

# Ellicottville NOW

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FREE

## Ellicottville, NY... It's Jazzy, Baby!

Jazz & Blues Weekend is Here; Grab Your Crew and Head Downtown for a Full Weekend of Live Music - All Free!



BY BRENDA PERKS

Louis Armstrong. Miles Davis. John Coltrane. Nat King Cole. Even if you're not a fan of jazz, chances are you recognize these names. Arguably some of the most influential musicians of their time, these famous trumpeters, saxophonists, double bass players and beboppers defined the jazz movement and triggered the evolution and progression of so many who followed in their footsteps.

And like the various forms of jazz genres available today, Ellicottville itself offers a multitude of musical platforms in the form of festivals - Summer Music Fest, Rock N' Roll Weekend, and the one hitting the streets this weekend, inspired by the above mentioned greats.

Welcome to Jazz & Blues Weekend. This isn't just for your old-school gramps and gramps (although they certainly will be in their prime). July 28-30 invites families out for a good mix of live entertainment, outdoor adventure and summertime treats to cool you down following one, two, three days of jam-packed fun. Every member of your family or friend group will fill their fun meter. And if they're not a fan of jazz, they just may well be after this weekend.

... page 03

## DPW RECEIVES GRANT FOR NEW EQUIPMENT

Have you ever walked around Ellicottville and thought about how nice our roads and sidewalks are compared to other places? I mean, head out of the 14731 and some towns and cities have potholes that will eat your car. We are fortunate to have an excellent Department of Public Works (DPW) team to keep things safe for our community members, walking or driving. But what about *their* safety?

The DPW relies heavily on its equipment for their crews. Things like safety vests and hard hats for the members, traffic cones and signs, etc. These are all necessary and unfortunately very expensive to replace. Luckily, the Ellicottville DPW was chosen to receive a grant to help. Mark Chudy, the DPW Supervisor, said they first heard about the grant opportunity last October in Lake George during the New York Conference of Mayors.

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## "FISHIN' IN THE DARK" WITH THE NITTY GRITTY DIRT BAND

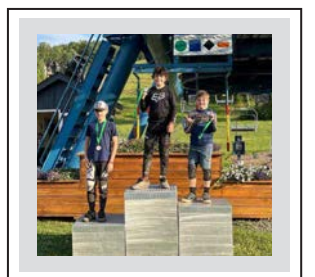
On Friday, August 4th, the Nitty, Gritty Dirt Band will be hitting the stage at 7:00pm when their tour makes a stop at Seneca Allegany Resort & Casino in Salamanca. The Dirt Band is wired and ready to get out there on tour after the two years the whole world was locked up when Covid hit. *ellicottvilleNOW* caught up with Bob Carpenter to talk all things music, how the band's line-up has changed over the years, and what you can expect at their show. One thing is for sure... making the music is very important to the band, but when it comes to their fans, Carpenter says it best: "The best thing going on in our musical life is that people still want to come out and hear us play music... because playing music live is our life blood" ... page 11

## Health & Fitness: The Dangers of Processed Foods

Processed food arrived in the first half of the 20th century, when food engineers figured out how to use modified potato starch to form pork, ham, sugar, water and sodium nitrate into a pliable, gelatinous blob that would fit into a rectangular tin emblazoned with the word "Spam." An increase in consumer demand for fast meals with a long shelf life financed the scientific efforts necessary to make a decent tasting cupcake you can put on a shelf and eat 2 years later. I hope this article is a solid wake-up call for anyone reading it. I feel it is imperative that we realize we must be our own advocates at all times ... page 12

## instaNOW

Check out some of our featured InstaNOW photos! Want to see yours? Share your photos on IG, tag us and use #evlnow! Find the grid on page 15.



## The Good Climb Returning to HoliMont

Test Your Body and Mind in a 5-Hour Endurance Challenge

BY MARY WEISER

A seasoned endurance athlete, John Baldwin knows what it means to put one's body to the test. With several years of marathons and triathlons under his belt, he's learned that the most valuable tool for success is not a specific piece of exercise equipment or a certain brand of footwear. Rather, he believes the most powerful tool for accomplishing any goal is the mind, and it's this mind-body connection that is at the heart of The Good Climb, a five-hour endurance challenge that is returning to HoliMont August 5th.

A father of three and former wrestling coach at Canisius High School, Baldwin has seen firsthand how many students are struggling, especially in recent years. "We founded this event to raise awareness and money to support programs that can help students."

... page 04



@thegoodclimbwny



Photo / Cattaraugus County Fair

## SEE YOU AT THE 180th ANNUAL CATTARAUGUS COUNTY FAIR!

It's that bittersweet time of year again. The end of summer is near and school will be back in session before we know it, but that's no reason to slow down. There's still plenty of time left to enjoy the warm weather and take part in some fantastic, outdoor events. Speaking of, the Cattaraugus County Fair is back for its 180th year. Running from Sunday, July 30th through Saturday, August 5th, it promises to be another fun-filled memory maker for the books - with daily shows including the Sea Lion Splash & Swifty Swine pig races, to traditional carnival games and midway rides ... page 08



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# Publisher's PICK

## IT'S JAZZY, BABY!

The Vibe is High for Ellicottville Jazz and Blues Weekend



BY BRENDA PERKS

Louis Armstrong. Miles Davis. John Coltrane. Nat King Cole. Even if you're not a fan of jazz, chances are you recognize these names. Arguably some of the most influential musicians of their time, these famous trumpeters, saxophonists, double bass players and beboppers defined the jazz movement and triggered the evolution and progression of so many who followed in their footsteps.

And like the various forms of jazz genres available today, Ellicottville itself offers a multitude of musical platforms in the form of festivals - Summer Music Fest, Rock N' Roll Weekend, and the one hitting the streets this weekend, inspired by the above mentioned greats.

Welcome to Jazz & Blues Weekend. Want a preview?

**THE VIBE:** This weekend isn't just for your old-school grams and gramps (although they certainly will be in their prime). July 28-30 invites families out for a good mix of live entertainment, outdoor adventure and summertime treats to cool you down following one, two, three days of jam-packed fun. Do mom and dad want to tour the local breweries and wineries? Are the kids begging to climb the trees and ride the mountain coaster at Holiday Valley? What about Uncle Ron and Aunt Ruth, who are looking to take in all the sights and sounds of downtown? Every member of your family or friend group will fill their fun meter. And if they're not a fan of jazz, they just may well be after this weekend.

**THE MUSIC:** Actually, it's not just about jazz. The festival's full name is Jazz & Blues Weekend, which means Ellicottville is bringing in a diverse schedule of performers. So yes! There will absolutely be a tune to toot everyone's musical horn! What's iconic about Ellicottville's Jazz & Blues Weekend is the festival's main stage, set up on the street, which is closed down to allow ample room for those looking to sit and relax and enjoy the music, and those with happy feet wanting to cut up a rug.

