

Adjustments Being Made for Ski Season

HoliMont is gearing up for December opening; announces COVID safety changes; offers Trial Membership



As the autumn-colored leaves of October have all fallen from their branches and landscapes begin to display dustings of snow, only one thing is certain: winter is coming. Similar to most ski resorts across the country, HoliMont is revisiting its operations plan in the wake of the COVID-19 pandemic. Just last month, Governor Andrew Cuomo announced that starting November 6th, New York ski resorts may reopen in limited capacities. In order to abide by the safety protocols put forward by the state, HoliMont is set to adjust a large majority of its operations while maintaining an entertaining environment that will serve all who visit the resort this upcoming ski season. One of the largest shifts of operation will include the reduction of indoor capacity allowed in the chalet.

By PANOS ARGITIS

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BOB MCCARTHY'S IRISH CHRISTMAS LIVES ON ... IN A NEW LIGHT

Bob McCarthy's Irish Christmas is a hallmark of Ellicottville generosity and compassion. Hosted by the Rotary Club of Ellicottville, the event serves to raise funds for initiatives like Rotary-sponsored Santa's Workshop and the Cattaraugus County Sheriffs' Santa Program. McCarthy, a master craftsman, friend to the Rotary and passionate philanthrope, is honored each year by the community togetherness embodied by Irish Christmas. With the pandemic threatening many local fundraising efforts, it is safe to say McCarthy's Irish Christmas will still take place, with a few adjustments. By Louisa Benatovich ... page 04

Christmas in Ellicottville preparations underway.

By Shelby Toth ... Casual tourists of Ellicottville might believe that Fall Festival is the best event in the village. Foodies tend to gravitate toward choosing Taste of Ellicottville as the prime time to visit. But veteraned visitors and locals alike (or maybe just anyone who likes the holidays) knows that Christmas in Ellicottville is the crown jewel of all local celebrations. With this year throwing a COVID curveball at all planning for the event, the village has taken this in stride. While this year will look a bit different than in years past, the Ellicottville Chamber has out-done themselves with planning thus far.

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Holiday Shopping in Amish Country

Cattaraugus County Tourism encourages residents and visitors to shop locally made products along the Amish Trail, Saturdays in November



BY MARY HEYL

As the weather becomes colder and snow begins to fall, grills, campers, and hiking boots are exchanged for football Sundays and cozy slippers. While activities tend to shift indoors, one common misconception is that the NY Amish Trail also shuts down for the season, but that is hardly the case. "A lot of people don't know the NY Amish Trail is open in the winter," said Samantha Hayes of Cattaraugus County Tourism. "Winter is actu-ally a really beautiful season to enjoy Amish country and do your holiday shopping." With that in mind, Cattaraugus County Tourism is pleased to announce Holiday Shopping in Amish Country every Saturday in November.

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WINTER ART MARKET IN SALAMANCA

Native American and non-Native American artists will exhibit creative and colorfully expressive visual arts and handcrafted wares at the annual Winter Art Market, presented in partnership by the Tri-County Arts Council and the Seneca Iroquois National Museum. The weekend art market will run from 10:00am-5:00pm on Saturday, Nov. 14th and from 11:00am-5:00pm on Sunday, Nov. 15th in the Onõhsagwë: De' Cultural Center, 82 W. Hetzel St. ... page 07

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CAN WE BE DECENT?

It's been difficult.

This year — this unforgettable year we wish we could forget — continues to ruin our societal psyche. We are Sonny Liston under Muhammad Ali, cowering on the mat and waiting for the bell. Just when you think it absolutely cannot get any worse, it finds a way. Wildfires, hurricanes, murder hornets, Joe Exotic and a global pandemic. Future students of history will look at 2020 and marvel at how America, and the world, forged through this unprecedented gauntlet.

Yeah, it's been difficult.

And now, the election. We continue to hear that no election in the history of the United States is as important as this one. "The future of America depends on your vote," the pundits say, as if the country will magically vanish into thin air if you don't choose wisely. Their agenda, driven by ratings or clicks or personal interests, lead them to push for the candidate of their choice. If you think differently, you will be cancelled.

And that's what we have become. A nation of screamers. Our collective decency has been held hostage by talking heads on digital screens, forcing us to choose a side and dig in for a long fight none of us asked for. Avatars scream into the social media vacuum, peddling deceitful memes and out-of-context headlines hoping to do nothing but strike a nerve. The problem only intensifies as Russian, Chinese and Iranian disrupters hellbent on creating chaos sow seeds of dissent amongst us.

This isn't America. This is a circus, predicated on how many views carnival barkers can rack up on their spiteful hot takes. This is a society being ripped apart at the seams by a monster of our own creation. This year is the antithesis of the days after September 11th, when nothing — nothing — could come between us. This is division at full throttle with no light at the end of the tunnel.

We hear constantly of the erosion of our American Exceptionalism. We politicized a global health crisis. Brands that utilize Asian sweatshops hijacked Black Lives Matter, turning a current-day civil rights movement into a tagline for profit. California's tech giants allow misinformation to spread like the wildfires laying waste to their state. Internet mobs zero in on dissenters like vultures to a carcass, suppressing anything they deem unfit.

