

## **Skatepark Ready for Construction**

Ellicottville Officials and Local Skateboarding Advocates Host Groundbreaking Ceremony



Pictured L-R: John Burrell, Mayor of Ellicottville; Brian McFadden, Executive Director, Ellicottville Chamber of Commerce; Ben Slotman, Village/Town Engineer; Doug Anderson, President, Rotary Club of Ellicottville; Brenda Perks, SK8EVL advocate; Chris Perks, SK8EVL advocate; Skip Wilday, President, Cattaraugus Region Community Foundation; Nick Sciara, SK8EVL advocate; Sean Lowes, Village Board Trustee/Parks Commissioner; Greg Cappelli, Rotary Club of Ellicottville. A groundbreaking ceremony for the "New Car Dealers of WNY Ellicottville Skatepark" took place Friday, July 8th at the Ellicottville Village Park. The ceremony, attended by many local officials, community members and skateboarders, celebrated the culmination of the efforts of local skatepark advocates (SK8EVL) to fundraise for the construction of a \$500,000+ permanent, concrete skatepark in the village of Ellicottville.

The park was designed with input from area residents and will be built by internationally renowned skatepark design/ build firm, Grindline of Seattle, Washington. Grindline has designed and installed skateparks all over the world, in locations from Alaska to Philadelphia, Hawaii to Copenhagen, Denmark. Ellicottville's skatepark construction is expected to commence later this month with completion this fall. The skatepark will then be open to the public and free to use.

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# THE GOOD CLIMB ENDURANCE CHALLENGE COMES TO HOLIMONT

You can think of The Good Climb Endurance Challenge as a 'race' if you want, but the finish line could be as far as five hours away from where you start, so come prepared to embrace the challenge! HoliMont Ski Club will play host to endurance athletes of all ages and abilities from 9am-2pm on Saturday, Aug. 6th, when climbers from near and far will attempt to take on Exhibition Run - a ski hill in the winter time - which rises about 700 vertical feet to the summit. For Good Climb participants, the challenge will come in the form of how fast and for how long they can push themselves past the point of discomfort during the uphill trek ... page 04

#### JAZZ & BLUES WEEKEND HEADLINERS ANNOUNCED

The Ellicottville Chamber of Commerce is very excited to announce the headliners for the 23rd annual Jazz & Blues Weekend, together with nearly 20 musical performances playing at venues throughout the 4-block footprint of Ellicottville ... and it's all FREE!

The excitement kicks off Saturday, July 30th at 1:00pm when Mick Hayes sings the Blues at the Winery of Ellicottville Main Stage on Monroe Street. Then on Sunday at 12:30pm on the Winery of Ellicottville Main Stage, listen to the sounds of the amazing Bobby Militello Quartet with special guest Alex MacArthur.

... page 04

### **GOOD-NATURED GLAMPING**

Disconnect and Unplug from the World in Luxurious Comfort



#### BY MARY HEYL

Anyone who has ever been camping knows the excitement - and inherent challenges - of abandoning the modern comforts of home for the great outdoors. While selecting a beautiful campsite is usually the fun part, it's the details that can be stressful.

Imagine a campground that already has all the high-quality, sustainable amenities necessary for a weekend escape within minutes of beautiful hiking and a short drive from downtown shopping and dining. Located just seven miles east of the village of Ellicottville on five acres of land, Good-Natured Glamping is that campground, and owners Kelly Loverdi and Dave Bebout are eager to host you!

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### **POWWOW RETURNS TO ALLEGANY TERRITORY**

Following a two-year absence driven by the coronavirus pandemic, a long-standing celebration of Native American culture is set to return to the Seneca Nation's Allegany Territory, when the Marvin "Joe" Curry Veterans Powwow is held at the newly renovated Veterans Park in Salamanca on Saturday, July 16th and Sunday, July 17th. The powwow is a family-friendly community celebration. Everyone is invited to come enjoy the competitions, immerse themselves in Native culture and traditions, and enjoy the wondrous natural beauty of Cattaraugus County ... page 10



SUNDAY, JULY 31<sup>st</sup> • 12:30 PM Bobby Militello Quartet with special guest Alex MacArthur

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Publisher's PICK

Ellicottville Officials and Local Skatepark Advocates Host Groundbreaking Ceremony



The future of Ellicottville skateboarding pose for a photo during the groundbreaking ceremony of Ellicottville's Skatepark, held Friday, July 8th.

ELLICOTTVILLE - A groundbreaking ceremony for the "New Car Dealers of WNY Ellicottville Skatepark" took place Friday, July 8th at the Ellicottville Village Park. The ceremony, attended by many local officials, community members and skateboarders, celebrated the culmination of the efforts of local skatepark advocates (SK8EVL) to fundraise for the construction of a \$500,000+ permanent, concrete skatepark in the village of Ellicottville.

Since 2019, skatepark advocates with SK8EVL raised \$250,000 through the Ellicottville Skatepark Fund at the Cattaraugus Region Community Foundation to fund the park's construction, with that total being matched by The Skatepark Project and Ralph C. Wilson Jr. Foundation.

The skatepark will be named the New Car Dealers of WNY Ellicottville Skatepark in recognition of the contribution of the park's lead sponsor, the New Car Dealers of WNY Charitable Foundation, which donated \$100,000.

