors and sponsors of the event.

John points to the popularity of the 50/50 raffle as a win-win, not only for the folks who buy the lucky tickets, but also as a benefit for the rodeo itself, as all of the Kents' end of the prize money goes right back into the ranch.

"We spent \$70,000 this year updating our kitchen and adding more sales windows," John explained. "So hopefully we can be more efficient in managing the crowds."

As part of each day's rodeo competition, there will also be a kids' stick horse round-up, where children ages 10 and under can bring their own stick horses and gallop around inside the same arena where the cowboys have just been playing. No problem if your stable doesn't currently include a stick horse; they're available for purchase at the Rodeo Tack Shop the day of the show.

There are plenty of tickets available for sale at the gate for each day's rodeo. The price of admission for adults is \$25 and \$15 for youth ages 12 and under. Children 5-years-old and younger are allowed in for free. Gates open at 5:00pm for the Thursday, Friday and Saturday evening rodeos. Start time is 7:00pm on those days. The Young Explosives Company out of Rochester, NY will provide a thrilling fireworks show immediately following each of these three rodeos.

Sunday's rodeo takes place on a "getaway day," as competitors will be traveling either back home or to their next rodeo destination at the conclusion of the day's events. Therefore, this event will be a matinee; gates will open at noon and the bucking will commence at 2:00pm. Because this rodeo ends with the sun still in the sky, there will be no fireworks show following Sunday's rodeo.

Rodeos will happen rain or shine on all four days, so dress for the weather, get there early and enjoy one of the great summer events going on anywhere in New York State this year - and it's right here in Ellicottville!



**FLAIR'S WARRIORS** 

#### cont. from page 15

able diseases," Alex said. Since they are a relatively new organization, they're still working on building up the means to do so. Their goal is to generate enough funds through events and donations to be able to service a few dogs by the end of this year.

Flair's Warriors not only wants to prevent people from putting their dog down, but also giving their dogs up to the shelter. "What we didn't realize, and what we ended up being told by the local animal shelters, is that a lot of people who have dogs with illnesses such as diabetes & Addison's Disease, who have these ongoing medication costs, they just give these dogs to the shelter because they can't afford it," Tyler mentioned. "They're not getting put down. They're going to the shelter and now the shelter has to deal with it. And those dogs aren't getting adopted out." Flair's Warriors wants to be

able to step in and help these families with the bills. The best place for these dogs to be is with the ones they love most - their families.

If you're looking to receive financial assistance, all Alex asks is that you tell your story. He explains, "Once we can see the severity of it and what it would mean to you, that's what we really want to know. We don't want to have strict criteria because everyone has different situations. We just want to help anyone that we can." Making a difference for the people that could really use the assistance is what matters most. "We're trying to make it so that if there's something unforeseen that goes long-term that you can't afford, that's when we'll step in and help with that cost, whether it be partial or full," adds Tyler. Once funds become readily available, they will start accepting applications. Individuals can apply online at flairswarriors.org.

To raise said funds, Flair's Warriors will be sponsoring and participating in Bark Bash 2022. The event will take place at Knox Farms in East Aurora on August 6th from 10:00am-3:00pm. There will be vendors, food trucks, and best of all, dogs! They will also be hosting their very 1st Annual Meat Raffle on November 5th at the Moose Lodge in Hamburg. The raffle starts at 7:00pm, but doors will open at 6:00pm. Tickets for the meat raffle will go on sale later this summer. If you are interested in purchasing tickets, you are asked that you attend the event in person, as they are basing the amount of meat off the number of tickets sold. Monetary and basket raffle donations are also being accepted and are greatly appreciated. If you're interested in donating a basket, you can get ahold of Alex by calling 716-289-9640 or email alex@flairswarriors.org.

For more information on Flair's Warriors, to donate or apply for future assistance, visit flairswarriors.org. Make sure to follow them on Facebook and Instagram (@flairswarriors) to keep up with news and more upcoming events.

#### **STROLL THE STREETS**

cont. from page 08

that run the show." And what a "show," it is! ... with farmers and vendors that come from Allegany, Chautauqua, Erie, and of course, Cattaraugus Counties!

Croft is thrilled that the Ellicottville Farmers' Market carries on an ancient tradition that began in Egypt, where local farmers on the Nile River would sell their goods to those traversing the waters. "Farmers' markets started in the colonies in the mid-1600s but modern farmers' markets offer more than consumable products ... it is a melting pot of farmers, artists, bakers, horticulturists, creatives and the list goes on," Croft explained. She noted that in recent years, there has been a push for markets in California and New York, as demand for fresh, organic, and local food has increased. "The Ellicottville Farmers' Market has been a wonderful addition to the community, and it keeps tax dollars local."

