

BUFFALO SPREE

The Magazine of Western New York



the Best of WNY 2011

See who won...

- | | |
|-------------------|-------------------------|
| Dance lessons | Small music venue |
| Burgers | Hike |
| Haircut | Kid-friendly restaurant |
| Unique gifts | Sandwiches |
| Symbol of Buffalo | Bike ride |
| Local hero | Chinese take-out |
| Fish fry | Park |

And over 100
other categories!

Fundraisers and charity events/You animal!

BY TERRI PARSELL HILMEY

Summer is the time to celebrate everything that's great about WNY. Swing a putter for a penguin, say hello to a hippo, or let a hockey player pour you a drink; it's all for a good cause.

Putting for Penguins

Beneficiary: Aquarium of Niagara. 5 to 10:30 p.m., Friday, July 15, at Newfane Pro Am, 2501 N. Main St, Newfane. Tickets: \$80 per golfer; call Gay Molnar at 285-3575 x204, or visit www.aquariumofniagara.org.

Nighttime minigolf: it's fun, it's fresh, and it's a great way to raise funds for our feathered and finny friends. This unique event begins with registration and a putting contest at 5, followed by a dinner buffet at 6. The first nine holes are played in daylight, starting at 7, with a break for raffles, prizes, and awards. The real fun starts at 9:30, when you'll be hustled back outside and fitted with glow-in-the-dark necklaces and golf balls. The course lights will be turned off so you'll finish the next nine holes in near-blackness

with only the glowing orbs and celebrity emcee Kevin O'Neill to light your way. All proceeds will go directly back to the care of the aquarium's living collection.

Frederick Law Olmsted Gala

Beneficiary: Buffalo Olmsted Parks Conservancy. 6 to midnight, Friday, July 22, at Front Park in Buffalo. Tickets: \$175; call Otis Glover at 838-1249, or visit www.bfloparks.org.

The theme of this year's formal event, celebrating our spectacular park system, is "A Midsummer Night's Dream," featuring cocktails and a silent auction at 6, followed by a gourmet sit-down dinner catered by Rich Products at 7. There will be tents, there will be stars, and there will be carriage rides, all in a beautiful

park overlooking the Niagara River and Lake Erie. After dinner, dance to Buffalo's own All-Star Band, while awaiting a major surprise announcement. All proceeds benefit the Olmsted Parks Conservancy.

Summer Affair

Beneficiary: Hospice Foundation of WNY. 6 to 8 p.m., Thursday, August 18, at Acqua, 2192 Niagara St. Tickets: \$50; call Katie Whiting at 686-8039, or visit www.hospicebuffalo.com.

Acqua—formerly Harry's Harbour Place—is an ideal place for a summer affair, isn't it? The kind you can bring your spouse to, that is. Not only will the two of you enjoy one of the finest spots in WNY to enjoy a sunset, but you'll also get to savor cocktails, passed hors d'oeuvres, and light dinner fare, including carving stations. Strictly Hip will be playing all night, and you'll have plenty of chances to win big, thanks to a high-end theme-package auction and several raffles. Proceeds support the Foundation, which raises funds for the Center for Hospice and Palliative Care, providing assistance for people with serious illnesses and their caregivers.

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Many of the great options in our calendar are offered at no cost. Keep an eye out for Honest Abe. He'll point you to FREE events.



Celebrity Bartending Annual Fundraiser

Beneficiary: Opportunities Unlimited of Niagara Foundation. 5 to 9 p.m., Thursday, August 25, at the Brickyard Pub & BBQ at 432 Center St., Lewiston. Tickets: \$10; call Kristen Cook at 297-6400 x382, or visit www.opportunitiesunlimited.org.

Has a Sabre ever mixed you a margarita? Has a news anchor ever cracked you a beer? Ever bought a raffle ticket from a Buffalo Jill? These and other celebrity bartenders, working in hour-long shifts, will be pouring their hearts out, literally, in the hopes that guests will generously stuff their tip jars with cash. A mere \$10 donation gets you into the event at the Brickyard Pub, and entitles you to live entertainment and a barbecue buffet on a lovely outdoor patio. Proceeds benefit Opportunities Unlimited and its vast array of services to people with developmental disabilities.