The main stage, located directly in front of the Winery of Ellicottville on Monroe Street, will host two epic acts. Epic Eagles will perform the timeless music of the Eagles and Don Henley on Saturday, July 29th from 1:00-4:00pm. Audiences can expect to hear some of the Eagles' biggest hit songs including Hotel California, One of These Nights, Life in the Fast Lane, Desperado, Dirty Laundry, New Kid In Town, Take It Easy, The Boys Of Summer, and more. Experience and relive an era gone by as it continues into the next millennium.

Return to the Winery Main Stage on Sunday at 1:00pm and take a seat for the Mark Mazur Little Big Band. This 10-piece band plays everything from smooth jazz to contemporary easy-listening and American standards. The band features vocals by Lisa Christie, who can belt out tunes from the likes of Anita Baker and Whitney Houston. Mark himself plays keyboard/piano and also provides vocals. There is also a full brass section, vibraphones, full rhythm section with rhythm guitar, drums, bass and more.

At the other end of Monroe Street, Ellicottville Brewing Company will host the Tippin' Time Quartet Saturday evening from 6:00-9:00pm. These all-seasoned jazz instrumentalists will bring out the trombone, piano, double bass and drums for an unforgettable performance. No doubt listening to this group will pair perfectly with a pint of EBC's Mow Master IPA or Blueberry Wheat Ale.

**THE FOOD AND DRINK:** Speaking of ales and IPAs, keep your palate wet with a visit to the Winery of Ellicottville (wine tastings offered daily), Ellicottville Distillery (Appleshine, anyone?), Steelbound Brewery (oh my god there are so many flavors!) or a quick in-and-out at E-Ville Spirits for your own personal cocktail hour back at your condo or hotel. Please drink responsibly, and don't forget to grab a bite to eat beforehand. With so many summer lunch and dinner menus to choose from, you can take your pick from fresh, crisp salads to creative wraps, burgers, falafels, tacos and more. Spoil the kiddos with a Root Beer float and hot fudge sundae from The Tee Bar or a classic milkshake and every flavor of sponge candy from Watson's Chocolates.

**THE WHOLE EXPERIENCE:** Park the car and saunter the bars and restaurants for more than your share of jazz, blues and classics all weekend long. Take advantage of the 3-pool complex at Holiday Valley or the downhill bike park at HoliMont. Lodging options are available for all price points, and there's definitely no shortage of adventure. Hit up ellicottvillenyc.com and plan your stay!



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## LOCAL

## ALL GEARED UP

Ellicottville DPW Receives Grant for New Equipment



Mark Chudy, DPW Supervisor (left), with Caleb Rinko, DPW Laborer stand in front of their new 2023 International dump truck.

By JESSICA SCHULTZ

Have you ever walked around Ellicottville and thought about how nice our roads and sidewalks are compared to other places? I mean, head out of the 14731 and some towns and cities (not naming anywhere specific) have potholes that will eat your car. We are fortunate to have an excellent Department of Public Works (DPW) team to keep things safe for our community members, walking or driving. But what about their safety?

The DPW relies heavily on its equipment for their crews. Things like safety vests and hard hats for the members, traffic cones and signs, etc. These are all necessary and unfortunately very expensive to replace. Luckily, the Ellicottville DPW was chosen to receive a grant to help.

Mark Chudy, the Department of Public Works Supervisor, said they first heard about the grant opportunity last October in Lake George during the New York Conference of Mayors (NYCOM). The week after, he contacted the Cornell Local Roads Program in Ithaca and filled out an application. It took six long months of waiting before they found out that their application was accepted and that they were receiving a grant.

Said grant went a long ways to increasing the DPW's equipment supply. "The Village DPW received class 2 safety vests, hard hats, two 18-inch stop/slow paddles, six 36-inch rollup signs and bases, and twenty 28-inch cones," said Chudy. "All that adds up to about \$2,000 dollars. We now are more than able to outfit our road crews."

When asked why receiving this grant was so important to the department, Chudy answered, "Our crews are out all hours and in all conditions. Many times visibility is poor. The reflective vests help our crews stand out and the signage lets motorists know road-work is happening ahead of them. These items help keep everyone safe and the work going smoothly."

And the work going smoothly is a good thing, since the DPW has a lot of plans for the rest of 2023. This fall they will replace some damaged sidewalks, repave Elizabeth

"Ellicottville DPW" continued page 14

## ELLICOTTVILLE GAZEBO SERIES

Jess &amp; The Mess Bring the Heat to Thursday at the Gazebo

ELLICOTTVILLE - The Ellicottville Chamber of Commerce Gazebo Series has had an amazing turnout each Thursday, and this Thursday is expected to bring yet another crowd! Sponsored by Niagara Label Company, the Gazebo Series invites the community out to the Village Gazebo every week for free, live entertainment. A popular celebration on the summer events list, the Ellicottville Gazebo Series attracts families (and even their pets) to gather together; bring your blankets and lawn chairs, your frosty beverages and a snack, and enjoy a different musical act each week from 7:00-9:00pm at no charge!

## JESS &amp; THE MESS

Thursday, July 27th will welcome Jess & The Mess, one of Buffalo's top cover bands, featuring a wide variety of music from the 60s right up through present day radio hits. They have performed at all of Western New York's top clubs and have developed a great following throughout the area!

This vibrant group will surely cater to all ages, so bring your kids, your moms, your grandpas - the whole family! We'll see you at the Gazebo. This free show begins at 7:00pm, giving you plenty of time beforehand to explore the downtown village, grab a bite and shop our unique retailers.

## AMY FROST WITH ALL STAR PROJECT

Following this Thursday's performance, return to the Ellicottville Gazebo one more time to close out the 2023 Gazebo Series with special guest Amy Frost with ASP. If the name doesn't ring a bell, you'll have to come out and discover for yourself the upbeat sound this group brings to the stage. We're keeping this one a surprise!

For more information about this year's Gazebo Series and other Chamber produced events, go to [ellicottvilleny.com](http://ellicottvilleny.com) and follow the Ellicottville Chamber of Commerce's Facebook (@Ellicottville, NY) and Instagram (@visitellicottville).

## THE GOOD CLIMB

Test the Body and the Mind with 5-Hour Endurance Challenge at HoliMont



@thegoodclimbwny  
@holimont

By MARY WEISER

A seasoned endurance athlete, John Baldwin knows what it means to put one's body to the test. With several years of marathons and triathlons - even Ironman races - under his belt, he's learned that the most valuable tool for success is not a specific piece of exercise equipment, a certain brand of footwear, or a particular pre-workout meal. Rather, he believes that the most powerful tool for accomplishing any goal is the mind, and it's this mind-body connection that is at the heart of The Good Climb, a five-hour endurance challenge that is returning to HoliMont for the second year on Saturday, August 5th.

