

The Red Pin



Sit down, smell the state roses, eat candy and read this love letter to my home.

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Syracuse

147 Miles

Albany

57 Miles

Rhinebeck

Editor's Note



This magazine is what I describe as a “Love Letter to New York,” or at least my version. These are all places in New York that I have been to. I wanted to share my experiences of the places I have been and a little bit more about the locations.

I have lived in the Buffalo area my entire life so I wanted to share some of my favorite parts of Buffalo and I will be highlighting two people who I believe make Buffalo, Buffalo.

A few summers ago, I went on a roadtrip to see my friends from my freshman year of college. I drove from Buffalo to Rochester, Syracuse, Ellenville and then I went to Rhinebeck. None of my friends lived in Rhinebeck but it was home to something else that I felt was special.

Fredonia has been a home for me for just two years now. It will continue to be my home for another two years because I go to college at the State Uni-

versity Of New York at Fredonia. I have created a life there outside of my life in Buffalo and I wanted to share that life with people.

To find out more about these places, continue reading for further information and for new places to adventure. All articles are written by me, they will also be available to read at Keepinup.com.

Enjoy!

-Erin <3

The All America City

The 716, Queen City, “An All America City,” the City of Good Neighbors, home of the Bills, home of the Sabres and The Nickel City. Those are just a few names that the city of Buffalo has gained in over 200 years.

I think it is also easy to say that Buffalo is also known for its food. Hot wings everywhere else besides Buffalo are called Buffalo wings. Buffalo is home of the General Mills plant, beef on weck, sponge candy, loganberry, charcoal grilled hot dogs and spaghetti parmesan.

Buffalo is up and coming in the film world too. In 2019, John Krasinski, known for his role

as Jim Halpert in “The Office”, filmed the sequel “A Quiet Place: Part 2” in Buffalo and at the Orchard Park Public Library.

Before COVID-19 hit Buffalo in 2020, Academy-Award winning director, Guillermo del Toro, filmed his movie “Nightmare Alley”, starring Grammy winning actor Bradley Cooper and Academy-Award winning actress Cate Blanchett, in downtown Buffalo City Hall.

In 2021, it was announced that a new film studio was going to be built on Niagara Street and that it would be a Hallmark studio.



Image from buffalony.gov

Image from WIVB



Since Buffalo is a city of friendly neighbors, I think it is time to talk about what makes Buffalo, Buffalo ... the Bills Mafia. The Buffalo Bills have gained a large audience and their fanbase, known as the Bills Mafia. The Mafia can be seen at all Bills games. They pack up the seats of Highmark Stadium, I still call it the Ralph and they fill the parking lot with RVs, crushed beer cans and broken tables.

The meaning behind the Mafia being called that is that it means family. In many cultures and even in movies, if you were part of a mafia, you were considered part of the family. The Bills Mafia is a family

and the only part of what they do that is dangerous is when they jump on top of card tables from roofs and cars.

The Bills Mafia became the “Mafia” in 2010 after Del Reid started the hashtag #BillsMafia. The Mafia will go to every single game no matter where or when it is and no matter what the weather is like. If the Buffalo Bills can play in snow, rain and shine, the Mafia will stand with them through it all. Even though the term was coined in 2010, the Mafia has been supporting them since the very beginning in 1960.

Josh Allen: “Won Not Done”



Allen's high school photo from Facebook.



Allen's official NFL photo.

HEY-EY-EY-EY

The debrief on the man who is showing the NFL who the Buffalo Bills are.

Joshua Patrick Allen, or I guess Josh Allen, a.k.a., QB1. Many know him now as #17 and quarterback of the Buffalo Bills, but to Buffalo, he is so much more.

Allen is from Firebaugh, California. He was the seventh pick in the 2018 NFL draft after only being in 27 games while he was in college at the University of Wyoming.

Since becoming the star quarterback of the Buffalo Bills, Allen has also started doing things for his new home.

After his grandmother, Patricia Allen, died, he started the Patricia

Allen Foundation and opened a new recovery wing at the John R. Oishei Children's Hospital.

He also has his cereal brand "Josh's Jaqs" that directs its proceeds directly to Oishei.

After the shooting at Top's in Buffalo on May 14, 2022, Allen along with the rest of his team went and paid their respects to the lives lost in the tragedy.

Allen has done a lot for his new city, from opening a new recovery wing in a children's hospital in honor of his grandmother, making products like "Josh's Jaqs" that donates its proceeds to the fund, honoring the lives lost at a local supermarket and putting the team and the city back on the map.

Allen has helped the Bills win the AFC East championship two years in a row.

Coach Sean McDermott said that,

"Josh is a cornerstone to our foundation and our organization."

General manager of the team, Brandon Bean said, "We're excited at what we have in No.17 and where that's going and really appreciative of how hard he's worked since we selected him back in 2018."

Teammate and tight end of the Bills, Dawson Knox, said, "If you're still doubting Josh Allen, then I don't know if you know much about football."

