

Ellicottville **NOW**

LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ♦ September 21-27, 2023



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Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York

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FREE

Ellicottville Lacrosse Festival

Ellicottville is Ready to Eat, Sleep and Lax this Weekend as the Annual Lacrosse Festival Comes to Town for its 6th Year Running



@visitellicottville

The oldest organized sport in North America, lacrosse has been played for nearly 1,000 years, and on September 23rd-24th, lacrosse is returning to the village of Ellicottville. The sixth annual Ellicottville Lacrosse Festival, hosted by Mike Riorden, Ryan Powell of Powell Lacrosse, Summit Lacrosse Ventures, and the Ellicottville Chamber of Commerce will bring together players and teams from across the Northeast for two jam-packed days of fun, friendly competition. Whether you've had experience on the field or simply enjoy watching the game, the Ellicottville Lacrosse Festival is not to be missed.

President and owner of Powell Lacrosse Ryan Powell is eager to return to Ellicottville to host the weekend-long tournament, which is open to youth and adults. Powell is looking forward to welcoming teams to the Ellicottville Village Park and the Chamber Fields at Holiday Valley. "We're expecting 40 teams this year," he explained. "People travel from all over - Toronto, Ohio, Pennsylvania, and all over New York, including Buffalo, Rochester and Syracuse."

If you're new to Ellicottville, look inside (pages 08-09) for a map to help find your way to the fields and a list of dining options in the area. For more info on this event, go to ellicottvillenyc.com.

EA2EVL CHARITY BIKE RIDE SET FOR SEPTEMBER 30

The Erie Cattaraugus Rail Trail (ECRT) is hosting a 42-mile charity bike ride from East Aurora to Ellicottville on Saturday, September 30th. The EA2EVL Fondo - or non-competitive bike ride - kicks off at 10:00am at 42 North in East Aurora and follows Route 240 to 242 into Ellicottville, ending with a finish line party at Holiday Valley featuring food, drinks and music. Organizers are capping registration at 400 riders and there are only a few spots left. Registration is still open at www.ea2evlfondo.com.

The event raises funds to continue to build, open and maintain the 27-mile multi-use ECRT Trail. The 2021 and 2022 EA2EVL events raised over \$100,000 in donations. The funds raised from this year's event will help to push the trail south, improving sections in the town of Aurora into West Falls.

... page 04

46TH ANNUAL SALAMANCA-SENECA FALLING LEAVES FESTIVAL

Who's ready to add another fall favorite to their list? Embracing these early autumn days, it's the perfect time to enjoy afternoons of golden sun and fun! This week we jump into the Salamanca-Seneca Falling Leaves Festival and all that they have to offer! Dates: Friday, September 29th through Sunday, October 1st. Location: Jefferson Street Park, Salamanca, NY. The Falling Leaves Festival is a hidden gem along the hillside. Travelers that stumble upon it by chance, while seeking fall foliage, should consider themselves lucky. For those of you reading, this is your sign to mark your calendars now! The event is a free based, community festival, offering no charge on admission, rides or many (but not all) of the other attractions offered. That's right, free! ... page 07

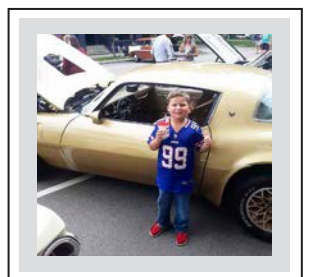
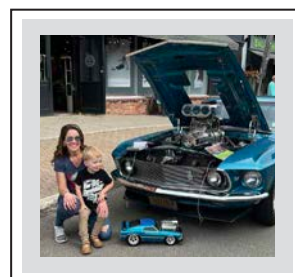
Holiday Valley Resort Hires New Snowsports Director

Holiday Valley Ski Resort is happy to announce the addition of Andrew Minier as the new Holiday Valley Snowsports Director. Minier's history in the snowsports industry and life-long commitment to skiing helped him stand out amongst a very talented group of applicants and he is now tasked with overseeing a team of approximately 300 ski and snowboard instructors, a successful race and freestyle program and the Phoenix Adaptive Program. Racing has been the primary focus of Minier's snowsports career and he comes as a certified US Ski & Snowboard Association coach, official and technical delegate ... page 03

instaNOW

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Find the grid on page 15.



Fall Harvest Feast & Festivities

Lucky Day Homestead Prepares for a New Season with New, Inspirational Events



@luckydayhomestead

BY MARY WESIER

As fall officially begins this weekend, Lucky Day Homestead is kicking off a new season of events and opportunities to make this fall the most memorable yet! For those looking to enjoy a delicious feast, pick up a seasonal dessert, or plan a special moment with a loved one, Lucky Day Homestead has it all. Join owner Emily Tingue and her family as they welcome a new season at their self-sustainable 30-acre homestead at 5111 Roszyk Hill Road in Machias.

Tingue is excited to host her Fall Harvest Feast and Festivities, a themed dinner taking place on Saturday, September 30th beginning at 4:00pm. The feast will showcase all the food grown locally in the area, with a Viking theme (dress accordingly!), and will feature live performances, including belly dancing & a drum circle.

... page 07



ST. PAUL'S CHURCH CELEBRATES 100 YEAR ANNIVERSARY

One hundred years is a long time for something to be in operation these days. (Things just aren't built to last like they used to.) But some places beat the odds and St. Paul's Lutheran Church, located at 6360 Route 242 E., is celebrating a milestone of 100 years. There is bound to be a plethora of history behind that! ellicottvilleNOW connected with Pastor Daniel Buringrud to discuss the upcoming celebration and of course, we felt it proper to start at the beginning, which goes back as far as 1912 ... page 04



Holiday Valley FALL FESTIVAL

SAVE THE DATE: OCTOBER 7-8

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EXCITING THINGS TO DO

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Join the fun on November 11 with the 19th annual Beer & Wine Festival, where many of the region's best craft brewers, wineries and cideries come to the Main Lodge so that you can sample their incredible creations. Session One goes from 1-4PM and Session Two goes from 5-8PM.



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Distributed in Ellicottville and locations throughout Cattaraugus, Erie, Chautauqua Co., NY, McKean Co., PA

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Advertising Rates
Available upon request. Deadline for print, digital & classifieds: Monday prior to publication release. Please contact one of our sales reps for a release schedule, rates and additional information.

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Publisher's PICK

SNOWSPORTS DIRECTOR

Holiday Valley Announces New Hire for Upcoming Ski Season



photos courtesy @holidayvalley

ELLCOTTVILLE – Holiday Valley Ski Resort is happy to announce the addition of Andrew (Andy) Minier as the new Holiday Valley Snowsports Director. Minier's history in the snowsports industry and lifelong commitment to skiing helped him stand out amongst a very talented group of applicants and he is now tasked with overseeing a team of approximately 300 ski and snowboard instructors, a successful race and freestyle program and the Phoenix Adaptive Program.