A father of three and former wrestling coach at Canisius High School, Baldwin has seen firsthand how many students are struggling, especially in recent years. "Especially during the pandemic, I started seeing that a lot of kids were struggling mentally with everything from schoolwork to identity issues to the stresses of Covid, and just being teens," he said. "We founded this event to raise awareness and money to support programs that can help students. We've teamed up with Horizon Health Services, who started these three-faceted programs in area high schools to reach kids, parents, and faculty - how to spot warning signs, dealing with stress, dealing with depression. These programs are being very successful and spreading to more and more area schools."

Baldwin's passion for Horizon's mission combined with his love of physical activity were the catalyst for The Good Climb, which was held for the first time in 2022. "My family skis in Ellicottville, and I do a lot of hiking," Baldwin explained. "I had heard about 'Everest-ing': this guy rented a ski hill that people could climb and take a gondola down. They kept doing this for 30 hours until they reached the height of Everest. I loved the idea! Walking up Sunset Hill, I thought, 'I wonder if we can do that here? Could we kill two birds with one stone - make a great event and get involved with Horizon?'"

When Baldwin brought the idea to Ed Youmans and Travis Widger at HoliMont, the answer was a resounding, "Yes"! The format is simple and the challenge is real: In five hours, participants' goal is to climb the hill as many times as possible. There are three different routes of varying difficulty so "no matter what your ability level, we've got a path for you to get to the top," said Baldwin. "The spirit is to get out there and push yourself out of your comfort zone in an environment of support and like-minded people. If you can do one climb, do another. It's incredible what can be available to you if you can lean into your discomfort and do it for awhile."

In 2022, the winner of the men's division did 20 climbs, and the winner of the women's division did 18 climbs. Many other participants did 10 to 14 climbs, but even four or five is no mean feat. "It's about 850 feet of vertical, so each lap takes about 10 to 15 minutes to get up, but you have a nice recovery ride down on the Sunset lift," said Baldwin. "It makes you forget about how much your legs are hurting!"

HoliMont is happy to host the event again this year. "The Good Climb is a wonderful event that we are honored to be a part of," said Snowsports Director Travis Widger. "The energy and enthusiasm of the organizing committee and participants was impressive, and our team had a wonderful time being involved and helping to promote mental health awareness through Horizon Health Services."

In 2022, Excelsior Orthopedics sent several athletic trainers to the Good Climb, and Baldwin is pleased to partner with them for the second year. Speaking of last year, Excelsior marketing coordinator Erica Brecher said, "We liked the sound of this event and felt it aligned strongly with our patient-centered values and desire to be service-driven in our community. We also really liked the mental health aspect... Last year, we ended up finding it a very rewarding experience, and seeing how much good it did in one year made us happy to come back in year two with a more official and bigger presence."

A Double Black Diamond level sponsor, Excelsior is returning with their athletic trainers, and several employees, along with their families, will be participating in the challenge. Brecher credits Josette Fisher, director of sports medicine and wellness, with Excelsior's support of The Good Climb and the prioritization of mental wellbeing at Excelsior. "Our athletic trainers work in 17 local high schools, so they are there at the school, on the field, traveling with these kids, and they're the ones who see firsthand the pressure these kids put on themselves," Brecher explained. "The importance and recognition of mental health has inspired many of our trainers to get mental health first aid training, and we have some who already have mental health backgrounds."

Brecher, who participated in the event last year with her two-year-old, is excited to

"The Good Climb" continued page 12



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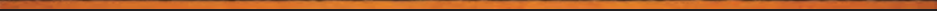


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# PHOTO REWIND

## HillTAP Festival at Holiday Valley

Last Saturday, July 22nd, visitors came out for the third annual HillTAP Festival™ at Holiday Valley. After loading the chairlift for a relaxing ride up to Spruce Lake, they soaked in an epic day of music and outdoor adventure atop the mountain. A number of activities, performances on two stages... it was a blast!

photos /Rich Rumfola, ellicottvilleNOW



## 2023 HoliMont Saddle Pond Party

July 22nd and 23rd marked the return of the Annual Saddle Pond Party at HoliMont Resort. Chairlift rides, mountain bike demos, kayaking and, paddleboarding, fishing, vendors, live entertainment, a tie-dye station for kids, food, beer.. whew! It was an event for the books!

photos / Rich Rumfola, ellicottvilleNOW





# REGIONAL

## CATTARAUGUS COUNTY FAIR

Continue Your Summer Fun at the 180th Annual in Little Valley



If you've never been to a pig race, you're in for a treat! Swifty and his friends run as fast as their little legs can take them, all for an Oreo cookie at the finish line.

By JESSICA SCHULTZ

It's that bittersweet time of year again. The end of summer is near and school will be back in session before we know it, but that's no reason to slow down. There's still plenty of time left to enjoy the warm weather and take part in some fantastic, outdoor events. Speaking of, the Cattaraugus County Fair is back for its 180th year. Running from Sunday, July 30th through Saturday, August 5th, it promises to be another fun-filled memory maker for the books!

The Cattaraugus County Fair is a hometown, family-friendly, all-around fun fair! The organizers pride themselves on staying affordable in an ever-changing world. The fair has a HUGE free grounds entertainment package that is included in the cost of admission. With three to four shows daily for the Sea Lion Splash, Swifty Swine Racing Pigs and more, there's sure to be a great show taking place during your visit. Not to mention the traditional games and awesome midway rides, and in between all of that, the fair offers a wide array of livestock, horses, rabbits, and poultry to visit as well as almost one hundred vendors - both food and non-food!

Nell Fellows, Cattaraugus County Fair Secretary, said that there would be a lot of new things for people to enjoy at this year's fair. Two new ground shows, Xtreme Strongman and Arestov's Acrobatic Extravaganza are sure to keep the crowd's attention. The grandstand is adding "Half Car Races" (this means literally half a car that people will be attempting to drive) to their line-up, with the annual Figure 8 Races, demolition derby and the ever popular Monster Truck show. That's sure to be pretty entertaining for everyone. And of course, the live grandstand concerts.

"Patrons always support our country music concerts," Nell said "On Wednesday, Chase Matthew with special guest Kidd G will perform. On Thursday, Jake Owen with special guest Tyler Booth will perform. Track tickets (general admission - no assigned seating) and grandstand seats are still available and will be right up until showtime."

Games and rides are being brought to the fair by Powers & Thomas Amusements. (The Midway opens daily at 1:00pm.) They offer a variety of clean, safe, family-friendly rides for all ages - toddlers to adults. Patrons are sure to find their fair favorites along the midway, including darts, ring toss, the ferris wheel, the UFO and more. Also, be on the lookout for something new, because the company always has special surprises that they bring in each year.

