

# ellicottvilleNOW

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FREE

## TetraSki Coming to Ellicottville

World's Only Independent Alpine Ski for People with Complex Disabilities Making its Way to HoliMont



BY CAROL FISHER-LINN

Generations have been enjoying the amenities at HoliMont for over 60 years. Perhaps their greatest asset is their ski school, which offers programming for all levels, ages and abilities. Skiers advance at their pace under the watchful supervision and encouragement of highly skilled instructors. Additionally, HoliMont offers skiing opportunities for individuals with all levels of disabilities through the Phoenix Adaptive program, and that now includes TetraSki, the world's only independent alpine ski for people with complex disabilities.

A select number of instructors from HoliMont's Phoenix Adaptive team recently traveled to Breckenridge, Colorado for four days of intense training to learn the ins and outs of using a TetraSki.

Dave Berghash, Director of the Phoenix Program at HoliMont, informs us that only 45 people in the world are officially certified to teach using the TetraSki, and three of them are from HoliMont! Additionally, HoliMont is the first in New York State to offer this program with only 27 offered worldwide. It's a BIG deal!

... page 03

### HEALTH & FITNESS: GETTING TO THE CORE OF CORE MUSCLES

In a world that idealizes 6-pack abs as being the ideology of strength, nothing can be further away from the real truth. Even though the Rectus Abdominus (aka the abs or RA) has important functions in terms of spinal flexion and stabilizing the pelvis, the RA has minimal function in providing true core stability when performing functional movements and overall stability at the level of the spine. As a result, you may do as many sit-ups and crunches as you want with little to no change in true core strength.

The true core is made up of four muscles groups that work synergistically to squeeze your visceral organs and stabilize the spine. What are these muscle groups, where are they located, and how can you engage them? Let's dive right in!

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## BIG PAYOUTS UP FOR GRABS IN OLEAN SPORTS BOOSTERS RAFFLE

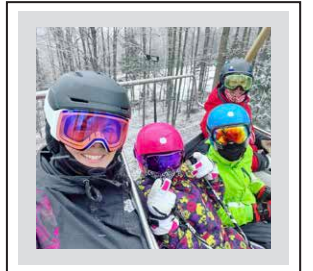
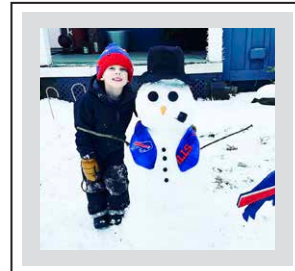
The Olean High School Sports Boosters are hosting their 40th Annual Endowment Raffle this April. The raffle is \$100 for a ticket with 22 chances to win! Tickets admit four people to the drawing party to be held Saturday, April 27th at the Pulaski Club, 1104 North Union Street, Olean. All proceeds will go to the Olean Sports Boosters Club for the benefit of the sports programs within the Olean School District. "Our goal is to hit 500 tickets sold - last year, we came close to the goal with 460 sold," reported Meme K. Yanetsko, OHS Sports Boosters Treasurer. "For those attending the party, in addition to the great food and drink from the Pulaski Club, attendees can purchase raffle tickets for more than 30 baskets!" ... page 11

### THE BILLS MAKE ME WANNA 'SUPPORT!' THE SPCA

The Greater Olean Area Chamber of Commerce has been a retail host to many items handmade by Sheryl Anderson of Olean over the past month. Items include pillows, stuffed animals, catnip kickers, gnomes, scented neck soothers, and a number of Buffalo Bills items. Of these various items, there is currently a raffle being held for a custom-made Buffalo Bills Storage Bench. Tickets for the bench are one for \$3 or two for \$5, with the drawing to be held at the end of this month. All profits are being donated back to the SPCA of Cattaraugus County. View the Bills bench and get details inside ... page 11

### instaNOW

Check out some of our featured InstaNOW photos! Want to see yours? Share your photos on IG, tag us and use #evlnow! Find the grid on page 15.



### Exhibit: 'Painted Winter'

Mother/Daughter Duo Artworks on Display at Ellicottville Library



The latest exhibit at the Ellicottville Memorial Library, *Painted Winter*, features glittering snow-inspired art by mother/daughter duo Carey Ann Welch & Simone Zella Phillips. The original paintings and prints are a delightful visual feast for all winter-loving creatures. The show will be on view throughout the winter season (January-March) at the Ellicottville Memorial Library.

Simone Zella Phillips is an awesome 9-year-old artist and her mom is her biggest fan. She loves to try different types of art styles and uses lots of different materials: alcohol ink markers, colored pencils, and clay are some of her favorites! Carey Ann creates art at the intersection of humor and imagination, and believes in the mantra "Kindness Rules!". They are both excited to add a little sparkle to one of their favorite places: The Ellicottville Library!

