

FREE

The Villager

EL LICOTTVILLE • CHAUTAUQUA

Area Events

FREE WINE TASTINGS AT BAG AND STRING
Thursday May 2 • 12pm
Lakewood, NY

BEMUS IS BLOOMING
Saturday, May 3 • 10am
Bemus Point, NY

TACO BAR AT MERRITT ESTATE WINERY
Fri/Sat/Sun, May 3-5 • 11am
Forestville, NY

I LOVE MY PARK DAY AT ASP
Saturday May 4 • 9am
Salamanca, NY

FREDONIA FARMER'S MARKET
Saturday, May 4 • 10am
Fredonia, NY

KENTUCKY DERBY DAY AT ELLICOTTVILLE DISTILLERY
Saturday May 4 • 12pm
Ellicottville, NY

KIDS AND ADULT FISHING CLINIC
Saturday May 4 • 10am
Gowanda, NY

MOVIES AT THE REG - KUNG FU PANDA 4
Saturday May 4 • 7pm
Jamestown, NY

KENTUCKY DERBY HAT PARTY AT THE BEMUS POINT GOLF
Saturday May 4 • 5pm
Bemus Point, NY

CINCO DE MAYO 5K
Sunday, May 5 • 11am
Ellicottville, NY

5K DE MAYO 2024
Sunday May 5 • 10am
Ellicottville, NY

CHAUTAUQUA'S GOT TALENT
Monday May 6 • 7pm
Jamestown, NY

MOVIES AT THE REG - WICKED LITTLE LETTERS
Wednesday, May 8 • 7pm
Jamestown, NY

HAPPY HALF MARATHON, 5K & BEER MILE
Saturday May 11 • 10am
Ellicottville, NY

MOTHER'S DAY WINE TRAIN
Saturday, May 11 • 5pm
Gowanda, NY

OLEAN'S COMMUNITY WIDE GARAGE SALES
Saturday, May 11 • 9pm
Olean, NY

CHAUTAUQUA'S GOT TALENT
Monday May 13 • 7pm
Jamestown, NY

THE HERON MAYDAY CELEBRATION
Sunday, May 26 • 2pm
Sherman, NY

www.thevillager.com

Mental Health Awareness Month

May Is the Month of Recognition & Education



We just so happen to live in the perfect place to relax your mental space: "The benefits of time outside to our mental well-being are pro- found – but not well known. Mental Health America (MHA) is proud to join forces with outdoor retailer L.L. Bean to solve this problem, creating awareness of how spending time in nature results in greater creativity, lower stress, increased self-esteem, and reduced anxiety." (mhanational.org)

BY CAROL FISHER-LINN

May as Mental Health Awareness month was established over 75 years ago, with the Substance Abuse and Mental Health Services Administration finally recognizing it twenty years ago

to increase awareness of mental health and the role it plays in overall health. Each year, National Children's Mental Health Awareness Day (May 7) seeks to raise awareness about the importance of children's

SEE "HEALTH" PG. 10

Celebrating Mexican Culture

History, Facts and Fun Events of Cinco de Mayo



Cinco de Mayo is a day of celebration for people of Mexican heritage which started back in 1862. The Mexican Independence Day is actually commemorated on September 16th.

BY DARLENE BRACE

Every year on May 5, Cinco de Mayo is celebrated in the United States in many restaurants, bars, and festivals. Contrary to popular belief, Cinco de Mayo (which translates in English to May 5) is not the Mexican Independence Day. The Mexican Independence Day is actually commemorated on September 16th. Many people

don't understand what Cinco de Mayo represents. Read on to find out some of the history behind this holiday as well as some fun celebratory events.

Cinco de Mayo is a day of celebration for people of Mexican heritage which started back in 1862. During this time, the French were looking to obtain land in "The

SEE "HERITAGE" PG. 7

Appreciating Mother's Day, May 12

Day for Women to Appreciate Each Other



BY, CAROL FISHER-LINN

Mother's Day 2024 is May 12. Let's explore why the founder grew to hate it.

It started with this prayer: "I

hope and pray that someone, sometime, will found a memorial mother's day commemorating her for the matchless service she renders to humanity in every field of life. She is entitled to it."—Ann Reeves Jarvis (pictured, left).

In Ann Reeves Jarvis' day in West Virginia before the Civil War, she helped start "Mothers' Day Work Clubs" where women learned the proper way to care for their children. Although the country was still quite divided after the Civil War (and still is) these clubs served to unify the women, promoting reconciliation by forming yet another event in 1868 called "Mothers' Friendship Day." On this day, mothers got together with former Union and Confederate soldiers working

SEE "MOTHERS" PG. 11

Local Artist Publishes Book

Celebrating Blue in Text and Watercolor



Sarah Brown-Millspaw is a celebrated local watercolor artist whose joyful, simplified style is easily recognizable. Blue!, an illustrated book for all ages, is now available on Amazon. It was self-published by the artist.

BY MILES HILTON

Sarah Brown-Millspaw is a celebrated local watercolor artist whose joyful, simplified

style is easily recognizable. In fact, I've interviewed her for *The Villager* before, last fall, when she and three other artists

SEE "BOOK" PG. 10

Sneak Peek

Inside this Issue...

Griffis Sculpture Park Summer Festival

Annual Event in East Otto, NY ... Page 3



ASHFORD HOLLOW - Griffis Sculpture Park will host their annual summer festival on Sunday, August 18, 2024 from noon-6pm. It's a day filled with music, creativity, nature, exploration and much more.

Award- Winning Hot Spot Cafe

Treasure in the Heart of Jamestown



Hector and Michelle Alverio own HotSpot Café in Jamestown. The restaurant has won awards for Jamestown's Best Entrepreneur of 2021 and the SBDC's Minority Entrepreneur of 2022. Since opening, the HotSpot Café has become a multi-faceted business, that can provide whatever you need for any size and type of event.

BY DARLENE BRACE

If you're looking for something delicious to eat in the downtown Jamestown area, you should try the award-winning HotSpot Café. The HotSpot

SEE "CAFE" PAGE 11

Group Ther-Happy New Owners

Popular Lakewood Restaurant



Owner and Co-Founder of Group Ther-Happy, Michelle Turner pictured center with co-founder Mary Rapport. Also pictured left, new co-owner Jeremy Mescall and Michelle's partner Joe along with more of the cast and crew of the ever-popular Lakewood restaurant which will be changing hands this Friday, May 3.

BY KATE BARTLETT

Owner and co-founder Michelle Turner is turning over the keys to the popular Lakewood restaurant Group Ther-Happy this Friday, May 3. Bartending Manager Jeremy Mescall and his girlfriend Erica

SEE "RESTAURANT" PAGE 4

Publisher's Word

"Mother's Day is just around the Corner...."



I'd like to say "Happy Mother's Day" to everyone. To all of the mothers, all of the friends, all of the spouses, all of the teachers, guardians,

big sisters, nurturers and counselors. As we learn in Carol Fisher-Linn's cover article this week, Mother's Day can embrace everyone who has touched our lives in a positive way. Take time this weekend to plan something to show your appreciation next weekend. Many of us don't take enough time to thank those who believed in us, guided us, laughed with us and consoled us. This day is marked to encourage everyone to appreciate and reciprocate the love we have been afforded. It's never too soon to show how much you care! Take them out this weekend! If

the derby hat doesn't fit, the sombrero is bound to! Whatever it is you do to enjoy, enjoy it responsibly because each year is a treasure and each day is a gift. Until next week, enjoy the read and all the festivities our resort towns have lined up for you!

-Jeanine Caprino Zimmer
If you have something you would like to share with our readers, please don't hesitate to drop us a line at 716-699-2058 or simply log on to www.thevillager.com and hit the general submission tab. We'd love to hear from you!

