

Ellicottville **NOW**

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Live Music, Classic Cars and Pin-up Girls

Add in an Appearance by Elvis Presley and You've Got Yourself a Rock N' Roll Weekend!



A local favorite for over 20 years, Ellicottville's Rock N' Roll Weekend is an event that the entire family can enjoy. Close out the summer in style with 15+ live performances at all the hot spots throughout the village. (And the fact that it's all free of charge makes this a weekend you will not want to miss!) It all takes place Sept. 16-18, 2022.

"Our Rock n' Roll Weekend is fun for people of all ages," said Jessica Wallace, Ellicottville Chamber of Commerce Business Development Manager. "Not only do we have a full schedule of live entertainment indoors and out, we also host a car show displaying over 250 cars and trucks all of different makes and vintages. It's a nice weekend to enjoy the outdoors, great food, classic music, and of course the village of Ellicottville!"

New this year: Ava Grace Fashions is hosting a Miss Rock N' Roll Pin-up Contest.

... page 04

Community Fund Supports Cattle Farm Irrigation and Other Area Projects

Seven community agencies received funding for special projects and initiatives that aim to meet the changing needs of Cattaraugus County residents from the Cattaraugus Region Community Foundation's Community Fund, totaling \$10,561. The Community Fund is an unrestricted fund at CRCF and is the board of director's vehicle for responsive grantmaking.

Cattle Farm received a grant of \$2,480 for a new portable irrigation system and weed suppression supplies. The new overhead system will help keep crops thriving during the heat of summer.

... page 07

"LIVE TO ROCK TOUR" WITH SKID ROW, WARRANT, QUIET RIOT

The Seneca Allegany Resort & Casino Events Center will be rocking on Saturday night, September 17th when 3 of the most electrifying fan favorite bands of the 80's & 90's roll into Salamanca, NY. The "Live To Rock Tour" featuring Skid Row, Warrant and Quiet Riot has been crisscrossing the country to rave reviews as they bring back the nostalgia of the "hair/metal band days". EllicottvilleNOW recently interviewed Robert Mason, lead singer of Warrant, and he's got one message for fans: "Come prepared to sweat and sing!" Read the full interview ... page 08

F-E Titans Come Out Victorious

Titans Dominate in Season Opener on Newly Renovated Home Turf

photo / Rich Rumfola



By RICH RUMFOLA

For the first time since the pandemic-shortened Spring football season of 2021, the F-E Titans took the field at Ray Gray Memorial Field in Ellicottville, where head coach Jason Marsh's squad christened its brand new home field with a 25-point drubbing of the visiting St. Mary's Lancers on Friday, September 2nd.

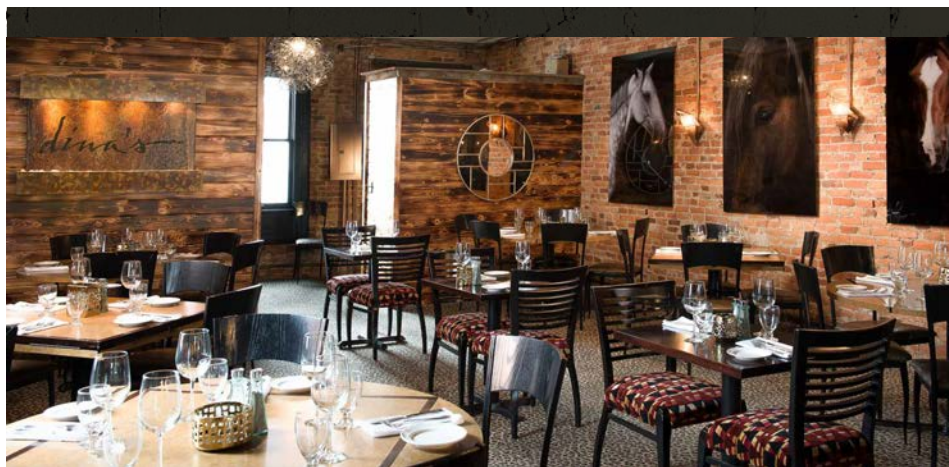
Senior quarterback Giancarlo Nuzzo torched the Lancers' defense for 184 yards on 15 carries, including one rushing TD. Nuzzo gained large chunks of real estate every time he touched the ball, while Junior running back Hunter Smith flashed the Midas touch, turning the pigskin to gold nearly half the times he put his hands on it. Pictured at left: senior running back Christian Swalcy.

... page 04



FALL IS IN THE AIR IN THE ANF REGION OF PA

As the cool nip of Autumn is felt in the morning and evening air, the change of season brings on the desire to explore. Farm markets, sunflower fields, shopping, and sipping wine after a scenic country drive bubble up as the next road trip adventure. McKean County's newest winery, Little Mountain Winery, is a casual and carefree wine tasting destination. Kathleen Curtis, owner, explains how Little Mountain Winery came to be: "Wine making started as a hobby, but it quickly turned into something I just love to do!" ... page 11



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NOW *this ...* by Brenda



photo / ellicottvilleNOW

Change of Seasons ...

How are you celebrating the final days of summer? Bike rides, bonfires, one or two more outdoor concerts before the weather turns, ice cream no matter what the temperature is outside? Warm days and cool nights call for dressing in layers. Our village certainly has a variety of outfitters to help you update your fall wardrobe ... or as I like to call it, "hoodie season". And with the cooler weather comes the excitement of - yep - ski season! Local ski/snowboard shops have been busy receiving and organizing new inventory for the upcoming winter. NOW is a great time to pop in and see what's trending for 2023!

Hold that thought of carving fresh corduroy; let's back the train up and remember to enjoy and appreciate summer's transition into fall. For parents of school-aged kids, that transition means the start of a new school year - a NORMAL school year! Organized sports are already in full swing and classes have begun fundraising efforts towards various goals. On Wednesday, Sept. 14th, the Class of 2023 will be serving up Wendel's Chicken BBQ outside the ECS high school entrance starting at 3:30pm. For \$15 fill up on a 1/2 chicken, roll with butter, macaroni salad and beans. Your support will help offset the cost of graduation caps and gowns, senior shirts, senior class trip and prom expenses.

