

\*\*\* ELECTION 2024 \*\*\*

# Nicole Quarantillo seeks reelection in Youngstown

By Nicole Quarantillo

Hello community members of the Village of Youngstown. My name is Nicole Quarantillo, and I am seeking reelection for Youngstown village trustee.

I have lived in the village for 15 years with my husband, Greg, and our son, Gregory. I currently serve the community as a member of the Youngstown Volunteer Fire Co., and am past president of the Ladies Auxiliary. My husband, Greg, is also a strong advocate of community service, as he also belongs to the Youngstown Volunteer Fire Co., and is currently first assistant chief. Most recently, our son, Gregory, has also joined the fire company as an Explorer and is also learning the importance of community service.

During my four years as village trustee, I was able to accomplish items I set forth when I originally ran four years ago. When I was elected four years ago, we were in the middle of a pandemic and the village was shut down. One of my first assignments from past Mayor Raleigh Reynolds was to work with the Youngstown Village Library and come up with a plan to help safely open the library open back up. After meet-



Nicole Quarantillo is pictured with her husband, Greg, and son, Gregory.

ing with the library, its staff, and the code enforcer, we were able to safely open the library back up to our residents. This was a huge win for the village; as many of us remember, schools were shut down and many residents needed the services the library offers!

Another success is the growth of the Recreation Department. Over the past four years, we have added on multiple new programs, including floor hockey, indoor

volleyball, and a strong summer program – just to name a few. We are still working on further improvements such as repainting the splash pad and working with other local municipalities to have our softball fields updated.

As a trustee, you must be able to put your own opinions aside to be able to listen and to learn from others. I take to heart what our community members and fellow board members say, and

try to do the best for everyone. The people-first mentality is a strength that I possess, and know the Village Board will continue to benefit from. I listen to community members and what they need and, though I may not be able to promise an immediate change, I will listen to each concern and idea for improvements in the village. The board is here to serve the community and put the community's needs first, and I look forward to helping the village in its continued growth.

If reelected, I will continue to work with the board and the community to create events, expand the recreational department further, and update our beautiful parks to help the growth of young families in the community. There is much to be learned from our current community residents. I want to continue to hear from them and learn about what the community wants and needs and, yes, I know, a grocery store is one of them! My goal is to help the current residents be heard, understood, and work together to accomplish goals. As for our wonderful businesses in the village, I continue to work on building strong relationships between the board and the businesses. I want

to learn from them what they need from the village to stay successful. This village has so much to offer our current businesses and new ones.

As trustee, I can promise you that I will continue to lead with my heart and my head. I will make sure I listen to the members of the community and help make changes that will benefit everyone. I will work with anyone who wants to see a change in the village for the good of all, who want to see the continued growth of young new families, and taking care of our current village residents.

I am running with the people-first mentality that has helped me succeed in both my work and personal life. If elected as Youngstown village trustee, I will continue to have that mindset and keep the community's wants and needs first. On May 21, I encourage all members to get out and vote, and I welcome your vote and look forward to continuing to serve you as Youngstown village trustee.

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# Meet Frederick 'Rick' Stortecky



Frederick "Rick" Stortecky

By Frederick 'Rick' Stortecky

As the Village of Youngstown's deputy mayor, I have been focused on transparency, working tirelessly to identify our strengths and weaknesses, repairing what is broken, and being fiscally responsible. My PROMISE is to make Youngstown a place for ALL residents – families, retirees, business owners, and individuals.

I live and work on Main Street, and I have owned and operated my own financial services business for over 20 years. In my business, I may not always have the answer to every question, but I make it my job to find the answer and report back. I believe this process is the backbone for how

TRUST is formed. I pride myself on answering questions with facts, not guesses. I will continue to provide that same approach as trustee, intentionally building trust with the entire community.