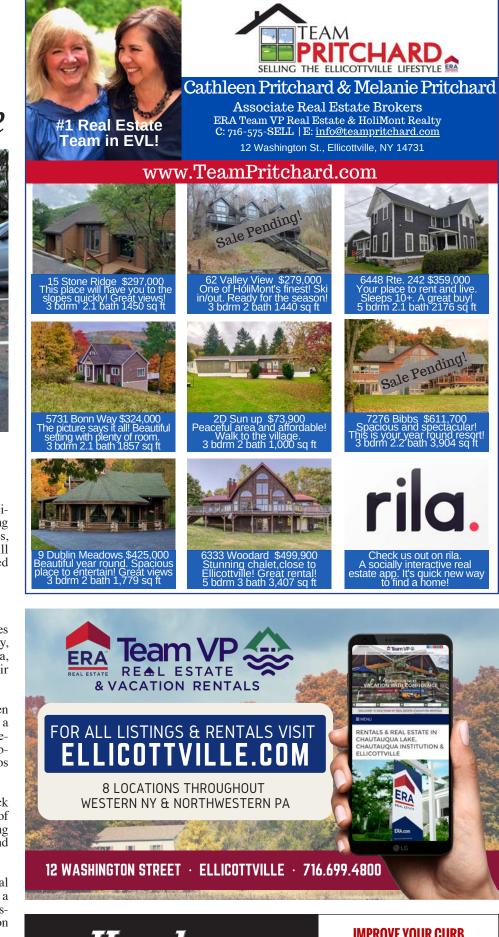
What happened to our decency? Have we strayed so far from the path that we resort to baseless name calling because someone disagrees with us? Is our time so invaluable that we spend days glued to our screens, arguing pointlessly with strangers we'll never meet whose minds we'll never change? Would we act this way in front of our parents, or peers, or children? Can we ever be decent with each other again?

The advent of instant, at-our-fingers communication — when anyone can say anything, to anyone, at any time — leads to ill-tempered insults hurled at fellow Americans because they simply disagree. Opinions aren't changed after reading Facebook comments, but with thoughtful discourse spoken as adults.

If the pandemic has taught us anything, it's that we can be better. That we must be better. Better neighbors, better listeners, better researchers, better people. We've seen the very best of humanity overshadowed by constant infighting. We should be ashamed.

This election is the most polarizing of a generation. You may hate one candidate, or both candidates. You may be so disgusted by the choices you choose not to vote. What sets America

"NOW this, by Spence" continued page 13





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'TIS THE SEASON

CHRISTMAS IN ELLICOTTVILLE

The one-weekend event is transforming into a month-long celebration



BY SHELBY TOTH

Casual tourists of Ellicottville might believe that Fall Festival is the best event in the village. Foodies tend to gravitate toward choosing Taste of Ellicottville as the prime time to visit. But veteraned visitors and locals alike (or maybe just anyone who likes the holidays) knows that Christmas in Ellicottville is the crown jewel of all local celebrations.

With this year throwing a Covid-shaped curveball at all planning for the event, the village has taken this in stride. While the events this year will look a bit different than in years past, the Ellicottville Chamber of Commerce has outdone themselves with planning thus far.

"We're taking the Fall Adventures concept and putting it into Christmas in Ellicottville - so we'll have a whole month of holiday cheer!" Project Development Manager of the Chamber Barb Pump said at the Chamber's membership meeting held Thursday, October 29th.

The meeting, attended by multiple store owners and stakeholders in the community, saw plans for each traditional activity hosted in town changed to help promote a healthy and safe holiday season. The activities will be stretched from Thanksgiving weekend to December 20th, which mimics the setup of Ellicottville's Fall activities. While some events, such as fire truck and carriage rides, will not be allowed in any capacity, many familyfavorite events will still be going on.

First and foremost, the Chamber is encouraging businesses to help paint the town cheer. Businesses will be encouraged to participate in a window decorating contest to begin on November 27th. Winners will be chosen via voting on the Chamber's Facebook page. To sign up, contact Meaghan Lucarelli at the ellicottvilleNOW office, 716-699-9816 or email her at info@ellicottvillenow.com. Along this line, there will also be a wreath decorating contest. Businesses will be provided a fresh pine wreath to decorate and eventually be auctioned through the Chamber's Facebook page.

Children's crafts will still be offered this year at The Wingate on select weekends. While numbers will be limited, the current plan is to offer 30-minute craft sessions with sanitation between each one. Reservations will be required.

A "12 Days of Christmas" scavenger hunt has been a staple activity for the past five years during the holidays, and will still be happening this year. Organizer Jessica Gilbert explained a bit about how this event will be adjusted for COVID.

"This year, we are obviously concerned with kids running in and out of shops, plus with the occupancy limits, it will be hard to allow kids inside just to mark each day of Christmas on their sheet," Gilbert said. "So this year, we are re-working the activity. Businesses will post their 'Day of Christmas' in their storefront window, and kids can mark their sheet from the sidewalks. Once your 12 days of Christmas is all filled in, kids will take their activity sheet to Cupcaked where they will receive a goodie bag."

Interested businesses can contact Gilbert at 716-640-3760 to sign up.

New to the snowy season this year will be a women-focused event under the theme of "Wonder Woman meets Elsa". Women's Winter Wonderland will center on a weekend of shopping, dining and wine tasting. Businesses are encouraged to offer a special if they are interested.