The team is currently in the middle of a season and is hoping to pull out the win as AFC East champs, take over the AFC and the Super Bowl.

The wonderboy QB is still breaking records and will continue to do so until his retirement, making it impossible for others to break his.

Mary Heneghan: The Heart and Soul of the Irish Community



From Making Buffalo Home

This is a personal piece that did take me a bit to write, but this is about what she meant to me and to a whole community.

I have known Mrs. Heneghan for as long as I can remember. I started Irish dancing at a young age and my teacher was her daughter, Mary Kay Heneghan.

When my mom was younger, she lived with the Heneghan family. So I would hear childhood stories of my mother that only expressed positive ideas of Mrs. Heneghan.

For the time that I knew her, she was a gem. When I would have dance classes at the Buffalo Irish Center Sunday through Saturday, I

would see Mrs. Heneghan said hello to her and I was always greeted with an excited “hello” back.

For those who didn’t get the chance to know her, Mary Heneghan was an elementary school teacher in West Seneca who dedicated her life to preserving the Irish culture and heritage that lives in South Buffalo.

She became part of the Buffalo Irish Center board 20 years ago and was president of the Gaelic American Athletic Association.

She died on July 31, 2022, the last day of the Buffalo Irish Festival, which she ran while she was sick at the Roswell Center.

The Irish Center Board described her as, “A tireless worker on behalf of the Irish-American community she was; the singer, the poet, the writer, the storyteller, the dreamer.”

She has spent her life preserving the Irish roots that she was born with and what was left in Buffalo when the Irish immigrated to Buffalo after the potato famine in Ireland. Her memory lives on at the Tara Gift Shoppe and the Buffalo Irish Center where she worked.

Go raibh maith agat as gach rud,
scíth a ligean.

To hear Mary’s story,
scan the QR code and
hear all about it.



The Town of Rhinebeck



Beautiful, gorgeous, historic and quaint. Those words are exactly how I describe the town of Rhinebeck.

Rhinebeck is located in the Hudson Valley, in Dutchess County.

In summer of 2021, I drove to Rhinebeck while on a road trip to see college friends. I originally came knowing that it was the home of Samuel's Sweet Shop, which is part-owned by actors Paul Rudd, Jeffrey Dean Morgan and Hilarie Burton Morgan. You may know Rudd from his hit Marvel role as Ant-Man. Walking into the store, it is very small, but the good news is they have sweets and candies lined up and down the walls.

Rhinebeck is also home of Mischief Farm, owned by *Walking Dead* actor Jeffrey Dean Morgan and his wife, *One Tree Hill* actress Hilarie Burton Morgan. The Morgans have made quite a name for themselves here in Rhinebeck. They are often participating in local activities held in the town to donating their own farm-grown products or selling them to businesses to use.

As I walked around the town I saw some really beautiful sites and the buildings all seem to have a story to tell, whether it is what the home was used for or who lived there. On West Market Street, right outside Aroi, a Thai restaurant, there are beautiful places to sit and enjoy

a tasty meal, chat with a friend and look at the beautiful buildings and scenery on the street.

If you are like me and have zero clue as to where to go and what to see, there is a map of the town outside of the municipal building that highlights important landmarks that share a lot of history about the town. You could also ask a local, or just aimlessly walk around the town.

If you ever feel the need or want to go to Rhinebeck, there are many places there for you to stay like The Gables, Beekman Arms and the Delamater Inn, the Mirabel Inn and plenty of Airbnb's.

Samuel's Sweet Shop

Have you ever had candy that is so good it makes you want to plan a six-hour trip? Well, I have and I promise, it is worth it.

Samuel's Sweet Shop is a quaint candy store on East Market Street in Rhinebeck. When I say quaint, I mean it. Don't let that fool you, the store may be small, but its customers are from all over the place. That could be because of the new owners.

Before I tell you about the new owners, let me tell you about Ira Gutner. Ira opened the store in 1994 and named it after his Uncle Samuel. His uncle taught him all of what he knew about business.

"He [Ira] attributed all his success to those childhood lessons and when he retired early and moved upstate, he opened up his own sweet shop and named it Samuel's," said Hilarie Burton Morgan in her book *The Rural Diaries*.

Gutner died in April 2014 and left his shop with the town. Local families like the Morgans (Hilaire Burton

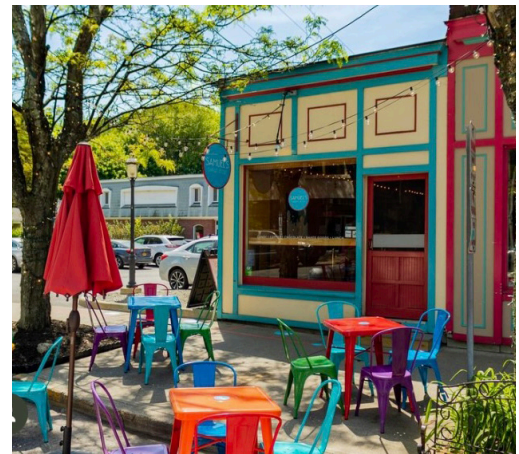
and Jeffrey Dean), Rudds (Paul and Julie), Andy Ostroy and John Traver, kept the store open and alive.