Wines in the Wild

Beneficiaries: Pro-Zoo Board and the Buffalo Zoo. 6 to 9 p.m., Wednesday, July 27, at the Buffalo Zoo, 300 Parkside Ave. Tickets: \$40, or \$100 for a VIP package. Call Katie Jordan at 995-6133, or visit www.buffalozoo.org.

Animal ambassadors (along with their specially trained volunteer docent caretakers) will be on hand to greet guests at this year's event, held in vendor tents over the grounds of the entire zoo. In addition to the usual food, desserts, gourmet coffee, beer, and wine, look for a few spa vendors offering chair massages and hand-paraffin dips. Rich Manzell will emcee the event, and two other DJs will be on hand for your spontaneous dancing needs. A VIP ticket gains you early admission, a goodie bag, and a champagne toast. Proceeds benefit the Adopt-an-Animal program, specifically designated for the adoptees' weekly groceries.

Terri Parsell Hilmey is editor of *Spree's Medical Resource Guide*.

Agenda/July

Except where noted, all events take place in Buffalo (area code 716). Got an event of your own to publicize? Send details to: elicata@buffalopree.com. Don't see your event here? You can add it to our online calendar at www.buffalopree.com. You'll find extra summer calendars throughout this section.

JULY 1



French and Indian War Encampment

1
M&T First Fridays
A day of fun at the Albright-Knox, starting with art classes at 10 a.m. and a performance by Young Audiences of WNY at 6 p.m. 10 a.m.–10 p.m. at the Albright-Knox Art Gallery, (123 Elmwood Ave.; 852-6700, www.albrightknox.org, or www.mtfirstfridays.org.)

Cedric the Entertainer
A night of stand-up with the actor-comedian. 8 p.m. at Shea's Performing Arts Center, (646 Main St.; 847-1410 or www.sheas.org.)

French and Indian War Encampment
Hundreds of reenactors recreate history. Through July 3 at Old Fort Niagara. (Youngstown; 745-7611 or www.oldfortniagara.org.)

Florence LaRue and the 5th Dimension
Revisit hits like "Aquarius/Let the Sunshine In." 9 p.m. through July 2 at the Niagara Fallsview Casino Resort, (6380 Fallsview Blvd., Niagara Falls, ON; 888-FALLSVU or www.fallsviewcasinoresort.com.)

2
Feed Your Soul's 2011 Tour & Tastes
For the first time, guided tours of the popular urban farmers market. Samples, recipes from local chefs, and information packets will be provided to each guest. July 2, 23, Aug. 6, 20 at Elmwood Birdwell Farmers' Market, (Birdwell Pkwy. and Elmwood Ave.; www.eatlocalbuffalo.com.)

Puccini's Il Tabarro
The Nickel City Opera Company performs Puccini's opera at a

JULY 8



Return to Forever IV at UB's CFA

unique location: the U.S.S. The Sullivans. 9 p.m. through July 3 at the Buffalo & Erie County Naval and Military Park, (646-294-3634; www.nickelcityopera.org.)

Todd Rundgren
The wildly eclectic singer-songwriter-producer ("Hello, It's Me") returns to Buffalo. 7 p.m. doors at the Trail Music Hall, (622 Main St.; 852-2860 or www.trailmusichall.com.)

6
One More for My Baby
A world-premiere musical featuring the songs of Frank Sinatra. Through Aug. 6 at MusicalFare Theatre, (4380 Main St.; 839-8540 or www.musicalfare.com.)

Center for Inquiry
Literary Café Reading Evening featuring Don Mitchell, Marjorie Norris, and Marek Parker. 7:30 p.m. at the Center for Inquiry, (1310 Sweet Home Rd., Amherst; 832-5400 or www.justbuffalo.org.)

8
Return to Forever IV
A quartet of jazz-rock titans: Chick Corea, Stanley Clarke, Lenny White, and Jean-Luc Ponty; with Zappa Plays Zappa. 7:30 p.m. at the Mainstage Theatre, (UB Center for the Arts, North Campus; 645-ARTS or www.ubcta.org.)