"Christmas in Ellicottville" continued page 13

IRISH CHRISTMAS ... IN A NEW LIGHT

Rotary Club will continue to provide for families thanks to creative fundraising



BY LOUISA BENATOVICH

As snow threatens to settle and trees turn bare, the town of Ellicottville shifts into winter mode. Boots are broken out, summer tires are replaced, and calendars begin to fill with a plethora of lovely holiday traditions unique to the area. Bob McCarthy's Irish Christmas, a seasonal highlight, is a hallmark of Ellicottville generosity and compassion. Hosted by the Rotary Club of Ellicottville, the event serves to raise funds for initiatives like Rotary-sponsored Santa's Workshop and the Cattaraugus County Sheriffs' Santa Program. McCarthy, a master craftsman, friend to the Rotary and passionate philanthrope, is honored each year by the community togetherness embodied by Irish Christmas. The auctioning of baked goods, hand-crafted items, and neat finds from local businesses allow both Santa's Workshop and the Sheriff's Department's Santa Program to provide holiday presents and meals to local families in need.

This year, McCarthy's Irish Christmas will still take place ... with a few adjustments.

"In light of the pandemic," said a recent Rotary press release, "it does not make sense to do a live event like we have in previous years. However, we do want to keep the spirit alive for 2020."

Now more than ever, families are in need of a little holiday happiness; the pandemic has presented unique challenges on every front. The Rotary Club hopes that Ellicottville's unshakeable powerhouse community will open its heart and donate at www.ellicottvillerotary.com or on the Rotary Facebook page. A little goes a long way!

On top of that, more than 15 auction pieces will be on display at many of Ellicottville's local businesses. Among the treasures are Bob McCarthy woodworking originals and special creations from Ed Frederickson and Hughey Dunn. Each item will be on display from November 27th through December 18th, both in town and at www.brookslefebe-rauctions.com. Be on the lookout for Bob's Unique Magical Rocking Horse at Katy's Café! A full list of auction items will be published by Thanksgiving, after which anyone can bid online or in-person at a local business.

The auction itself will take place on Friday, December 18th at 7:00pm. This will be a live online event hosted by Brooks Lefeber Auctions (www.brookslefeberauctions.com) with commentary via Facebook Live.

If you would like to bake an item for the baked goods auction, contact Katy Arena at Katy's Café (716-699-8860) by Thursday, November 26th.

Bob always found a way to make the holidays magical ... and this year is no exception. In August of 2016, about 2 months after he passed away, Anne Northrup created bracelets that read "WWBD?" (What Would Bob Do?). This question, a guiding light for those who knew the charismatic gentleman, allowed the community to rise to the occasion, together filling the void of his absence. This year, as straightforward solutions constantly absented themselves, that question became all the more important. Thanks to the Rotary Club of Ellicottville, Brooks Lefeber, local businesses, solid supporters, and community-members, this year's reimagined Irish Christmas keeps Bob's favorite event alive and well.

To learn more about this year's Irish Christmas, go to ellicottvillerotary.com, follow the club on Facebook, or keep tabs on auction items at brookslefeberauctions.com. Better yet, take a stroll through Ellicottville's shops and restaurants and view each of this year's uique auction items in-person.

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HOLIDAY SHOPPING

WINTER ART MARKET

Local artists to showcase items for sale at Seneca Iroquois National Museum



BY MIKEL WINTERMANTEL, TRI-COUNTY ARTS COUNCIL

SALAMANCA - Native American and non-Native American artists will exhibit creative and colorfully expressive visual arts and handcrafted wares at the annual Winter Art Market, presented in partnership by the Tri-County Arts Council and the Seneca Iroquois National Museum. The weekend art market will run from 10:00am-5:00pm on Saturday, Nov. 14th and from 11:00am-5:00pm on Sunday, Nov. 15th in the Onõhsagwë: De' Cultural Center, 82 W. Hetzel St., Salamanca, NY.

This year's Winter Art Market is dedicated to the excellence of all artists in the Southwestern New York region. Just in time for holiday shopping, it will offer artists' handmade, one-of-a-kind selected items for sale.

The Seneca Iroquois National Museum, which is hosting the art market, has been closed due to Covid but is opening the museum exclusively for this event. It will ensure all Covid precautions will be met with safe distancing between exhibit tables. Masks will be required throughout the museum.

The Winter Art Market, which is coordinated by the Tri-County Arts Council, was held in Ellicottville for many years until the arts council and Seneca Iroquois Museum decided to partner on the event.

"Last year, the venue was changed to the Seneca Iroquois Museum," Mikel Wintermantel, executive co-director of the Tri-County Arts Council, said, adding, "Since the museum location was so well received and has so much to offer historically and artistically, we decided to partner again this year for the winter market."

"There's a really good variety of different art styles and art forms being practiced that people will be able to see and buy," Hayden Haynes, museum operations manager, said. "If its pottery, beadwork, or jewelry – it's all excellent," he continued, adding the artisans have something for everyone.

Beading leather and crafting baskets are time-honored traditional arts for the Native American and even when rendered in modern motifs, they are skillfully and exquisitely well made.

For Jon A. Capasso, beading with glass and crystal is at the heart of her art.

"I work in several mediums. First, I am a bead worker. I work with glass beads, crystals, leather and velvet," Capasso said. "And secondly, I customize shoes. I paint them with acrylic paints. Embellish them with beadwork or hand-sew material onto them. Thirdly, I am a basket maker. I work with black ash and reed to make baskets of all sizes from small purses to bassinets."

Cayuga Creations by Dan Hill includes delicate silver brooches, combs and flutes made with precious Haudenausanee Trade Silver.