Don't forget one of the most important parts of the fair... The food! There is always a great variety to be enjoyed and this year is no different. Carson's chicken barbecue, Goode's famous roast beef, Fowler's taffy (they also make tasty cotton candy), and Campi pizza are always popular. And there will be a bunch of local groups as well, like Franklin's Kettle Corn, Larry Zimbardi's Food Wagon, 4H Snack Shack, Napoli United Methodist Church ice cream, Jim Johnson's Concessions and the Little Valley Fire Department's curly fries. (This is food heaven people!)

For everyone who wants the grandstand event schedule, it is as follows:

- **Sunday:** Broken B Rodeo (bull riding, barrel racing, featuring Dave "Showtime" Meyer)
- **Monday:** Demolition Derby
- **Tuesday:** Figure 8 and Half Car Races
- **Wednesday & Thursday:** Concerts (see above)
- **Friday:** Monster Truck show; Tough Trucks competition.
- **Saturday:** Monster Truck show; Big Rig Truck Pull (evening)

We'd be remiss if we left out the cost of admission. It is \$15 for general admission for everyone ages 2 and up. (You pay one price which includes unlimited midway rides.) Tickets for the grandstand shows are all assigned seating and are available at the Fair office and online at ETIX.com. (Etix.com is their only authorized ticket outlet.) Nell said, "Patrons have been very happy with this option because they are able to choose the section and seat they prefer. Patrons have more time to visit the midway, food stands, vendors, etc. before going up into the grandstand to a seat already reserved for them."

Nell also wanted everyone to know why they think the fair makes families want to come back year after year. "We offer family friendly, high quality entertainment all on one beautiful, well-kept fairgrounds in the center of the county seat. As a pay-one-price fair, patrons do not have to pay extra for midway rides, which can get pretty costly if you have a large family. All included. There is a charge for a seat on the grandstand for the majority of our shows but those with small children who will be held on the lap do not have to buy

"Cattaraugus County Fair" continued page 14

## CELEBRATE LOCAL ART

First Ever Neighborhood Arts Festival Coming to Olean's Lincoln Park



By MARY WEISER

If you're looking for a family-friendly evening of art, entertainment, good food, and fun, you won't want to miss the first-ever Neighborhood Arts Festival on Saturday, August 12th in Olean's Lincoln Park. In collaboration with the Tri-County Arts Council, Beat City Music, and the Greater Olean Area Chamber of Commerce, this brand-new event features art in all forms: dance, music, visual arts, delicious food and more. The festival is the perfect time to discover opportunities to explore one's creative side and experience first-hand what many of these long-standing businesses and organizations have been doing in the community for several years!

The idea for a local arts festival began last winter with Kyleigh Peterson, director of the Neighborhood School of Dance, the longest-running dance studio in Olean. "We wanted to do something in the summer to keep our dancers dancing," she explained. "It started with the idea for an outdoor performance. Olean doesn't have a 'taste of' event like something with food, drink or art, so we decided to put on our own! We talked to the Tri-County Arts Council and Beat City Music and asked if they'd want to be on board, and they did!"

Beat City Music, located at 217 N. Union Street, will be providing sound services and music for the event, said co-owner Dylan Snyder. In addition to playing recorded music for the dancers, his eclectic five-piece rock band, the Sticktights, will be performing live throughout the evening. As Olean's local music shop, Beat City Music offers a wide variety of instruments to purchase or rent; services include instrument repair and music lessons. "We also just opened up a recording studio," Snyder said. Those who are interested in music lessons or trying an instrument can get more information about Beat City Music at the Neighborhood Arts Festival or visit [www.beatcitymusicinc.com](http://www.beatcitymusicinc.com).

Snyder and co-owner Colleen Gaynor are looking forward to being involved in this event. "We think it's good that these local businesses collaborate with each other," said Snyder. "We've met them through the Laine Business Accelerator (an Olean-based program that supports entrepreneurs). We met with these business owners every week and really got to know each other and share our challenges and successes. We think it's the best thing for the community for businesses to work with each other through an event like this."

Presale tickets for the Neighborhood Arts Festival are \$15 and include food tastings and a free beverage (for adults); children's tickets include free arts and crafts and face paints. Food and drink include many delicious options from local food trucks such as The Hungry Burro (burritos, tacos, nachos, and bowls), Sweet Ride Mini Donuts, Four Mile Brewing and more. Neighborhood School of Dance students are excited to share their talents with festival goers and will be performing a variety of styles from contemporary to hip hop. In addition to music and dance, the festival highlights visual art and will include artwork for sale by the Tri-County Arts Council's talented member artists.

The festival is the perfect time to learn more about the dance school, which has been in business since 1976. With more than 60 students enrolled from eighteen months old to adults, there's a class for everyone, regardless of experience. "Dance is an art and a sport," noted Peterson. "I started dancing when I was in sixth grade, which was the first year that Brittany Thierman took over as owner. She's been dancing here since she was five years old!" Prospective students can discover a lifelong love of dance, too, at one of NSD's upcoming events: free dance day on August 22nd and back-to-dance night on August 29th. Learn more at [www.nsdolean.com](http://www.nsdolean.com).

Presale tickets are \$15 and are available online now at <https://tinyurl.com/c7pk9v32>. At the event, tickets will be \$18. Keep up with the latest news and updates on the festival by following the event on social media at <https://fb.me/e/117QXIYGW> or following Neighborhood School of Dance. For more information, contact Peterson at [kyleigh.nsd@gmail.com](mailto:kyleigh.nsd@gmail.com).







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Cassadaga Lakes Nature Park. Photo Credits: Twan Leenders, Chautauqua Watershed Conservancy.

Genesee County Park and Forest. Photo Credits Left to Right: Jerome Gentry, ACORNS President and WNY PRISM.



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# INTERVIEW

## “Fishin’ in the Dark” with the Nitty Gritty Dirt Band



.....  
**AUGUST 4 • 7:00PM**  
**Seneca Allegany Resort and Casino**

By Melanie Hulick

On Friday, August 4th, the Nitty, Gritty Dirt Band will be hitting the stage at 7:00pm when their tour makes a stop at Seneca Allegany Resort and Casino in Salamanca.

The Dirt Band is wired and ready to get out there on tour after the two years the whole world was locked up when Covid hit. “That was awful,” said band member Bob Carpenter when I caught up with him recently to talk about the tour, the music and the newest album, “Dirt Does Dylan”. “You know everybody’s out there this year touring and trying to get back to what their normal is and it’s great!”

Starting out in 1966, the band has won multiple Grammys and the Country Music Association Album of the Year in 1989 for “Will The Circle Be Unbroken: Volume II”. In the 1980s they had an amazing run of 17 Top Ten singles on the charts. The Dirt Band has become a staple in music with songs like “Fishin’ In The Dark”, “Country Pie”, “Mr. Bojangles”, “American Dream”, and “Battle of New Orleans”, along with albums “Will The Circle Be Unbroken Volume I, Volume II and Volume III.