The park was designed with input from area residents and will be built by internationally renowned skatepark design/build firm, Grindline of Seattle, Washington. Grindline has designed and installed skateparks all over the world, in locations from Alaska to Philadelphia, Hawaii to Copenhagen, Denmark. Ellicottville's skatepark construction is expected to commence later this month with completion this fall. The skatepark will then be open to the public and free to use.

"We are thrilled to finally be able to celebrate the installation of this skatepark after three years of hard work," said Brenda Parks, lead advocate with SK8EVL. "Thanks to the generous support of so many individuals and businesses in our region, this skatepark is going to provide a dedicated, state-of-the-art facility for those that love to skateboard and roller skate for many years to come.

CRCF Executive Director Karen Niemic Buchheit praised the efforts of SK8EVL advocates to take this project to the finish line. "Raising \$250,000 is no small feat for a group of volunteers," she said. "This was a major fundraising effort, and CRCF is proud to be a supporter of SK8EVL's work."

"I think we can all agree that getting our kids outside and active is so important," concluded Perks. "Public concrete skateparks are going up all over Western New York, and the country! The sport of skateboarding is growing, and these public parks play a huge role in providing our youth with safe spaces to skate."

Donations can be made to the Ellicottville Skatepark Fund at CRCF, 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 online at www.cattfoundation.org. CRCF is also on Facebook (facebook.com/cattfoundation) and Twitter (@CattFoundation).







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# LOCAL EVENTS

### JAZZ & BLUES WEEKEND

Chamber announces headline acts; nearly 20 bands scheduled to perform



ELLICOTTVILLE – The Ellicottville Chamber of Commerce is very excited to announce the headliners for the 23rd annual Jazz & Blues Weekend, together with nearly 20 musical performances playing at venues throughout the 4-block footprint of Ellicottville ... and it's all FREE!

The excitement kicks off Saturday, July 30th at 1:00pm when Mick Hayes sings the Blues at the Winery of Ellicottville Main Stage on Monroe Street. Mick Hayes is a published songwriter, accomplished singer and guitarist who's been on the Grammy ballot more than once and in a number of different categories throughout the course of his career. His interest in music started in the blue-collar town of Lackawanna NY, a suburb of Buffalo which was once the center of steel manufacturing throughout most of the 20th century. A seven-year-old Mick Hayes was given a guitar, some hand-me-down records, and learned the meaning of the Blues very quickly when his parents were divorced that same year.

In his mid-teens, Mick was working by day on cars during summer break and performing in smoke filled bars for the standard musician wage by night. Not too long after that he graduated to regional shows in New York, Pennsylvania, Ohio and Canada. By the time he was in his early 20's he had established himself as a full-time musician and took his newly formed band around the country, eventually relocating to Georgia to explore the southeast region. However, after a few years of industry struggles, Mick found himself without a band or a place to live.

After all those years of trying to "make it" in the music industry, releasing ten albums of original material, thousands of shows, a handful of reality TV show appearances and a few misguided management contracts, the Mick Hayes we know today emerges independently. After starting his own record label in 2019, Mick released a brand-new record to glowing reviews that was recorded in only five days at legendary FAME Studio in Muscle Shoals, Alabama and cleverly titled 'MY CLAIM TO FAME'.

On Sunday, July 31st at 12:30pm on the Winery of Ellicottville Main Stage, listen to the sounds of the amazing Bobby Militello Quartet with special guest Alex MacArthur.

Throughout his career (spanning some 50 years), Bobby has formed various groups of his own ranging from Fusion/Funk to Bebop. His first national recording, 'Primal Scream', was with Maynard Ferguson in 1975, and his first solo album was recorded in 1982 on Motown Records, entitled 'BobbyM Blow'. Enjoying a large range of musical styles, Bobby has merged his love for many types of music into his present style of bop. This, combined with his obvious ability to express emotion in his playing, makes for a unique sound and approach to playing the alto sax, tenor sax, flute and soprano. He is one of those artists that prefers to record live, when possible, in order to truly exhibit the qualities that make jazz so interesting. Bobby has been on over 250 recordings and various television and film scores.

Alex McArthur is a dynamic and versatile singer who has become known as one of the region's top talents. She has a great love for Blues music which she'll be showcasing in this performance. Her musical theatre and voice studies at the University at Buffalo opened up a variety of performance opportunities that brought her association with some of the most highly esteemed musicians that have helped her career flourish. Having been awarded the Jazz Buffalo Rising Star Award and Best Female Jazz Vocalist 2018, you can count on her performance with Bobby Militello to be one you won't forget!

Ellicottville's downtown will surely be saturated with some of the greatest regional Blues & Jazz musicians for two full days! Plan your overnight stay at any of Ellicottville's accommodations, park the car, and get ready to take in a Blues'in good time! Bring the family, dine, shop, and enjoy the best of summer. For a full line-up of music, head over to ellicottvilleny. com or call 716-699-5046.

### THE GOOD CLIMB CHALLENGE

Event at HoliMont focuses on improved mental health through physical activity



BY RICH RUMFOLA

You can think of The Good Climb Endurance Challenge as a 'race' if you want, but the finish line could be as far as five hours away from where you start, so come prepared to embrace the challenge!