Croft shared the Farmer's Markets' three goals: "1) To give the community access to a wide variety of fresh, local, in-season farm products direct from the producer. 2) To provide a centralized location for producers to market directly to the buying public, and 3) To create an open-air community setting where all are welcome!" Toward that end, Croft is thrilled to welcome several new and returning vendors and farmers. Newcomers include new farms and local candle makers, said Croft, and she is excited for the return of bakers, a leatherworker, anchor farmer BioDome of Jamestown, Edge's Wild Farm, Ellicottville Distillery, the Fungus Goddess, FZL Designs, Lion's Mane CBD, Magnolia's Ceramic Studio, Onda Hill Farm, and others.

Among her favorite things about the market is the growth she sees year after year. "Watching how the market has helped grow our vendors has been remarkable," said Croft. "To watch these creative, hardworking people push themselves daily at their craft is a privilege."

Prospective farmers or vendors and volunteers can contact Croft at ellicottvillefarmersmarket@gmail.com. Depending on the harvest season, the market may continue another two to four weeks to September 23rd. Croft encourages all to follow the Ellicottville Farmers' Market on social media for the latest news and announcements.

#### **POWER POEMS FOR GIRAFFES**

cont. from page 11

ativity by patiently sharing her time and artistic talent with me," says Carey. "She dreamt of publishing picture books and wrote and illustrated a story called "Carey of a Thousand Dolls" for me. Devastatingly, she lost her battle to cancer before getting to fulfill her dream. I decided when I got published I would use my middle name, Ann, as a tribute to her. Seeing my name and my mom's intertwined on the cover of "Power Poems For Giraffes" is our shared dream, realized, the impact of which is so validating." Carey's daughter, Simone, has been her biggest cheerleader during the year it took to create the art and design of the book. "She contributed art, ideas, and even her voice to the project, and to see her pride and confidence blooming is inspiring," says Carey. "I feel like what I've gained through this project is the ability to fill a space of loss with seeds of hope." In her free time, Carey likes to hike with her daughter, create Halloween costumes, and eat sushi (while traveling, of course).

For Neal, the dream is to put Power Poems for Giraffes and Connection Cards in every elementary classroom for children to have fun while exploring different languages and feelings positively. He first stumbled across the project thanks to his wife Angela, who is a member of the Wondrous Womens' Writers' and Illustrators' Group (led by Katie). He designed the "WorldLove" logo that fit the project perfectly, oversaw the production of the prototypes of the Connection Cards, and personally hot foil stamped them at home. "I have developed a wonderful relationship working with the Giraffe team, especially during these trying times of Covid and having to work remotely with each other," says Neal. "I have also gained a tremendous amount of insight into the many specialized tasks of taking a project from initial concept, design, imposition, printing, laminating, die cutting, foil stamping to final collating and packaging. In his free time, Neal loves to brew beer, make wine, cider, and mead. He also loves hiking, cross-country skiing, photography, electronics, program microcontrollers, and fixing things.

#### **READ TO GIVE**

"Read to Give" is the motto of this SEL poetry book. Every time a book is purchased, two things happen: a) the reader experiences poetry in a new way - a magical journey, and b) money is donated from the sale of every book to an organization that supports the Giraffe Team's "WorldLove" vision mission. \$1 from each Power Poems for Giraffes book goes to sk8evl.org - an organization seeking to provide skateboarding scholarships to local youth. Another dollar goes to carefortheneedycharity.org - an orphanage in Uganda. These funds will help with the supplies needed for the 54 children under Mbuubi Daniel's care. The impact from just 100 books is \$200! Imagine the power of giving through reading in this way. The book will retail for \$33 and be available on the treetopspublishing.com bookstore in the fall. By using TreeTops Publishing's own web bookstore, the Giraffe Team can use the dollars to benefit the local and world community that would otherwise be lost to marketing or other middle corporate activities. Watch this space for updates and preorder your signed copy by the Giraffe Team as soon as they're available.

On Thursday, July 7th, the Giraffe Team will be hosting a workshop from 3:00-4:00pm at the Ellicottville Memorial Library. This year's theme of "Oceans of Possibilities" is one not to be missed. For more information, please email info@treetopspublishing.com. The Giraffe Team can also be found on Instagram and Facebook.



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NEWSPAPER DELIVERY: In Ellicottville and surrounding communities. Must have a valid driver's license and reliable vehicle. Great supplemental income. Send letter of interest: brenda@ellicottvillenow.com.

HELP WANTED: THE SILVER FOX STEAKHOUSE is looking for a Grill Cook, Line Cook and Prep Cook/Dishwasher. Please email resume to silverfoxeville@ aol.com or apply at 23 Hughey Alley, Elli-cottville, NY 14731.