Happy Birthday

- Susan Melaragno... May 2nd • Wayne Weaver... May 5th
 - Julie Sengal... May 6th • Dean Whitcomb... May 6th
 - Shad Nowicki... May 7th • Julie Stanton... May 7th
 - Greg Fitzpatrick... May 7th • Mo Porter's Chuck... May 8th
 - Brian Erikson... May 9th • Michelle Harrington... May 14th
 - Al Wager... May 15th • MaryAnn Zimmer ... May 16th
 - Nick Sciarra... May 17th • Bruce Scroton ... May 17th
 - Kim Latone... May 19th • Sanda Calasina... May 21st
 - Mike Steinhauser... May 22nd • Jon VonderMolen... May 22nd
- Email us your birthday greetings: info@thevillager.com

Celebration of Majesty & Excitement

Seneca Allegany Resort & Casino 20th Anniversary



With more than 800 employees, Seneca Allegany Resort & Casino is one of the largest employers in Cattaraugus County, providing millions of dollars in annual wages and benefits.

One of the most monumental developments the Sothern Tier has seen is celebrating a major milestone.

Twenty years ago, on May 1, 2004, Seneca Allegany Resort & Casino opened on the Seneca Nation's Allegany Territory in Salamanca. It was a day filled with excitement, culminating months of anticipation and opening the door to more historic growth and excitement.

"Even though we had opened our Seneca Niagara property in Niagara Falls in 2002, building and opening Seneca Allegany was a completely different experience," said Seneca Nation President Rickey Armstrong, Sr., who was serving his first term in 2004. "Both casinos, and eventually Seneca Buffalo Creek Casino in Buffalo, were important for the future of the Seneca Nation, but this was something that was right here, on our Allegany Territory.

It created a different connection for our people."

When the property opened, the original \$71 million facility featured 1,700 slot machines, 22 table games, and a buffet.

"We didn't have a hotel at first. We didn't have multiple restaurants or a live entertainment venue that we have now, but we had a vision," said Kevin Nephew, President & CEO, Seneca Gaming Corporation. "Twenty years later, Seneca Allegany shines brighter and better than ever."

Crowds of visitors immediately recognized Seneca Allegany as a must-visit destination, and substantial growth soon followed.

In 2007, Seneca Gaming Corporation and the Seneca Nation celebrated the opening of the resort's redesigned gaming floor and first hotel tower, featuring 212 stunning rooms, multiple new restaurants, a spa and salon, and other

amenities. A year later, the original casino area was dramatically transformed into the world-class Seneca Allegany Event Center and accompanying meeting and convention space. The Event Center regularly brings the largest names in entertainment to Salamanca and has served as the venue for other extraordinary events. A second hotel tower, adding an additional 201 rooms, was completed in 2012. With more than 800 employees, Seneca Allegany Resort & Casino is one of the largest employers in Cattaraugus County, providing millions of dollars in annual wages and benefits.

Today, millions of annual visitors from Pennsylvania, Ohio, New York, Canada and beyond flock to Seneca Allegany Resort & Casino to enjoy thousands of the latest and most popular slot

SEE "SENECA" PG. 7

B1519529 | 6174 Fairview Lane | 6 BR | 4 BA | 4064 Sq Ft | 3.88 Acres w Creek | \$879,000

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ANNOUNCEMENT

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MOVIES @ THE REG: MAY 4, 2024: JAMESTOWN, NY

Griffis Sculpture Park Summer Fest

The Great Train Robbery to Headlines August Event

ASHFORD HOLLOW - Griffis Sculpture Park will host their annual summer festival on Sunday, August 18, 2024 from noon-6pm. It's a day filled with music, creativity, nature, exploration and much more. The festival started in 2013 and has become a "must-attend" event in Western New York's summer calendar. The event is a major fundraiser for the Ashford Hollow Foundation, which owns and operates the sculpture park.

The event also features a vendor village, a kid's crafts area, food stands, and beer & wine service and more. Tickets are \$25. Children 12 and under are free. Tickets can be purchased on Eventbrite.

Headlining the Griffis Sculpture Park Summer Festival are one of the living legends of the Buffalo music scene: **The Great Train Robbery**. Since the mid-1980s, this band has been packing dance floors and concert venues with their rock, ska and reggae-inspired sound. After coming back from a long hiatus in 2022, the band plays only 2-3 shows a year - which always sell out - making their appearance at the Griffis Sculpture Park Summer Festival that much more special. Additional performers are:

Buffalo's Letter to Elise songs are characterized by catchy hooks, dynamic pop-rock sensibility, intricate guitar work, and being one of the first bands in the last decade to feature an electric cello, indie-rock group. Letter to Elise is proving itself to be one of the hottest new acts coming out of the Western New York area.

Hailing from the hills of rural WNY, **Cobra Patrol** is a four-piece indie rock band whose danceable rhythms, retro vibes and smart lyrics have been



Since the mid-1980s, The Great Train Robbery band has been packing dance floors and concert venues with their rock, ska and reggae-inspired sound.

likened to The Feelies, Brian Jonestown Massacre, Lou Reed and The B-52's. Cobra Patrol recently released their debut album, *Mudlarking* on all major streaming platforms. It showcases the songwriting talents of Dave Danielson and features the grooving bass and drum interplay of Patrick Cooper and Mike Perks. Karn Sorensen's scronky analog synth and violin rounds out the quartet's unique sound.

SON is a dynamic duo who play your favorite classic songs with a soulful twist. Consisting of Sabrina GustafSON and Jed ThompSON, the duo plays venues large and small throughout the region. They hail from the Southern Tier

Autumn Echo is a poet, mother, and performing artist from Jamestown, NY. She is a slam master of the area's first month poetry slam event. She has performed her original poetry across the state and has hosted hundreds of events in the region,

extending open arms and an open mic to artists looking for a safe place to share their poetry.

DJ Vothnotes will be playing a special "tweener" set of European-influenced dance music. DJ Vothnotes is a former resident of Buffalo and currently spins records in Athens, Greece.

The Griffis Sculpture Park is located at 6902 Mill Valley Rd, in East Otto, NY 14729. The stage is at the top of the Mill Valley Road section of the park. Patrons are allowed to bring chairs, coolers. There is a shuttle to the top.

The Griffis Sculpture Park is owned and operated by the Ashford Hollow Foundation, which also owns the Essex Arts Center in Buffalo, NY. The mission of the Ashford Hollow Foundation is to promote the visual and performing arts as well as construct a dynamic relationship between the arts and education in Western New York to better its young people and the greater community.

April prepares her green traffic light and the world thinks Go.
-Christopher Morley

Chautauqua Lake Partnership

Invasive Weeds and Wetlands



CHAUTAUQUA LAKE PARTNERSHIP

A Great Lake Seeking A Greater Future

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The Chautauqua Lake Partnership (CLP) respects the need for wetlands protection; however, the CLP does not believe that freshwater lakes should be designated as wetlands. Wetlands are protected areas that limit the application of herbicides and weed cutting.

SUBMITTED BY
CHAUTAUQUA LAKE PARTNERSHIP
BOARD OF DIRECTORS

The Chautauqua Lake Partnership (CLP) is a not-for-profit, 501 (c) (3), organization that wants Chautauqua Lake to be a healthy lake that can be enjoyed by all for fishing, swimming, and boating. The organization is managed by an all-volunteer Board of Directors who are concerned about Chautauqua Lake water quality; especially the proliferation of weeds and algae near shore and along the shoreline. The CLP uses science and facts to make decisions regarding actions that are needed to address the two most alarming issues in the lake: invasive weed (curly leaf pondweed and Eurasian milfoil) and harmful algal blooms (HABs). Since

2017, the CLP has worked closely with the New York State Department of Environmental Conservation (NYS DEC) to determine what areas of the lake would benefit from the prudent application of safe herbicides.