... page 04



### ELLICOTTVILLE'S WINTER BLUES WEEKEND JAN. 19-21

Nothing complements a great day on the ski slopes than an evening of live music, and that's just what Ellicottville's Winter Blues Weekend is guaranteed to deliver. With over 20 bands scheduled in all the downtown hot spots, visitors can expect a full line-up of high-energy, soulful performances come the weekend of January 19th, 20th and 21st. Produced by the Ellicottville Chamber of Commerce, the music kicks off Friday evening and continues through Sunday afternoon, making it a weekend you won't want to miss. The best part: all performances are free to enjoy! NO COVERS! ... page 04





# Holiday Valley

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Ladies, how would you like two fun-filled days out on the slopes with renowned coach and ski racer, Lisa Ballard as well as some of Holiday Valley's top women instructors? There's still time to sign up for the 10th annual Your Turn Women's Clinic but time is running out so call 716-699-3506 today and reserve your spot!

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# Publisher's PICK

## SKIING WITH INDEPENDENCE

HoliMont's Adaptive Program the First in NYS to Offer TetraSkiing



photo courtesy @holimont

By CAROL FISHER-LINN

Ellicottville is home to HoliMont, the largest private ski resort in the United States. With 8 lifts and 55 trails, HoliMont has a capacity of 13,000 skiers per hour. With an average of 180" of snowfall annually, generations have been enjoying the amenities at HoliMont for over 60 years. HoliMont offers ski classes for all levels, ages and abilities taught by Olympic athletes at their world-class ski school. Skiers advance at their pace under the watchful supervision and encouragement of their team of highly skilled instructors. Additionally, HoliMont offers skiing opportunities for individuals with all levels of disabilities through the Phoenix Adaptive program.

According to their website, "The HoliMont Snowsports School Adaptive ski/snowboard program focuses on the instruction and guidance for adults and children with disabilities. Staffed by dedicated volunteers and PSIA trained instructors, this program provides a safe, compassionate skiing and riding environment for our adaptive students' needs. Each student is matched up with a PSIA instructor who has been trained to teach specific adaptive disciplines along with a volunteer."

The exciting news is that a select number of instructors from Phoenix Adaptive team travelled to Breckenridge, Colorado last month for an intense training course to learn the ins and outs of using a TetraSki, which offers greater independence for skiers in the adaptive program. Dave Berghash, Director of the Phoenix Program at HoliMont, informs us that only 45 people in the world are officially certified to teach using the TetraSki, and three of them are from HoliMont! Additionally, HoliMont is the first in New York State to offer this program with only 27 offered worldwide. It's a BIG deal!



The program is relatively new, with the TetraSki being the world's only independent alpine ski for people with complex disabilities. Here, I introduce you to Dr. Jeffrey Rosenbluth, Medical Director of the Spinal Cord Injury Acute Rehabilitation program at the University of Utah Health. Rosenbluth and his team had been coordinating with the University's best minds in engineering, research, business and medical to design innovative technology and provide essential programs to improve the quality of life for people with complex injury or illness.

One of the team's core projects was the TetraSki, the world's only independent alpine ski for people with complex disabilities. Tetradapt.us tells us how it works: "A skier with limited strength and dexterity due to complex physical injury or illness can smoothly operate the TetraSki safely with a high degree of performance and independence. This is possible because of electric actuators on the TetraSki that provide independent turning and speed variability through the skier's use of a joystick or sip and puff breath control, the same as a wheelchair. The TetraSki does not operate like a motor to push the ski forward or increase speed. The skier's skills and choices alone determine how fast the ski goes." Of course, the skier is tethered to a professional behind them using an overriding joystick so that the rider can never be out of control (somewhat like a student driver setup in a car).

Thanks to the generosity of the Men's Club at HoliMont and the entire Club as a whole, several members of the Phoenix Adaptive Team were able to travel to Colorado, stay for four days of training, and return, ready for HoliMont's anxiously awaited TetraSki to arrive. HoliMont FLITE Team coach, Corey Hacker, who uses adaptive devices, is excited to give the TetraSki a test run on the slopes.

Ownership of the TetraSki only happens after the completion of a \$34,000, five-year lease, which again, was generously covered by the Men's Club and HoliMont. Since many adaptive ski programs struggle to keep their financial heads above water, western New York - and especially Ellicottville - are very fortunate to have this vibrant club and its members paving the way for the Phoenix Adaptive Team to have this unique piece of equipment available for its members and for the community. The TetraSki rental will be available to all HoliMont members, non-members and, on Sunday afternoons, free to anyone in the community with a disability. Just call to reserve a spot. (Writer's note: Many thanks to Ra-chele Dove who graciously provided information and access to her contacts for this article.)

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# LOCAL

## A CASE OF THE BLUES?

Ellicottville to Host Many of the Region's Best Blues Bands Jan. 19-21



ELLICOTTVILLE - Nothing complements a great day on the ski slopes than an evening of live music, and that's just what Ellicottville's Winter Blues Weekend is guaranteed to deliver. With over 20 bands scheduled in all the downtown hot spots, visitors can expect a full line-up of high-energy, soulful performances come the weekend of January 19th, 20th and 21st.