Minier grew up in Eden, NY and had his first experience on skis at Kissing Bridge in Glenwood. After that, he spent his childhood winters at Red Jacket Ski Club, a one t-bar ski hill in Eden, NY where the hill closed from 5:00-6:00pm on weekends in order to let kids go home to warm up and grab dinner before they spent the rest of the evening making turns on the hill. From an early age, Minier knew he wanted to make skiing a lifelong endeavor.

"I began skiing at age 12 in the Eden, NY school club," Minier said. "It was at the end of my six-week lesson program that the instructor recommended that I look into the race team for the next season. To me, this instructor was a legend and with those few words of encouragement I was hooked. I imagine my instructor spoke to all of his students with some words of encouragement that day, but he made me feel special and to this day, I remember it."

Racing has been the primary focus of Minier's snowsports career and he comes to Holiday Valley as a certified United States Ski and Snowboard Association (USSA) coach, official and technical delegate. He was also the 2015 New York Coach of the Year and the chairman of the U16+ Ski Racing Development Committee. He has also spent time on the committee for both the U16+ and the Children's Development Committee.

The Holiday Valley Snowsports program has a long and successful history of helping to cultivate lifelong skiers and snowboarders and Minier is excited to work with that team to keep building upon its strengths while also finding ways to help make the team even more guest satisfaction focused.

More information can be found at holidayvalley.com.

ROTARY AUCTION IS LIVE!

"Pulse of the Community" Online Bidding Open Through Friday

ELLCOTTVILLE - The Rotary Clubs of Ellicottville and Olean are hosting an online silent basket auction in conjunction with the Upper Allegheny Health System, dubbed "Pulse of the Community Gala." The auction went live on Tuesday, September 19th and will end this Friday evening, September 22nd at 8:00pm.



Baskets being auctioned include high-ticket items such as Buffalo Sabres tickets with hotel accommodations and dinner at a Buffalo restaurant, an Alex Tuch autographed hockey stick, and golf passes to area courses including Springville Country Club, Pennhills Country Club and Holiday Valley's Double Black Diamond Golf Course. Additionally, VIP Passes for the Ellicottville Summer Music Festival 2024 are up for grabs, as well as Delta Round Trip Airfare in Comfort Plus, and various gift cards/packages for spa, hairstyling, restaurant and other businesses, thanks to the many generous local establishments. There are also overnight accommodations packages to several of the beautiful establishments in the village, a membership to the new Cygaro Cigar Club and Lounge, a Cutco Cutlery set and much more. This is a great opportunity to get some holiday shopping done while supporting such a worthy organization as the Rotary Clubs of Ellicottville and Olean and the many causes they support.

Use this link to access the auction items: <https://app.charityauctionstoday.com/auctions/upper-allegheny-gala-rotary-basket-auction-38991>. Proceeds from this event will be used by the Rotary Clubs in furtherance of its mission of service to the local community.

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LOCAL

HAPPY 100 YEARS!

St. Paul's Lutheran Church Celebrates Milestone Anniversary



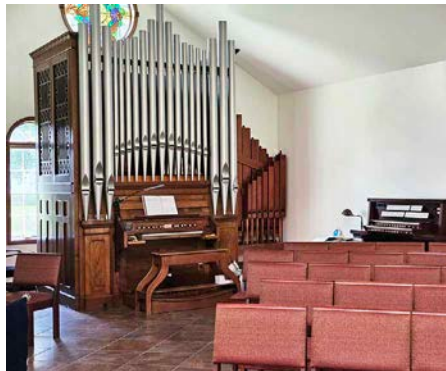
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BY JESSICA SCHULTZ

One hundred years is a long time for something to be in operation these days. (Things just aren't built to last like they used to. Oh God, I sound so old.) But some places beat the odds and St. Paul's Lutheran Church (located at 6360 Route 242 E.) is celebrating a milestone of 100 years. There is bound to be a plethora of history behind that!

ellicottvilleNOW connected with Pastor Daniel Buringrud to discuss the upcoming celebration and of course, we felt it proper to start at the beginning. Pastor Dan said, "The beginnings actually go back as far as 1912, when the pastor from the Lutheran Church in Plato, Rev. W.F. Malte, began leading worship for a few families that lived in Ellicottville. The services were held in the homes of these families every other Sunday afternoon. After about ten years of this, Rev. Malte encouraged these families to find a more suitable place to worship so that more people might be invited to join them."

Thus, in the spring of 1923 a church building that had been built in 1894 by the Seventh Day Adventist Society became available to purchase due to dwindling membership, and these founding members took advantage of that opportunity. They bought the building for \$1,000, and the rest is, as they say, history. The members organized and St. Paul's Evangelical Lutheran Church in Ellicottville was born. That building, located on Elizabeth Street, is now a private residence.



Currently, St. Paul's welcomes between 75 and 85 people at worship most Sundays at their long-standing location on Route 242. "It's not always the same people, but we seem to be in that range pretty consistently recently," said Pastor Dan. "I think people are attracted to the family feel of our congregation. Our members are warm and welcoming, our services are positive and upbeat, our musicians are amazing, and our building is beautiful."

Worship Service is held every Sunday morning at 10:00am for anyone who would like to attend. All are welcome.

St. Paul's is also widely known for their activities in and for our community. They have some great upcoming Fall events in the works (besides currently finishing off the final preparations for their 100th Anniversary Dinner this Saturday, September 23rd and their 100th Anniversary Worship Service at 10:00 the next morning).



On October 31st they will host their annual Trunk and Treat activities (which this ellicottvilleNOW writer will be participating in, so come say hello so I can snap photos of your kids and their amazing costumes). This year's Trunk and Treat will be bigger and better than ever as they will be co-hosting it with the Rotary Club of Ellicottville. Pastor Dan advised, "We are working on exactly how that will look, but it will be a great opportunity to provide a fun and safe environment for the families and young people of Ellicottville, with Trunk and Treat outside and the Rotary Halloween Party inside. Our Trunk and Treat event always sees a lot of locals decorating their vehicles and many children both locally and from the surrounding areas participating. This is going to be an exciting event and more details will follow soon."

Then they'll be ready to usher in the changing season with their Annual Christkind Market. This year's market falls on November 4th from 9:00am - 4:00pm and will feature crafters, artisans, and a homey menu from the ever popular Nutcracker Cafe. For more details on this event, keep your eyes on future issues of ellicottvilleNOW.