New on campus: This year, the Ellicottville School District introduced the addition of a School Resource Officer. Kids entering ECS on the first day of school were welcomed by Officer Amber Graham who is providing law enforcement services on school grounds each day that school is in session. I had the chance to get to know Officer Graham last month during the Ellicottville Police Officers Association's annual fundraiser ... Just a few hours of hanging out with Amber and I can assure you she is a perfect fit as Ellicottville's SRO!

Following years of hosting golf tournaments, the EPOA decided to switch up their fundraiser to a corn hole tournament, held at the Village Park. What a fun day! It was a great opportunity for community members to meet local law enforcement as well as officers from outside agencies. Although my corn hole skills are about as good as my golf skills (welcome to the loser's club), it was an event full of sunshine and laughter, all while showing support for our local men and women in blue. I'm already looking forward to next year's shenanigans!

What else am I looking forward to? ... PUMPKINVILLE! Who's with me? The fall family attraction is set to open up for the season on Sept. 17th. I can already smell the fresh pumpkin donuts and apple cider. How lucky we are to have this adventure right in our backyard!

What's your favorite Pumpkinville attraction? From the hayrides and jumpin' pillows to gem mining and apple blasting, it's truly an experience for all ages. I myself am looking forward to getting lost in the corn maze (it happens every year), riding the express train, and meeting the new baby goats. And of course, picking out the perfect pumpkin. (Pumpkinville literally has thousands of pumpkins to choose from!)

Tickets can be purchased ahead of time online, which is highly recommended if you plan to visit on a weekend, as many weekends do sell out. Plus, you'll save \$2.00 when you purchase online. If you're a Pumpkinville fanatic, perhaps a Season Pass is the way to go, also available for purchase online. Learn more at pumpkinville.com.

Other must-experience activities this fall: Ellicottville's Rock N' Roll Weekend (see page 04), chairlift rides at Holiday Valley (go to holidayvalley.com), the Grand Opening celebration of Thrive IV Lounge Sept. 17th (Thrive has teamed up with EVL Ink for some really cool giveaways!), and the opening of 12 Gates Brewing Co.'s new location in Ellicottville (read the full release on our website at ellicottvilleNOW.com). Want more? Keep tabs on [ellicottvilleNOW's](https://www.facebook.com/ellicottvilleNOW) FB and IG pages (@ellicottvilleNOW). See you out and about!

-Brenda Perks, Publisher, [ellicottvilleNOW](http://ellicottvilleNOW.com)

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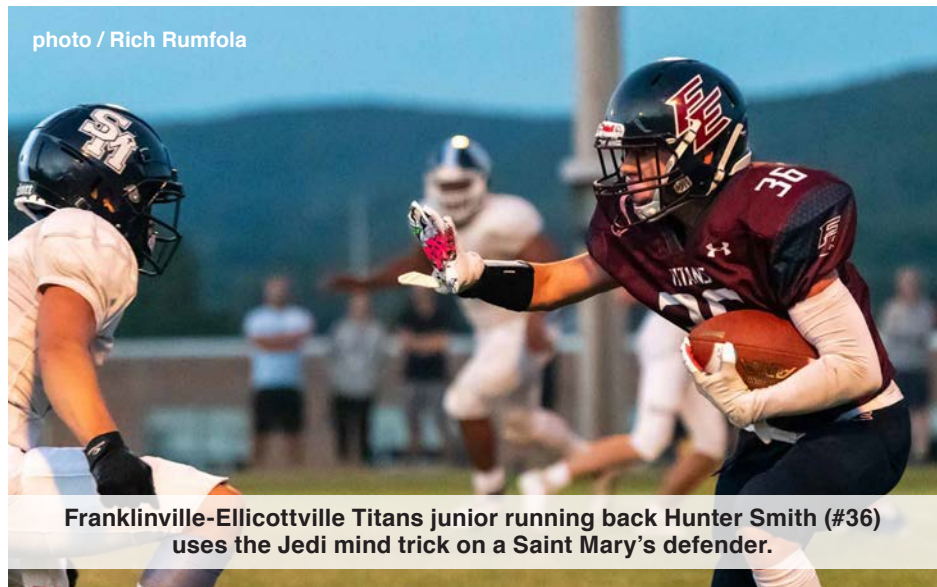


LOCAL

F-E FOOTBALL TEAM VICTORIOUS

Titans Dominate in Season Opener on Newly Renovated Home Turf

photo / Rich Rumfola



Franklinville-Ellicottville Titans junior running back Hunter Smith (#36) uses the Jedi mind trick on a Saint Mary's defender.

By RICH RUMFOLA

For the first time since the pandemic-shortened Spring football season of 2021, the F-E Titans took the field at Ray Gray Memorial Field in Ellicottville, where head coach Jason Marsh's squad christened its brand new home field with a 25-point drubbing of the visiting St. Mary's Lancers on Friday, Sept. 2. As part of an \$8.4 million capital improvements project on the Ellicottville Central School grounds over the past year, the football field and concession stand area received a complete makeover, with particular attention paid to address chronic drainage and flooding issues.

In the game, senior quarterback Giancarlo Nuzzo torched the Lancers' defense for 184 yards on 15 carries, including one rushing touchdown. Nuzzo gained large chunks of real estate every time he touched the ball and continuously put the Titans in the driver's seat with great field position and short yardage situations.

"We knew he brought a special skill set to the table with his running ability," Marsh explained of his quarterback. "He's very talented with his legs."

Junior running back Hunter Smith flashed the Midas touch, turning the pigskin to gold nearly half the times he put his hands on it; he found the end zone three times on just seven carries. Smith ended up with 49 yards rushing and scored a trio of gritty, two-hands-on-the-ball, in-your-face touchdowns with carries of 5, 11 and 9 yards. He also caught both of the only two passes completed by Titans passers the entire evening.

It's worth noting that Coach Marsh only called five passing plays in this game. (As fans of last season's edition of the F-E Titans will probably remember, their team often threw the ball more than five times in one quarter.)

"At the start of every year, you have to figure out what you do well," Marsh explained. "And in this game, we definitely ran the ball really well!"