A Walk in the Garden
Juried show featuring diverse garden-themed media by local artists. Opening from 7–9 p.m. on July 8, exhibit through Aug. 21 at the Kenan Center, (433 Locust St., Lockport; 433-2617 or www.kenancenter.org.)

Sugarland
The popular country

JULY 9



echo: Art Fair at the Central Terminal

music duo visits Darien Lake. Sara Barelles opens the show. 7:30 p.m. at Darien Lake Performing Arts Center, (9993 Alleghany Rd., Darien Center; 585-599-5040 or www.livenation.com.)

9
echo: Art Fair
A diverse selection of painting, sculpture, photography, and more will be featured at this juried art show. 9:30 a.m.–5:30 p.m. at the Central Terminal, (495 Paderewski Dr.; 983-2112 or www.echoartfair.com.)

Steve Miller Band
"The Joker" and more, live. 8 p.m. at the Seneca Niagara Casino, (4th Street, Niagara Falls; 278-1200 or www.senecaniagaracasino.com.)

11
Art Camp at Artpark
Children have the opportunity to explore drawing, painting, ceramics, and more. July 11–15, 18–22, Aug. 1–5, and 8–12 at Artpark, (450 S. Fourth St., Lewiston; 754-9000 or www.artpark.net.)

Hamburg Chamber of Commerce Golf Tournament
The twenty-seventh annual tourney features a shotgun start at 12:30 p.m. Check-in at 11 a.m., dinner at 6 p.m. at Briarwood Country Club, (5324 Rogers Rd., Hamburg; 649-7917 or www.hamburg-chamber.org.)

12
Butterflies of Royalty
Search for butterflies and learn how to attract beautiful insects to your backyard. 10:30 a.m. at Reinstein Woods Nature Preserve.

JULY 11



Art Camp at Artpark

(93 Honorine Dr., Depew; 683-5959.)

Yonder Mountain String Band
Progressive bluegrass group from Colorado. 7 p.m. doors at the Town Ballroom, (681 Main St.; 888-223-6000 or www.townballroom.com.)

Outdoor Family Movie Night
Enjoy a free film with the fam at this Depew locale. Tuesdays through Aug. 23 at Green Acres Ice Cream at Broadway Driving Range & Miniature Golf, (4357 Broadway, Depew; 683-1849.)

13
The Black Keys
The Akron, Ohio, duo has become one of rock's newest major acts after its hit album *Brothers*. 8 p.m. at Artpark, (450 S. Fourth St., Lewiston; 754-9000 or www.artpark.net.)

"Weird Al" Yankovic: The Apocalypse Tour
The biggest selling comedy recording artist of all time, live. 7:30 p.m. at UB's Center for the Arts, (North Campus; 645-6928 or www.ubcta.org.)

Kid Rock with Sheryl Crow
Two of music's biggest stars play Darien Lake. 7 p.m. at Darien Lake Performing Arts Center, (9993 Alleghany Rd., Darien Center; 585-599-5040 or www.livenation.com.)

14
Summer Classics with the BPO
The Buffalo Philharmonic Orchestra returns to Lewiston for three summer concerts. 7 p.m. on July 14, 21, and 28 at Artpark, (450 S. Fourth St.,