My wife, Colleen, and I love living and working here in Youngstown. Now that our three children are all young adults and out of the house, I am excited to give more of my time to the community. When I am not running my business or fulfilling my duties as deputy mayor, I am also a member of the following local organizations: Friends of Youngstown [501(c)(3)], Youngstown Lions, Youngstown Business & Professional Associa-

tion, Upward Niagara Chamber of Commerce, and Friends of the Youngstown Library.

Youngstown is my home; I consider many village residents to be part of my extended family. As a trustee, I will preserve Youngstown's history, while creating new opportunities for the village and its residents. I will bring a new energy and new ideas to the community that will make our village an even better place in which to live, raise a family, and retire. I will continue to fulfill my promise to stand up for what is right and just for all residents of the village.

I would be honored to receive your vote for Village of Youngstown trustee on May 21.

## IN THE NEWS

### EQUINOX String Quartet to perform in Youngstown

At 7 p.m. Saturday, May 18, The EQUINOX String Quartet will perform its debut performance at the Youngstown Presbyterian Church as part of the site's concert series. Musicians include David Spring, violin; Jessica Anthony, violin; Elizabeth Seward,

viola; and Samantha Godus, cello. The program will include selected movements of works by Borodin, Mendelssohn, Mozart and Dvorak.

Admission is free and open to the public, but a free-will offering will be available. Contributions are gratefully accepted, and will be used to fund future concerts and musical events.

The church is located at 100 Church St. Doors open at 6:30 p.m.

### Lewiston Presbyterian Church rummage sale

The First Presbyterian Church of Lewiston, located at 505 Cayuga St., will hold its annual rummage sale on from 9 a.m. to 1 p.m. Saturday, June 1. A bag sale will begin at 12:30 p.m.

The sale will be located in the church social hall adjacent to the back parking lot. Handicapped parking and access is available.

Items for sale will include attic treasures, household items, jewelry, books, kids' toys and gently used clothes for adults and children. Lunch will be available.

For more information, call the church office at 716-754-4945.

### The Youngstown Village Diner

425 Main St., Youngstown • 716-745-9858

~ WEEKLY SPECIALS ~

MON CLOSED

TUE 6AM-2PM - Spaghetti & Meatballs, Chicken Parm, Eggplant Parm, Spaghetti Parm

WED 6AM-2PM - Strawberry Walnut Salad w/Grilled Chicken or Fish

THURS 6AM-2PM - Steak and Cheese Sub or Fish - Haddock: Breaded-Battered-Baked

FRI 6AM-2PM - Haddock, Fish Sandwiches, Tuna Melts & New England Clam Chowder

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### Real Help For Your Health

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### Bicycling and back pain

It is fairly common for avid cyclists to complain of back pain. The good news is that fixing the problem may be no more complicated than adjusting the bicycle seat. According to a report in an issue of the British Journal of Sports Medicine, tipping the front end of the bicycle seat down by 10 to 15 degrees reduces the angle formed by the spine and pelvic bone and relieves back strain. The study assumed that back pain arose among cyclists when the angle is too large. Among the 40 cyclists whose seats were adjusted in this study, 37 reported an improvement in back pain.

Women should be aware to purchase a bicycle seat with a wider saddle to accommodate the larger distance between the pelvic bones. A bicycle shop can help you select the one that is right for you and adjust it properly.

If riding a bicycle is part of your regimen and you suffer back pain, adjust your seat, but if it persists, call Rose Chiropractic for a spinal evaluation. Thinking your back pain will resolve itself opens the door to worsening issues down the road as undetected spinal misalignments can cause further wear and tear on the joints leading to arthritis and potential pinched nerves.

Remember to replace salt and potassium and drink plenty of water to avoid dehydration when being active in the heat.

Rose Chiropractic, P.C. is a natural health care practice focusing on getting your body in good working order through chiropractic and Nutrition Response Testing<sup>SM</sup>, located at 435 Ridge St., Lewiston. Call (716)754-9039. New Patients are welcome!