In fact, Titans rushers gained 307 yards on 37 carries and accounted for all five of the team's touchdowns, including junior running back Beau Bielecki, who rushed for 41 yards on three carries and scored on a 14-yard run. Bielecki also gained four points by converting on a pair of point-after-touchdown runs.

"We were just taking what (St. Mary's) was giving us," Nuzzo explained of his team's success. "It was a great feeling to be back playing football in Ellicottville," he added.

Although the final score of the game became lopsided in the Titans' favor, the first points of the 2022 season came quite fittingly on defense - and in a most-unlikely form - a two-point safety! After driving the ball the length of the field in their first possession of the game, the Titans disappointingly coughed up a fumble at the St. Mary's 3-yard line; however, once the visitors took over on offense they immediately returned the turnover favor when their center snapped the ball over everyone's head and out of the end zone. Franklinville-Ellicottville had its first points of the new season on the board. After receiving the ensuing free kick because of the safety, the Titans got the ball back in great field position and quickly drove the length of the field. Smith capped off the first touchdown drive of the 2022 campaign with a five-yard run.

As glamorous as a 38-13 outcome may look for the offense and for offensive stats, it was the Titans' ferocious defense that beat down and defeated nearly every scoring effort the

"Titans Football" continued page 14

ROCK N' ROLL WEEKEND

All the Classics in Downtown Ellicottville, Sept. 16-18th



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ELLICOTTVILLE - Live music. Classic cars. Pin-up girls. Elvis Presley ... it's a combination fit for a ROCKIN' GOOD TIME!

A local favorite for over 20 years, Ellicottville's Rock N' Roll Weekend is an event that the entire family can enjoy. Close out the summer in style with 15+ live performances at all the hot spots throughout the village. (And the fact that it's all free of charge makes this a weekend you will not want to miss!) And it's all happening the weekend of September 16-18!

"Our Rock n' Roll Weekend is so much fun for people of all ages," said Jessica Wallace, Ellicottville Chamber of Commerce Business Development Manager. "There will be live entertainment indoors and out, and a car show displaying over 250 cars and trucks all of different makes and vintages. It's a nice weekend to enjoy the outdoors, great food, classic music, and of course the village of Ellicottville!"

Mid-September is the perfect time of year to visit Ellicottville. The leaves begin their transformation to vibrant reds, yellows and oranges, making for a picturesque landscape that is impossible not to enjoy.

Presented by the Ellicottville Chamber of Commerce and sponsored by Humana, this year's Rock N' Roll Weekend will knock your socks off with all the classic nostalgia of the good old rock n' roll era. This year's main act, Who Are You - A Tribute to The Who, will take to the Winery of Ellicottville Stage on Saturday from 1:00-4:00pm. Who Are You boasts a complete repertoire of Who favorites ranging from the early classics like "I Can't Explain" and "Magic Bus" to songs from their more mature years like "Baba O'Riley" and of course "Who Are You". Led by frontman Carl Dixon (former lead singer of Canada's Guess Who), the band also performs the revolutionary album, "Tommy", which defined the term "rock opera" in its entirety.

On Sunday, western New York's favorite Elvis Presley tribute artist, Terry Buchwald, will perform at the Village Gazebo from 2:00-5:00pm ... "and he sure knows how to make an entrance!" said Wallace. Terry has been inducted into the Buffalo Music Hall of Fame and has been named one of the top tribute artists in the United States by the Los Angeles Times.

But music won't be the only thing to enjoy during Ellicottville's Rock N' Roll weekend. Over 250 classic cars of various vintages will line the streets on Sunday afternoon. If you have an appreciation for raw horsepower and meticulously maintained vehicles, you're in for a treat! Walk through the village and bask in the sights and sounds of some of the finest cars you'll ever see, all judged by a panel of experienced classic car and truck enthusiasts.

New to Rock N' Roll Weekend, Ava Grace Fashions of Ellicottville will host a Miss Rock N' Roll Pin-up Contest. Contestants pre-registered by Sept. 9th are invited to attend a Meet & Mingle event on Saturday at the store (23 Jefferson Street), with the contest - open for public attendance - to take place Sunday beginning at noon. Cost is \$10 per contestant and only 20 spots are available. All proceeds will be donated to the Cattaraugus County Suicide Prevention Coalition. For more information on the inaugural Miss Rock N' Roll Pin-up Contest, email missevlockandroll@gmail.com.

Check out the full schedule for Rock N' Roll Weekend at ellicottvillenyc.com and book your overnight accommodations. You can also follow the Ellicottville Chamber of Commerce on Facebook and Instagram (@visitellicottville) for updates on all of Ellicottville's festivals and events.



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REGIONAL

COMMUNITY PROJECTS

Community Fund Supports Canticle Irrigation and Other Area Initiatives



Mark Printz (right), Canticle Farm manager and head farmer shows the overhead irrigation system purchased by a CRCF Community Fund grant to Lucy Benson (left), CRCF grant allocations committee chair, and Karen Niemic Buchheit (middle), CRCF executive director.

OLEAN - Seven community agencies received funding for special projects and initiatives that aim to meet the changing needs of Cattaraugus County residents from the Cattaraugus Region Community Foundation's Community Fund, totaling \$10,561. The Community Fund is an unrestricted fund at CRCF and is the board of director's vehicle for responsive grantmaking.

Canticle Farm received a grant of \$2,480 for a new portable irrigation system and weed suppression supplies. The new overhead irrigation system casts a larger spray over a wider distance area to help keep crops thriving during the heat of summer.

According to manager and head farmer, Mark Printz, the irrigation system has been a critical part of farm operations this summer, as draught conditions have increased the need for additional water. The portability of the irrigation system allows farmers the flexibility to move irrigation to crop plots as needed.

"The grant also helped purchase silage tarps, which use solar energy to kill weeds, eliminating the need for harmful pesticides and allowing the farm to maintain its commitment to sustainable farming practices," said Canticle Farm Director Gina Anderson. "When placed over a predetermined area of soil, silage tarps create a moist warm environment for weed seeds to sprout. Once the sprouting has occurred, they then die due to lack of sunlight. Within a few weeks the weed seed bed will have been extinguished and decomposing."