The HoliMont Ski Club will play host to endurance athletes of all ages and abilities from 9:00am-2:00pm on Saturday, Aug. 6th, when climbers from near and far will attempt to take on Exhibition Run - a ski hill in the winter time - which rises about 700 vertical feet to the summit from its location directly in front of HoliMont's Main Chalet.

For Good Climb participants, the challenge will come in the form of how fast and for how long they can push themselves past the point of discomfort during the uphill trek. The brainchild of local endurance athlete/performance coach, John Baldwin, it is the mission of The Good Climb Endurance Challenge to foster improved mental health through physical activity.

"We believe that getting out of your comfort zone and doing hard things can build mental and emotional resilience, reduce stress and anxiety and result in a more fulfilling life."

With the primary goal of strengthening mental health at the core of the challenge, all proceeds from The Good Climb will go to benefit Horizon Health Services, Inc., the largest provider of outpatient mental health and substance use treatment in Western New York. Participating in the challenge is a way to grow and improve yourself - both mentally and physically - while at the same time you will be directly supporting the worthwhile cause of adolescent mental health services in our area.

"For the businesses and organizations that helped us sponsor the event, they are all truly engaged because mental health is a huge issue that they're working on for their own employees," Baldwin explained. "It's easy to understand why you'd want to do (the challenge) and it's easy to see why you'd want to support it."

Baldwin also praised the enthusiastic support of event partner, The Revelas Family Foundation, which "works in the local Western New York community to promote mental health awareness and support organizations that provide resources for those who are struggling."

As a reward for pushing through the discomfort of a 70-story stairmaster and making it to the top of the hill, climbers will be able to take a load off their feet on the Exhibition Express Chairlift and catch a relaxing ride back to the start line at the bottom. Getting the ride back to the bottom provides a unique feature to this challenge, because as most experienced climbers and hikers will tell you, once you make the summit of any climb, you will almost always have to get yourself back to the bottom!

As is the case during the ski season, the trails to follow will be marked as Easy, More Difficult or Most Difficult; with the most direct path to the top being the most challenging way to go and the meandering, easy path providing a longer, less-steep way up. Climbers will have their choice of trail difficulty every time they begin a new trip up the hill, while every arrival at the top will signal another accomplishment and "a new normal," according to Baldwin. "It raises the bar and expands your understanding of what you are capable of."

If the thought of spending time in the beautiful Ellicottville countryside appeals to you, but you'd rather leave the hiking to someone else, "This is going to be a super, spectator-friendly event!" Baldwin said. "There will be music, vendors' tents and food all day long and we'll also

"The Good Climb" continued page 13

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# BUSINESS

### GOOD-NATURED GLAMPING

Get back to nature in style; New campground opens in Ellicottville



#### BY MARY HEYL

Anyone who has ever been camping knows the excitement - and inherent challenges - of abandoning the modern comforts of home for the great outdoors. While selecting a beautiful campsite is usually the fun part, it's the details that can be stressful. From packing the gear, cookware and bedding to the last-minute scramble for ice and firewood, preparing to "get away" can be just as hectic as whatever you were getting away from. Imagine a campground that already has all the high-quality, sustainable amenities necessary for a weekend escape within minutes of beautiful hiking and a short drive from downtown shopping and dining. Located just seven miles east of the village of Ellicottville on five acres of land, Good-Natured Glamping is that campground, and owners Kelly Loverdi and Dave Bebout are eager to host you!

Originally from Niagara Falls, Kelly visited Ellicottville on a regular basis for many years before she and her husband, Dave, who hails from Cleveland, made their home in the former Devereaux one-room schoolhouse at 4688 Route 242, Ellicottville. "We remodeled the schoolhouse to make it our home and started the campground on our property this year," said Kelly. "We opened during 4th of July weekend!"

"Glamping" (glamorous camping) has become increasingly popular over the years, as it provides a way to escape the daily grind without forgoing all the amenities of home. "My husband did hospitality work when he was younger, and I've been a social worker for the last 25 years," Loverdi explained. "I've been working with people from all walks of life through social work, which actually lends itself well to this industry. Covid gave us a break and time to start this project, which has been really exciting!"

At the heart of the glamping experience is getting close to nature, while also enjoying a bit of luxury. "My husband and I have enjoyed camping for many years," said Loverdi. "As we got older, though, we realized it's just not as comfortable to be sleeping on the ground!" With that in mind, the couple designed three large, well-equipped campsites that each sleep two people and eliminate the challenge of packing the whole car! Good-Natured Glamping is an off-grid campsite, meaning there is no electricity or running water, but there is no shortage of thought-ful details that make each site a cozy, relaxing experience.

The two 12-x14-foot safari tents each include two extra-large twin beds that can be converted into a king-size bed. The Devereux Cabin, a 144-square foot locally-made TimberHut cabin, has a queen-size bed, pinewood tongue and groove interior, and dark wood floors. Loverdi explained, "All of our mattresses are low-VOC, memory foam hybrid mattresses. We have all organic cotton and eucalyptus sheets that are made on a closed-loop system, and our duvets and pillows contain recycled materials."

In addition to being comfortable, Good-Natured Glamping is also devoted to being sustainable. "The sustainability factor is so important to us," said Loverdi. "Each site has its own 8x8 private outhouse with battery-operated lighting and a composting toilet. We also encourage guests to use food composting, which we have on each site."