More recently, another issue has been added to the focus of the CLP - Wetlands. In 2022, New York's Freshwater Wetlands Act (Environmental Conservation Law Article 24) was amended to increase application fees and make several important changes to the way the program will be administered. In addition, a goal of 1 Million acres of newly designated wetlands was established by the New York Governor. NYS DEC is responsible for the implementation and oversight of the new regulations.

The NYS DEC has made it clear that they consider areas of Chautauqua Lake

will be designated as wetlands. The south basin of the lake is particularly vulnerable to the newly written regulations; however, the north basin littoral areas will also have the same regulations applied. In January 2025 the current NYS Freshwater Wetlands Maps will no longer limit DEC regulatory jurisdiction to wetlands depicted on those maps. Instead, maps will become informational, and any wetlands that meet the applicable definition and criteria will be regulated by DEC and subject to permitting, regardless of whether they appear on the informational maps. In January 2028, the default size threshold of regulated wetlands will decrease from 12.4 acres to 7.4 acres.

The CLP respects the need for wetlands protection;

SEE "LAKE" PG. 7



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Solomon's Hidden Treasures

A Thrifty Gem In Springville Donating Back to Community

By BARBARA ARNSTEIN

Solomon's Hidden Treasures, a unique non-profit Thrift Store in Springville, offers a combination of new, used and antique items. It is run by volunteers supervised by Pastor Gail McCrory, the founder of Solomon's Porch Ministries, a Non-Denominational Church in Mansfield, NY. Her daughter Hannah also helps run the store. "I love seeing our regular customers", said the Pastor. "We truly have become a family around here". Her daughter added, "My favorite thing about working here is when our customers send us, or show us, photos of how they have upcycled something they purchased here. Their creativity is amazing!" One customer used teapots they purchased from "Treasures" to create table centerpieces for events and fundraisers held for women who need financial help during their treatment for breast cancer.

Solomon's Hidden Treasures offers not only a place to shop, but a place for prayer and counseling. Its items range from clothing and crafts, to household goods and furniture. In the "New Outlet" area, all the items are indeed new and yet are generally priced up to 75% off retail. The proceeds from the store's sales (after the overhead is paid) have gone to help many people and causes,

including: domestic violence survivors, fire survivors, hurricane & tornado relief, and Ukraine refugees. Money has also been used for: job training, to provide clothing and household goods for veterans, local ShoeBox Ministries, temporary shelter for the needy, local Ministry Outreaches, and many more helpful things! "Treasures" is always looking for more volunteers to help organize the shelves, price items, or tag the clothing. Volunteers not only get the opportunity to give back to the community or get community service hours, but also to earn a five-dollar store credit for every hour they work. All the volunteers are very much appreciated.

Each week there are various sales for different departments throughout the store, including fill-a-bag clothing sales or one-dollar Clothing Racks. This week's sales will include: 10% off all new outlet items, 50% off all shoes and boots, 25% off all new-outlet clothing, and a Buy One Get One Free sale for all media (CDs/Records/DVDs/VHS items). All thrift books will be one dollar, and thrift board games, thrift wallets and purses will all be fifty percent off. All thrift clothing under five dollars will be only one dollar. (Some exclusions apply). To keep up to date on sales for useful



Pastor Gail McCrory and her daughter Hannah.

and fun items, check out the store's Facebook Page Solomon's Hidden Treasures | Springville NY, Craigslist, and their text/email Chain. Also, explore Poshmark, Depop, Facebook Marketplace & Ebay.

Whether you are looking for a tea cup, greeting cards, a special toy or even a wedding dress, your chances of finding that special item there are very good. If you don't happen to find what you're looking for, good news! If you write it in the "Wish List Book", and if it appears there in the future, they will contact you to let you know. Solomon's Hidden Treasures is located at 14218 Rt 219, Suite 2, in Springville, NY. The store hours are Tuesdays through Fridays, from 10am-5pm, and Saturdays from 10am-4pm. Everyone there invites you to stop in and find some treasures soon, or just visit to say hi and introduce yourself.

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Happy Mothers Day!

3rd Annual Musicians Swap Meet

Musician Flea Market in Frewsburg this Sunday, May 5

By DAVE PARKER

Calling all music lovers and instrument enthusiasts! Mark your calendars for Sunday, May 5, 2024, because the 3rd Annual Musicians Swap Meet is back and better than ever. Hosted by the dynamic duo Cecelia and Charlie Rhodes, this event promises to be the greatest musicians' flea market in the area.

Head over to the Frewsburg Fireman's Blue Building on 24 Hazzard St., just off Route 86, from 10am-4pm for a day filled with music, camaraderie, and fantastic finds. With over 30 vendors from Western New York and Pennsylvania, this is your chance to browse, buy, sell,

trade, or simply learn about music instruments of all types.

From guitars and keyboards to drums and brass, explore a wide variety of instruments under one roof. But that's not all! Amps, stereos, AV gear, and other electronics will also be available for audiophiles looking to enhance their sound setups.

Looking to buy or sell school band equipment? This swap meet is the perfect opportunity to find what you need or pass on equipment to a student who can use it.

Rub elbows with local musicians, expand your musical horizons, and maybe even find that hidden gem you've been searching



for. Consignments are also accepted, so don't hesitate to bring your items to the swap meet.

For more information or to sign up as a vendor, contact Cecelia Rhodes at (716) 450-5492. And don't forget to follow ChautauquaVintage on Facebook or Instagram for updates leading up to the event. See you there for a day of music magic!



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Restaurant

STORY FROM COVER

Simpson are thrilled to be taking ownership of the restaurant and look forward to maintaining this local legend.

Michelle and Mary Rapaport purchased the property in 2016 and completely renovated and changed the dynamics of the restaurant. What was once dark and bland, became bright, fun and welcoming. As a Lakewood native and Real Estate Broker, Michelle had been in the market for a property to open a local restaurant. "This property was the perfect location being just steps from Chautauqua Lake with docking available and a high traffic area," says Michelle. "I knew we could make it successful."

The duo opened the doors to Group Ther-Happy on St. Patrick's Day in 2018. The restaurant welcomed customers with bright décor and natural lighting in a fun lively atmosphere. With ample heated outdoor patio seating for 75+ and live music throughout the summer, customers have come from far and wide for a memorable dining

experience. "We frequently meet new customers every day, and I don't take that for granted. Our reputation has come to precede us, and I'm incredibly proud of that," says Michelle.

The menu offers a wide variety of favorites including pizzas, pastas, salads, wings, fish fry, steaks and rotating specials on the weekend. Michelle is confident that they offer the best French Onion Soup in the county and almost everything is made in house. Their full bar offers craft cocktails, wine by the bottle and glass as well as bottled and tap beer. Five televisions ensure to provide optimum viewing for local and national sporting events, and their location on Chautauqua Lake ensures beautiful views year-round.

When Mary retired 3 years ago, Michelle began to think about phasing out and retiring herself. "I'm thankful I've had (my partner) Joe on my side to help with the daily operations, but it's time to start slowing down and enjoying more time with my family. I'm incredibly grateful for the relationships I've built over the past 6 years and the support we've received from the community. We've always



believed in giving to the community, and we've received fantastic support in return."

Jeremy Mescall and his girlfriend Erica Simpson are the proud new owners of Group Ther-Happy come this Friday, May 3rd. Jeremy has been working in the industry since 2001 and has been a member of the Group Ther-Happy team as bartending manager. "Jeremy and I have a great relationship and I'm so happy to pass on restaurant to him and Erica."

Michelle plans to help in the transition as much as possible in order to make it a smooth changeover. Jeremy was born and raised in Bemus, Erica from Panama, so both have roots in the community. "We're thrilled to take over this

"RESTAURANT" Pg 5

HOLIMONT

2024-2025

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TACO BAR @ MERRITT ESTATES WINERY: MAY 3-5, 2024 : FORESTVILLE, NY

Up Close and Personal: Kristen Sciara

Foundations: Strong Community in Ellicottville & in Marketing



Sciara pictured with her husband Nick, and on holiday with her family in Savannah.