Health/We're more than the sum of our parts

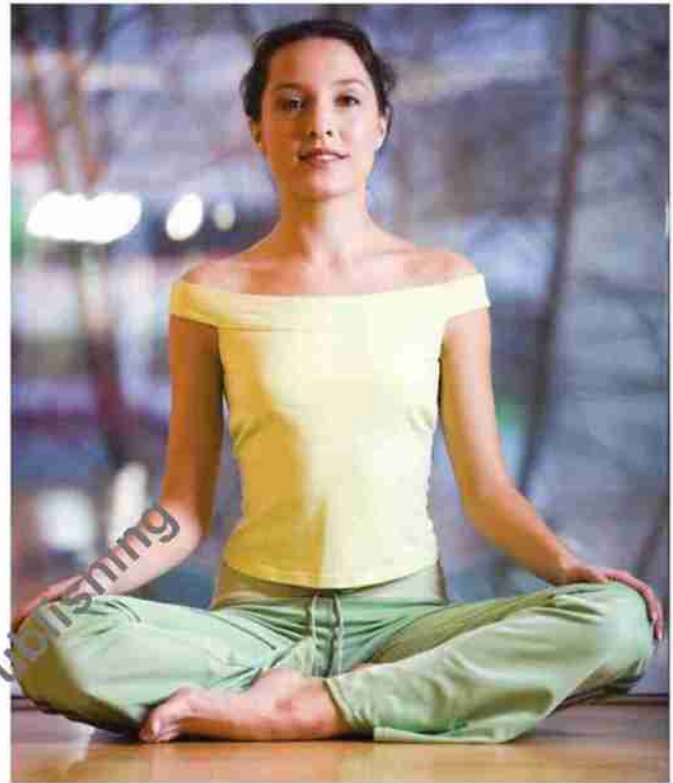
BY TERRI PARSELL HILMEY

Socrates said it to Plato, who said it to Aristotle, who wrote it in the *Metaphysics*: "The whole is more than the sum of its parts." In holistic medicine, this theme is carried through with the underlying principal that what kind of patient has a disease is as important as what kind of disease a patient has.

"I practiced traditional family medicine for fifteen years," says Dr. Ronald Santasiero, cofounder of Sedona Holistic Health Centre in Hamburg. "But now when I look at a problem, be it hypertension, back pain, or a cold, I presume that there is a physical, emotional, intellectual, and spiritual aspect to the problem." Holistic medicine was practiced for thousands of years before the advent of what we now refer to as Western medicine. It is often used hand-in-hand with holistic medicine as "complementary" medicine now.

Often a rush to treat symptoms can ignore a greater underlying problem. If

the engine light came on in your car, would you ask your mechanic to simply disconnect the light? It would certainly be cheaper. But you might be better served by having your mechanic find out what's wrong with your engine that's making that light



come on. If you think of symptoms such as headaches, joint pain, and high blood pressure as warning lights, and realize they're pointing to some other problem that needs attention, you're a long way towards understanding what holistic medicine is all about.

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The Good Life

The U.S. Centers for Disease Control and Prevention state that the key factors involved in a person's health break down like this: ten percent medical care, eighteen percent heredity, nineteen percent environment, and a whopping fifty-three percent based on everyday lifestyle choices. Even the most conservative politicians and health advocates now acknowledge that "wellness"—a person's overall state of mental and physical well-being is determined by day-to-day activities, including level of activity, diet, and reaction to stress.

A person's quality of life can be determined by the many seemingly unimportant things he or she does over the course of the day. "Stress can be healthy," says Dr. Santasiero, "as long as there is a sense of control. We're programmed to have stress to get us moving when we need to move. [People] can work very hard and experience stress, but if they feel that what they're doing has value, and more importantly, if they are able to find ways to balance that stress by doing other things to relax, then [they] can be very healthy, highly efficient, and productive." But the whole person needs to be balanced. The person who works at a desk much of the time must find time to move. The person who performs a tedious task at work must find time to concentrate on something she finds compelling.

The goal of the holistic approach is to go beyond being merely physically fit. Holistic practitioners put the absence of illness in the middle of their spectrum. At the far left end is bad health, and at the far right end is overall wellness, encompassing mental, spiritual, intellectual, and physical health. "In the United States, we're forty-ninth or fiftieth in the world in terms of longevity, and when you think of the resources at our disposal, we should be number one," says Dr. Santasiero. "[Citizens of] poorer countries that rely more on lifestyle and health management tend to live longer." Holistic health is a journey, a never-ending process of making small choices every day that move us closer to the right end of the wellness spectrum.

Small changes can lead to enormous gains in terms of longevity and quality of life. "We're spiritual beings inhabiting a physical body," says Dr. Santasiero, "not the other way around."

Terri Parsell Hilmey is the editor of the *Buffalo Spree Medical Resource Guide*.



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