For needy residents in Cattaraugus County, this advance in farming techniques helps ensure access to fresh, healthy vegetables as part of Canticle Farm's mission is to provide at least 20% of their crop share to area food pantries and nonprofits. According to Printz, that number this year is closer to 30-40%.

"This was a project that the CRCF board of directors was very happy to support," said CRCF Executive Director Karen Niemic Buchheit. "Health statistics in Cattaraugus County demonstrate the need for access to healthy food, like the crops Canticle Farm grow, for the neediest in our community."

Randolph Regional EMS Corporation received \$2,500 for new emergency response bags that will allow EMS providers to transport life-saving equipment safely and conveniently when on calls.

"One of the problems we are often encountering is having an organized system in place to bring potentially life-saving equipment into the home as we make contact with individuals who are stricken with illness or injury," said David Senn, Randolph Region EMS Corporation president.

The grant will purchase new "grab" bags for first-responders, allowing them to transport all of the equipment they need when on calls, such as oxygen tanks, defibrillators, IV equipment and medication so that they can quickly and appropriately respond to the need of each call.

Kevin Guest House received \$1,500 to underwrite overnight stays at the Kevin Guest House facility for Cattaraugus County residents undergoing medical treatment in the Buffalo area. The grant will subsidize 60 overnight stays at the facility, with each stay costing \$25 - a price that Kevin Guest House does not charge guests unable to pay.

"In 2021, Kevin Guest House hosted patients and caregivers who reside in Cattaraugus

"Community Fund" continued page 14

LACE UP YOUR RUNNING SHOES

Allegheny River Running Fest this Saturday in Olean; Registration is Still Open!



OLEAN - This Saturday, September 10th, the Greater Olean Area Chamber of Commerce will be hosting the Allegheny River Running Fest (AARF) in Olean, NY. The event features three races - a 5K, 10K, and Half Marathon distance. All of them will begin and end at War Veteran's Park, 551 East State Street, Olean.

"We are looking forward to bringing this race to our area for the third year in a row and hoping that the newly added 5K distance will bring even more people out to enjoy the event!" said Erica Dreher, GOACC Member Services Manager. "The 5K loop runs through downtown Olean and should allow for a quick paced run. The 10K and Half Marathon distances offer the runner a bit more of a challenge and either option takes you onto the picturesque Allegheny River Trail (hence the name)."

For the first time this year, vendor Lisa Ralston of Me Life Love will be at the park offering some breathing, stretching and yoga sessions starting at 7:00am. These sessions will be open to the public. "You do not have to be a race participant to come down to the park on Saturday and check out the fest," stated Dreher." Dana Boser, LMT will be in the park also offering mini massage sessions during the event.

Genesis House will be there from 10:00am-1:00pm with a magician and activities for the kids to enjoy. There are also two chances for kids 12 and under to participate in the 100-yard dash fun run at 10:00am and 12:00pm. "The run was a hit with kids who participated last year, so we are hoping even more kids will come down and run this year," Dreher continued. "Sign-ups are day of at the park under the chamber tent."

For those who are participating in the run, they can look forward to a pre-run snack station sponsored by Tim Hortons. The post-run refuel will be coming from Pizzaland of Portville. Four Mile Brewing Co. will be sponsoring the beer tent and is open to any AARF attendee 21 years of age and older.

"Finisher medals depicting Olean's unofficial city mascot - the squirrel - will be awarded to all participants crossing the finish line," stated Meme Yanetsko, Chief Operating Officer of the Chamber. Trophies will be given to top female and male finishers in each event. Those participants finishing top in their age group will be presented with a special prize also featuring the uniqueness of our community and race. The Last Acorn prize will be given out to the final registrant of the Half Marathon to cross the finish line.

Participants must be at least 13-years-old, and registration will continue until start time on race day. The Half Marathon will begin at 9:00am and is \$90, the 10K at 9:15am and \$65, and the 5K at 9:30am and \$25. A virtual option to participate is also available. Simply run the race where you are and upload your time through September 30th to receive a finishers medal. Virtual registrants will receive a swag bag and race participant shirt but are ineligible to receive top prizes. Register at <https://alleghenyriverrunningfest.itsyourrace.com/register/>. Register by September 8th using code SQUIRREL10 to receive \$10 off!

Not a runner? There are still opportunities to support this race! "GOACC is excited to bring this event to our vibrant community for its third year and sponsors play a big role in making these events happen; several levels are still available," said Dreher. "As a sponsor, you will not only benefit the community with your investment, but sponsorship can also provide a powerful marketing tool for your own products and services."

Or just come out to cheer on the runners! Either way, it's sure to be a good time! For more information on this weekend's Allegheny River Running Fest and other Olean events, please contact GOACC at 716-372-4433.

INTERVIEW

GET READY TO ROCK OUT WITH SKID ROW, WARRANT AND QUIET RIOT



.....
SEPTEMBER 17th
SENECA ALLEGANY RESORT & CASINO

By Melanie Hulick

The Seneca Allegany Resort & Casino Events Center will be rocking on Saturday night, September 17th when three of the most electrifying fan favorite bands of the 80's and 90's roll into Salamanca, NY. The "Live To Rock Tour" featuring Skid Row, Warrant and Quiet Riot has been crisscrossing the country to rave reviews as they bring back the nostalgia of the "hair/metal band days" and the fans are ready to let go and return to some sense of normality for the summer and early fall concert season.

Let's face it ... the last 2-1/2 years have been tough - not just on the fans, but also on the music industry and the artists they represent. "Things were going great," said Robert Mason, lead singer for Warrant, "then all of a sudden a pandemic hit that no one would have even given a thought to happening in our lifetime."

I caught up with Mason recently at his favorite coffee house to talk about the tour, the camaraderie that exists between the three bands, celebrating their 30th anniversary milestones, his horrible motorcycle crash in 2003 and how fortunate he was that day and what he does differently today so he "doesn't make the band nervous" as he put it.

Mason made a good point during our conversation that even if you only know 2 or 3 songs of each band, it still makes for a great night out. You get to hear each band play their most iconic songs ... Warrant's "Cherry Pie", "Heaven" and "Down Boys"; Skid Row's "18 And Life", "Piece Of Me" and "Slave To The Grind"; Quiet Riot's "Come On Feel The Noize", "Metal Health (Bang Your Head)" and "Run For Cover".