"Haudenausanee Trade Silver is a combination of the traditional trade silver of the fur trade period.

When added to the designs, the stories and meanings of our Haudenausanee teachings are remembered," Hill, who is a Cayuga, said. "My Grandmother said not to let these

"Winter Art Market" continued page 13

SHOP ALONG THE AMISH TRAIL

Find great holiday gift ideas in Amish Country, Saturdays in November



BY MARY HEYL

As the weather becomes colder and snow begins to fall, grills, campers, and hiking boots are exchanged for football Sundays and cozy slippers. While activities tend to shift indoors, one common misconception is that the NY Amish Trail also shuts down for the season, but that is hardly the case. "A lot of people don't know the NY Amish Trail is open in the winter," said Samantha Hayes, Tourism Assistant with the Cattaraugus County Department of Economic Development, Planning and Tourism. "Winter is actually a really beautiful season to enjoy Amish country and do your holiday shopping!"

With that in mind, Cattaraugus County Tourism is pleased to announce Holiday Shopping in Amish Country every Saturday in November. Amish shops will be open for shoppers to purchase their handmade, one-of-a-kind items, while many of the "English" shops will be offering specials to their shoppers.

"Amish country is a great place where you can socially distance but get out and shop local, Hayes noted. "Visitors can find all manner of handmade items - from furniture to leather goods to quilts and metalwork. For even the youngest people on your shopping list, The Hill Top Toy Shop on Pope Road in Randolph looks like it's fresh from Santa's workshop with all of the handmade wooden toys and puzzles."

Due to the pandemic, many are shopping online for their holiday gifts, but Hayes emphasized the importance of shopping local and investing in businesses right here in Cattaraugus County. "Shopping along the Amish Trail is just really fun and a great alternative to packed stores and malls," she noted. "Exploring the Amish Trail is a great way to create a new holiday shopping memory."

Another benefit of shopping for local, handmade gifts is that no two items are exactly the same, and shoppers can actually meet the individual who made the item and learn the story behind it. "The idea of the 'country Christmas,' in general, has gained so much popularity over the years," Hayes explained. "We have a really unique Amish culture here, and they're located in such a beautiful part of the county."

In addition to encouraging visits to the Amish shops along the trail, the November weekends also include English shops, who will also be offering specials throughout the month. Rustic Originals at 5111 Route 353 in Salamanca features country, handmade, and rustic decor and all visitors will be entered into a drawing for a \$25 gift certificate at the end of the month (no purchase necessary). Rose Garden, a glass studio at 4721 Route 219 in Great Valley, will also be open each weekend in November; for many, it is an annual destination for new Christmas ornaments! In nearby Cattaraugus, Mystic Hill Olde Barn Country Gift Shop has two floors of country and rustic merchandise and specials each Saturday on their handmade soaps and candles.

Hayes said, "In Randolph, shoppers can stop by Randolph Retail Company on Main Street to spin the wheel for a discount on their purchase, and at Simply Natural Alpaca Gift Shop on Pope Road, there will be special discounts on Small Business Saturday (Nov. 28th) and visitors can see the alpacas, too." Eden Valley Creamery in South Dayton is one of the newest members of the Amish Trail, and November is a great time to explore their delicious shop of organic artisan aged cheeses and fresh cheddars and curds.

As visitors plan their Amish Trail weekend, Hayes encourages them to follow all CDC guidelines, including mask wearing and social distancing, when entering Amish businesses. Amish businesses are cash-only and photography is prohibited due to Amish religious beliefs. For an Amish Trail map and brochure, call 1-800-331-0543 or visit amishtrail.com.

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SKI SEASON UPDATES

HOLIMONT READY FOR SNOW

Expect to ski and ride this winter; HoliMont is preparing for opening day



By PANOS ARGITIS

As the autumn-colored leaves of October have all fallen from their branches and landscapes begin to display dustings of snow, only one thing is certain: winter is coming. Similar to most ski resorts across the country, HoliMont in Ellicottville, NY is revisiting its operations plan in the wake of the COVID-19 pandemic.

Just last month, Governor Andrew Cuomo announced that starting November 6th, New York ski resorts may reopen in limited capacities, allowing residents of the state to participate in outdoor activities without the need to quarantine upon return.

In order to abide by the safety protocols put forward by the state, HoliMont is set to adjust a large majority of its operations while maintaining an entertaining environment that will serve all who visit the resort this upcoming ski season. One of the largest shifts of operation will include the reduction of indoor capacity allowed in the chalet and buildings.

"As we near opening day, we will be reviewing our traffic, revenue and environment relating to the pandemic, and continue to open the mountain areas as we are able to," HoliMont Snowsports Director Travis Widger said. "We are going to start by opening four chairlifts - Cascade, Exhibition and Chipmunk along with Sunset - in some capacity."

Apart from following standard safety measures such as having staff wear masks, HoliMont also plans on reducing the crowding of people in confined indoor and outdoor areas. The lodging areas which are typically crowded during lunchtime will transition to a longer lunch period of an hour and a half, in order to allow visitors to safely and comfortably enjoy their meal. Resting areas that don't have HVac-units will be provided with standalone air purifiers in order to erase any potential pathogens that are carried with the COVID-19 virus.

In addition to the changes within public areas of the resort, HoliMont will also withdraw its daycare service, HoliTots located in the HoliCenter, for the time being. The resort will continue to run its snowsports programs along with its competitive teams, without much interruption.