Guests are welcome to enjoy fresh organic produce and herbs from the campground's raised garden beds. Speaking of food, each camp site has its own fire pit with a swivel grill, a five-gallon water jug with battery-operated dispensing, cookware and tableware, and a coffee and tea station featuring local roasters. Other amenities include private hammocks, battery-operated bedside lanterns and fans, and battery packs for cellphone charging.

### HEART OF OLEAN MURAL

\$20,000 in CRCF grants gives boost to mural project



Representatives from CRCF, the Tri-County Arts Council & mural artists and project managers gather at the site of the Heart of Olean Mural Project.

OLEAN - The Cattaraugus Region Community Foundation recently made two grants, together totaling \$20,000, to the Heart of Olean Mural Project, bringing the project closer to reaching its goal of fully funding a \$200,000 public arts project led by world-renowned mural artist and Olean native Meg Saligman. The mural will span all four walls of the Library and Liberal Arts Center on the Jamestown Community College Cattaraugus County Campus in downtown Olean.

The project is a labor of love and an ode to the hometown of the artist, Saligman. Saligman had promised her father, Olean attorney Don Fish, that she would create a painting that would hang above the mantle of his home. He passed away in March of 2021 before that promise could be fulfilled. Instead, that painting will take the form of the largest public arts project that the City of Olean has seen, visible to all that visit the city's downtown area.

"The 10,000 square feet, four-sided mural will echo the past, present, and future of our region and community," said Paula Bernstein, Tri-County Arts Council executive director. "My hometown sure looks a lot more colorful these days than when I was growing up, and the Heart of Olean mural is only the first of many public arts projects from the Tri-County Arts Council."

Saligman, who now lives in Philadelphia (PA), has over 30 years of experience in creating and maintaining large-scale murals. In that time she has designed and painted four of the largest murals in the United States, along with murals in Mexico and Tanzania, according to Mikel Wintermantel, former Tri-County Arts Council executive director.

This mural will feature elements inspired by the past, present and the imagined future of the Olean area. The design is inspired by the poem, "The Circus in the Sun," written by Robert Lax, who spent a great deal of his time in the area.

The hope for the Tri-County Arts Council, who is serving as the fiscal sponsor for the mural's public support, is that the mural will not only honor the community, but will become an essential part of it.

"Art murals are an opportunity to tell the community's story, engage citizens, increase appreciation for arts and artists, increase foot traffic and tourism, and make space attractive," said Wintermantel. "The Heart of Olean Mural Project will be a catalyst for future murals in the City of Olean to draw attention to public-art."

Even in its creation, the mural is doing exactly that.

Six local (or locally-rooted) artists are currently employed to work on the mural project. The Tri-County Arts Council has been partnering with area businesses to host "painting days," which allow members of the community to put their own touch on the mural by painting a mural cloth that will then be transferred onto the mural's wall to be painted.

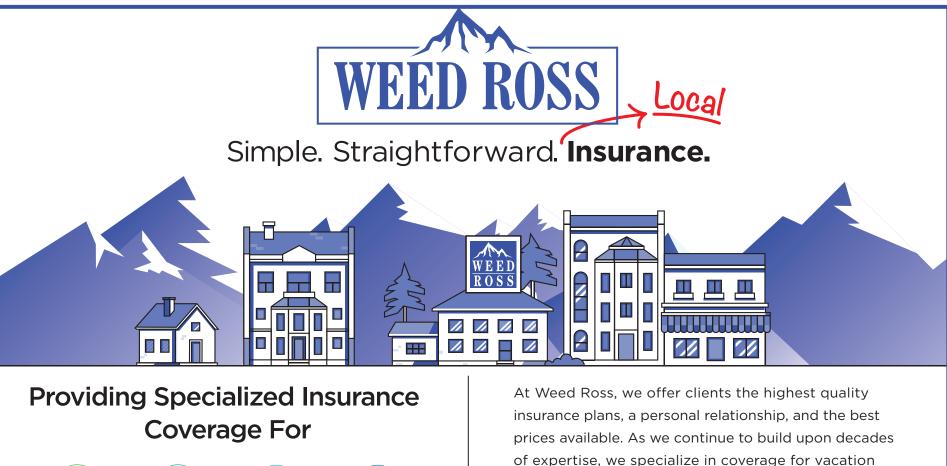
For CRCF, the decision to provide \$20,000 in support for the project was rooted in the shared belief that the project will enhance and inspire not only Olean's art community, but the community as a whole.

"This is the kind of public arts project that happens in major cities," said CRCF Executive Director Karen Niemic Buchheit. "This is the type of project that leaves a lasting legacy that literally anyone can see. To have a world-renowned artist lead this type of project in Olean is an amazing thing, and we are so proud to be able to be a mural partner and support this."

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# **REGIONAL EVENTS**

### NATIVE AMERICAN CULTURE

Marvin "Joe" Curry Veterans Powwow returns to Salamanca after 2-year hiatus



ALLEGANY TERRITORY, SALAMANCA, NY - Following a two-year absence driven by the coronavirus pandemic, a long-standing celebration of Native American culture is set to return to the Seneca Nation's Allegany Territory, when the Marvin "Joe" Curry Veterans Powwow is held at the newly renovated Veterans Park in Salamanca on Saturday, July 16th and Sunday, July 17th.