By KATE BARTLETT

Ellicottville native Kristen Sciara has held multiple roles serving the Ellicottville community in various capacities over the years. Kristen now lives in Ellicottville with her husband Nick and two sons, Cooper and Griffen. She is the former marketing manager at Holiday Valley, Ellicottville Library Board Member and currently serves on the board for the EVGV Trail assisting with marketing and events, assists with the Summer Soccer program, and HoliMont winter events in addition to working her full-time job.

Born and raised in Ellicottville, Kristen graduated from Ellicottville Central Schools then attended Baldwin Wallace University in Cleveland graduating with a BA in International Studies with a minor in French. At that time, Kristen hoped to work in foreign services or international relations for a major company. However, after gaining experience in the field after graduation, she decided to change career paths. She joined Executive Arrangements, a company specializing in Corporate Relocation and Corporate Event Planning. It was this position where Kristen discovered a passion for Marketing and Event Planning.

Kristen then went on to work as Assistant to the Director of Marketing at Bonne Bell, a major cosmetics company with headquarters in Cleveland. "This job was a great fit for me. It was so exciting working with the Public Relations teams, Advertising agencies, and immersed in such a creative environment."

While Kristen enjoyed living and working in Cleveland for 9 years, Kristen knew she eventually wanted to move home to Ellicottville. When a position opened up in the Holiday Valley Marketing Department, she jumped at the opportunity to work with Jane Eshbaugh. "As a lifelong skier, moving

back to Ellicottville to work at my home resort in the field where I was building my career was a perfect next step." Kristen moved home to Ellicottville in 2003.

Kristen worked with Jane coordinating events in the marketing department for Holiday Valley for 16 years. "I thoroughly enjoyed my time working with Jane at Holiday Valley. She's a terrific person and made the job a lot of fun." During her time at Holiday Valley, Kristen, Jane and the team at Holiday Valley coordinated events such as Winter Carnival, the Mudslide, Beer & Wine Festivals and so much more.

Wishing to advance her career, Kristen obtained her Master's Degree in Integrated Marketing from St Bonaventure University while working full-time at Holiday Valley. She then accepted a position at Ingram Micro in Buffalo in order to further her experience in corporate event planning. "As an Event Planner at Ingram Micro, I was working with a team of truly world-class planners. We collaborated with Marketing teams to develop, plan and execute events of all shapes and sizes."

When Covid hit, Kristen's job in corporate event planning changed drastically. "In person events changed overnight; everything became virtual. I jumped at the chance to coordinate virtual events via Zoom and challenged myself to think 'outside the box.' We had to think of new ways to interact with our clients, but I was up for the task."

Kristen launched creative programs for virtual events, such as cooking programs featuring celebrity chefs shipping ingredients and menus to participants across the country. She furthered her experience as she offered unique opportunities to consumers all over America. Through these events, Kristen developed a relationship with Collabs Live (based in California, see below) where she now works as a Marketing Events Strategist leading events for

clients remotely from her home in Ellicottville.

Through her current position, Kristen develops both virtual experiences and in person events for customers across the county. "I'm so fortunate to have a career that allows me to work from home and create such amazing opportunities across the country. Everyday offers something different and I love it." Kristen and her team have created celebrity events with sports athletes, comedians, and musicians in cities across the US. "It's amazing to be involved with these events."

"I have always been a philanthropic person. I believe that what you put out there is what you get back. Plus Ellicottville is our community and I want to help in the way that generation before me did". Kristen became involved in the EVGV Trail in April 2024 as she saw the need in the community. When training for a half marathon, she frequently saw fellow runners, walkers, joggers, bikers and even parents with strollers on the streets. "Every time I was running, I felt and saw the need for more space for myself and other pedestrians to enjoy the great outdoors. Ellicottville is such a beautiful area. The EVGV trail will provide a much-needed space for residents and visitors to appreciate it while leading a healthy lifestyle."

She now serves on the EVGV board coordinating events and marketing. The team coordinated a hot dog fundraiser with the EVL Chamber of Commerce during Rock 'N Roll Weekend and a Bills Tailgate party with Villaggio in the fall. "We've received such wonderful support from the community so far and we're looking forward to many more fundraising events."

On May 5th, the EVGV trail will host their first annual 5K run to raise awareness and funds for the trail. "This is our biggest endeavor yet," says Kristen. "HoliMont has been incredible to work with and we're so thankful for their support." The event was created to both celebrate the trail and increase community involvement.

Kristen enjoys serving on the board for the EVGV trail and encourages other to get involved in the community whatever means possible. "Projects like the EVGV trail, Playground, skatepark, soccer, baseball and others are the pillars of a strong community for us, our children and the next generation."

For more information on the EVGV Trail or to register for the 5K run on May 5th, visit <https://evgvtrail.org/>.

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When Covid hit, Kristen's job in corporate event planning changed drastically. Kristen launched creative programs for virtual events, such as cooking programs featuring celebrity chefs shipping ingredients and menus to participants across the country. She furthered her experience as she offered unique opportunities to consumers all over America. Through these events, Kristen developed a relationship with Collabs Live (based in California) where she now works as a Marketing Events Strategist leading events for clients remotely from her home in Ellicottville.

Restaurant

STORY FROM PG. 4

restaurant and serve the community in this way," says Jeremy. "We don't plan to change much; Michelle has done an incredible job."

Jeremy and Erica will continue the live music

throughout the summer, with the addition of a local band *Lenny and the Landshark* every Thursday evening. Most of the menu will remain the same, with the addition of a few entrees.

"We have an incredible front and back of the house crew," says Michelle. "We are proud of our strong, creative team and I'm

looking forward to support Jeremy and Erica and they continue to offer the best service to our customers for many years to come."

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Views From Jamestown NY: The Femmes of Rock Performed With Prowess 5/27



Photos by Jon Elder

All Proceeds from this event stay local and Benefit the Italian American Charities Local Cancer Care initiatives at UPMC Hillman Cancer Center.



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however, the CLP does not believe that freshwater lakes should be designated as wetlands. Wetlands are protected areas that limit the application of herbicides and weed cutting. There will be extensive permitting required to expand or restore existing buildings in the 500-foot buffer of any wetland. Essentially the areas designated as wetlands will become swampy areas that limit recreation use and significantly reduce lake front property values. The impact will result in reduced tourism and reassessed property values, which will result in increased taxes for non-lakefront home owners. The CLP is working diligently to limit the impact of the new wetlands regulations on Chautauqua Lake. Keep the Lake a Lake!

Seneca

CONT. FROM PG. 2



A second hotel tower, adding an additional 201 rooms, was completed in 2012.

machines and table games, luxury accommodations, exquisite dining, thrilling live entertainment and special events, including the wildly popular U.S. Air Force Snocross races, Sportsman's Show, and more.

The results speak for themselves. Seneca Allegany Resort & Casino has been awarded the Four Diamond Award from AAA each year since 2009 and has won dozens of "Best of Dining & Nightlife" and "Best of Gaming" awards from Casino Player magazine, as chosen by readers and guests.

"There is a reason people travel long distances to come to Seneca Allegany and to stay with us. We call that the Seneca difference," said General Manager Linda Hitchcock, who began working at the resort 20 years ago as a manager in the buffet. She has been General Manager since 2016. "In my opinion, our team members are the Seneca difference. When you're here, we want you to always feel like you're surrounded by friends."