Alongside the updates currently being planned for the operation of the resort under recent safety guidelines, HoliMont has also been working toward a better water inlet system responsible for pumping water to the mountain. The project started with replacing old piping from Saddle Pond at the top of the hill with new piping and equipment, and will now result in a huge improvement in the possible volume of water pushed onto the slopes of the resort for snowmaking.

While the COVID-19 virus may have halted outdoor plans for many families this year, HoliMont is preparing to spin its lifts for its members and guests, as well as to the public during weekdays, continuing that memorable outdoor experience that HoliMont is known for.

"We are asking people to show up ready to ski or ride, to take advantage of this time because we want to limit our time indoors," Widger said. "We are looking forward to a fun and healthy season, despite the current state of our world."

With HoliMont's expected opening day right around the corner, set to be December 18th, those who wish to experience their first ride down the mountain are invited to apply for the resort's Trial Membership offer. The membership includes one season of passes without commitment, 50% off programs, guided tours and more. For those seeking a shorter stay, the resort is again offering a 10 Weekday Experience pass for just \$429.00. Full details on these opportunities can be found at holimont.com or call 716-699-2320.

YOU'VE GOT OPTIONS

Holiday Valley offers the perfect pass for your winter enjoyment



By Spencer Timkey

Winter is almost among us! Cold temperatures transitioned into 2020's first snowfall — albeit minimal — but the juices are flowing for skiers and snowboarders everywhere. Weather depending, Holiday Valley's target opening date is Friday, November 27th (the day after Thanksgiving) and NOW is the time to purchase your pass for the year, if you haven't already done so. Holiday Valley continues to offer a full menu of pass options based on your availability and budget!

The resort will use guidelines set forth by the New York State Department of Health as well as other ski areas. While the lifts will spin, the resort will take precautions with lift lines, rental, retail, food and beverage and other aspects. You can find all of that information at www.holidayvalley.com. If you purchase a pass and aren't comfortable using it this season, Holiday Valley is offering a no-questions-asked deferment policy you can take advantage of until November 15th.

CLASSIC SEASON PASS

The go-to for skiers and snowboarders who want unlimited access to the resort, the Classic Season Pass is valid any day or night all year long with no restrictions. You can also find the Classic Day Pass or Classic Night Pass. Some key features:

- Early access on select Saturdays
- 4 Buddy Passes for Friends
- \bullet 10% off a single service or product at the Ellicottville Oasis Spa
- Half price lift tickets at select other resorts

ULTIMATE PASSES

Ultimate Passes offer great flexibility and value. Pick a non-holiday weekday, night or Sunday and get the most out of your money. Ultimate Passes are not transferable but you can save when you purchase through a group or club.

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- Rochester
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- Eight (8) 8-hour lift tickets valid any night beginning at 3:30pm
- 8 Group Lessons
- Free Day of spring skiing in March/AprilUnlimited ski or snowboard rental available
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Ultimate Select

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- Free day of spring skiing in March/April
- Unlimited ski or snowboard rental available



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HEALTH & FITNESS

Tips to Develop a Safe & Successful Strength Training Program

BY KIM DUKE, CERTIFIED PERSONAL TRAINER, CORE PERFORMANCE

Strength or resistance training challenges your muscles with a stronger-than-usual counterforce, such as pushing against a wall or lifting a dumbbell or pulling on a resistance band. Using progressively heavier weights or increasing resistance makes muscles stronger. This kind of exercise increases muscle mass, tones muscles, and strengthens bones. It also helps you maintain the strength you need for everyday activities — lifting groceries, climbing stairs, rising from a chair, or rushing for the bus.

The current national guidelines for physical activity recommend strengthening exercises for all major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least twice a week. One set — usually 8 to 12 repetitions of the same movement — per session is effective, though some evidence suggests that two to three sets may be better. Your muscles need at least 48 hours to recover between strength training sessions.

These seven tips can keep your strength training safe and effective.

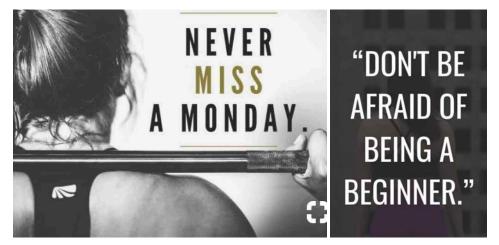
1. Warm up and cool down for five to 10 minutes. Walking is a fine way to warm up; stretching is an excellent way to cool down.

2. Focus on form, not weight. Align your body correctly and move smoothly through each exercise. Poor form can prompt injuries and slow gains. When learning a strength training routine, many experts suggest starting with no weight, or very light weight. Concentrate on slow, smooth lifts and equally controlled descents while isolating a muscle group.

3. Working at the right tempo helps you stay in control rather than compromise strength gains through momentum. For example, count to three while lowering a weight, hold, then count to three while raising it to the starting position.

4. Pay attention to your breathing during your workouts. Exhale as you work against resistance by lifting, pushing, or pulling; inhale as you release.

5. Keep challenging muscles by slowly increasing weight or resistance. The right weight for you differs depending on the exercise. Choose a weight that tires the targeted muscle or muscles by the last two repetitions while still allowing you to maintain good form. If you can't do the last two reps, choose a lighter weight. When it feels too easy to complete add weight (roughly 1 to 2 pounds for arms, 2 to 5 pounds for legs), or add another set of repetitions to your workout (up to three sets). If you add weight, remember that you should



be able to do all the repetitions with good form and the targeted muscles should feel tired by the last two.