Pastor Dan ended our meeting with, "The supreme commandment in scripture is to love. At St. Paul's, we take that commandment seriously. We believe that we are called

"St. Paul's Celebrates 100 Years" continued page 14

EAST AURORA TO ELLICOTTVILLE

Charity Bike Ride to Benefit ECRT Set for Sept. 30th; Limited Spots Available



www.ecatrail.org

EAST AURORA — The Erie Cattaraugus Rail Trail (ECRT) is hosting a 42-mile charity bike ride from East Aurora to Ellicottville on Saturday, September 30. The EA2EVL Fondo—or non-competitive bike ride—kicks off at 10:00am at 42 North in East Aurora and follows Route 240 to 242 into Ellicottville, ending with a finish line party at Holiday Valley featuring food, drinks and music. Organizers are capping registration at 400 riders and there are only a few spots left. Registration is open at www.ea2evlfondo.com.

The event raises funds to continue to build, open and maintain the 27-mile multi-use ECRT Trail. The 2021 and 2022 EA2EVL events raised over \$100,000 in donations, which were used to clear and open the first 1.5 miles of the rail trail that runs along a former rail line from Orchard Park to Ashford. The funds raised from this year's event will help to push the trail south, improving sections in the town of Aurora into West Falls.

"It looks like we're heading for another sold out event, and that's great news for our sponsors, our riders and our trail," said ECRT Board President, Mary Brummer. "We're welcoming riders of every level to enjoy an epic fall ride followed by an incredible party at Holiday Valley, which is also open to the public."

National Fuel, Tom's Pro Bikes, 42 North Brewing, Highmark Blue Cross Blue Shield, Phillips Lytle and Craig Small Law are sponsors of the 2023 event. Tom's Pro Bikes will also provide tech support to riders on the course. Learn more about ECRT at www.ecatrail.org.

"ALL TOGETHER NOW"

Young Writers and Illustrators Workshops Encourage Friendship and Unity

SUBMITTED BY KATIE BENATOVICH

School has started and the soccer fields are full of the sounds of whistles, trampling feet and cheering as goals are scored. You can also hear the wind whistling in the trees and smell the falling leaves as you sit and watch an ECS Eagles football game. Check out the new floodlights! However, let us take a moment to rejoice in our beautiful Western New York summer for one moment longer and take a quick look back to Mrs. B's Ellicottville Young Writers and Illustrators summer reading workshops...



Day 1: Children created their own "positivity postcards" by painting their big ideas onto canvas led by local artist Laura Matthews and inspired by poetry! The kindness the children showed each other in their words and actions was so magical! We hope you think so too; check out our gallery of photos at <https://www.treetopspublishing.com/eywicpage> and also at www.bobmccarthyfoundation.com.

Day 2: Children created "messages on a bottle" and these were lit up with glow sticks, creating temporary night lights or camping companions in the form of hand-held lanterns. Carey Ann Welch led the children in this marvelous adventure of up-cycling art that warms the heart. Storytelling and "jars of curiosities" really sparked the children's imaginations.

This year's theme, "All Together Now / Todos Juntos Ahora - Kindness/Friendship/Unity" was conveyed to the participants via the t-shirts and materials. The workshops were funded by the Bob McCarthy Foundation. The foundation's continued commitment to this dynamic social-emotional adventure makes these workshops accessible to all. Thank you so very much!

What's next, you may ask? In celebration of our numerous joint venture works, we would like to take this opportunity to announce the launch of a teen writers and illustrators group that will be open to Grades 6 through 12. Keep an eye out in upcoming issues of ellicottvilleNOW to be dazzled with information on when, where and how!



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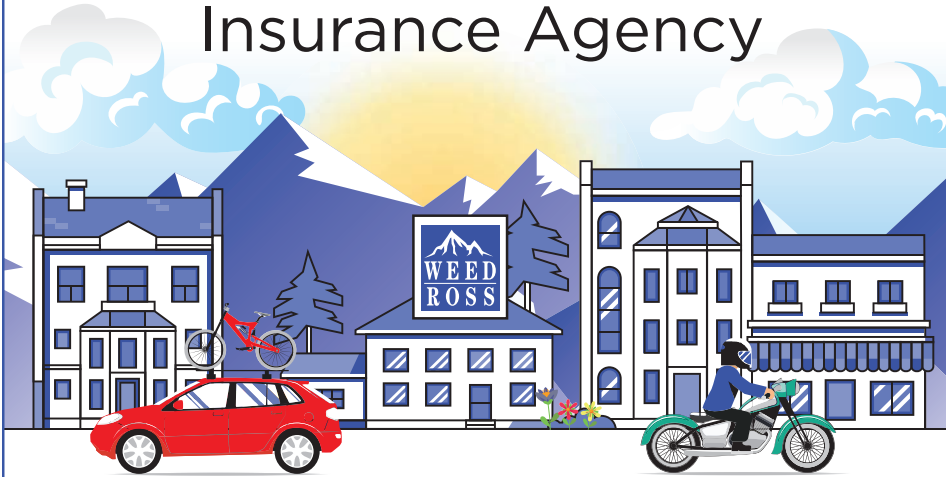
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COMMUNITY

A FALL HARVEST FEAST

Lucky Day Homestead Prepares for New Season, New Events



@luckydayhomestead

By MARY WEISER

As fall officially begins this weekend, Lucky Day Homestead is kicking off a new season of events and opportunities to make this fall the most memorable yet! For those looking to enjoy a delicious feast, pick up a seasonal dessert, or plan a special moment with a loved one, Lucky Day Homestead has it all. Join owner Emily Tingue and her family as they welcome a new season at their self-sustainable 30-acre homestead at 5111 Roszyk Hill Road in Machias.

Tingue is excited to host her Fall Harvest Feast and Festivities, a themed dinner taking place on Saturday, September 30th beginning at 4:00pm. "I wanted to do a harvest feast to showcase all the food locally grown in the area," Tingue explained. "The meal will feature food from local growers and farmers, and we'll also have beverages from Bee Spit Meadery out of Holland and Ellicottville Distillery." The Harvest Feast is Viking-themed (guests are encouraged to dress accordingly) and will feature live performances, including belly dancing and an interactive drum circle.

"It's the full moon on the 30th," Tingue noted. "We're expecting it to be a beautiful night!" Doors open at 4:00pm and the festivities are expected to conclude between 9:00 and 10:00pm. Tickets are \$80 and include dinner, entertainment, and two drink tickets. Enjoy bonfires around the homestead, dancing, tarot readings by Suzy Woo from 4:00-6:00pm and so much more! "There are only a few tickets left," Tingue advised. "But we're already booking for next year's harvest feast!" To purchase tickets, call the Homestead at 716-353-0193 or click on the Eventbrite link on the Lucky Day Homestead Facebook page.