"The powwow is a signature event, not only for the Seneca people, but for friends and neighbors locally and across the country who have been a part of our celebration for many years," the Powwow Committee said. "After waiting for the past two years, we're thrilled to finally welcome everyone back to the Allegany Territory. Powwow weekend can't get here fast enough.

The powwow will feature a number of dance, drum and singing competitions, with more than \$36,000 in prizes awarded. Dance competition categories include Smoke Dance, Jingle Dance, Grass Dance, and Traditional Dance. Special categories include Men's Veterans Special, Women's Veterans Special, "Honoring Our Womxn Healers" Jingle Dress Special, "Dance for Her" Women's Red Dress Smoke Dance Special, and the Kyle Dowdy, Sr. Memorial War Dance Showdown. Competition winners will be announced on Sunday evening, before the conclusion of the powwow.

Other weekend highlights include the Tiny Tots Dance for dancers 4 years of age and younger, Iroquois Social Dancing in which everyone is invited and encouraged to participate, and the Cultural tent presented by the Onohsagwe:de' Cultural Center, formerly the Seneca-Iroquois Museum. In addition, Native crafts, artwork, and food will be available from a wide variety of vendors throughout the weekend.

The Seneca Nation presented the annual celebration of Native American culture for 30 years before the onset of the global pandemic forced the cancelation of the event in 2020 and 2021. It is one of the largest powwow celebrations in the northeast, attracting competitors and visitors from across the United States and Canada. According to the Powwow Committee, the return of the powwow and seeing many familiar faces will be especially meaningful this year, given the difficulties brought on by the pandemic.

"We have lost so many friends and loved ones over the past two years within our Seneca community and across Indian Country," the Committee added. "Coming together for the powwow gives us all a chance to reconnect, reflect, honor those we lost, and, most of all, celebrate being together."

Daily admission is \$10 for adults, with weekend bracelets available for \$15. Admission for students age 5-17 and seniors age 60 and older is just \$5 per day or \$10 for a weekend bracelet. Veterans and active military personnel (with valid ID) and children age 4 and younger will be admitted free of charge. Gates open at 10:00am each day, with a Veterans Honoring at 11:00am, and the must-see Dancer Grand Entry at noon. A complete schedule, online ticket purchase, registration and contest information is available at senecapowwow.org.

The powwow honors all veterans and is named in honor of Marvin "Joe" Curry, a member of the Seneca Nation of Indians' Snipe Clan, who led a long and distinguished career of military service in the United States Navy, serving two tours of duty in the Korean War and also serving in the Vietnam War.

The powwow is a family-friendly community celebration. Everyone is invited to come enjoy the competitions, immerse themselves in Native culture and traditions, and enjoy the wondrous natural beauty of Cattaraugus County and the surrounding area.

### MT. JEWETT SWEDISH FESTIVAL

A Viking ship, meatball contest, maypole dancing and all things Swedish



By LINDA DEVLIN, ANF VISITORS BUREAU

Välkommen! The village of Mount Jewett, Pennsylvania welcomes all to join in the fun as they honor their Swedish Heritage at the 5lst Annual Mount Jewett Swedish Festival, a three-day community-wide celebration. The festival will take place August 12-14th and this year's theme is "Swedish Roots - American Grown."

The festival officially kicks off Friday with the opening ceremony at 6:00pm. One of the major attractions of the festival is the opportunity to see the life-size, Leif Ericson Viking Ship, "Norseman." A little-known fact in our history is Leif Erikson, a Norse explorer, was the first known European to set foot on continental North America. A visit to the ship will include learning about the legendary tales of the Viking's past power on the seas. The ship will be on display throughout the festival on the Saint Matthews Lutheran Church Lawn. Axe throwing with Forest Carlson on Friday and Saturday will give all the chance to practice their Viking skills, as will the Viking Challenge games held on Saturday.

Saturday is the major day of the festival. Foodies will enjoy Alberta's pie contest, the Swedish Meatball contest, and the Swedish American Smorgasbord. Plus, Eric Jones, a finalist on the Food Network's Halloween Wars, who is known for his pumpkin, snow, and sand carvings, will be demonstrating his talents.

The Patrick J. Moffett Memorial Car & Bike Show, also a Saturday event, will open registration from 10:00am-12:00pm. The show will run from noon-4:00pm in the Mt. Jewett Fire Hall's lower parking lot. Registrants may also drive their car in the parade! For more information on how to register for the car show and/or the parade please call 814-558-9801.

A traditional Maypole Dance will be held at 12:30pm. Entertainment includes live music at various locations throughout the festival. New this year are the tethered hot air balloon rides. Children will enjoy the two bounce houses, the inflatable obstacle course, and the rock wall for climbing. The parade will start at 5:00pm on Main Street, which will be cheerfully decorated with American and Swedish flags, with fireworks scheduled to begin at 9:30pm.

Artisans and vendors will be lining the streets with Swedish and Scandinavian items, crafts, maple products, chocolates, Kinzua Sky Walk items, and books by local authors. A caricature artist will be on hand, and Swedish ornaments, Swedish t-shirts, and other apparel items will be on sale at the Mount Jewett Heritage Coalition booth.