6. Stick with your routine — working all the major muscles of your body two or three times a week is ideal. You can choose to do one full-body strength workout two or three times a week, or you may break your strength workout into upper- and lower-body components. In that case, be sure you perform each component two or three times a week.

7. Give muscles time off. Strength training causes tiny tears in muscle tissue. These tears aren't harmful, but they are important: muscles grow stronger as the tears knit up. Always give your muscles at least 48 hours to recover before your next strength training session.

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training located at 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio visit her Facebook page or www.coreperformancefitness.com. Reach Kim at kduke65@gmail.com.

NOW THIS, BY SPENCE

cont. from page 03

apart from the Russias and Saudi Arabias of the world is our peaceful transition of power every four years. The winner will be the winner, and the people's voice will be heard. It might not be your choice, but it is your duty as an American to respect it.

America could be synonymous with decency. Our country's greatest moments are defined by the collective heart and sacrifice of those who understood the common good outweighed petty differences. We can make decency an American institution if we dig our heels in a little less, listen instead of scream and relearn to respect at the most fundamental level. Today can be the first step back towards making decency — not division the defining trait of our nation. We may just become the America we expect of ourselves.

HOLIDAY VALLEY PASS OPTIONS

cont. from page 10

Ultimate Sunday

- Eight (8) anytime 8-hour lift tickets on Sunday
- Free Day of spring skiing in March/April
- Group Lesson package available
- Pass is valid after 2:30pm on 12/27, 1/27 and 2/14; begin skiing anytime on these dates with an additional \$35 plus a swipe of your card

Ultimate College

- For those in higher education
- Unlimited nights/weekdays for \$309
- Unlimited nights for \$209
- Price increases after December 1st
- Show college ID and transcripts to redeem at pickup

Zoom Pass

- For kids under 18 in school clubs
- Eight (8) weekday lift tickets
- Free day of skiing in March/April

If you're thinking of early-season lodging, from Opening Day to December 24th guests at The Inn at Holiday Valley receive two free lift tickets for use during their stay.

CHRISTMAS IN ELLICOTTVILLE

cont. from page 04

There are a few other activities the Chamber is hoping to bring back, including the Tree Lighting ceremony with complimentary hot chocolate, wandering carolers, live reindeer and the Christmas Stroll, as well as the We-R-Nuts vendor. Details and final plans for these events will be announced as they come.

Although there are many hoops to jump through this year, the Ellicottville Chamber of Commerce is still dedicated to bringing holiday cheer to its streets. Merriment and good spirits will be rampant in the village, and is sure to leave visitors feeling just as well.

For more information about this year's Christmas in Ellicottville festivities, please contact Barb Pump at the Ellicottville Chamber office at 716-699-5046 or emai barb@ellicottvilleny.com.

WINTER ART MARKET

cont. from page 07

things die. Whether she meant the art of our people or the way of looking at things in our perspective, I don't know. So, I try to do both," he wrote.

Hill worked on the National Tribal Environmental Operations Committee for the Cayuga Nation until 2018. Today, he teaches environmental and indigenous issues and activism at Wells College. And when he has time, he makes and plays the flute.

Other Native American artists include Penelope Minner, Mary Jacobs, Adrian John, Mariah Monroe, Mike Jones, Pete Jones, Jennifer D'Almonte, and Samantha Jacobs. Additional regionally respected artists exhibiting in the Winter Art Market are Elliott Hutten, Eileen Weishan, Keith McKale, Michael Weishan, and Karen A Taverna.

There are a ton of great pass options for you to get on the hill affordably. Holiday Valley's projected opening date is Friday, November 27th (weather depending!) and plans to operate as much terrain as the weather will allow. Holiday Valley's world-class snowmaking system allows them to create snow when Mother Nature doesn't cooperate, so fingers crossed for those cold temperatures starting again soon!

ellicottvilleNOW

CLASSIFIEDS / OBITUARIES

RENTALS

AFFORDABLE SEASONAL RENT-ALS: The Telemark Motel, located 128 steps from the Sunrise Chair at Holiday Valley is open for seasonal rentals only. Rent by the month or special pricing for a 3 month package. Call Janet at 716-969-3946 for more info.

ERA TEAM VP REAL ESTATE & VA-CATION RENTALS offers over 200 privately owned and professionally managed vacation rental homes and condominiums in Ellicottville, Chautauqua Lake and Chautauqua Institution. View all of our rentals at MyTeamVP.com or call 800-344-2198 to speak with a seasoned reservationist.

PLACE YOUR AD HERE: Place your classified ad in ellicottvilleNOW. \$10/issue, 40 words or less; 25 cents each additional word. Classified ads appear in both the print edition and online at ellicottville now.com. Place your ad directly on our website or call our office at 716-699-9816 / email info@ellicottvillenow.com.

EMPLOYMENT

GET YOUR ZEN ON AT THE ELLI-COTTVILLE SALT CAVE: Licensed Massage Therapist needed for upcoming busy season. Many perks to working in a great relaxing, therapeutic atmosphere! Full time/part time, some weekends. Stop in or send resume to evlsaltsense@gmail.com

SERVICES

ROVER MAKEOVERS: Professional pet grooming. Owned and operated locally by mother and daughter, Teresa Mercer and Calla Wagner. Call 716-699-8345 for an appointment. 16 Elizabeth St., Ellicott-ville. "YOUR DOG IS OUR DOG." Pet collars and other accessories available for sale. Please wear a mask when entering.