In a message to the fans, the singer said, "Come prepared to sweat and sing ... enjoy yourselves," adding, "we're just genuinely happy and it's not lost on us how fortunate we are to keep doing this, and I hope that translates to the audience. We want them to have twice as much fun as we have!"

.....
 For ticket information and other upcoming events,
 visit: SenecaAlleganyCasino.com

A Conversation with Robert Mason

HULICK: How's the tour going with Skid Row and Quiet Riot?

MASON: Very well. We're doing about 30 something shows with them. Honestly I think there's a good symbiosis between the bands and their fan bases. It's rock bands that have nostalgia to remember which is awesome! The bands get along ... no drama. Everybody goes out on time and finishes on time and the crews get along on days off. It's a very comfortable situation to find yourself in 30 some years down the road. It's funny ... we sit and laugh in the dressing room and say, "Do you notice anything different?" And it's like, "Yeah, we're all happy and we're all smiling." (laughs) Who knew this was going to happen?

HULICK: There are a few bands and artists that are doing the same thing as far as having multiple headliners on the same bill, which is great because the fan base these days is different than it was years ago where the musical genres were true to their roots and wouldn't think to put certain acts together on the same bill. Today genres crisscross and ...

MASON: Isn't that the way it's supposed to be? I was raised that way ...

HULICK: Absolutely! I was raised that way too.

MASON: You are correct in that I remember back when you were in high school and you had a friend that was a "Yes" fanatic and he just thought "Rush" was horrible. There was a very genre specific - even band specific - loyalty. And you're right that people just want to get out and have fun, and the thing is with a multi band bill, as we both keep saying, you get the combined popular songs of all those bands together and that makes for a good night out. Even if the general garden variety fan only knows a couple of hits, they still get entertained because they get three bands worth of hits. Excuse me but is the sound of that traffic bothering you at all?

HULICK: No. I don't even hear it.

MASON: Oh good. I'm sitting at my favorite coffee place after taking a ride on a new motorcycle I'm breaking in, and then I realized it was 8:00am and I have to call you for the interview.

HULICK: Speaking of motorcycles ... you had a bad accident years ago.

MASON: Yeah. It was July in 2003. I got knocked off my bike by a Lincoln.

HULICK: Ouch!

MASON: Yeah I know. I was crazy fortunate because it could have gone super bad a bunch of different ways, but I was incredibly fortunate. I fell the right way and slid a bunch of feet. I spent seven or eight hours at the Mayo Clinic. I slid to a stop and my bike got pushed out from under me, with my arms full of gravel ... and I wasn't wearing a helmet back then ... I was wearing a tank top, a work shirt, a pair of boots and jeans. So no gloves, no helmet, which was quite dumb in retrospect, but I wear the full gear now so I don't make the band nervous. It was no fun ... I don't recommend it. I had a lot of road rash, no concussion, only broke the tip of one finger. I had blisters and really bad scrapes down to the bone in a bunch of places and they had to do some skin work and I had a couple months of rehab. It was no fun and I got the scars to remind me.

HULICK: Wow! I'm glad everything turned out alright, and obviously you were able to overcome that mental block people get when they're in an accident or a traumatic event, since you're riding this morning.

MASON: Yeah, I got back on because of a Warrant show. We did a radio station sponsored veterans charity ride and I got to lead a couple hundred bikers for this charity and then I had a show that night. I got the bug again ... I'm into cars and motorcycles and stuff like that.

HULICK: What's next for you and Warrant?

MASON: We got the benefit of 2019 being the 30th Anniversary of "Dirty Rotten Filthy Stinking Rich", and 2020 was the 30th Anniversary of "Cherry Pie". Everyone knows what happened in 2020 when we had to take about 15 months off because of Covid. We did a "Cherry Pie" Anniversary Tour when we started back up in June of 2021. This year is the 30th Anniversary of "Dog Eat Dog" so it's kind of given us ... not an excuse ... that's the wrong word... it's given us a different focus to really concentrate on doing a few songs from those records in a 30th Anniversary style. We are always working on material, and everyone has their own material they've produced during Covid. I know I'm just full of ideas. I sat down everyday during Covid and tried to put down a guitar riff or something on the piano. Who knows ... I get a feeling there could be another Warrant record for us, but right now it's fun to play those hit songs because everybody loves the nostalgia.

HULICK: What would you consider your best decade as far as your music career?

MASON: (laughs) Oh wow! I don't know. Honestly it keeps ... it gets better ...

"Warrant Interview" continued page 14




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TRAVEL

FALL IS IN THE AIR IN THE ALLEGHENY NATIONAL FOREST

Take a Scenic Drive to McKean County, PA where You'll Discover a Cozy Family-owned Winery and a Unique Shop with Fall Festive Decor

By LINDA DEVLIN, ANF VISITORS BUREAU

*As the cool nip of Autumn is felt in the morning and evening air,
the change of season brings on the desire to explore.
Farm markets, sunflower fields, shopping, and sipping wine after a
scenic country drive bubble up as the next road trip adventure.*

LITTLE MOUNTAIN WINERY

McKean County's newest winery, Little Mountain Winery, is a casual and carefree wine tasting destination. They are the perfect stop after a relaxing, scenic drive along Pennsylvania's country roads. Slow down and enjoy the forest and farmland scenery on the way to the winery. Fall color usually starts towards the end of September with prime color usually in the higher elevations the first two weeks of October.

Kathleen Curtis from Little Mountain Winery explains, "Wine making started as a hobby, it turned into something I just love to do. I like to try new recipes and wine combinations." A true family-owned winery, Kathleen works with her husband and daughter at the winery, welcoming visitors from near and far.

"Our most popular wine is Little Mountain Red, which is a blend of Concord juice and Niagara juice," explains Kathleen. "This is closely followed in popularity by Sweet Diamond, a delicious wine crafted from the juice of diamond grapes."

Little Mountain Winery has participated in a variety of wine walks and festivals, which according to Kathleen, "are a lot of fun as we get to meet a lot of great people." They also love meeting and talking to all the wonderful people who come into the winery.