The line-up has changed over the years and the number of members has changed from the usual four to six, which we touch on in the following conversation. The current members are Jeff Hanna, Jimmie Fadden, Bob Carpenter, Jim Photoglo, Jeff Hanna’s son Jaime Hanna and Ross Holmes. Their newest album, “Dirt Does Dylan”, is a product of the addition of the two new members and is producing accolades from critics as well as fans.

Collaborations with the likes of Ricky Skaggs, Linda Ronstadt, The Chieftains, Karla Bonoff and Steve Martin (playing Banjo) are only a few of the artists that have lined up to be part of the music history that is the Dirt Band, who seem to always be in demand by their peers, and they are always ready to answer the call.

One thing is for sure... making the music is very important to the band, but when it comes to their fans, Carpenter says it best: “The best thing going on in our musical life is that people still want to come out and hear us play music... because playing music live is our life blood; we so enjoy that... especially in this day and age to have people sit down in an audience after turning their TVs off and leaving their homes to sit in front of us and smile and have a great time, while sort of time traveling back to the old songs and listening to the new songs... to see people with smiles on their face is the best thing in the world.”

For more info on the band visit [nittygritty.com](http://nittygritty.com). For tickets visit [senecacasinos.com](http://senecacasinos.com) and click on Seneca Allegany.

### A Conversation with Bob Carpenter

**HULICK:** For some of the country we’re in an unprecedented heat wave. Have you guys had to deal with that on your tour yet?

**CARPENTER:** I’m in Boulder, Colorado now and the other day it was 96 degrees, which is hot for here. Luckily we haven’t had to play any outdoor venues yet.

**HULICK:** With you the music all began at the age of four.

**CARPENTER:** (laughs) I’ve never heard it put that way before.

**HULICK:** (laughs) I’m taking you all the way back to the beginning.

**CARPENTER:** (laughs) My parents forced me to pick up the accordion when I was four years old because they didn’t want me banging on pie tins... yeah that lasted about a week and that was the end of that. The funny thing about that is that it’s the same accordion I’m playing on stage and on the Dirt Band recordings over the years. Crazy, uh? They don’t make them like that anymore.

**HULICK:** You currently have six guys in the band as opposed to the usual four since the band started way back. Why the change?

**CARPENTER:** Yes, we have six members right now. Over the years, depending upon what albums we made... well things change. The music morphed, we progressed then regressed and what happened was back in 2016 we added a bass player, Jim Photoglo, who wrote “Fishin’ In The Dark” actually, and he’s played with a lot of great acts over the years. Jeff Hanna’s son was playing with Gary Allan at the time and Jeff’s always wanted to play with his kid. Jaime’s a really talented guy, so he came aboard and he lived across the street from this kid Ross Holmes, who was playing with Mumford & Sons and Bruce Hornsby... he came and sat in with us and there you go. There were no auditions or interviews or paperwork to fill out... we just started playing together and that’s how it ended up here with the current band. Then we went in in 2020 to do a record, which we thought was going to take about 10 days and it took almost two years because the pandemic got in the way. So we’re out here touring with that bunch right now.

**HULICK:** There are so many tours this summer with everybody getting back out there and being able to do a full tour this time around. I was talking to Joe Bonsall of the Oak Ridge Boys and he said there wasn’t a tour bus to be had, even if you searched for one.

**CARPENTER:** Joe and I went to high school together in Philadelphia and we didn’t know each other until we played with them at a show in Buffalo. We were sitting around the hotel room and we were one of those where’d you come from, where’d you go to high school and it turns out Joe and I were in the choir together and didn’t know each other. Isn’t that crazy? That’s true about the buses... the other thing that happened was since there were no tour buses going out all the bus drivers got jobs with Fed-Ex and other companies to get health care and benefits, so when we started touring again there were no bus drivers around. But everybody’s out there now. After 55 or 56 years we started wondering if we wanted to maybe take a year and a half off and then Covid hit and everybody was forced to take that time off... and oh my God we thought this is awful and what were we thinking. We couldn’t wait to get out there and play.

**HULICK:** One of those “be careful what you wish for scenarios”.

**CARPENTER:** Exactly!

**HULICK:** Your newest album, “Dirt Does Dylan” must be doing really well.

**CARPENTER:** Well we’re playing some songs on stage and we had a lot of fun making it, although it was tough because we were all in different places because of Covid and we couldn’t get on a plane. We did the best we could do. We got a lot of it done before Covid hit, but finishing it up was really tough. There were all sorts of problems involved, but we got it done and it was fun to do. The whole idea was the fact that Dylan was a great songwriter, but not too many people appreciate his music. His lyrics are hard to understand sometimes and his music doesn’t lend itself to the Dirt Band really... we had to dig really deep because his music doesn’t have three-part harmony, it doesn’t have a lot of the influence that we like that’s put into our music. So we had to really look for stuff that we thought would really suit the band.

**HULICK:** What made you guys come up with that idea?

**CARPENTER:** Well we hadn’t taken the new line-up of the band into the studio and we didn’t want to go in and start pulling teeth to try and do all original songs because we had never been in the studio as the six of us. So we decided to do something easy; we decided to concentrate on one songwriter and after we threw out a bunch of names we went with who’s got the deepest catalog we could pull from, and of course that’s Bob Dylan. Plus we all grew up with the guy... when we were all in high school we were sitting around with acoustic guitars playing his songs, so it was a natural fit... we were all familiar with a lot of the material.

**HULICK:** I read when you were in high school you went to see him and you only had to pay \$4 for a ticket. (laughs) That’s crazy!

**CARPENTER:** (laughs) Yeah, and it was front row reserved seating.

**HULICK:** How did you choose the songs that went on the album? Did you each pick your favorites?

**CARPENTER:** Everybody picked like 30 songs and then some of them we agreed on. Then some of us had a song they had to do. There were songs that lent itself to Ross’ fiddle playing, like “Country Pie”. Some songs lent themselves to three-part harmony. So it was a long process. When we got into the studio we cut some tracks and we just thought this isn’t working, let’s dig a little deeper... let’s come up with something else. We cut the basic tracks in two different sessions that were basically 14 months apart, so we had a lot of time to reflect on this. We cut some tracks that we almost finished but didn’t put on the record, but that’s true with any project... you always cut more and use less... and you’re always thinking at the end we need something like this and you start rethinking things. So in that respect it was a normal process.

**HULICK:** You don’t really hear the word retirement as far as an artist’s standpoint unless there are health issues or something like that, because most of the artists I’ve talked to are doing what they love and want to do, and to stop doing that I would imagine would be very difficult... we got a taste of that with Covid, and I think people are appreciating music even more now.

**CARPENTER:** You are exactly correct. As long as you can do it and you’re not up on stage embarrassing yourself by not being able to sing or play, why would you stop? People retire and they spend the time on hunting and fishing trips with their buddies... that’s what we’re doing out here.