Speaking of themed dinners, Tingue is looking forward to hosting more in 2024. "We're planning to do several themed dinners next year: another Viking-themed dinner, a Great Gatsby theme, a country western hoedown... it's really been fun!"

Fortunately, you don't have to wait until next year to have a memorable evening (or two) at Lucky Day Homestead. The AirBnB cabin located on the property is available for booking year 'round and is perfect for a cozy getaway for two. "We have a couple new things for our overnight guests," said Tingue. "Guests can order the breakfast door stop delivery: we bring them a farm-to-table breakfast right to their door. We also offer a picnic lunch in the fall, which includes a blanket, a packed picnic basket, and people can request wine or anything additional with that." For those looking to plan a picnic with a proposal, "We love to do engagements and do something really unique to make that moment special!"

While Lucky Day Homestead is a lovely spot to plan a romantic proposal this fall, it's also a great place to tie the knot next year! Tingue is booking elopement and intimate wedding packages for next year and can accommodate parties of up to 80 people. "We cater; we can grow flowers and different things if they book early - anything we can do to make it a special day," she said. There is plenty of outdoor space for a ceremony, and for those looking to book something indoors, the large barn built in 1850 is complete with vintage lighting and plenty of long tables and seating. Tingue works with two local photographers, Vintage Country Photography and Creatives by Carly. To book a wedding event, contact Tingue at the Homestead at 716-353-0193.

The new season means new flavors at Lucky Day Homestead's farm stand bakery, which sells a mouthwatering variety of pies, breads and more all year. Tingue's spiced pumpkin, American apple, French apple, and apple maple pumpkin are just some of the pie flavors available. "In October, we start taking orders for our Thanksgiving pies, and those flavors will be posted on our Facebook page soon," she added. "We recommend people get their orders in quickly because we're capping it at 150 pies this year."

For those looking to expand their own culinary skills, Lucky Day Homestead offers cooking workshops throughout the year. In November, Tingue will be teaching a German clay-pot cooking class. She said, "It's really unique - it's healthy and just an easy, quick way to put together a delicious meal in a short amount of time."

For more information about the Homestead's classes, events and baked good selections, follow them on Facebook or email luckydayhomestead@gmail.com to sign up for the quarterly newsletter.



FALLING LEAVES FESTIVAL

Salamanca Continues Long-standing Tradition of Culture and Family Fun



@salamancachamber

By COLLEEN EVANS

Who's ready to add another fall favorite to their list? Embracing these early autumn days, it's the perfect time to enjoy afternoons of golden sun and fun! This week we jump into the Salamanca-Seneca Falling Leaves Festival and all that they have to offer! Dates: Friday, September 29th through Sunday, October 1st. Location: Jefferson Street Park, Salamanca, NY.

Beginning in 1979, the festival has been a long-standing staple of the area, running for its 46th year this September. Looking back to the very beginning, Rossi Ledsome describes the festival as, "a community served festival with the hope to bring our community together - the Seneca Nation and the City of Salamanca". He then goes on to explain that the festival also had hoped to show the potential of all the great things these joint communities had to offer. A point to share cultures and grow a continuing relationship, the Falling Leaves Festival has been a time to come together and share in the memories old and new.

It first started off very small, with only four concessioners, but year by year it has grown into an ever-popular event for the city, with around 15 food stands and over 65 stands for retail and crafts. You'll find a bit of everything throughout the lanes of vendors. Beautiful handmade pieces and one-of-a-kind items are sure to catch your eye.

The food stands are a given, of course! They have plenty of diverse options and range from small pieces to full meals. So, what are you in the mood for? The Native American food is a great way to try something authentic to the area. Bits and bites of every culture, you'll find Italian, Polish, Mexican, BBQ, Greek and Native American foods all around. It's the perfect way to sample something new and shop around.

The Falling Leaves Festival is a hidden gem along the hillside. Travelers that stumble upon it by chance, while seeking fall foliage, should consider themselves lucky. For those of you reading, this is your sign to mark your calendars now! The event is a free based, community festival, offering no charge on admission, rides or many (but not all) of the other attractions offered. That's right, free!

There are tons of ways to stay entertained for locals and visitors alike. At no cost, carnival rides, face painting, balloon animals, caricatures, and a petting zoo are the main draws for families looking to add to their weekend plans. Oh, and those caricature drawings are done by none other than Eric Jones, winner of season 3 Outrageous Pumpkins on The Food Network. Known for his one-of-a-kind art and carvings, be sure to check out his work at ericjonesstudios.com to see what you're in for!

If this is your first year attending the Salamanca-Seneca Falling Leaves Festival, you might want to make note that many of these fun-filled activities are located at the back of the festival, like the petting zoo sponsored by the Friends of the Salamanca Youth Center. Be sure to also catch the Seneca Youth Dancers at 2:00pm on Saturday to share the experience of Native culture with friends and family. Another major must-see is the Grand Parade being held at 3:00pm on Sunday.

The festival is an all-weekend event and while each day is a little bit different, it's still very manageable to catch all your favorites. Local artists will also be featured with live music each night, from acts such as Ozone Ranger, Iron Eyes Maybee, and Red Grey, as well as Rez Road Sounds J.D. Gardner DJing throughout Friday and Saturday.

They know exactly how to keep the night going in case you find yourself debuting your new dance moves in the American Legion sponsored Beer Tent. It's a great way to catch up at the end of the evening with fellow festival goers. A weekend to cheer your friends and swap stories from past Falling Leaves Festivals. With 46 years running, the festival stays true to its past. Once you find your way around, chances are you'll know it well and will see the same faces for years to come. It's the hometown nature of it all.

The location has been a consistent spot since the beginning, but about ten years back there were plans to move the event to Allegany State Park. Community members joined together to keep the Salamanca-Seneca Falling Leaves Festival in its place. When hearing of the news, they worked to keep it true to its area and community.

A big factor in this was the simple point that it was designed for the community and should stay in the community. Festival goers easily walk within their own neighborhood to enjoy the weekend. Keeping the walkability and local feel was an important point that had to be made.