Sunday, the fun continues with the Kinzua Bridge Challenge - a 10K-5K, a 2-mile walk, and a 1-mile walk. Sign up at wolfcreektrackclub.com. The pet and bike parade begins at noon and Viking ship races begin at 1:00pm. The Family Feud will take place in front of the Center Street Stage, followed by the J.I.M. Band. For the full list of events please go to the Mount Jewett Swedish Festival's Facebook page.

During the Swedish Festival, all are welcome to join in the fun by wearing the colors of the Swedish Flag, blue and yellow. Hope to see you there - Hoppas vi ses där!

#### LICK N SIP

A new restaurant to Mt. Jewett, Lick N Sip, will be hosting the ice cream eating contest at 2:00pm on Sunday. Purchased as a Tasty Freeze in late 2021, the new owners are trying something different. The "Lick" portion is in reference to the traditional Perry's ice cream treats including sundaes, milkshakes, flurries and floats, along with a variety of sizes of scooped ice

#### "Swedish Festival" continued page 13

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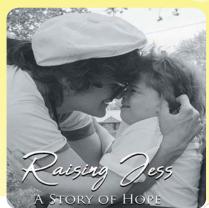
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Dan Kandefer Cell: 716-583-2034 | Great Valley Office: 716-945-5848 WE SELL THE BEST AND FIX THE REST

Book Signing by Vickie Rubin

Author of Raising Jess: A Story of Hope "A truly enlightening read." (Kirkus Review)

Wednesday, July 20, 2022 5:30 - 7:30 PM <u>Author Reading</u> <u>and Q&A</u> <u>6:00-6:30</u> Ellicottville Library 6499 Maples Rd.



Raising Jess is the powerful story of one family's survival. Written with compassion, honesty, and humor, it tells of a family's journey when faced with the birth of a child with special needs, and their courageous decision to choose hope.

"Beautifully written - honest, vulnerable, and inspiring."

"So much Warmth and Truth, She reveals her Soul to the reader. A Must Read for All."

"Couldn't Put it Down!"

"Compelling, compassionate, great read for all! "Beautiful story of incredible and selfless parenting ." "A must read for ALL parents"



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# HEALTH & FITNESS

### Core Performance: Back Pain ... Five Exercises to Help Keep Your Core Strong

#### By Kim Duke, Certified Personal Trainer

For the last few months I have been on a journey from one doctor to another trying to find out what was causing the debilitating pain in my buttocks and leg. I assumed it had something to do with an old compression fracture injury from many years ago. What I discovered was I actually had degeneration in my spine that had nothing to do with this old injury. Instead, it was primarily due to getting older. That, and the fact that I am very active and in my line of work, constantly lifting very heavy things. I not only had arthritis and degeneration, but I also had a synovial cyst holding court between my L4 and 5 vertebrae, causing the majority of this pain. With two more appointments on the horizon, I still have some road to cover in my recovery process.

Through this experience I have learned millions of Americans suffer from back pain on a routine basis. This problem increases with age, as bone mass diminishes, muscles stiffen, and discs begin to lose fluid and flexibility. If you're overweight and mostly sedentary, you're at even greater risk of developing back problems.

The good news: relief for your achy back may be as simple as focusing on your core - the muscles that wrap around your abdomen and support your spine. Most of my doctors have pointed out that if my core was not as strong and tight as it is now, I'd be in a lot worse shape and in much more pain. In fact, a back-bolstering core workout can benefit everyone from world-class athletes to those who are mostly sedentary.

Here are some safe and effective core exercises to tone your middle and keep your back feeling good. Try doing these two to three times a week:

1. Planks. Start in a push-up position, bend your arms and support your body with your forearms. Keep your hips, legs and torso in a straight line while tightening your abdominal and glute muscles. But watch your form. Instead of overcompensating with your back muscles and letting your gut sag, draw your core muscles in at the level of your belly button and hold that position as long as you can.

2. Bird dog. Get on all fours, making sure your spine is neutral (not arching up or down). Then, engage your core muscles and slowly reach forward with your right arm as you extend your left leg behind you. Hold for a breath and then slowly return your limbs to the starting position.

### THE GOOD CLIMB

cont. from page 04

have giveaways throughout the day."

Everyone who signs up to participate will receive a goody bag from event promoters - a little 'something we all get' to put a smile on your weary face! Get yourself signed-up for The Good Climb Endurance Challenge by going to thegoodclimb.com and clicking on the 'sign up now' button.

### SWEDISH FESTIVAL

cont. from page 10

cream cones. Menu items include homemade "Big Foot Burgers" - big and messy, along with a variety of finger foods such as mini tacos, chicken bites, onion rings and deep-fried pickles. Outdoor seating is offered under their attached pavilion which faces scenic Rt. 6.

With a focus on providing additional local foods to the public, the restaurant will also feature local honey from Maze Bee, White Cane Coffee, Richard's VT Made Sauces, and local maple syrup for purchase.

The "sip" portion refers to the addition of Bear Creek Wines, Logyard Brews, and CJ Spirits which will be offered in the near future. Lick N Sip is open Tuesday through Sunday from noon-8:00pm and is located at 38 East Main Street, Mt. Jewett, PA.