“Bob Carpenter Interview” continued page 12



# HEALTH & FITNESS

## Core Performance: The Dangers of Processed Foods & How to Remove Them From Your Diet

By **KIM DUKE**, CERTIFIED PERSONAL TRAINER

Processed food, as we know it today, arrived in the first half of the 20th century. That's when food engineers figured out how to use modified potato starch to form pork, ham, sugar, water and sodium nitrate into a pliable gelatinous blob that would fit into a rectangular tin emblazoned with the word "Spam." Two World Wars, the Space Race and increasing consumer demand for fast meals with a long shelf life that could support the lifestyle of the expanding middle class financed the scientific efforts necessary to give us spray drying, evaporation, freeze-drying and a sophisticated understanding of how to make a decent tasting cupcake you can put on a shelf and still eat two years later. By the early 2000s, Americans were getting more than half of their calories from chicken nuggets, artificially sweetened canned food, potato chips and other manmade concoctions.

Nutritionists didn't create a language to describe this trend until 2009. That year, Carlos A. Monteiro, a professor of nutrition at the University of Sao Paulo, introduced the "NOVA Food Classification system," a novel grouping of foods based not on their nutritional content but according to the extent and purpose of the physical, biological and chemical processes applied to them after they were separated from nature.

He coined the term "ultra-processed" (as opposed to "minimally processed" or simply "processed") to refer to "industrial formulations made entirely or mostly from substances extracted from foods (oils, fats, sugar, starch and proteins), derived from food constituents (hydrogenated fats and modified starch), or synthesized in laboratories from food substrates or other organic sources (such as flavor enhancers, colors and food additives used to make the product hyper-palatable). Monteiro excluded foods that had been exposed to simple processes like drying, fermentation, pasteurization or other processes that might subtract part of the food (frozen vegetables, dried pasta or eggs). He also carved out exceptions for products manufactured by industry with the use of salt, sugar, oil or other substances added to natural or minimally processed foods to preserve or to make them more palatable, but that could still be recognized as versions of the original foods - usually foods that had just two or three ingredients (such as beef jerky, or freshly made bread).

Ultra-processed food, by contrast, was meant to include Frankenstein-like creations that were often made up of added sugar, salt, fat and starches extracted from natural occurring foods and then blended with artificial colors, flavors and stabilizers to hold it all together. Soft drinks, hot dogs, cold cuts, packaged cookies and salty snacks like pretzel rods all qualified, as did many frozen dinners and canned entrees.

"They are not food," Monteiro says. "They are formulations. They contain chemical compounds that do not belong to food - that should not belong to foods."

Fructose, one of the most commonly used sweeteners, is now present in many foods at concentrations unheard of in nature, according to Robert Lustig, a pediatric endocrinologist affiliated with UC San Francisco and author of *Metabofuel*, about the dangers of processed food. In recent years, studies have shown that fructose destroys or inactivates several key enzymes needed for the healthy functioning of mitochondria, the power plants in human cells that convert simple sugars into ATP, the form of energy we use to carry out the functions of the human body and brain.

Sugar isn't even the worst problem in the American diet. More damaging still is the con-

sumption of processed grains, used in corn flakes, white bread and many other products. These grains are stripped of their outer shell, known as the "bran," and their inner germ, which contains fiber, fatty acids and nutrients, leaving only the carbohydrates. The human body digests these liberated carbohydrates much faster than when they're locked inside the grains.

"Instead of sitting in the stomach and gradually being broken down into glucose, it begins to break down as soon as it gets to your mouth and is almost fully digested by the time it has moved through the stomach, and all absorbed by the time it gets to your small bowel," says Dr. Dariush Mozaffarian, a cardiologist and dean of the nutrition department at Tufts University.

This rapid digestion starves the gut bacteria, which we rely on for healthy functioning of the digestive system, leading to increased gut permeability that in turn may allow bacteria and toxins to enter the bloodstream and cause widespread inflammation, a factor in a wide variety of diseases such as celiac disease, diabetes, asthma, Alzheimer's and cancer.

After researching processed foods for this article as well as other articles I have written, I discovered this is big business; you may be shocked to learn that Ultra-processed foods have something in common with nicotine: Some of the biggest producers of processed foods were, from the 1980s to the end of the 2000s, known as Big Tobacco. In 1985, RJ Reynolds acquired Nabisco for \$4.9 billion, and Phillip Morris acquired General Foods in a \$5.75 billion deal that was then the largest takeover in U.S. history outside of the oil industry. Phillip Morris added Kraft to its portfolio in 1988 and rebranded itself as Altria in 2003. (RJR flipped Nabisco to Phillip Morris in 2000, which in turn spun off Kraft from its international tobacco business in 2007.)

Nobody is under any illusions that solutions will come easy. In recent years, public health officials have launched major campaigns to deal with what many consider to be the lowest hanging fruit: regulations to reduce soda consumption through taxes and limitations on how federal and state food assistance can be spent, among other measures. The food industry, which has poured tens of millions of dollars into lobbying, campaign contributions and influencing public opinion, has fought back ferociously.

What you can do - Start the "process" of removing processed food from your diet. In recent years evidence has emerged linking the pathological brain activation patterns seen in drug addicts to those seen in many obese research subjects and compulsive overeaters.

I hope this article is a solid wake-up call for anyone reading it. I feel it is imperative that we realize we must be our own advocates at all times. I will leave you with a quote from author Michal Pollan: "If it came from a plant, eat it. If it was made in a plant, don't."

*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 info about her studio visit her Facebook page or [www.coreperformancefitness.com](http://www.coreperformancefitness.com). Kim can be reached directly at 716-698-1198.*

## PROMOTING MENTAL WELLNESS

### CRCF Accepting Grant Applications from Two Established Funds

OLEAN - The Cattaraugus Region Community Foundation is now accepting applications for the Mental Wellness in Cattaraugus County Fund and Wagner Family Fund.

Applications for the Mental Wellness Fund will be due September 1st. Applications for the Wagner Family Fund will be due September 30th. The online grant applications can be accessed at [cattfoundation.org/grant-seekers/grant-opportunities/](http://cattfoundation.org/grant-seekers/grant-opportunities/).

Grants from the Mental Wellness Fund support programs and services provided by non-profits that support the mental wellbeing and mental health of residents in Cattaraugus County. Grants from the fund typically range from \$500 to \$1,500, but up to \$4,000 may be available for special projects, particularly those that impact vulnerable and/or disadvantaged populations.

Former members of the dissolved Mental Health Association of Cattaraugus County established the fund to financially support programs and activities that promote mental wellness in Cattaraugus County.

The Wagner Family Fund, which will be making its first grant awards in 2023, is open to applications from libraries in Cattaraugus and Allegany counties. Grants will be made to support new educational programming and activities for youth and adults.

Grants will typically range between \$100 and \$200 and are not intended to fund ongoing, annual needs. Libraries should only submit one proposal per calendar year.