"Falling Leaves Festival" continued page 14

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- Pfeiffer Nature Center
www.pfeiffernaturecenter.org
- Eldred WWII Museum
www.eldredpawwiimuseum.com



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- Cattaraugus County Tourism
www.enchantedmountains.com
- NY's Amish Trail
www.nyamishtrail.com
- Historic Randolph
www.enjoyrandolph.org
- Chautauqua County Visitors Bureau
www.tourchautauqua.com

POPULAR NEARBY DESTINATIONS SOUTH

- Allegany State Park
www.nysparks.com
- Allegheny National Forest
www.visitANF.com
- Kinzua Bridge State Park
www.visitPAParks.com
- Zippo/Case Museum
www.zippo.com

- A.** Ellicottville Village Park
11 Parkside Drive | Ellicottville, NY 14731
- B.** Chamber Fields at Holiday Valley
5081 US Route 219 | Ellicottville, NY 14731

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REGIONAL

ART IN LINCOLN PARK

Tri-County Arts Council Brings Back Juried Evening Art Market



OLEAN – The Tri-County Arts Council is pleased to welcome the community to the 2nd Annual Lincoln Park Evening Art Market on Saturday, September 23rd from 4:00-8:00pm. This juried show features the work of some of the region's best-known artists and craftspeople, many of whom also have international reputations in galleries and fine art shows throughout the United States and abroad. An intimate evening of fine arts and crafts, the Lincoln Park Evening Art Market is an opportunity to add to or begin an art collection, purchase a one-of-a-kind gift, and meet the artists and makers behind an impressive collection of work.

While some may be familiar with the Art in the Park event from years past, Executive Director Paula Bernstein notes that the Lincoln Park Evening Art Market is different in several ways. "We've had Art in the Park before, but it has been on hiatus. Now, we are bringing it back for the second year this fall, with many more artists from all three counties in our region."

Indeed, the Tri-County Arts Council is composed of member artists and craftspeople who reside in Allegany, Cattaraugus, and Chautauqua counties. Many of those members will be part of the Evening Art Market, including fine artist Sean Huntington, TCAC Exhibitions Coordinator & Media Development. "There isn't really a venue like this in the local area," he said. "This is not a typical vendor fair, but a juried show that includes many of our members, but also other artists whose work is outstanding."

Participating artists include John Balacki, Rose Brawn, John Crandall, Peter Hamilton, Sean Huntington, Daniel Jordan, Melissa Locke, Nicole Missel, Violet Nolder, Carolyn Raine, Jim and Pat Reno, Lynzie Rinamon, Tara Walker, Mikel Wintermantel,

"Evening Art Market" continued page 14

SOUTHERN TIER BIENNIAL

Gallery Show Features the Works From Over 35 Regional Artists

OLEAN - An opening reception was held last Saturday, September 16th for the current Tri-County Arts Council exhibit, "2023 Southern Tier Biennial A Regional Survey of Contemporary Art," featuring works from over 35 artists from the Southern Tier.

Since 2005, the Southern Tier Biennial has given rural artists the opportunity to take part in a juried professional art competition and gallery show. Every two years, artists from across New York State's Southern Tier region submit their work to be juried by a new panel of top art professionals. The result is a stunning array of work showing the vitality of the visual arts in rural New York!

2023 Southern Tier Biennial A Regional Survey of Contemporary Art will be running from September 16th through November 4, 2023. This year 51 works of art from 36 artists were chosen from the 157 artists and over 400 pieces entered! The artists in the STB are: Anne Auld, Barbara Behrmann, Tammy Renée Brackett, Chloe Bryant, Eva Capobianco, Frank Chang, Paul Cwikla, Victoria Eckley-Brown, Nancy Nixon Ensign, Jodie Estes, Hans Gindlesberger, Lindsey Glover, Ed Green, Marshall Green, Aaron Harrison, Katelyn Heins, David Higgins, Andrea Kastner, Jimmy Keller, Madison LaVallee, Barbara Mink, Gabe Morton-Cook, Timothy Pauszek, Brian Payne, Jim Root, Michelle Schleider, Laura Jaen Smith, Joe Sorci, Cesilia Tucker, Kari Varner, Jane Walker, Chris Walters, Anna Warfield, Rob Whitcomb, Todd Wolfe, and Glenn Zweygardt.

The STB is presented by the Tri-County Arts Council and the Cattaraugus Regional Community Foundation, made possible by an endowment from the estate of F. Donald Kenney. "The Southern Tier Biennial was founded in 2003 with a bequest by Olean native, philanthropist, and art lover F. Donald Kenney, managed through the Cattaraugus Region Community Foundation, to create an opportunity for regional artists to exhibit in a professional gallery and be seen by jurors that can help further an artist's career," said Sean Huntington, STB exhibition coordinator.

"Every two years, the Southern Tier Biennial gives us a glimpse into the wonderful creative talent that this region has to offer," Sean continued. "It's truly an incredible show. I encourage every visual artist, including those working in craft media, to apply."

"Biennial Art Show" continued page 14

OLEAN CHAMBER WEEK

GOACC Celebrates Accomplishments; Awards Volunteer of the Year



Pictured L-R: Jason Crisafulli, GOACC Board President, Paula and Al Bernstein, and Meme Yanetsko, Greater Olean Area Chamber COO.

OLEAN - Greater Olean Area Chamber of Commerce celebrates Chamber Week, September 17 to 23. It provides the Chamber an opportunity to celebrate its many accomplishments and achievement, and an excellent time to thank the many people who make them happen.

Each one of GOACC's programs and activities is an orchestrated effort of numerous volunteers. Many of them have been serving on their committees or working on an event for a long time. Their efforts and dedication make each happening a reality. During Chamber Week, GOACC presents the Eric Garvin Volunteer of the Year Award to a volunteer who has shown extraordinary involvement in the Chamber and who supports the chamber to its fullest. This person, selected by the GOACC staff, must be a volunteer for the entire fiscal year; must be active on one or more committees; and must be a member of the Chamber of Commerce.

Each year, we keep the Volunteer of the Year a secret until the reception. Included in her speech presented at the reception Monday, September 18th, Mrs. Yanetsko stated, "The first person has volunteered for the corporate challenge, Gus Macker, Santa Claus Lane, the dice run, sold gift certificates in our office and has even joined the events committee. The second person themselves wear many volunteer hats for other organizations but still finds time to volunteer for the Chamber – when one of our judges couldn't make the parade, this person braved the cold weather and sat with our other judges for the Santa Claus Lane Parade, she also has cycled for our running events as a clean up caboose, and she also has joined the events committee. Our volunteers of the year are Mr. and Mrs. Bernstein – it's a two for one special that we will gladly take each and every event. They are both very busy volunteers for many grateful organizations and we love that the Chamber is on their list of helping out."

Paula and Al Bernstein were named the GOACC's Eric Garvin Volunteers of the Year 2023. "It's great that all of our volunteers give to our office and to these events – with their volunteering our events (the Chamber) succeed!" added Mrs. Yanetsko. Without the dedication, drive and true spirit of volunteerism in this community and surrounding area, GOACC would not be able to do all that we do. This event is to honor those who work so diligently to provide opportunities and growth to our events and activities.