There are a number of special 20-year anniversary celebrations taking place in May. A weekend of outdoor entertainment kicks off with Taylor Shines – The Laser Spectacular, an immersive

celebration of the music of Taylor Swift, on May 24. Country Music superstars Big & Rich, along with Gretchen Wilson, Cowboy Troy and DJ Simister will rock the hills on May 25. Guests can also feed their

SEE "SENECA", PG. 11



The Battle of Puebla was won by the Mexicans. It was not the end of the war, but it was a significant and symbolic victory that represented a significant morale boost to the Mexican army and increased the national unity and patriotism among the Mexican people. Thereafter, the city was renamed Puebla de Zaragoza, and May 5 became a Mexican national holiday.

Heritage

CONT. FROM COVER

New World." Under the leadership of Napoleon III, a large brigade of elite French troops, lead by French General Charles Latrille Laurencez, was heading toward Mexico's capital of Mexico City. Enroute, they stormed the City of Puebla which was a city about 80 miles southeast of the capital. Laurencez commanded his troops up the steep Cerro de Guadalupe, which was secured by a large ditch and brick wall. The French troops were badly beaten by a much smaller Mexican force, under the command of General Ignacio Zaragoza. General Laurencez, and the French troops were forced to retreat. The Battle of Puebla was won by the Mexicans. It was not the end of the war, but it was a significant and symbolic victory that represented a significant morale boost to the Mexican army and increased the national unity and patriotism among the Mexican people. Thereafter, the

city was renamed Puebla de Zaragoza, and May 5 became a Mexican national holiday.

Here in the United States, Cinco de Mayo celebrations honor the traditions, culture, and people of Mexican American heritage. Mexican music, food, and drinks are usually the focal point of these gatherings.

In our area there are some fun events celebrating Cinco de Mayo this year. One large event will be taking place at the Route 5 Event Center, located at 296 Lakeshore Drive in Dunkirk. It is hosted by the Chautauqua County Rural Ministry. This is a fundraising event that will take place on May 5 from 12pm-7pm. Six area bands have donated their time to perform throughout the event including Two Towns (12pm), Footsteps(1pm), Swamp Yankees(2pm), Pedro and the Smooth Cats (3pm), Derek Davis (4pm), and Furious George (5pm). There will be a wide variety of delicious food and some fun raffles. The proceeds from this event will go to The Chautauqua County Rural Ministry. This ministry provides The Friendly Kitchen that serves

hot meals throughout each week to people in the community as well as an emergency food pantry and other services. It will be a fun Cinco de Mayo event and help raise money for a great cause.

There are also some other smaller venues to go to for your Cinco de Mayo celebrations. You might want to head out to the **Busti Tap House**. They will be having their Cinco de Mayo Fiesta starting at 1pm, with food and drink specials. Dark Water Duo will play some originals and favorite covers from 2pm to 5pm.

Merritt Winery in Forestville will be having their Taco Bar Fiesta all weekend from May 3rd - May 5th. You can check out their wines while building your own tacos, taco salads, and nachos. Check out merrittstatewinery.com for more information.

HoliMont Resort in Ellicottville is having a 5K De Mayo Trailsquatch Run starting at 10am. This is an all-ages event. The online registration is 35\$ for adults and 25\$

SEE "HERITAGE", PG. 11

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Chautauqua County Weekly Calendar

Happenings in Chautauqua County this Weekend

BY DARLENE BRACE



Saturday, May 4 enjoy a fun night in Lakewood at Group Ther-Happy. The Marshmallow Overcoat Band will perform at 8pm.

May 5. There will be a village wide open house, and many of the local businesses reopen for the season. Friday evening, **EBC** will be hosting a Books and Brew fundraiser with great food and literary themed drinks along with raffles and prizes. A portion of the proceeds will go to The Bemus Point Library. On Saturday, the **Bemus Point Golf Club and Tap House** will be having a Kentucky Derby Hat Party. After the race, you can enjoy music by Randy Graham and Jamie Henderson starting at 6pm. They will also be having taco and margarita specials all weekend. These are just some of the activities taking place. Enjoy village wide food and drink specials at the other restaurants and shop the new spring collections at the retail stores all weekend long.

Saturday, May 4 - Kung Fu Panda 4 is playing at **The Reg Lenna** in downtown Jamestown. The show starts at 2pm. You can buy tickets online up to two hours before the show at reglenna.com.

The Marvin House will be hosting its 3rd Annual Kentucky Derby Party starting at 5pm. The Marvin House will provide the Derby foods and Mint Juleps. There will be

games, entertainment, and door prizes before and after the race as well as a Derby hat sale. Call 716-488-6206 to make reservations.

Enjoy a fun night in Lakewood at **Group Ther-Happy**. The Marshmallow Overcoat Band will perform at 8pm. Come listen to these talented musicians while having food and beverages from their delicious menu.

At **64 on the Rocks** in Fredonia, Jess and the Mess will be rocking the village with their rock/pop cover music starting at 8pm. Sit by the fire pit and sip on your favorite beverage while listening to this great band.

The Tap Room in Westfield will be hosting Davis and Miller of Miller and the Other Sinners starting at 9pm. Come listen to this talented duo sing their southern soulful covers and originals.

It's Cinco de Derby at the **Southern Tier Distillery's Empty Bottle**. On Saturday, they will be serving Mint Juleps and margaritas all day. Live music will be performed by Shannon Jones 6-9pm, and they will be televising the Derby race. On Sunday, they will be having their Bloody Mary Bar starting at 12pm. Lenny & the

SEE "EVENTS", PG. 9



WEEKLY SYNOPSIS
BY BARBARA ARNSTEIN

"Coriolanus" takes place during the earliest days of the Roman republic, and begins as a crowd of citizens are protesting that the government only cares about helping the rich and doesn't care about the poor. Hoping they'll go away, a speaker tries telling them to trust in what is now known as the "trickle-down" economic theory. "The 2022 World Inequality Report" by Lucas Chancel, Thomas Piketty, Emmanuel Saez and Gabriel Zucman proves that all it's ever done is benefit the wealthy, but they can't read it because it won't be published for another 2,500 years. However, they are satisfied after they are told they will be given a greater voice in the government.

When we first see the title character, he's insulting the protestors in all kinds of ways. Immediately afterwards, when the city is attacked, he heads into battle. He's a high-ranking officer, whose idea of inspiring soldiers to fight is to hurl insults at them. By this point, it's obvious he has serious anger management issues. When they reach the gates of Corioli, and manage to open them, he basically says "Follow me!" but nobody does and the gates close behind him, trapping him alone in enemy territory. Before you can say, "He really

"Coriolanus"

should've been nicer to guys he was facing danger with", he miraculously emerges, bleeding but alive, and this inspires others to actually follow him through the gates, and they conquer the city. One guy he fights vows he's going to get even with him if it's the last thing he ever does. Back at home, he's awarded a valuable horse and the title "Coriolanus", which, loosely translated from Latin, means "the hero of Corioli".

He's happiest about the fact his mother is very proud of him (although he's married). While he was in Corioli, she was hoping he'd get some big wounds so in the future he could show off big scars. She was also praising the antics of her little grandson, when they reminded her of his daddy's belligerent ways. Soon after he returns, the people insist he be given great power in the government. He's fine with this idea, but the government's leaders are not (although they pretend they are), and as he's preparing to wield this power, they're looking out for a way to ensure he doesn't.

Before he can be appointed, he has to go through a ceremony in which he must humbly ask several citizens, if they approve of his appointment. Even while they're giving him their approval, he continually insults them, and the leaders see this as their opportunity to stop his ascent. After they persuasively tell the citizens that the way he's always insulting them clearly shows he has nothing but contempt for them, they take back their approval and sentence him to banishment! When he

goes to say goodbye to his family, his mama tells him he should apologize, and he tries doing that. However, the government guys know just how to push his buttons and after they've riled him up, they basically tell the crowd, "See? He's always flying off the handle, so you don't want him as your leader" and he has to go. He goes straight to that guy who vowed to get even (which he doesn't know) and asks the guy to help him get even for being thrown out, by teaming up with him to ransack his hometown. The guy is totally on board with this idea, and soon they set out to do it.