#### MT. JEWETT'S YEAR-ROUND ATTRACTIONS

The Knox & Kane Rail Trail, an 8-mile linear trail from Lantz Corners to the Kinzua Bridge State Park, has their major trail head in Mt. Jewett. This rail trail is suitable for families and is open for biking, hiking, equestrian, and cross-country skiing, and snowmobiling in the winter. Parking is at the trailhead behind the Mt. Jewett Borough Office building.

The area's single most visited attraction, the world famous Kinzua Sky Walk, is in the nearby Kinzua Bridge State Park. Open from 8:00am-dusk daily, the skywalk is free to visit. The Kinzua Visitors Center at the park is open from 8:00am-6:00pm daily. The park is located at 296 Viaduct Road, Mt. Jewett, PA.

For more information on the attractions listed, lodging and other things to see and do in the area, please go to www.VisitANF.com.

Repeat the exercise on the other side. The beauty of this simple stretch is you have to engage nearly all of your core's stabilizer muscles to stay balanced.

3. Cat-Cow. Position yourself with your hands and knees on the floor. Imagine there's a string through your belly button pulling you up to the ceiling and slowly curl your back toward the ceiling while tucking your chin slightly like an angry cat. Hold the position with a deep inhale, then tighten your abs, drop your chest toward the floor, and lift your head slightly and exhale. Repeat.

4. Crunches. Crunches are one of the most common exercises to strengthen and engage your core muscles, especially those coveted six-pack muscles. To make the move simpler, prop your calves on a chair or coffee table. Then, cross your arms over your chest and lift your shoulders off the floor while keeping your lower back flat. Too intense? Hold your arms out in front of you rather than crossing them over your chest. That makes the exercise easier on your stomach and, most importantly, your back.

5. Bridges. Lie on your back with knees bent 90 degrees and feet flat on the floor. Engage the muscles of the deep core and move into a bridge position by lifting your bottom off the floor. Instead of forcing your belly up by arching your back, try to maintain the natural curve in your lower spine. Comfortable? Lift your left foot off the floor and extend your left leg to maintain a straight line through your left heel. Return your foot to the floor and repeat with your right leg.

To truly strengthen your core muscles and prevent (or minimize) back pain, it's important to engage your core muscles even when you're not exercising. If you sit on the job, get on your feet and take regular breaks. Bend at the knees not at the waist. Engage your core muscles when you're lifting things. And in your day-to-day life - good posture is the key.

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.

### **GOOD-NATURED GLAMPING**

cont. from page 07

"Our goal is to keep our prices reasonable while also including things that you would normally buy, like firewood and ice," said Loverdi. Indeed, each campsite has firewood and a standing 45-gallon cooler already stocked with ice, so all guests need to do is bring the food and drink!

Although each campsite can be rented individually (two-night minimum required on weekends), Loverdi said a group of friends could rent the whole campground for a weekend or even a couple of weekdays. One of the safari tents is pet-friendly with food/water bowls and a dog bed, so even those furry friends are guaranteed a comfortable stay.

Good-Natured Glamping will be open for the season through Fall Festival weekend (October 8-9th), said Loverdi, as there are no indoor heating elements presently. "We do hope to get some kind of heating element for the cabin so that it could be rented any time of year," said Loverdi.

Those who are interested in booking their stay at Good-Natured Glamping can do so online at www.goodnaturedglamping.com, where photos and videos (created by local media company PaNDaGOAT Media), suggested packing lists, and FAQs are available. Those with special requests can contact Good-Natured Glamping via email at info@goodnaturedglamping.com or call 716-699-9149.

### **HEART OF OLEAN MURAL**

#### cont. from page 07

The two grants of \$10,000 each were unanimously approved by CRCF's board of directors, she added. One grant was approved from the Visual Arts Alliance Fund. The other was made from the Beautification Fund for the Olean Community, which was originally established by Mildred Milliman. Both grants are the largest ever approved from the respective funds, Buchheit said. The project is expected to be completed in October of this year.

"We cannot wait to see the finished work," Buchheit added. "We believe, just as the arts council and all of the donors who have supported this project do, that this is more than art project - that it is a community building project."

Donations can be made to any of these funds at CRCF, 301 North Union St., Suite 203 or online at cattfoundation.org.

### ellicottvilleNOW

# **CLASSIFIEDS**

### **EMPLOYMENT**

PART-TIME RN/LPN: The Ellicottville Central School District has immediate openings for Part-time RN's/LPN's to ride and monitor student(s) on a school bus (2 hours in AM and 2 hours in PM - shifts may be split). Candidates should download and fill out an application from the district website (homepage) www.ellicottvillecentral. com or call 716-699-2368 (ext. 1300) between the hours of 7:30am and 3:00pm for an application. Application should be sent to Ellicottville Central School, ATTN: Melissa Sawicki, District Clerk, 5873 Route 219, Ellicottville, New York 14731 EOE.

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, Ellicottville, NY 14731.

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

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

### **RENTALS**

VILLAGE APARTMENT FOR RENT: Upstairs 1-Bedroom available September 1st with porch overlooking Washington St. No smoking. References and security deposit required. \$725/month plus utilities. 716-969-3946.