The Wagner Family Fund was established by Cindy Wagner, a Portville native who worked in the nonprofit sector for many years. She decided to establish the Wagner Family Fund to honor the role that libraries played in enriching the lives of her and her family members.

Questions about the grant application processes can be directed to CRCF Grant and Donor Services Manager Monica Emery at 716-301-2723 or [monica@cattfoundation.org](mailto:monica@cattfoundation.org). Donations can be made to the Mental Wellness in Cattaraugus County Fund or Wagner Family Fund at CRCF, 301 North Union Street, Suite 203, Olean, NY 14760 or online at [cattfoundation.org](http://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, health care, the arts, community development, human service, and youth development. To learn more, please call 716-301-CRCF (2723), email [foundation@cattfoundation.org](mailto:foundation@cattfoundation.org), or visit CRCF online at [www.cattfoundation.org](http://www.cattfoundation.org). CRCF is also on Facebook ([facebook.com/cattfoundation](https://www.facebook.com/cattfoundation)) and Twitter (@CattFoundation).

## THE GOOD CLIMB

cont. from page 04

return and encourages others to join. "This is a great team bonding experience, whether you're looking for camaraderie with people you work with or an event to grow strong bonds in your own family," she said. "Try something new! Do it with a group of people. You'll be glad you did."

Baldwin suggests registered participants get up and get moving in preparation for The Good Climb. "If you're walking or running, try intervals where you're pushing yourself more and getting your heart rate up. If you're a gym rat, try to stack on a bit more!" Register today at [www.thegoodclimb.com](http://www.thegoodclimb.com). "This is a well-supported race," Baldwin added. "There will be plenty of food, music up and down the hill, and beer for participants 21 and up." For people who want to take part in The Good Climb but can't make it out to the event, the website's donation section is the perfect way to provide support.

## BOB CARPENTER INTERVIEW

cont. from page 11

**HULICK:** Are there any practical jokers in the band?

**CARPENTER:** Everybody. You gotta keep it light out there. As you know, musicians are just kids in bigger bodies. (laughs)

**HULICK:** (laughs) What can we expect for your show?

**CARPENTER:** What we've been doing this year is doing stuff from our very first single in 1967 and all the way up to a cut or two of our "Dirt Does Dylan" album. We're also doing some of our country hits from the 80's, at least one song from the three "Will The Circle Be Unbroken" albums and basically everything in between. We're doing a taste of everything from all 57 years. Of course we have to do "Mr. Bojangles" and "Fishin' In The Dark", and we have a few surprises.

**HULICK:** Do you have a message for your fans that are coming out to see you?

**CARPENTER:** Yeah... thanks for coming out to see us so we can keep our jobs! (laughs) I can't stress to you how important it is when people come out and see us... (laughs) I can't overstate it.

Tickets to the Nitty, Gritty Dirt Band on August 4th at Seneca Allegany Resort and Casino start at \$25 and can be purchased at [senecaalleganycasino.com](http://senecaalleganycasino.com) or through any Ticketmaster outlet.





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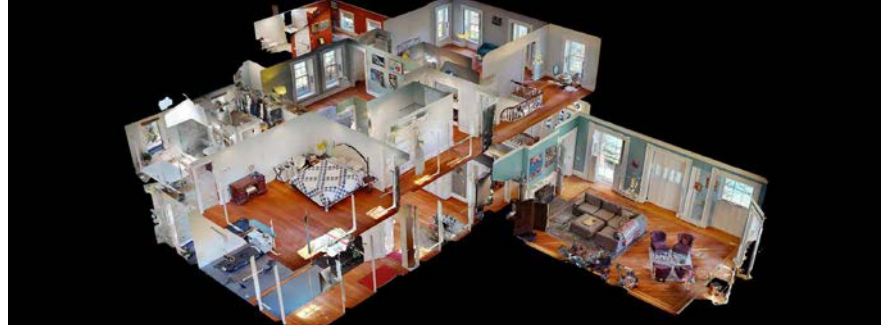


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# CLASSIFIEDS

## COMMUNITY

**THE ELICOTTVILLE HISTORICAL SOCIETY** hosts meetings every 1st Wednesday of the month at 7:00pm at the Ellicottville Memorial Library, 6499 Maples Road. All meetings are open to everyone and are free to attend. On Wednesday, August 2nd, Mary Fox will present "Glimpses of Ellicottville History" - a look at Ellicottville's history through pictures. Mary Fox has been compiling information on the history of Ellicottville for almost as long as she can remember. Having lived in Ellicottville for over 50 years, she's seen our small town evolve and go through many changes. Come and listen to how Ellicottville has changed over the years. The Ellicottville Historical Society also offers Historical Walking Tours around the village. Learn about some of the founding fathers and the houses they lived in. The walk is about 90 minutes and the cost is \$10 per person, cash or check. The next Walking Tour is scheduled for Saturday, August 19th at 1:00; meet at the gazebo. If you would like more information contact Ellen Frank, Vice-President of the Ellicottville Historical Society, at 716-699-2276 or 716-474-8528, check the Ellicottville Historical Society Facebook page, or email [ellicottvillehistoricalsociety@gmail.com](mailto:ellicottvillehistoricalsociety@gmail.com).

**THE EAST OTTO HISTORICAL MUSEUM** will be open from 1:00-3:00pm (or longer if needed) every Sunday during the months of August and September. Appointments for other days can be arranged with the Historical Group by calling 716-257-0654. Items in the museum tell the story of people and businesses that once were a part of East Otto. They include baskets and milk pans once made in East Otto. There are pictures of people and houses, small farm tools, the kitchen, old obituary clippings, wooden voting booths and much more. The museum is housed in one of the oldest buildings in town, originally built in 1833-34 as a Baptist church east of town. Later, it was moved to the "Corners", which is now considered the center of town. A larger church replaced it and the town purchased and moved the building to its present location. It became the town's first Town Hall. In 1972, after the Town Hall relocated to its present location on East Otto-Springville Road, the East Otto Historical Group was given permission to use it as a museum. Cattaraugus County Historians believe it could be the oldest building in Cattaraugus County. The museum is located next to the Fire Hall at 8982 Reed Hill Road, East Otto.

**THE MANSFIELD AREA HISTORICAL SOCIETY** is now inactive; the building needs repair and there are no funds available for such repairs. Therefore, the Society must return all loaned and donated items to their owners. The following days and times are set up for the owners of loaned and donated items to visit the museum and retrieve all items. All donations and loan records will be available for review during these times: Saturday, August 12th from 10:00am-2:00pm; Tuesday, August 22nd from 10:00am-1:00pm, and Tuesday, August 29th from 6:00pm-8:00pm. If available, please bring the receipt that was obtained when the items were loaned or donated. This will help the return process. Any questions or concerns can be mailed to the Mansfield Area Historical Society, c/o Town of Mansfield Town Clerk, 7691 Toad Hollow Road, Little Valley, NY 14755.

## MASTER GARDENERS RESPOND

Why Don't My Hydrangeas Bloom?