Everyone in Rome is horrified to hear this. When they, and that guy's army are approaching the city, they send out his best friend to try and reason with him. Nothing doing. Then his wife tries. No dice. Not even the sight of his cute little kid moves him. But when his mama tells him to forget about attacking the city, he says, "Yes, Mommy". Everyone in the city rejoices. But that guy he recruited as a co-attacker is beyond pissed. He falls back on "Plan B" and orders a bunch of guys to kill him, as soon as possible. Incredibly, they murder him in plain sight of a huge group of people. Ironically, they get away with it because the guy who called them first pushes the same "buttons" those other guys pushed before. When this sends him into a rage, and the hitmen suddenly stab him, he then tells everyone they were forced to end "the great danger this man's life posed" and says he's "struck with sorrow". But don't you believe it!



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What's Shaking in EVL

Whether Outside or In, Live Music is Always Available

By, MOUTH SAY TONGUE

It's only raining every other day and I think I saw an 80° day in the ten day forecast but there's music every day in Evl so let's see who's playing where.

Our weekend starts on Thursday at Balloons for Burger and Brew Night from 4-10pm. \$15 gets your choice of any burger and any beer with house made chips. This weeks musical host is Hanna and Friends from 6-9pm. They play a rock/pop/folk set of covers.

The Gin Mill's Thursday offering is The Chillybillys from 8-11pm. This husband and wife act plays a rock/folk/pop/country/blues set of covers and originals featuring smooth guitar licks and sweet vocal harmonies.

FRIDAY

Balloons is back with The Pat Harrington Trio from 6:30-10pm. This band plays a blues/rock/folk/pop set of covers and originals. Dj Andre the Giant Redhead will rock the sound booth from 10-2am.

We're back at The Gin Mill for Wasted Whiskey from 8-12am. This band plays new country that pushes the boundaries between rock and country. Check out the latest kitchen in town open till 10pm sun-thurs and 11pm fri-sat. Open 8-11am sat-sun for breakfast.

Madigans keeps the

party going with Dj SI rockin the deck with some thumpin for the bumpin in the window on Washington from 9-2am.

SATURDAY

The Gin Mill is first up with the return of The Chillybillys from 2-5pm. Have a late lunch or early dinner or just do some day drinking. Barnstorm takes the stage from 8-12am. This band plays classic and new country with a dash of rock thrown in. If you like craft cocktails try the Carriage House Sidebar for some high-end spirits.

12 Gates of Evl is a player with Brian Sah from 5-8pm. Brian plays a rock/folk /country set of covers. Have a sandwich and try some craft while you listen.

Back at Balloons Crush, Crush, Crush will perform from 6:30-10pm. This band plays a rock/mod/alt set of covers. Dj Kage will put the funk in the trunk so you can shake your junk on the two dance floors from 10-2am.

Madigans is back and so is Dj SI playin a groove so you can bust a move from 9-2am. Check out the dart board and pool tables.

SUNDAY

We return to The Gin Mill for Davey "O" from 2-5pm. Davey is a singer/songwriter who plays rock/folk/ mod/americana set of covers and originals.

Villaggio hosts its weekly AYCE Pasta Night and

Prime Rib Special from 5-9pm. Fresh pasta with the toppings you like or succulent prime served the way you like it. This weeks musical host is Grace Lougan and Alex McArthur from 5:30-8:30pm. This duo plays a rock/pop/alt set of covers and originals.

Monday is Strings and Wings, at Balloons, from 4-10pm. 50cent wings and a fine selection of craft beer to wash em down with. This weeks musical hosts are The Groove Brothers from 6-9pm. These guys play a blues/rock/jazz/po:/r&b set of covers.

The Gin Mill makes its next to last appearance with The Hick Ups from 7-10pm. This group of seasoned musicians, from various bands, have been performing together for 10 years and play an eclectic set of Americana style music.

We end the week like we have for the last 40 years at The Gin Mill for Wing Wednesday from 7-10pm. \$1 wings and those 37 beers on tap while Brian Rick provides the entertainment. Brian plays a rock/pop/folk/country set of covers.

We hope you enjoyed your time spent in our village and that you tell your family and friends and return often but wherever you are PLEASE, ALWAYS SUPPORT LIVE MUSIC!!!!!!!

will perform from 2-5pm. There will be food and drink specials and its sure to be a fun time.

Ion Sky will be performing at the **Trillium Lodge Restaurant** in Cherry Creek as part of their Cinco de Mayo celebration. The music will start at 4pm. Enjoy a delicious meal while

listening to this talented band.

Such a fun weekend full of a variety of entertainment, that there is a little bit of something for everyone. Check out next week's issue to see what fun entertainment there is in store for you in Chautauqua County next weekend.

Events

CONT. FROM PAGE 8

Landshark will perform starting at 1pm.

Sunday, May 5 -The Busti Tap House is having its Cinco de Mayo Fiesta starting at 1pm. Dark Water Duo

Beat on the Street:

“How Do You Feel Other People Perceive You?”

By Chad Neal

We are creatures of habit and are in a constant subliminal search for patterns. We grow up the same as most people in the surrounding demographics. We base our way of life off of what we see and hear, that which we find attractive. One of our basic fears is alienation- so we want to fit in, alas our intellect may thwart us away from such confounded cliquish behavior...sometimes. We all feel as though we are being watched somehow and it stems from childhood and knowing our parents or guardians usually kept their eyes and/or ears on our situation, and if you grew up religious the knowledge of God watching over us at all times was there to keep us feeling good and being good. We know that we see others the way we do, but when we figured out others think of us in a way we don't see ourselves a whole new awareness comes about, which caused that need to be accepted. When we don't care we become the person we're meant to be. How do you feel other people perceive you?



John K.- People do not understand me. What anyone thinks about me is none of my business. People? Huh.. I feel better when they're not around.



Melissa N.- Straight up quiet! You gotta be in my small circle to see the real me...



Mark H.- I've been through several phases/chapters in life. If you stuck all the people I've had the pleasure of knowing in a room to talk about me... you'd probably have no idea they were talking about the same person.



John K.- People do not understand me. What anyone thinks about me is none of my business. People? Huh.. I feel better when they're not around.



Alex S.- Like an an a**hole.




Danni J.- I think I'm a kind person, so I hope that other people perceive me in that way as well!



Maria P.- Loving, thoughtful and having fun all the time!

Do You Have a Suggested Question For Beat on the Street?




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Dr. Woloszyn grew up in Poland where he graduated from the Medical University of Gdansk in 2002. He completed his internal medicine residency at St. John's Episcopal Hospital in Far Rockaway, New York. He has been proudly practicing since since in 2011 as part of Jamestown Area Medical Associates. Dr. Woloszyn is currently affiliated with Olean General Hospital.


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★ ★ Sudoku Challenge ★ ★

This Week's Difficulty Level:

★★★★☆

To solve a Sudoku puzzle, place a number into each box so that each row across, each column down, and each small 9 box square within the larger diagram (there are 9 of these) will contain every number from 1 through 9. In other words, no number will appear more than once in any row, column, or smaller 9 box square. Working with the numbers already given as a guide, complete each diagram with the missing numbers that will lead to the correct solution....**Good luck!**

Last Week's Puzzle:

6	5	3	8	1	2	4	9	7
4	8	9	3	7	5	6	2	1
2	1	7	6	9	4	5	8	3
7	2	8	9	4	3	1	5	6
5	3	1	7	2	6	9	4	8
9	6	4	5	8	1	7	3	2
1	9	2	4	3	7	8	6	5
8	7	6	2	5	9	3	1	4
3	4	5	1	6	8	2	7	9

		8	3					
2	3	5			7			1
7		4	1	2				
	6			7	2			4
1	4	9	5	6		7		
		2	7		4		3	6
3			4	5	9			7
		6		3		9		
			7	1	6	8		3

Book

CONT. FROM COVER

participated in the joint exhibit Natural Selection at Pearl City Clay House in Jamestown. At that show, Brown-Millspaw's series 'Hazel' celebrated "all the brown and green things we see in nature", from ducks to treetops to salamanders.