Little Mountain Winery is located at 205 Kansas Branch Road in Duke Center, Pennsylvania. Their hours are Thursdays and Fridays 5:00-8:00pm, Saturdays noon-8:00pm, and Sundays noon-5:00pm. You may contact them via email at Littlemtwinery@yahoo.com or call 814-331-9265.

RUSTY ROOSTER FARM AND VINTAGE WOODWORKS & MARKET

As the leaves start to tip red, yellow and orange, another fun destination is the Rusty Rooster Farm & Vintage Woodworks & Market. Their shop is like a treasure chest inside and out. Outside are the metal fire rings, planters, yard art, and rustic furniture. Inside, the shop is full of one-of-a-kind distinctive gifts and home décor for all occasions and all price points. Items include custom florals, Sallyander soaps, Ellen Scott bags, and milk-house candles in the fall scents of caramel apple, mulled cider, and brown butter pumpkin. At the market you will find local maple syrup and fresh eggs.

Search for warm color home accents in sunflower yellow, toffee, or cinnamon to add an extra layer of cozy to your home for fall. Check out their wide selection of Americana, primitive, vintage, and farmhouse style home décor and furniture.

Rusty Rooster handcrafts and carves beautiful epoxy tables from live edge wooden slabs. They offer custom milling and woodwork. They can build bars, tables, fireplace mantles, benches and more. They also offer a vast selection of live edge slabs for your DIY projects.

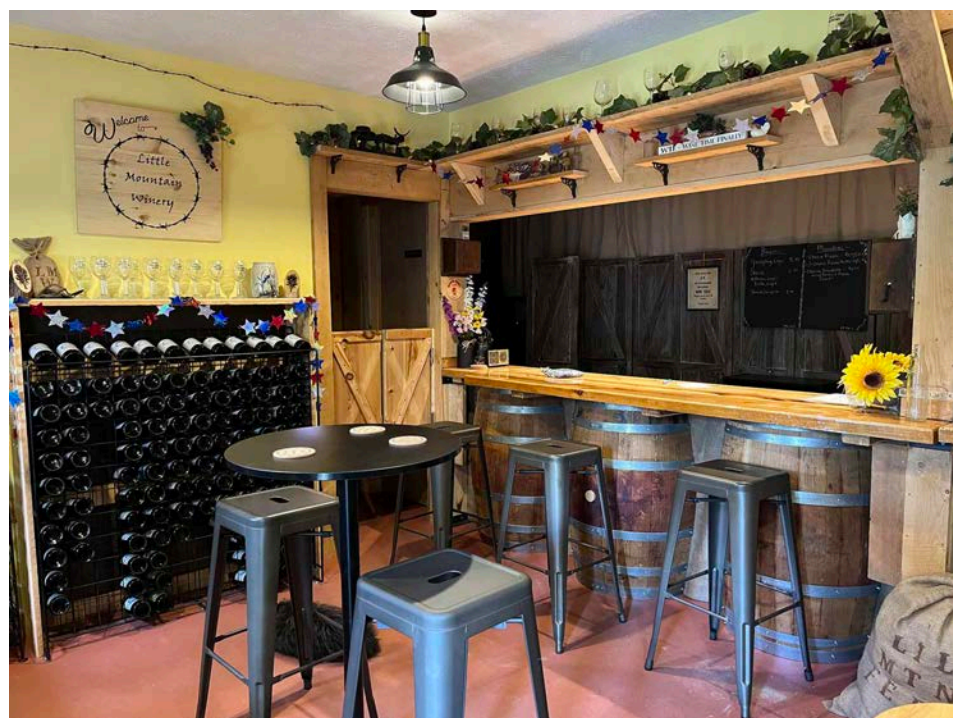
Mark your calendar for their Anniversary Fall Fest 2022 on Saturday, October 1st beginning at 10:00am. Enjoy donuts and funnel cakes, apple cider pressing, free make & take crafts, door prizes and amazing shopping.

Rusty Rooster Farm & Vintage Woodworks & Market is located at 484 Highland Terrace, Portville, NY. They are open Monday-Friday 10:00am-6:00pm, Saturday 10:00am-4:00pm, and closed on Sundays. Phone 716-474-7402 or email jnsmithny@gmail.com for more information.

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From spring to fall the Allegheny National Forest Region of Pennsylvania is a goldmine of natural beauty and historic sites for road trippers looking to turn up the tunes and escape technology. Countless roads twist and turn throughout the ANF offering scenic stretches of winding two-lane roads and spectacular scenery.

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photos courtesy / @anfvisitorsbureau

HEALTH & FITNESS

Core Performance: Proper Breathing to Engage Your Core

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

When I get a new client, especially one who is unfamiliar with strength training, I begin by teaching some basics like form, tempo and breathing. Probably the hardest of the three to teach is breathing.

Proper breathing will help you engage your core when you need it the most. Core strength is essential for all of your movements - it is your center, after all - and it has the big task of holding you upright. And while you could choose to knock out some crunches or sweat through an ab-quaking plank series to work the muscle group, you could also do some breathing exercises for core strength, which involve practically zero movement at all. The key? Engaging in belly-based, diaphragmatic breaths. Which unlike shallow breathing, when only your chest and shoulders move with each inhale, with deep, diaphragmatic breathing, your rib cage, abdomen, and diaphragm should be working together to move air in and out of the lungs. This, in turn, engages your core.

Deep abdominal muscles are your diaphragm's partners, so first they lengthen on the inhale, then contract on the exhale as the diaphragm relaxes. If you get the correct expansion of your entire abdominal wall, you will be able to maintain some core tension through an exercise while breathing for both the inhale and exhale. It will also help to protect your spine, pelvic floor, and lower back.

To see for yourself, try the following: Lie down on your back with your legs bent and your feet flat on the floor. Place both hands on the outside of your ribcage, where your bottom bra line is/just beneath your chest. Breathe in slowly through the nose, feeling your ribs expand underneath your hands as you press your back ribs into the floor. Then, exhale through your mouth like you're blowing up a balloon, feeling how the abdominal muscles gently

tighten and pull in. Complete five breath cycles like this and you will see how effective breathing is for proper core engagement.