GOACC Board of Directors renamed the previously named Volunteer of the Year to the Eric Garvin Volunteer of the Year beginning in 2021. Eric Garvin was a long time Chamber board director, volunteer and overall supporter of all things Chamber. Eric received the award posthumously in 2021 with the renaming to occur for 2022 and beyond volunteers.

For more information on the Chamber, call 716-372-4433 or email info@oleanny.com.

THE HOSPITALITY MONUMENT

Olean Wall of Fame Inductees Past and Future to be Permanently Recognized

OLEAN - The Greater Olean Hospitality Wall of Fame committee established the Greater Olean Hospitality Sculpture/Monument Fund to support fundraising efforts that will culminate in the construction of a permanent sculpture, to be crafted by renowned local sculptor Glenn Zweygardt as a tribute to Wall of Fame inductees past and future.

That culmination day has come! The Hospitality Sculpture/Monument will be unveiled Saturday, October 28th during the committee's Community Appreciation Day at Lincoln Park in downtown Olean. The event, which will run from 11:30am-3:30pm, will include food trucks, live music, beverages, a hospitality sponsored Food Stand Farmers Market till 1:00pm, food drive for the Olean Food Pantry, 50/50 raffle, three prize drawings and four new inductees into the Hospitality Wall of Fame.

Since 2007, the Greater Olean Hospitality Wall of Fame has honored businesses and individuals who have made a significant contribution and have given exceptional service to the local food service/hospitality industry.

Past recipients were recognized at the Taste of Olean with a beautiful plaque that included their photo and bio. The plaques were housed along the walls of a room at the JCC Olean campus. This monument (unveiled at the event) will contain all past recipients' names and year awarded. Space is there for future recipients (including the 2023 class) to be placed there as well.

"Hospitality Wall of Fame" continued page 14



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HEALTH & FITNESS

Core Performance: IT Band Syndrome

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

If you've got a nagging pain on the outer part of your knee, especially if you're a runner, it could be a symptom of iliotibial band (IT band) syndrome. It's an injury often caused by activities where you bend your knee repeatedly, like running, cycling, hiking, and walking long distances.

Your IT band is a thick bunch of fibers that runs from the outside of your hips to the outside of your thigh and knee down to the top of your shinbone. If your IT band gets too tight, it can lead to swelling and pain around your knee. IT band syndrome usually gets better with time and treatment. You don't typically need surgery.

WHAT CAUSES IT?

The problem is friction where the IT band crosses over your knee. A fluid-filled sac called a bursa normally helps the IT band glide smoothly over your knee as you bend and straighten your leg. But if your IT band is too tight, bending your knee creates friction. Your IT band and the bursa can both start to swell, which leads to the pain of IT band syndrome.

- Running downhill
- Running only on one side of the road. Because roads slope toward the curb, your outside foot is lower, which tilts your hips and throws your body off.
- Training on banked, rather than flat, surfaces. Most running tracks are slightly banked.
- Certain physical conditions. Some traits raise your chances of getting IT band syndrome:
- Bowed legs
- Knee arthritis
- One leg that's longer than the other
- Rotating your foot or ankle inward when you walk or run
- Rotating your whole leg inward when you walk or run
- Weakness in your abs, glutes, or hip muscles

WHAT ARE THE SYMPTOMS?

The main symptom is pain on the outer side of your knee, just above the joint. Early on, the pain might go away after you warm up. Over time though, you may notice it gets worse as you exercise. Other symptoms include aching, burning, or tenderness on the outside of your knee; feeling a click, pop, or snap on the outside of your knee; pain up and down your leg, warmth and redness on the outside of your knee. See your doctor if you have these symptoms, especially if any existing ones get worse.

Typically, your doctor can tell you have IT band syndrome based on your symptoms, health history, and a physical exam. It's not the only cause of outer knee pain, so you may get an X-ray to rule out other causes.

HOW IS IT TREATED?

If you closely follow your doctor's orders and give yourself the rest you need, you can usually recover from it in about 6 weeks.

Some basic steps can help ease the pain and swelling - don't do activities that trigger the pain. Take over-the-counter pain relievers. Wrap an ice pack in a towel and put it on the outside of your knee for 10-15 minutes at a time.

A physical therapist can give you tips for how to best warm up and cool down; help you choose footwear and, if you need them, shoe inserts; show you exercises to help strengthen and stretch your IT band and leg muscles; talk to you about how to adjust your training schedule, teach you how to improve your form to go easier on your body; use friction massage, ice, or ultrasound to help with pain and swelling. That usually does the trick, though some people need cortisone injections to help with pain and swelling.

To help prevent IT band syndrome, you can allow plenty of time to properly stretch, warm up, and cool down. Make sure you give your body enough time to recover between workouts or events, run with a shorter stride, run on flat surfaces or alternate which side of the road you run on. Replace your shoes regularly, stretch your IT band, hip muscles, thigh muscles, and hamstrings often and use a foam roller to loosen up your IT band.

A large percentage of the population has dysfunctional hip flexor muscles as a result of poor posture, faulty biomechanics, sitting too much and/or stress. This can lead to pain in not only the lower back area, but the knees, ankles and feet as well.

The hip flexor muscles include the iliacus and psoas major muscles, also known as your iliopsoas. The rectus femoris, which is part of your quadriceps. These muscles help bring the leg towards the spine when they contract (i.e., flex the hip) and allow the leg to travel behind the body when they lengthen. They also help stabilize the upper body on top of the lower body during all weight-bearing movements like standing, walking and running.

Constant and prolonged hip flexion from sitting all day can cause restrictions in this group of muscles. This can make them chronically tight which can prevent the leg from traveling behind the body correctly (such as what is needed when walking and/or running). When this happens other areas of the body compensate such as overarching of the lower back.

Similarly, common postural and movement imbalances such as flattening of the feet (i.e., overpronation) and/or knocked knees can rotate the ankle and leg inward, rather than allowing them to travel behind the body correctly. This disruption in the movement of the legs leads to further hip flexor dysfunction altering movement patterns and over time resulting in pain to the feet, ankles and knees.



Hip flexor pain is usually felt in the upper groin region, where the thigh meets the pelvis. The most common ways to help hip flexor strain are to rest the muscles to help them to heal while avoiding activities that could cause further strain, wearing a compression wrap around the area, applying an ice or heat pack to the affected area, or taking a hot shower or bath. Massaging and stretching the hip flexor group of muscles will help improve their function, your posture, decrease stress and prevent aches and pains associated with hip-flexor tightness.