MARTENS CLEANING SERVICE. Local, professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential and business cleaning. Call Christina Martens, 585-435-7158.

JAMES M. FITZPATRICK

January 3, 1951 - October 26, 2020



Mr. James M. Fitzpatrick, 69, of Great Valley, NY, died Monday, October 26, 2020 at Erie County Medical Center, Buffalo, NY following a long illness.

Born January 3, 1951 in Salamanca, NY, he was the son of the late William C. and Barbara A. Memmott Fitzpatrick. He was married June 23, 1973 in Ellicottville, NY to the former Gay Norton, who survives.

He was a graduate of Ellicottville High School, Class of 1969.

Mr. Fitzpatrick had been employed as the Chief Operating Officer with the former Signore Inc./American Locker Corp., Ellicottville, NY for over 25 years, retiring in 2001.

He enjoyed spending time with family, especially his grandchildren. He also enjoyed raising and racing carrier pigeons and had an interest in gemology and music. Jim was an inventor who developed a patented product and one of his inventions was featured in the Sharper Image catalog. He was a member of the Holy Name of Mary RC Church, serving as an usher for over 40 years. He will be remembered for taking care of or checking in on older friends and family, assisting them in their needs.

Surviving besides his wife are: two daughters, Shannon (Blair) Fitzpatrick-Wood, Great Valley, NY, Jamie (Michael) Fitzpatrick-Halpainy, Allegany, NY; five grandsons, Bryce Wood, Skye Wood, both of Great Valley, Kallen Halpainy, Rhys Halpainy, Elliott Halpainy, all of Allegany; a brother, Thomas (Karen) Fitzpatrick, Great Valley, NY; several nieces and nephews.

There will be no visitation. A memorial service will be held at the convenience of the family and will be announced.

Funeral arrangements are under the direction of the O'Rourke & O'Rourke Inc. Funeral Home, 25 River Street, Salamanca, NY.

In lieu of flowers, the family suggests memorials to the American Cancer Society. E-condolences can be sent to orourke.orourkefh@gmail.com or posted to facebook.com/onofh.

CHARLES T. "CHUCK" CRIST

January 16, 1951 - October 28, 2020



Mr. Charles T. "Chuck" Crist, 69, of Bemus Point, NY, formerly of Ellicottville and Salamanca, died Wednesday morning, October 28, 2020 at Cleveland Clinic, Cleveland OH following a long illness.

Born January 16, 1951 in Salamanca, NY, he was the son of the late Charles "Bud" and Dorothy Solarek Crist. He was married on July 10. 1970 at the former St. Patrick's Roman Catholic Church to the former Patti France, who survives.

Chuck was a graduate of Salamanca High School, Class of 1968, where he was a star athlete, playing football, basketball, baseball, and track & field. He was named Most Valuable Player for all four sports. He attended Penn State University, where he played basketball with the Nittany Lions,

and graduated in 1972. He was an undrafted free agent into the National Football League by the New York Giants in 1972 as a defensive back, and went on to play for the New Orleans Saints, where he was the 1977 Defensive MVP, and the San Francisco 49ers. After retirement from the NFL, Chuck worked as the assistant coach with the Cattaraugus Central School from 1983-1985 and the Alfred Saxons football team from 1985-1991. He then moved back to Salamanca and was employed with the Salamanca City Central School, serving as principal for Seneca Elementary until his retirement in 2015. He was inducted into the Cattaraugus County Athletic Hall of Fame in 2003, the Chautauqua County Sports Hall of Fame in 2015, and the Greater Buffalo Sports Hall of Fame in 2019. He also went on to win the Holiday Valley Golf Club Championship six times.

Chuck enjoyed spending time with his family, especially his grandchildren and attending their sporting events. He enjoyed traveling with his wife, spending their winters in Hilton Head, SC, and visiting lifelong friends. He had a passion for the game of golf.

For all that knew and loved him, please know how hard he fought to stay here and be with us.

Surviving besides his wife are: a son, Scott (Shelly) Crist, Bemus Point, NY, a daughter, Niki (Brady) O'Neill, Charlotte, NC; four grandchildren, Carson and Cameron Crist, both of Bemus Point, NY, Cole and Haley Sutherland both of Charlotte, NC.; two sisters, Diane (Jim) Kochaniec, Salamanca, NY, Jane (Wayne) St. John, Little Valley, NY; two brothers, Dick (Julie) Crist, Jamestown, NY, John (Debbie) Crist, Salamanca, NY; a motther-in-law, Paula France; several nieces and nephews.

Private funeral services will be held at the convenience of the family. Due to COVID-19, a celebration of a life well lived will be held at the convenience of the family and will be announced.

Funeral arrangements are under the direction of the O'Rourke & O'Rourke Inc Funeral Home, 25 River Street, Salamanca, NY.

In lieu of flowers, the family suggests memorials to the Chautauqua Sports Hall of Fame, Box 1192, Jamestown, NY 14702, in Chuck Crist's name. E-condolences can be sent to orourke.orourkefh@gmail.com or posted to facebook.com/onofh.