"Why don't my hydrangeas bloom?" is a very common question asked at Garden Centers and of Master Gardeners. Join Cornell Cooperative Extension Master Gardeners on Wednesday, August 16, 2023 7:00pm to get some answers to that question. This discussion will take place at the Ellicottville Town Center / Nannen Arboretum, located at 28 Parkside Drive in Ellicottville.

Pat Kerl, Nannen Arboretum member and retired Master Gardener, will discuss the various species of hydrangeas and their cultural requirements in our growing area. For each of six species, she will explore their:

- Origin
- Sun/Shade/Wind Tolerance
- Pruning Requirements
- Hardiness Zone
- Blooming Characteristics
- Old Wood vs. New Wood

Participants will meet in the auditorium of the Town Center, and time and weather permitting, will visit a few hydrangeas growing in the arboretum. Admission is free and refreshments will be served. For additional information or to learn about other upcoming events and workshops, go to [cattaraugus.cce.cornell.edu](http://cattaraugus.cce.cornell.edu).

## ELICOTTVILLE DPW

cont. from page 04

Street, get Fall Festival signage in place and of course prepare the plows and salt trucks for the winter season.

"We are very happy to be able to not only equip our team but to also provide the best work for the Village we can safely," Chudy spoke candidly. "We want to keep our roads easy to maneuver, our sidewalks smooth and our community members happy."

So next time you happen to see any of our DPW crews, give them a wave. On behalf of [ellicottvilleNOW.com](http://ellicottvilleNOW.com), "Thank you Mark and the entire Ellicottville DPW team for all the hard work that you do throughout the year. And congratulations on receiving the grant!"

## EMPLOYMENT

**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](mailto:gmnickolson@aol.com).

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

**NOW HIRING:** The Gado-Gado team is looking for a hardworking and motivated individual! Must be available on weekends and festivals. Please email resume and a brief introduction to [gadogado98@hotmail.com](mailto:gadogado98@hotmail.com). This is a yearly position, not seasonal.

**THE SILVER FOX STEAKHOUSE:** Looking for experienced Servers, a bartender and a dishwasher. Mail resume to P.O. Box 146, Ellicottville, NY 14731 or email [silverfoxeville@aol.com](mailto:silverfoxeville@aol.com).

**WRITERS WANTED:** [ellicottvilleNOW.com](http://ellicottvilleNOW.com) newspaper. Great supplemental income, work from home. Email resume and writing samples to [info@ellicottvilleNOW.com](mailto:info@ellicottvilleNOW.com).

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## NEW PUBLIC PARK IN GREAT VALLEY

Former NYS Boys Home Transformed into Family Park; Open House this Friday

Something new is coming to Great Valley, NY, created from something old. The former New York State Boys Home, located at 6619 Mutton Hollow Road, is transforming into the "Baugh Family Public Park" - an idea that Travis and Darlene Bough envisioned of a recreational area in Great Valley for everyone to enjoy. And they are celebrating their open house this Friday, July 28th!

Great Valley Town Supervisor Dan Brown wanted to let everyone know that the festivities start at 6:00pm. Back Draft BBQ will be on-site serving up their famous pulled pork, and Travis Happoldt will be performing a set of his popular outlaw country. (There will be a tent in the case of rain.)

Guests are asked to bring just two things with them - a chair to sit in and ideas to apply to the park in the future. The goal is to discuss what the community would like to add and utilize the space for... hiking trails, bike trail, picnic areas, restrooms, etc. The Friday evening event is all about having fun and sharing ideas to make this the best park possible.

"I have to thank our highway men: Jack, Randy, Nate, Chad and DJ for helping and putting up with me Wednesday and Thursday to get the grounds ready for this Friday's celebration," Brown said. "I ask that anyone reading this please pass this information along to anyone on Facebook, face-to-face, at the coffee counters, lunch counters... anywhere! Thank you!"

If you'd like to learn more about the new Baugh Family Public Park in Great Valley, plan to attend this Friday's open house.

## CATTARAUGUS COUNTY FAIR

cont. from page 08

the child a seat. Where else can you get this much entertainment for one price?"

That's true. There's a lot of entertainment included in admission. Free ground shows (3 to 4 shows daily) will feature: Super Dogs, Magic of Lance Gifford, Sea Lion Splash, Chainsaw Artist, Horses, Horses, Horses, Xtreme Strongman Show (new this year), and Arestov's Acrobatic Extravaganza Show (new this year).

Fair organizers would also like to remind everyone that their dairy and livestock shows (goats, sheep, swine, beef) are scheduled throughout the week and there are horse shows every day. Arts and crafts, flowers, vegetables, painting, drawing, sewing, antiques, collections and baking displays can be found in the 4H building as well as in the domestic building just off the midway. They have a record amount of vendors coming this year. Patrons will find jewelry, handmade soaps, homemade beef jerky, clothing, fudge, home products, blankets, Cutco knives, lawn and yard tractors, etc. The 4H Market animal sale will start at 1:30pm on Saturday. Just about something for everyone!

In addition, they are sponsoring a Christmas in July toy drive on the first few days of the fair (July 30th-31st). Guests are asked to bring a new, unwrapped toy for donation to one of several area holiday cheer groups. They will then be entered to receive a variety of prizes offered throughout the week.

So that's a lot of fun to still be had before summer is over. Get the family together and make sure to visit the Cattaraugus County Fair, the little fair with big value! For more details or pre-sale tickets, visit [cattarauguscofair.com](http://cattarauguscofair.com). The fair is sponsored by many amazing businesses such as Indigo Productions and Wright Beverage Distributing. The full sponsor list can be found on the website.



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gunnarbmx: Raced the second DH race @holimont\_parks. Got first in expert 14U class! So stoked! #bmxride #downhill #evlnow #bikepark #ellicottvillny #holimont



willygoat\_adventures: My new favorite hangout spot in Ellicottville @dailycitytrain.skate #evlnow #ellicottvilleny #skateboardingisfun



bloodunderrazor: Sometimes it's good to remember the little things!



hiyfarm: Love all around! #hiyfarmhemp #farmlife #evlnow



brian\_on\_bass\_16: Did some climbing this weekend, my legs are burning #wnymba @ellicottvillenow #mtb #mountainbike



seneca\_nation: #MJCP2023 #Powwow



lizzard0421: Bonfire equals smiles! #fireitup #theparktaavernpa



suzywohealer: I love love love what I do and love my life so much!! #ellicottvillenow #ellicottvilleny #energyhealing #soundbathing



bikeriderbrent: First downhill race! #ride #mtb #mtblife #mtblove #holimontparks #rockmountainbikes #loudperformancechq



avagracefashions: Love a great lunch then Linx. Permanent bracelets and permanent anklets and sisterhood! #linxforlife



ellicottvillecoffee: It's going to be a great week in Ellicottville! #evlnow



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