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### COMMUNITY

THE EAST OTTO HISTORICAL MU-SEUM will be open from 1:00-3:00pm every Sunday in July. Appointments for other days can 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. The museum is housed in one of the oldest buildings in town, originally built in 1834 as a Baptist church.

### COMMUNITY

LIBRARY FUNDRAISER: Give 716 is almost here and the Ellicottville Memorial Library hopes you will join us by donating to our organization through Give 716. Give 716 begins on Thursday, July 14th at 7:16pm and runs until Saturday, July 16th at 7:16am. We are looking forward to taking advantage of all of the amazing Matching Gifts and Grant Opportunities that the Bills and Sabres have. Plus, the first 3,000 donations of \$71.60 or more receive a FREE commemorative t-shirt! Visit https://give716.org/ give/give716/2022/giving-day-22/charities/ ellicottville-memorial-library to support our Give 716 campaign!

ART CLASSES: The Ellicottville Memorial Library's Summer Reading Program invites you to come check out our awesome activities and events. The theme this year is "Oceans of Possibilities" so we will concentrate on marine animals and their habitats. This program not only helps motivate children to read but it also develops positive attitudes about reading and books. Thanks to a generous donation from the Elisa B. Hughey Fund for the Arts, we will have several art programs over the next few weeks including: Make an Ocean Collage, Bird Art, and iPhone Photography. Contact the library for more details at 716-699-2842. For dates and times, visit ellicottivllelibrary.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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PLACE YOUR AD: Classified ads appear in both print and online! \$10 per issue up to 40 words, 25¢ each additional word. Call 716-699-9816, stop by 9 W. Washington St. or email info@ellicottvilleNOW.com



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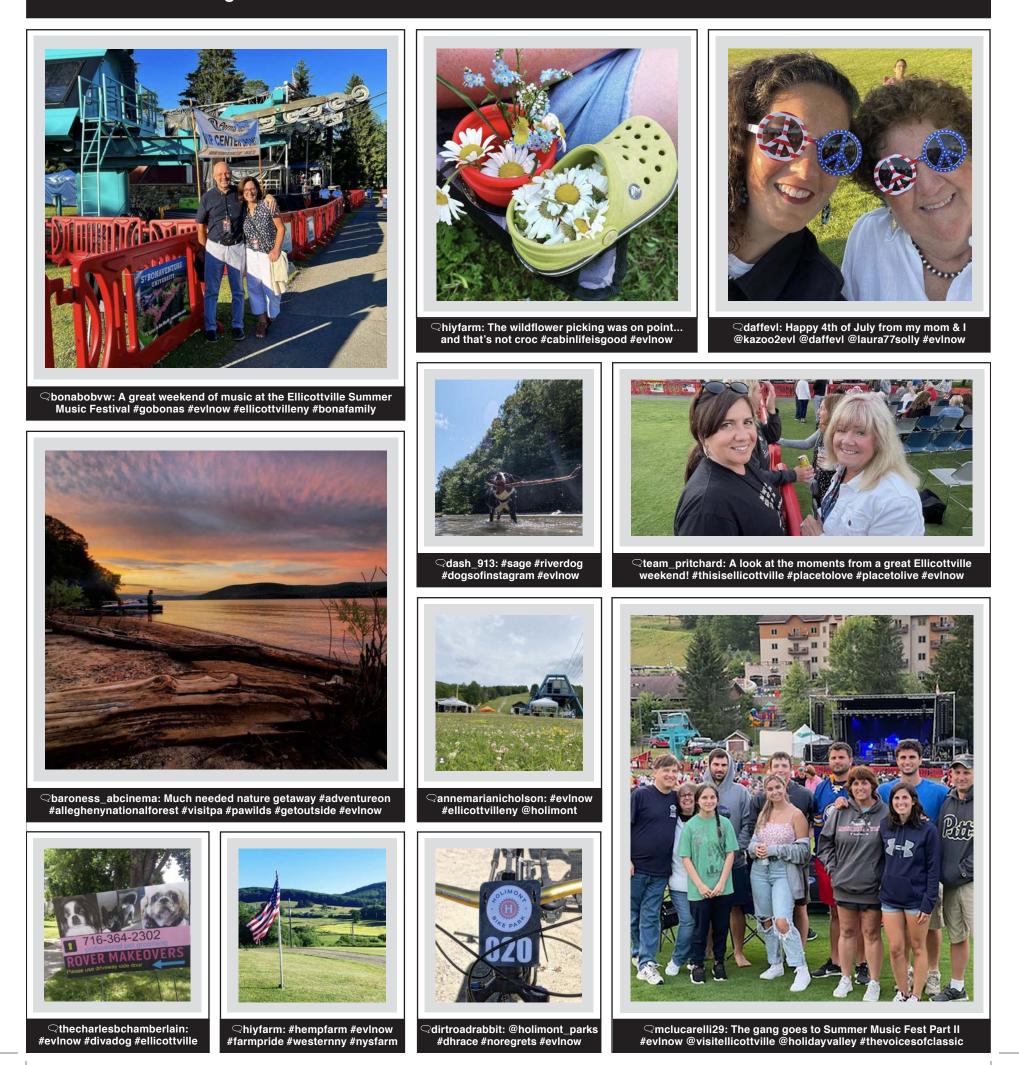
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