Once you understand the how and why for breathing while strength training, the rest will flow much more fluidly.

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.core-performancefitness.com. Kim can be reached directly at 716-698-1198.



Inner Peace & Strength: A Simple, Mindful Moment

BY LAURA WIDGER, LCSW



When humans live through and survive something stressful or stress inducing, it is normal for our cores to jumble or experience shock. Life stressors can overwhelm any one of us and disrupt our unity and the collaboration between our bodies, hearts and minds. Remedies that can bring us back to equilibrium is the practice of mindfulness and meditation.

Louanne Davis, PsyD writes about mindfulness and meditation in her book, *Meditations for Healing Trauma*. She states, "Mindfulness is your inborn ability to be mindful - that is, to be aware of your moment to moment experience. Mindfulness meditation is a method to train or 'exercise' the brain. This helps to develop mindfulness skills. Mindfulness is about learning to relate differently to what

you experience. Mindfulness meditation is like going to the mind gym."

Davis demonstrates a simple mindfulness meditation called, *Having a Mindful Cup of Coffee*. She states, "When you mindfully connect with your body and explore body sensations while engaging in a very familiar activity, you can experience the return to a sense of safety."

This meditation (written below) is something you can read, share with others, ask others to read to you, and even record for your own keepsake. May this mindful meditation bring a sense of safety, peace and equilibrium for you.

For this practice, you will need a hot coffee or tea, or a cold beverage. Make sure that the drink isn't too hot or too cold to hold or drink. Find a place to sit where you won't be disturbed. However, once you are familiar with this meditation, you can practice it in a coffee shop or restaurant.

Check in with your body, heart and mind. Briefly observe whatever you notice, and allow it to be as it is. Is there any tightness in any part of your body? No need to do anything - just observe. Do you have any sense of anticipation, impatience or uneasiness - or are you feeling neutral? Notice if any thoughts about this practice are present - perhaps a judge-

ment that "this seems silly."

Wrap your hands around the container. Notice how the surface feels against your skin. Perhaps close your eyes for a moment. What is the temperature of the container - hot, warm, cool? What is the texture of its surface - smooth, rough, irregular? Do you notice anything different when your eyes are open compared to when they are closed?

Bring the container to your lips, ready to drink, but not drinking just yet. Notice any sensations when the container makes contact with your lips. What do you notice about the temperature? Texture? What do you smell?

Notice the urge to drink. Slowly take the first sip and hold the liquid in your mouth. Notice the sensation of the liquid on your tongue and against your cheeks. What is the temperature of the liquid? What sensations do you notice in your mouth - as you move your tongue, as you squish the liquid around your mouth? Has the temperature of the liquid changed? How does the liquid taste - sweet, bitter or something else?

First, notice your intention to swallow. Now, slowly begin to swallow the liquid. Notice sensations as the liquid travels down your throat to your stomach.

Notice the urge to bring the container back to your lips for another drink before your arm begins to move. As you bring the container toward your lips, notice the sensations in your arm and hand. Take another sip in your own time while observing all of the body sensations that are part of swallowing. Has the temperature of the container changed? Spend as much time as you like mindfully drinking what remains.

Check in again with your body, heart and mind. Lightly touch whatever you notice with your attention and allow it to be as it is. Is there any tightness in any part of your body? Do you have any sense of mood or emotions that are present? Notice if any thoughts are present. Is there any difference between what you notice now and what you noticed when you began this practice?

Now, take 3 deep breaths in through your nose and out through your mouth as you bring your awareness back to the presence of this space or room.

- Louanne Davis, PsyD

Laura Widger is a NY State Licensed Clinical Social Worker with 15 years of experience in the field of emotional wellness and mental health. She owns and operates Inner Peace and Strength - Mental and Emotional Health, and specializes in trauma healing with children and adults. She lives in Cattaraugus County with her husband, children, and German short haired dog. Laura personally and professionally strives to promote internal self leadership and the discovery of true genuineness and balance within.

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BLOOD DRIVE: The American Red Cross will be hosting a Blood Drive on Friday, October 21st from 1:00-6:00pm at St. Paul's Lutheran Church, 6360 Route 242, Ellicottville, NY. To schedule your appointment, go to redcrossblood.org.

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TITANS FOOTBALL

cont. from page 04

Lancers threw at them the whole evening long.

With 8:32 left in the 2nd quarter, St. Mary's passed for a touchdown on a fairly well-guarded play and scored its first points of the season. Unfortunately for the Lancers, that's when the Titans defense dropped on them like a thick, wet blanket - containing and smothering every move St. Mary's made until the game was well out of reach.

Junior defensive ends Billy Slavinski (7 tackles, 2 sacks) and Owen Chudy (5.5 tackles, 1.5 sacks) both stepped up to starting roles on the varsity squad this season and in Week 1, they paced defensive coordinator Chris Mendell's stingy defense, which gave up just six points in the game until the final minute and a half when the visitors added their last score.

Clinging to a minimal 8-6 lead at halftime, the Titans took the opening kickoff to start the second half and quickly drove into scoring position, where Smith scored his second touchdown on the night - this one from 11 yards out.

"Hunter ran the ball hard," Marsh said of his junior running back's effort. "He broke arm tackles and had great leg drive; it was a nice night for him."

Defensive takeaways in the second half (an interception by defensive back Noah Shenk and fumble recoveries by Christian Swalcy and Hayden Trietley) kept returning the ball to the Titans offense, where Nuzzo and the run game kept racking up the scores and pounding the Lancers into submission.

In what has to be one of the longest road trips for any high school team this season, the Titans will travel to the shores of Lake Ontario Friday, Sept. 9th for a 7:00pm showdown with the Wilson High School Lakemen, 40-14 losers of their Week 1 matchup with CSP. Wilson is one of a pair of schools (Gowanda is the other) whom the Titans will play in 2022 that dropped from Class C to Class D for this season. The Titans play Gowanda at home in Franklinville in Week 6 of the regular season on Oct. 7th.