To further help address these issues, utilize the exercises below:

Begin your hip flexor rehabilitation program with this self-massage technique using a foam roller. If you don't have a foam roller you can use a tennis ball instead.

Place the roller perpendicular to the front of your body and lie over it at hip level. Find a sore spot on the front of your hips and hold your bodyweight on it for a few seconds to help your muscles release. Move your upper body to roll the roller to different sore spots on the upper leg keeping your abdominals engaged to ensure that your lower back does not arch too much. Roll for 30 seconds to 1 minute on each side at least once per day.

Because the psoas muscles of the hip flexor group originate on the lumbar spine, you can also place the tennis ball beside your bellybutton to help loosen up these muscles specifically. Move the tennis ball to each sore spot you find and hold it there for 10 to 30 seconds. Do each side of the body for a total of 2 to 3 minutes at least once a day.

Stretching the hip flexors in this kneeling position is a great way to help encourage the hips to move forward under the spine so that your lower back does not have to overcompensate by arching excessively to take your leg behind your body.

Kneel with one leg in front of the other. Try to tuck your hips under until you feel the glutes of your kneeling leg contract. Keep the torso upright without arching your lower back excessively. Hold for 30 seconds each side. Do once per day.

This next stretch is a progression from the kneeling hip-flexor stretch shown above as it integrates other parts of the body. This stretch addresses tightness in the hip flexors, but also in the calves, abdominals and shoulders to help coordinate correct movement and an upright posture all the way from the feet up to the head.

Step back with the right leg while raising the right arm over your head. Make sure both feet are facing forward and the hips are tucked under. Do not overly shrug the shoulder of the arm being raised. Complete the movement on the right side by stepping forward with the right leg while bringing the arm down then step backward with the left leg and raise the left arm to complete the movement on the left side. Repeat on both sides 3 - 5 times at least once per day.

Incorporating corrective exercise techniques to loosen up the hip flexor muscles (such as those detailed above) into both your daily life and workout program will keep them flexible and your lower back, knees, ankles and feet stress and pain free for years to come.

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, go to www.coreperformancefitness.com or call her directly at 716-698-1198.

Introduction to Pilates: Breathing Techniques

BY RACHELE DOVE, STOTT PILATES INSTRUCTOR

Breathing is an integral element in your Pilates routine. Let's review why Pilates is so important to a good, healthy lifestyle. Pilates is a stress-free way of improving your balance and posture. Specifically, this includes strength, endurance, and flexibility. During client sessions we work on lengthening techniques which actually help you to look and feel taller by improving your posture. Together, we can sharpen your fine motor skills, which are key to achieving balanced movements.

Pilates fits your life and allows you to practice good alignment with every moment in your day - during daily activities - whether on your feet or seated at a desk. Pilates can be shaped to suit anybody's lifestyle, goals, and body type. As your guide, it is my role to provide modifications and tactile feedback based on your current ability level.

Working with a qualified instructor will help you to achieve a balanced and toned body, a healthy neutral spine, and proper body awareness both during our sessions and beyond the studio. I can help you to release tension, build muscle, and develop gross motor control in your core. My central philosophy is that the mind controls the body, and the body works as an interconnected system. Being mentally tuned into the sensation of motion allows you to feel the connection between your muscle groups and create balance and equilibrium throughout the entire system.

Let's look at the basic techniques of breathing during Pilates, knowing that as our bodies grow more accustomed to the techniques, it will become second nature to breathe that way all the time, not just while exercising. This leads to an overall well-being even outside of the Pilates studio.

To review, the 5 Principles of Pilates are: Breathing, Pelvic Placement, Rib Cage Placement, Scapular Movement and Stabilization, and Head and Cervical Placement. Here's an exercise to help you practice breathing: when you inhale, your spine slightly extends, your ribs open a little. When you exhale, your spine flexes slightly and your ribs close downward. Three-dimensional breathing: Breathe deeply into the back and side of your rib cage. Imagine your ribs are an accordion here. Expand your breath - in through the nose and out through the mouth - essentially, through the lower lobes of your lungs. This introduces you to the very basics of breathing. Practice these simple steps and we will introduce you to more in the next article.

Rachele Dove is a Certified Pilates Instructor (Stott/Neurological/Injury Rehab) and owner of Sunshine Pilates By Rae, based out of Core Performance Fitness Studio. Contact Rachele directly at 716-338-8568 or email rae.m.dove@gmail.com.

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LLC NOTICES

NOTICE OF FORMATION of Maple Ridge Bounce LLC. Arts. of Org. filed with the SSNY on 04/22/23. Office: Catt County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 8269 Route 16, Franklinville, NY, 14737. Purpose: Any lawful purpose.

NOTICE OF FORMATION of ODY Brew Wagon LLC Arts. of Org. filed with Sec. of State of NY (SSNY) on 6/28/2023. Office location: Cattaraugus County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: P.O. Box 194, Franklinville, NY 14737. Purpose: all lawful activities.

NOTICE OF FORMATION of THE WEALTH OF ORAL HEALTH, LLC Articles of Org. filed NY Sec. of State (SSNY) 3/6/23. Office in Cattaraugus Co. SSNY design. Agent of LLC upon whom process may be served. SSNY shall mail copy of process to The LLC 550 W 54th St 1009 NY, NY 10019. Purpose: Any lawful activity. Section 206.

NOTICE OF FORMATION of Pine Valley Remodels, LLC. Filed 6/10/23. Cty: Cattaraugus. SSNY desig. for process & shall mail POB 175, Cattaraugus, NY 14719. Purpose: any lawful.

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ST. PAUL'S CELEBRATES 100 YEARS

cont. from page 04

to love God by loving our neighbors and ourselves. So we love our communities. We have members from all over the area, and a few vacationers as well. We pray that God's love would pour out from us and impact each of those communities in a positive way. That being said, we would be delighted to share our 100th Year Anniversary worship services with anyone in the community who would like to attend. See you on the 24th at 10:00am."

If you would like more information on St. Paul's 100th Year Anniversary and other upcoming church events, visit their Facebook page, call 716-699-2265, email stpaulseville@gmail.com or visit their website at stpaulsellicottville.com.



FALLING LEAVES FESTIVAL

cont. from page 07

"The most important thing to me, myself, is the togetherness of the community... the tradition," Rossi Ledson explains. He was there the opening year with his mother and grandmother working at one of the first stands. He knows very well how much it means to keep that presence right where it should be.

"It's a hometown community festival is what it is," he continues. "We have rides and the rides are free to all kids, all people. The committee gets financial support from the City of Salamanca and from the Seneca Nation and it's really a combination of the two that we're able to do this. It's important that they both be recognized because both have a lot to do with the success of it."