Now, with the support of an Art Services Inc (ASI) grant, Brown-Millspaw has self-published 'Blue!', an illustrated book for all ages about a girl's blue-filled day. The Hazel series, says Brown-Millspaw, was "kind of a test run for the way I thought this book wanted to be [...] but this book ended up being totally different."

As part of the ASI grant, Brown-Millspaw will be conducting author's talks at libraries around Chautauqua county this summer. Follow her on Instagram at @sarageebee. art for updates. The book itself is available for purchase on Amazon, by searching the name of the author.

'Blue!' is a short book, about thirty-five pages, with minimal text. Full-page, full-color illustrations pull the reader into a whimsical, blue-filled world, seen through the eyes of a girl aptly named Blue. The text itself uses light meter and rhyme to carry the reader along a lilting story, but never adheres strongly to any particular form. The artist originally envisioned that Blue would focus on all the blue in nature, but says that "it never felt quite right. Then one day the story of this girl just popped into my head." Some paintings from the book's first iteration remain - a full-page bluejay flies across a blue sky, and a wonderfully detailed blue snake dances on the next page - but, as Brown-Millspaw says, "the book is actually about [the



Brown-Millspaw has been painting in watercolors since she was twelve, and has wanted to write a children's book since she began working in the public library system over a decade ago.

girl]". Brown-Millspaw has been painting in watercolors since she was twelve, and has wanted to write a children's book since she began working in the public library system in Erie, Pennsylvania over a decade ago, before moving to Chautauqua county. "I read every children's book and I always dreamed of making my own", she says. Asked about her inspirations and drive, Brown-Millspaw shares a fascination with "the purity of uncorrupted childhood", and with evoking that joy in adults.

Blue is Brown-Millspaw's first foray into publishing, and it presented challenges to the seasoned watercolor artist. "The paintings weren't the struggle, it was the story," she says, "I didn't want to write something that was corny [...] I wanted it to be a peaceful, joyful story that people would want to read again. And that was the real struggle."

Although Brown-Millspaw is no stranger to sharing her art, writing posed a unique challenge. "I felt way more vulnerable with the writing, even though there's not a lot of it," she says. For her, visual and written art differ in that "people can look at visual

art and see whatever they want to see", whereas "when you're writing it's wide open," and more difficult to hide as an artist.

The logistical process of writing also posed challenges. "Building this character" was the primary one, as was "editing it down." In the editing process, Brown-Millspaw left many paintings and pages on the cutting room floor, conserving only what was essential to the story. She reflects that "the process of making a whole complete thing like that", with narrative and supporting images, was far different from sharing a standalone painting.

Brown-Millspaw, who says she's "definitely hooked" on publishing, plans to write more books. She also has work in upcoming group exhibitions, including the North Shore Arts Alliance group show at the Patterson library, the Jamestown ArtScapes project, and a spot on the NSAA's annual Memorial Day weekend Art Trail.

Brown-Millspaw's visual and written art is a stand-out for it's quality and vision, but also for that set of intangibles we call 'style'. This style is inseparable from the personality and vision of the artist herself. Brown-Millspaw grew up in a family of self-employed artists, where "no one ever told me I couldn't do whatever I wanted." Well into adulthood, she says she'll "still roll down that hill, I'll still play in the mud. I don't care what society thinks about the way I live." That confidence and self-possession is a cornerstone not just of good art, but of a fulfilling, agentive life. And it's the latter that has allowed Brown-Millspaw to excel at the former; that drive, as she says, to "do as much as I can in this life that I'm interested in."

Health

CONT. FROM COVER

mental health and show that positive mental health is essential to a child's healthy development.

Johnshopkinsmedicine.com reveals that an estimated 26% of Americans ages 18 and older -- about 1 in 4 adults -- suffers from a diagnosable mental disorder in a given year. Forbes.com reveals that "young adults ages 18 to 25 in the U.S. experience the highest rates of mental illness (36.2%), followed by those ages 26 to 49 (29.4%) and adults ages 50 and over (13.9%). In 2022, multiracial adults in the U.S. were more likely to experience any mental illness in the last year (35.2%)."

Not surprisingly, most people are not willing to accept that someone in their circle or family may be suffering from a mental health condition. It is much easier to believe that it happens to someone else, yet that someone else is one of about 44 million Americans, perhaps one in your own family. Is there anything we, as individuals, can do to help those statistics change? Is there a way we can at least do something positive, to become more aware, to make others more aware?

For beginners, we could educate ourselves and become aware that according to the Mental Health Association (MHA), "Mental Illnesses are brain-based conditions that affect thinking, emotions, and behaviors." Now, since we all have brains, it's entirely possible that any one of us could, at one time in our lives,

be inflicted with mental health problems. Just as the body with cancer changes its chemistry or the behavior of the affected cells without our doing a thing to make it happen, so it goes for people who have mental illnesses: "their brains have changed in a way in which they are unable to think, feel, or act in ways they want to. For some, this means experiencing extreme and unexpected changes in mood -- like feeling more sad or worried than normal. For others, it means not being able to think clearly, not being able to communicate with someone who is talking to them, or having bizarre thoughts to help explain weird feelings they are having." And much like the person battling cancer, those inflicted with mental disorders can no sooner make it go away simply by willing it so, or instantly modifying their unwelcome behavior.

Mental health issues sometimes develop due to genetics and/or biochemical imbalances or excessive stress brought on by life events or situations with no perceivable work-around. With more than 200 classified forms of mental disease, it's sometimes takes a lot of detective work to diagnose the affected individual. The more common forms of mental illness, particularly in children, are anxiety, depression, behavioral or bipolar disorder generally manifested in mood or personality changes. Treatment of mental illness takes time, counseling, discovery, medication, and gradual behavior modification. With proper care, patience, and treatment many

individuals learn to cope or recover from a mental illness or emotional disorder.

You can help and become more aware by looking for these signs in the children in your world, according to Mental Health Services (MHS): "In older children and pre-adolescents: substance abuse, inability to cope, changes in eating/sleep patterns, excessive complaints of physical ailments, changes in ability to manage responsibilities, defiance of authority, truancy, theft and/or vandalism, intense fear, prolonged negative mood, often accompanied by poor appetite and thoughts of death, and/or frequent outbursts of anger. In younger children: changes in school performance, poor grades despite strong efforts, changes in sleeping and/or eating habits, excessive worry, or anxiety (refusing to go to bed or to school), hyperactivity, persistent nightmares, persistent disobedience or aggression, and/or frequent temper tantrums." Truth is, sometimes we mistake poor behavior for an incorrigible, temperamental child, when there could be something deeper going on. Learn the signs and speak up if you see something.

If you or someone you know is in crisis now, call or text 988 or chat 988lifeline.org. The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Mothers

CONT. FROM COVER

to promote friendship. Imagine!

A Mother's Day of sorts soon became co-opted by the abolitionist and suffragist movement's Julia Ward Howe (activist and author of Battle Hymn of the Republic) who, in 1870 wrote a "Mother's Day Proclamation," asking mothers to unite in promoting world peace. In 1873 she called for a "Mother's Peace Day" encouraging a day when women all over the world would gather to discuss ways to achieve world peace. After all, who knows better than mothers how to bring unity and peace in their families? Her experiences from working with the wounded during the civil war and the widows and orphans of both sides inspired her to call all women to "rise up from the ashes and devastation" focusing on public health and child welfare.