SANTA CLAUS REVERSE PARADE

OLEAN - It's a Christmas miracle! The Greater Olean Area Chamber of Commerce will not let COVID-19 steal Christmas this year. This year GOACC has decided to accommodate with the circumstances they have been given to provide a safer alternative while abiding by regulations for this year's post-Thanksgiving parade. GOACC is excited to introduce that this year's parade will be called the "Santa Claus Reverse Parade" and will take place at the Olean Middle School parking lot on Friday, November 27th at 7:00pm.

Find the full release at ellicottvilleNOW.com. For more information regarding this year's Santa Claus Reverse Parade or other GOACC events, call 716-372-4433, email events@oleanny.com, or visit the GOACC website at www.oleanny.com.

instaNO Follow us on Instagram @ellicottvillenow

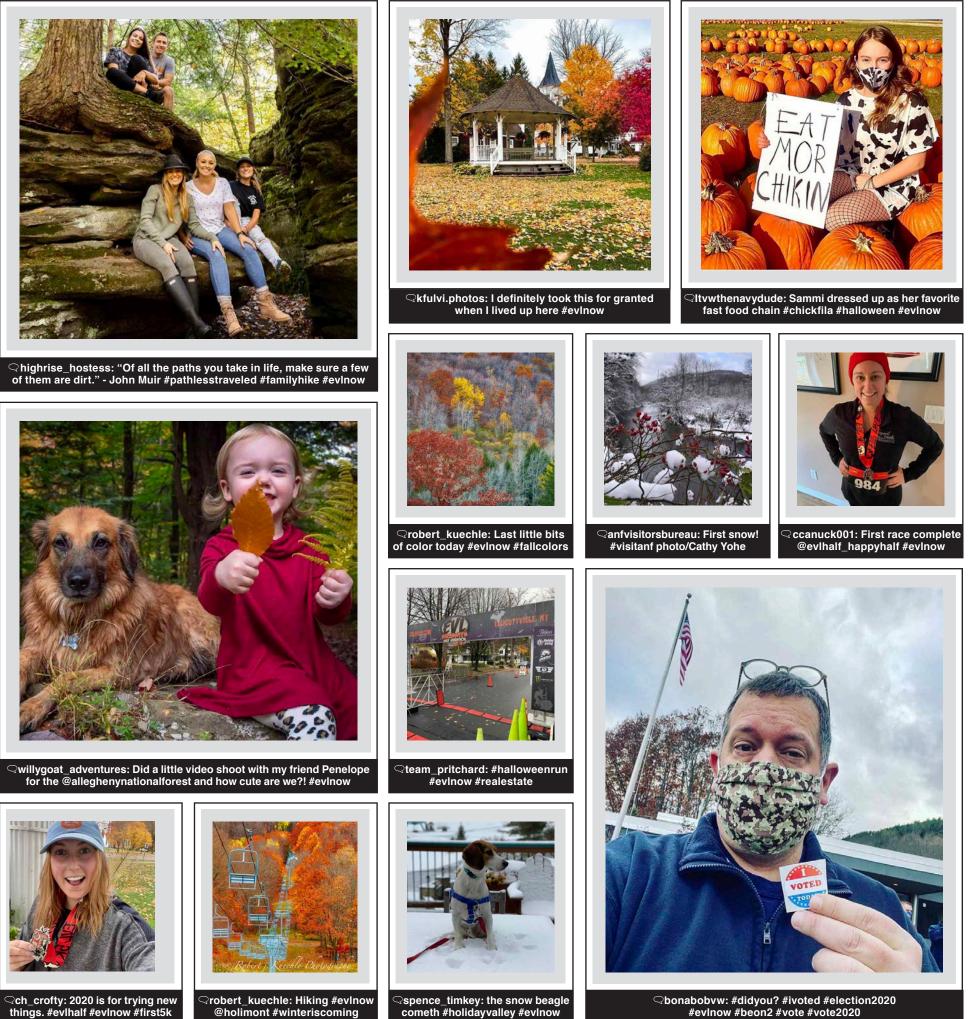
@holimont #winteriscoming

Share your photos with us and see them in our InstaNOW Photo Gallery!

O

Upload your photos using #evlnow / tag us. It's THAT easy!

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Sonabobvw: #didyou? #ivoted #election2020 #evInow #beon2 #vote #vote2020

Built –

 R_{W}

1:00-4:00 PM

RAFFLes

CENTER

COMMUNITY FOUNDATION

SUNDAY, NOV. 8TT

ELLICOTTVILLE TOWN CON Next to the Arboretum

STUDENT-MADE BOWLS

BASKET

SHATE STUFF

soup/chili

katy's dina's VIAG

@sk8evl

Play-

SOUD BOWL FUNDRAISER FOR THE ELLICOTTVILLE SKATEDARK PROJECT

Choose a handmade ceramic bowl created by art students from Ellicottville Central School, Allegany-Limestone Central School, or from Horn Hill Pottery of Ellicottville to take home, along with a soup or chili to-go.

Walk-through basket raffles. (Winners will be announced on our Facebook page.)

All donations will be matched by the Tony Hawk Foundation / Ralph C. Wilson Jr. Foundation and will go towards the construction of a permanent concrete skatepark in Ellicottville's Village Park.

\$25.00/BOWL To guarantee your bowl, call/text: 716.244.7573

V venmo @Ellicottville-Skatepark Limited tickets available at the door. Purchase raffle tickets at the event. Mask required to enter.

Learn more about the Ellicottville Skatepark: sk8evl.com