It really shows, too, after all this time the two forces that came together, still work together to keep things going. The effort they started has expanded into the community and neighbors alike, who now choose to use their time to give back. Years of growth and time well spent, generosity and culture shared, the Falling Leaves Festival continues to welcome guests of all nature. For more information on this year's festival, including a full schedule of events, please visit the Salamanca-Seneca Falling Leaves Festival Facebook Page.



HOSPITALITY WALL OF FAME

cont. from page 10

Joe and Susan Marra, Anthony Fratercangelo and Tony Procacci created the Greater Olean Hospitality Committee after consulting with the board of directors at Greater Olean Area Chamber of Commerce. This committee is inviting all businesses and organizations to participate as a vendor in October.

Your participation for the event would provide the opportunity to sell your gift cards to the community - at a discounted rate. Holidays are around the corner. The fee is \$25 plus (2) \$25 gift cards that will be raffled off at the event - one raffled off at your stand, the other raffled off bundled with all participants for one of the grand prizes.

Your participation at Community Appreciation Day includes: tent or pavilion coverage, one 8-ft. table, and advertising to include radio and social media. For those that don't have gift cards, your company/organization can participate as a general community appreciation day vendor. Bring your organization's promotional materials, promotional items (pens, magnets, etc.) for giveaways, have a spin-the-wheel at your booth to gain excitement, etc. The fee would also be \$25.

Please note that there is no general deadline, but space is limited. Although the event has the GOACC as a part of the planning committee, please direct all calls/questions to Joe Marra at 716-244-8053.

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COMMUNITY

LITTLE VALLEY HOLIDAY CHEER will again be providing Christmas gifts for children of families in need who live in the Cattaraugus-Little Valley Central School District. To raise funds for the program, an Election Day Chicken and Biscuit Dinner will be held on November 7th at the Little Valley Fire Hall from 11:00am-6:00pm. Dinners will be \$12 for adults and \$6 for children 10 and under. Dining is available at the fire hall or to-go. Orders can be placed for take-outs or local deliveries by calling Ann Poole at 716-244-3170 or Karel Hamilton at 716-581-3066. Families in need may pick up a form at the Village office or email requesting a form to lvholidaycheer@gmail.com beginning October 2nd.

EVENING ART MARKET

cont. from page 10

and more. Their mediums include oil painting, gouache, watercolors, mixed media, photography, pottery, sculptures, among others. "Many of our participating artists are world renowned," Huntington noted. "We have so much talent in this region, and the Evening Art Market is a great place to experience it."

The Lincoln Park Evening Art Market promises to be a great night out! The Hungry Burro food truck will be available for dinner, and there will be live music by acoustic guitarist Alex Cole. "This is a wonderful opportunity for people to enjoy fine arts and crafts right in their own community, beyond the walls of a gallery. Last year, we had over 750 visiting the site of the market," said Bernstein.

City parking is available at and around the pavilion (no meters), and there is no cost to attend the art market. In the event of light rain, the Lincoln Park Evening Art Market will still take place as planned, as the pavilion is covered and there are screens that can come down to protect visitors and artists from the elements. To learn more about this event or the Tri-County Arts Council, please visit www.tricountyartscouncil.org.

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BIENNIAL ART SHOW

cont. from page 10

In addition to the opportunity to show their work, accepted artists have the chance to win one of five awards totaling \$5,250 - \$3,000 to the Best of Show winner (\$1,000 cash and \$2,000 stipend towards a solo show in fall 2024 at the TCAC); a \$750 Juror's Choice Award; and \$500 for three Honorable Mention winners.

Each biennial is juried by new jurors. This year's jurors included Andrea Alvarez, assistant curator at the Buffalo AKG Art Museum (formerly the Albright-Knox Art Gallery) in Buffalo; Judy Barie, director of the Chautauqua Visual Arts Galleries in the Chautauqua Institution; and Tullis Johnson, curator and manager of exhibitions and collections at the Burchfield Penney Art Center in Buffalo.

For more information about this show, visit www.southern-tier-biennial.com or call 716-372-7455. The Tri-County Arts Council is located at 110 W. State St., Olean.

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picklesandpepto: Winter is coming but summer is still here! #ellicottville #holidayvalley #sprucelake #ellicottvillenow



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ellicottvillenow: Pop into @daffevl and say hello to Kim!



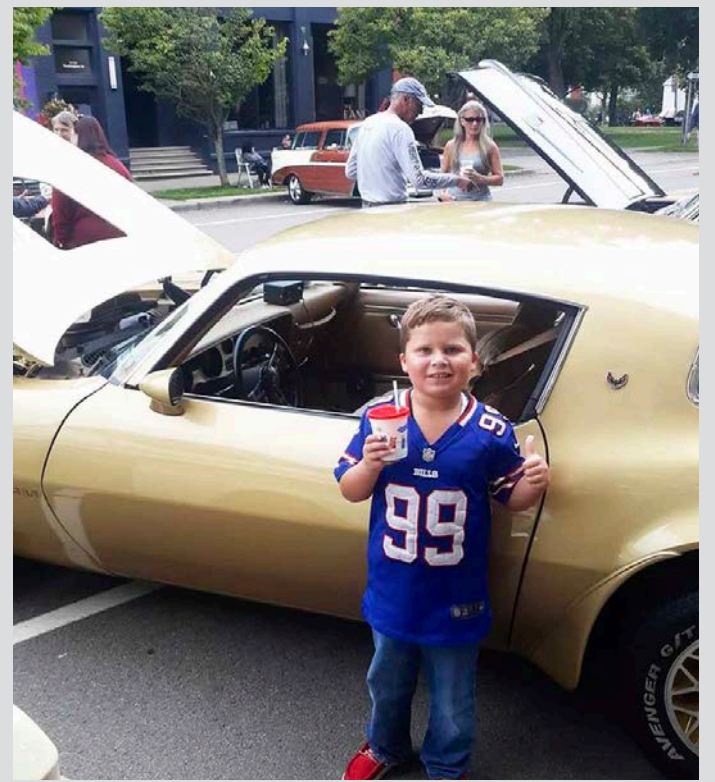
nicolazzorealtor: Mustang took Jackson's best in show, followed by the Hot Wheels Camaro as a close second. #evlnow #classiccarshow



griffissculpturepark: A recent foggy morning! #outdoorart



ellicottvillebrewinglocal: SON - Musical Variety Duo #djgilroy



jason.grover.336: What a beautiful show!!! Found "Papa's" Chevelle. #carshow #evlnow #ellicottvillyny #rocknrollweekend



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