Also, in her era, there was a tradition in the UK and Europe known as "Mothering Sunday." Frankly, it had nothing to do with honoring our mothers, but it eventually morphed into a secular holiday to honor and gift our moms thanks to her daughter, Anna Jarvis who Americanized Mother's Day in 1908, with it becoming an official

holiday in 1914.

By the 1930's, UK's Mothering Sunday disappeared, and Mother's Day found a place on national calendars around the world. And then the spending began! In fact, a hundred plus years later, Mother's Day spending will exceed \$33.5 billion this year, (by contrast Christmas 2022 total spending was about \$178 billion) according to the National Retail Foundation. In addition to the more traditional gifts (ranging from cards, flowers and candy to clothing and jewelry), one survey showed that an unprecedented 14.1 percent of gift-givers plan to buy their moms high-tech gadgets like smartphones and tablets.

Poor Anna Jarvis must be turning in her grave. You see, Jarvis's idea of celebrating mothers meant something very personal to her and had little or nothing to do with lavishing expensive gifts upon all mothers. She looked at it as a day of spending time with and honoring her own mother and of each of us honoring our own in very personal, intimate ways. She apparently was very clear that the title would be the singular, **Mother's Day**, rather than the everywoman **Mothers' Day**. That distinction led her to eventually try to boycott Mother's Day as it evolved into a buying frenzy where the gift was some expensive "thing" rather than time,

love, effort, and face-to-face companionship with a dearly beloved mother.

In 1925, infuriated with the holiday turning into a cash-cow for commercial or fund-raising interests, Jarvis attacked First Lady Eleanor Roosevelt for using the holiday to try to raise money for charitable causes. She lobbied the government to get it removed from the calendar and spent her entire fortune until her death in 1948 trying to undo the holiday. To no avail Mother's Day was here to stay, with nary a modern thought to the reasons for its beginnings.

It truly is quite lovely that more phone calls are made on Mother's Day than any other day of the year, spiking the phone traffic by about 37%. But wouldn't it be nice to try to visit with our mothers, or if geography is an issue, at least ask them what they'd like to do on this day reserved for honoring them? Do you really think they want a smartphone or high-tech gadget? Maybe a pre-paid lunch/dinner for mom and a friend at her favorite restaurant might be more appreciated. A theater subscription or one for fresh flowers delivered to her door assures ongoing happy thoughts. And, of course, it goes without saying that, considering the roots of Mother's Day it's always a good time for reconciliation, if needed, to give family (or this divided old world) a peaceful fresh start.

Classified

PUBLIC NOTICES

NOTICE TO TOWN OF MANSFIELD RESIDENTS- BULKY TRASH PICK UP MONDAY MAY 13, 2024

PLEASE HAVE ALL ITEMS READY BY SUNDAY MAY 12, 2024. EACH ROAD WILL BE PICKED UP ONCE LIMIT 10 ITEMS. WILL PICK UP: Dry Paint cans, Appliances: Stove, Dryer, Dishwasher, Furniture, Bulky Items, Garbage, Brush and Refrigerators.

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Heritage

CONT. FROM PG. 7

for 18 yrs. and under. All competitors will receive a t-shirt, a medal, and can enjoy the post-race Taco Party.

Ellicottville Brewing Company in Little Valley is also having a Cinco de Mayo 5K run. The race begins at 12:15pm, with registration at 11am. With your \$25 registration, you'll get a T-shirt, a

pint of EBC beer, and raffle ticket for a chance at winning door prizes. Portions of the proceeds go to Saving Grace Outreach.

In Chautauqua, there will be a Cinco de Mayo fiesta brunch at the **Truffle Honey CHQ** from 11am-4pm. This brunch will include tacos, huevos rancheros, breakfast tacos, and much more. There will be a DJ and a photo booth to take some fun photos. To make a reservation call 716-490-5250.

Cinco de Mayo will

also be celebrated at the **Trillium Lodge** in Cherry Creek. They will have margaritas, wing specials, and other food and drink specials. Ion Sky will be rocking the fiesta from 4pm to 7pm.

Many people enjoy celebrating the food, drinks, and music of Cinco de Mayo festivities. It is a fun holiday to go out and celebrate Mexican history and heritage with your family and friends. Have a fun fiesta wherever you are on Cinco de Mayo.

Cafe

CONT. FROM COVER

Café is located at 100 East Third Street on the corner of Third and Pine Street. It is owned by Hector Alverio and his wife Michelle, and the two of them opened this café in 2020. Hector is usually at the café daily, and he is a very friendly business owner. He tries to greet their customers when they come in and thanks them for their business when they leave.

The HotSpot Café has a very warm, inviting, and welcoming atmosphere, and it is a cute café with plenty of seating. They have a very extensive menu which Hector said is a mix of American, Hispanic, and Soul Food. On the menu there is a wide variety of items, such as soups, salads, handcrafted sandwiches, paninis, chicken fingers, pot roast, chicken wings, pork dishes, tacos, and much more. Their Cuban and Philly Cheesesteak sandwiches have become their best sellers. Also, Hector has a license to serve beer and wine, and they even have wine slushes. The café also includes a glass case filled with yummy homemade baked goods and treats. Hector says, "We are open every weekday from 8am-4pm. We have two great chefs and a great staff. We serve a little bit of everything as we want to keep all of our customers happy."

The café can accommodate larger groups of people. In addition, you can have

small private parties, showers, or conference events for up to 40 people, but it needs to be after their regular hours. Your larger party can order off the menu or you can discuss food menu options and packages for any type of private parties or gatherings that you want to have at the café.

Besides having meals or small gatherings at the café, the Alverios have incorporated a large catering business that has become well known in the community. They can cater weddings, graduation parties, work conferences, festivals, or any other type of gathering at your chosen venue or location.

A very popular part of their catering business is their chicken bbq that is housed in a mobile trailer. This can be used to provide food for fundraisers, weddings, festivals, and larger events. The chicken bbq trailer can provide other foods such as steaks, ribs, hot dogs, and burgers. They also have a hotdog cart that can be set up for private parties and festivals which includes hotdogs and sausages.

If you want adult beverages for your event, the HotSpot Café can help you with that as well. They now have a traveling bar that can be set up for private events and festivals. The traveling bar has a large selection of domestic beer and six to eight wines.

In addition to supplying food and drinks for your event, they can also provide entertainment. They own a DJ company, and they have several different DJ's. These DJs can be hired for private parties and events. They have a wide variety

of different types of music available. If you want to, you can provide a playlist and they will try to play all the songs on your list for your event.

The HotSpot Café has won awards for Jamestown's Best Entrepreneur of 2021 and the SBDC's Minority Entrepreneur of 2022. Hector said he is proud to have been presented with these awards. He also stated that he is happy to have their business in Jamestown, and that the Jamestown community has been very welcoming and supportive of their business. Hector and Michelle want the public to know that they are very flexible and are willing to work out any type of menu that you would like to have for your event.

If you want to make a reservation for a catering date for a wedding, party, or other special event, you should try to call at least two to three months ahead of time or call ahead as much as possible. You can even call as much as a year or longer ahead of time. They are already booking for weddings and special events into 2025 and even into 2026, so you may want to call them soon to secure that special date.

To order take-out or for more information about catering for an event, call 716-720-5038. You can also find their menu and updated information about their daily specials and events on their Facebook page. Since opening the café in downtown Jamestown, the HotSpot Café has become a multi-faceted business, that can provide delicious meals as well as whatever you need for any size and type of event.

Seneca

CONT. FROM PG. 7

hunger in a big way, with a special \$20 Monday menu at Thunder Mountain Buffet on May 6, 13 and 20. If history is any indication, expect the fun and excitement at Seneca Allegany Resort & Casino to keep getting bigger and better.

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