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BUILDABLE LAND FOR SALE: Town of Ellicottville, close to Route 219, just minutes to Holiday Valley, HoliMont and all the seasonal activities of Ellicottville's downtown village. 65+ acres zoned agriculture with hardwoods a plenty. Large stream for fishing with electric at property plus a trail for hiking or riding. Several acres are cleared and could be developed. Details: CENTURY 21 Balesteri, 716-837-7000.

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#### COMMUNITY

THE EAST OTTO HISTORICAL MU-SEUM will be open from 1:00-3:00pm every Sunday during the month of July 2022. Appointments for other days can also be arranged with Michelle Gogel, Historian, at 716-257-0654. The museum is located next to the Fire Hall in the center of town at 8982 Reed Hill Rd., East Otto. Items in the museum tell the story of people and businesses that once were a part of East Otto. They include pictures of people and houses, small farm tools, in the kitchen, old obituary clippings and more. The museum is housed in one of the oldest buildings in town, originally built in 1834 as a Baptist church.

BLOOD DRIVE: The American Red Cross will be hosting Blood Drives on Friday, July 1st from 1:00-6:00pm at the Humphrey Volunteer Fire Co., and on Friday, Aug. 19th at St. Paul's Lutheran Church in Ellicottville. To schedule your appointment, go to redcrossblood.org.

#### SERVICES

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

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

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

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#### **ELLICOTTVILLE TOWN BOARD**

#### cont. from page 16

ing provisions and a proposal to the Village Zoning Board from a "zoning service" provider for 5G networks. The Board also adopted a local law to override the New York State Tax Levy Limit for 2023 following a public hearing. There were no comments from the public.

The next meeting of the Ellicottville Town Board will be held in the Ellicottville Town Hall on Wednesday, July 20, 2022 at 6:00pm. For information, go to ellicottvillegov.com.

#### HISTORICAL SOCIETY EVENTS

Veterans Stories and Historical Walking Tour Planned; Public Invited to Participate

ELLICOTTVILLE - The Ellicottville Historical Society has two events planned in July. Wednesday, July 6th: Ellicottville Veteran Stories - Open Discussion. Bill O'Brien will talk about the book he compiled about Ellicottville's heroes. Family members who put up Banners are invited to come talk about their heroes. The meeting is scheduled for 7:00pm at the Ellicottville Memorial Library. Saturday, July 16th: A Historical Walking Tour around the village will take place at 1:00pm. Participants will learn about some of the founding fathers and the houses they lived in. The walk is about one hour. Cost is \$10; cash or check. For more information about the above event, contact Ellen Frank, Vice-President, at 716-699-2276 or 716-474-8528.



ELLICOTTVILLE - The Gazebo Series, presented by the Ellicottville Chamber of Commerce and sponsored by Niagara Label Company, is a favorite evening for locals and visitors alike. Enjoy some of the region's most talented artists while relaxing in the village square. Lawn chairs, picnic baskets, coolers and the family pet are welcome! Ellicottville's Gazebo Series will kick off the 2022 Summer Music Festival on July 1st and continue on Thursdays through August 4th with performances showcasing a variety of musical genres from pop and rock to modern jazz, rock, folk and more!

#### Weekly Lineup:

ELLICOTTVILLE GAZEBO SERIES

Niagara Label Co. to Sponsor this year's musical entertainment

- July 1st: Carina & the Six String Preacher • July 7th: Girls of Grosh
- July 14th: Dozo My Lady featuring Caroline Lansom
- July 21st: Far Trio w/ Andy Greier
- July 28th: Acoustria
- August 4th: (A Special Surprise Act)

All performances run from 7:00-9:00pm at the village Gazebo. Don't wait for the weekend to have fun in Ellicottville, NY!

For more information, visit the Chamber's website at ellicottvilleny.com, or follow them on Facebook and Instagram.

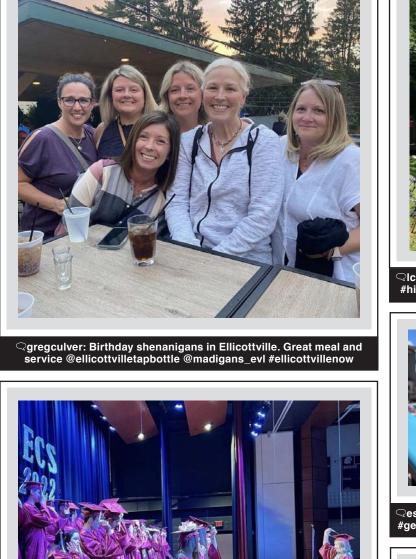
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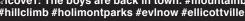
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 $\supset$ bperksey: Last day of school = a trip to Watson's #ecs #evInow





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