COMMUNITY FUND

cont. from page 07

County for 750 overnight stays," said Marianne Potratz, Kevin Guest House development manager. "That number made up over 11% of all Kevin Guest House stays."

Southern Tier Health Care Systems received \$1,441 to purchase an oversized blood donor chair, which will allow area residents of any size the ability to donate much-needed blood during blood drives.

The Chautauqua Cattaraugus Library System received \$1,300 in support of its 2022 summer reading program. The grant provided \$100 to help offset the cost of supplies and programming at each of the library system's 13 member libraries.

The Allegany Public Library received \$1,000 to help offset the cost of installing new flooring in the library's children's room.

The Village of South Dayton received a grant of \$340 to help complete an electrical project at the village's historic train depot museum. The CRCF grant enabled a match from the Western New York Foundation of \$3,150, which was also recently granted from the Community Fund to the Village of South Dayton as pass-through grant.

Donations can be made to the Community Fund at CRCF, 301 North Union St., Olean, NY 14760 or online at cattfoundation.org.

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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.

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OPEN HOUSE

THE EAST OTTO HISTORICAL MUSEUM will be open Sundays during the month of September from 1:00-3:00pm or by appointment 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 pictures of people and houses, small farm tools, in 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 1834 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 Rd., the East Otto Historical Group was given permission to use it as a museum. Our Cattaraugus County Historian believes it could be the oldest building in the County! The museum is located next to the Fire Hall in the center of town at 8982 Reed Hill Road, East Otto, NY.

WARRANT INTERVIEW

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there's ebb and flow to everybody's timeline. Everything can be going awesome and then there's a pandemic. You never know what's going to happen. I do have so many amazing memories from the 1980's before anybody knew who I was like getting my first record deal, making my first record and all of that fun ... I was in my twenties. Then you get a little long in the tooth, as they say, and older and wiser ... at least older and hopefully wiser. Honestly it's still super fun to do this and I look forward to the next 5 to 10 years to see what happens.

HULICK: What are your thoughts on vinyl making a comeback? You, like myself, were a part of that time.

MASON: Yeah I remember putting on records and flipping them over, having a collection of 45's, playing my mom's old 78's when I was a little kid. What's cool for me today is getting a hand in designing some artwork and working with a really good designer. It was so satisfying to get an album and take it out of the shrink wrap, open it up and look at all the artwork inside and read all the liner notes. I read everything I could get my hands on ... every record my parents had I instantly went and read every word that was printed on it.

HULICK: You sound like me because I did the same thing.

MASON: (laughs) I knew all the special thank you's and all the publishing companies for every one. Then fast forward to where you are actually making records and you meet these producers or publishers and you're like ... Oh yeah ... Steve Olson and Pogo Logo Publishing ... and they say to you Pogo was the name of my dog. (laughs) So the mystery is solved. (laughs)

HULICK: (laughs) Right? How funny!

MASON: You were able to make all those connections after the fact.

HULICK: I don't know about you, but when they had a dedication to somebody in the acknowledgments I would think I have to find out what that meant ... what are they talking about, what did that person do?

MASON: (laughs) Yes! Was it an inside joke or what?

HULICK: What's the best thing about being Robert Mason?

MASON: I've got great friends and thankfully people that appreciate what I do. Is there a better gift than that? I get to do something I absolutely love. My dad was a traveling salesman and he worked very hard all through the week and traveled a lot out of state and he lived for the weekends. But he didn't do something he loved, and it took him until I was in my 30's to come and say to me, "you know ... you figured it out ... I know it wasn't easy and there were sacrifices to make, and it wasn't always the most lucrative thing, but you actually love what you do for a living and you figured out how to make money doing that." So doing what I love and having a little leisure time off to have some fun and relax is the gift of being Robert Mason.

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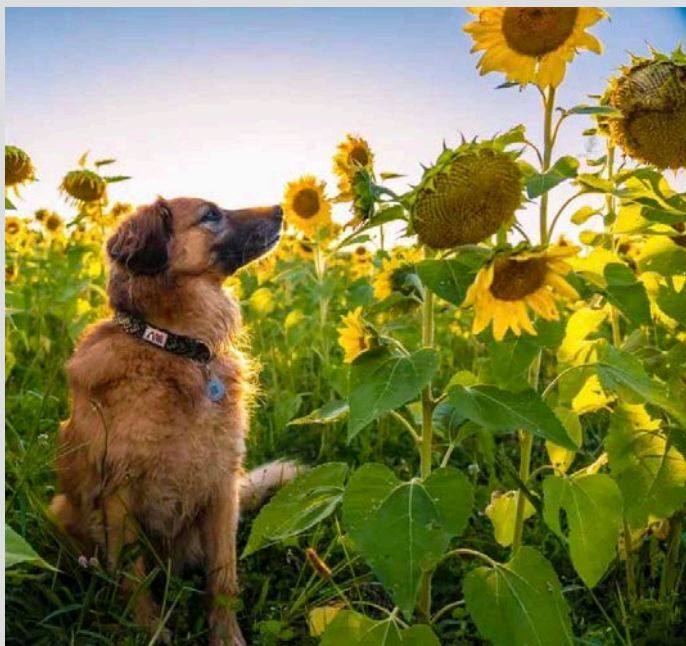
baroness_abcinema: Caught a wild stormy sunset on Lake Erie with some awesome people. #chasingsunsets #evlnow #exploreny



hiyfarm: Thank god for attentive supervisors on a busy day #barncats #familyfarm #ellicottvillenow



franceslrothrd: Take a minute to be grateful for summer #gratitude #backtoschool #ellicottvillenow



willygoat_adventures: Made it to the sunflower field. #livechq #lovewhereyoulive #adventuredog #evlnow



ellicottvillenow: #evlnow #ellicottvillePD #cornhole



visual_ronin: Taking a break from today's adventures. #evlnow #wny #gettingmybuzzon #local #drink #backroads #travelphotography



ellicottvillebrewinglocal: #beefonweck #wnyfoodie #evlnow



franceslrothrd: Sweet summer memories! #summervacay #ellicottvillenow #berrypicking



lcove1: Doing Ellicottville right @visitellicottville #evlnow #funwithfriends #americancanadian #goodtimes #letshavebeer



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