In Morgan's book, she said that it was difficult at first to keep the store open, but once they were able to, they kept the traditions going.

One of the traditions that the entire town keeps is Sinterklaas. Sinterklaas is a Christmas festival held in the beginning of the month of December.

One part of the Sinterklaas festival that Samuel's Sweet Shop loves to keep going is the Sinterklaas teddy bear beauty competition. In *The Rural Diaries*, Morgan says that that was one of Gutner's favorite parts of Sinterklaas.

Even though the store is under new management, the new celeb owners are trying their absolute best to preserve everything that Gutner did with the store and the brand.



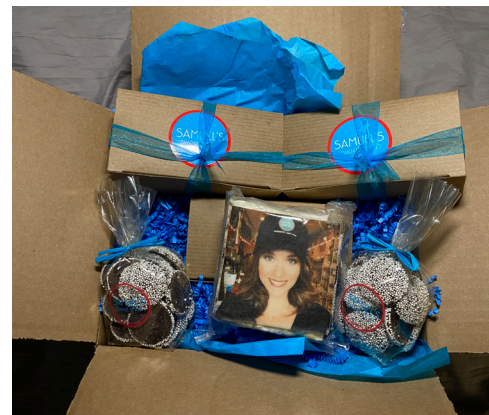
The Candy Itself

Samuel's Sweet Shop has a wide variety of candy to choose from. On its website, you can purchase samplers that are made of the owner's favorite candies.

You can buy a box of candy that is specific to the season, a box every month of different candy that is in the store, different themes like cookies, nuts, snacks, chocolate lover's, Hudson Valley specials, coffee and so much more.

Or you can do what I have done, and make a special order of chocolate. When I made my first visit, I went to the store and bought candy that I have either had before or that looked really good.

They also have an online store that has a bunch of different merchandise. If you ever get the chance to go to Rhinebeck, make sure you stop by Samuel's Sweet Shop and buy some sweets!



Fredonia

*The small college town with the view of a lake
that could go on forever*

This little village in Chautauqua County has a lot to offer. The history and sites alone are something to learn from and see.

Here is a little history lesson about Fredonia: it was established in 1829 with its original name, Canadaway. Canadaway is still part of Fredonia as a residential street just outside the village square.

The village has hosted many events and activities in the square. Some of them are the; farmer's market; Easter Festival; Red, White and Blues; Miracle on Main Street; and the Small Business Revolution show.

In 2020, Fredonia won the fifth season of the Small Business Revolution and

six of its businesses got a nice makeover.

The farmer's market is one of the biggest festivities that the village holds. The market starts in May and ends in October. It runs every Saturday from 9 a.m. - 1 p.m. During the winter it moves indoors starting the first Saturday of November and it will be indoors until the summer season starts up again in May.

The town has so much more to offer so you might as well just visit it to see it all for yourself. When you do come here, don't forget to go to the Dunkirk pier or Point Gratiot beach to visit Lake Erie.



State University of New York

at Fredonia: The Place to be



The State University of New York at Fredonia wasn't established until 1948. Before that, it started as Fredonia Academy and opened in 1826.

SUNY at Fredonia offers over 130 different majors and minors. It is a Division III in the NCAA and compete in the SUNYAC league.

The campus is located near the border of Dunkirk and Fredonia. Dunkirk is where the stores are located and Fredonia is where the nightlife is.

Fredonia Village square, along with many restaurants, the post office, a library, the police station, town hall and DP Dough, is just a 15-minute walk from the campus.

The college has 10 academic buildings, 14 different residence buildings and lots of dining options such as, Cranston Marche, Willy C's, FSA cafés, the convenience store and Starbuck's.

The dining halls are all very different.

Cranston Marche, in University Commons, is buffet style and the menu changes everyday. Willy C's, located in the Williams Center, is the fast food option. There you can order a sandwich, subs, pizza, chicken fingers, and sushi. They also included many vegan and vegetarian options such as vegan parmesan subs, roasted red pepper gouda soup and pasta primavera.

Fredonia offers over 100 different clubs that you are encouraged to join, such as the Leader, the school paper, fraternities, sororities, psychology club, intramural/club sports and many different clubs. You can find them all by going to fredonia.edu/student-life/clubs-organizations.

If you are interested in applying to Fredonia, please do so and make sure you schedule an on campus tour so you can see this beautiful campus.

Go Blue Devils!



Syracuse, NY

Point Graitot, NY



Viral Photo of Josh Allen



Hillarie Burton in Smauel's Sweet Shop



To New York,
I love you and thank you for being my home for
my whole life.
Lifelong Resident,
Erin Mosher