Produced by the Ellicottville Chamber of Commerce, the music kicks off Friday evening and continues through Sunday afternoon, making it a weekend you won't want to miss. The best part: all performances are free to enjoy! NO COVERS!

"Winter Blues Weekend is a great way to spend time with friends and family and discover some of the most talented Blues performers in our region," said Barb Pump, Executive Assistant of the Ellicottville Chamber. "We're looking forward to a full weekend of fun and we encourage visitors to book overnight accommodations so they can enjoy all that Ellicottville has to offer."

Along with live music, Ellicottville boasts seven breweries, distilleries and wineries, more than a dozen restaurants, and just as many retail shops. Browse an eclectic variety of one-of-a-kind gifts and keepsakes, fashionable clothing for men, women and kids, and even unique finds for your furry, four-legged friends. When it's time for dessert, head to any of our coffee bars, candy stores, ice cream parlors or bakeries. It's the icing on the cake... literally!

"Our downtown business district offers the whole package, and it's all in a 4-block walkable footprint," said Pump. "Park your car, shop, dine and bar hop on foot. You can easily take in all the sights and sounds of Winter Blues Weekend every which way you turn!"

Book your lodging now so you can look forward to enjoying a weekend of great music, fun dining, eclectic shopping and of course, freshly groomed ski conditions. A complete list of accommodations, restaurants and retailers, along with a schedule of live music for Winter Blues Weekend 2024 can be found at [ellicottvillenyc.com](http://ellicottvillenyc.com). Stay updated on other Chamber related news and events by following @visitellicottville on IG/FB. For questions or additional information, contact the Ellicottville Chamber of Commerce at 800-349-9099 or [info@ellicottvillenyc.com](mailto:info@ellicottvillenyc.com).

## CA-BOCES CENTER OPEN HOUSE

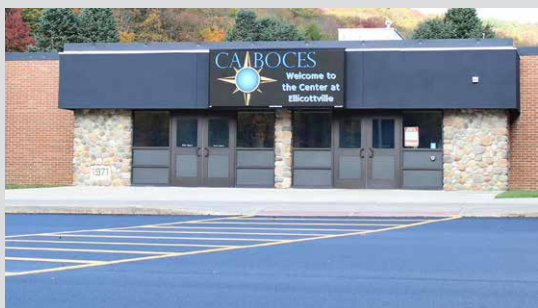
Ellicottville Center Invites Public to Learn More About Trade Programs

ELLICOTTVILLE - Exciting things are happening at the CA-BOCES CTE Center at Ellicottville this month. They're hosting a special Open House on Thursday, January 25th from 12:00-6:00pm and the public is invited!

Students will be exhibiting their trades during the student showcase and guests will have the opportunity to tour the center and learn about the many programs offered. Basket raffles and other fundraising opportunities will be held during the Open House with money raised going to support SkillsUSA, FFA and NTHS.

The event will also feature some great guest speakers. Meet Tim Coleman, trade leader from LOCAL 669 who will take you on a tour through the world of LOCAL UNIONS. Many different Union reps will be set up in the halls ready to answer your questions. Get some insider knowledge from the pros at County of Cattaraugus IDA, Olean Business Development, and JCC Workforce Development. Multiple trade and tech schools will also be on-hand representing their programs as well.

Attendees are encouraged to purchase a Spaghetti & Meatballs Dinner before parting ways for the evening. Tickets are on sale now through January 18th for \$15 per person. Purchase tickets in advance at the center or call 716-376-8346 for tickets and additional information about the Open House.



## 'PAINTED WINTER'

Mother/Daughter Artists Showcase Works at Ellicottville Memorial Library



ELLICOTTVILLE - *Painted Winter* features glittering-snow-inspired-art by mother/daughter duo Carey Ann Welch and Simone Zella Phillips. The original paintings and prints are a delightful visual feast for all winter-loving creatures. The show is currently on exhibit through the winter season (January, February and March) at the Ellicottville Memorial Library.

Simone Zella Phillips is an awesome 9-year-old artist and her mom is her biggest fan. When she was little she liked to eat snow, but now she likes to ski on top of it instead. Simone loves to try different types of art styles and uses lots of different materials - alcohol ink markers, colored pencils, and clay are some of her favorites!

Carey Ann Welch loves making mermaids, sphinxes, and spirals in the snow with her daughter, Simone. She avoids yellow snow and falling icicles at all costs! She creates art at the intersection of humor and imagination and believes in the mantra, "Kindness Rules!". She has illustrated a multilingual children's book entitled *Power Poems For Giraffes* and her art has been featured on a book cover, album cover, on skateboards, in a fashion show, and in a children's workbook dedicated to Women in Non-Traditional Careers. Simone and Carey are excited to add a little sparkle to one of their favorite places: The Library!

For more art you can visit [www.careyannwelch.com](http://www.careyannwelch.com) or [instagram.com/caw.illustration](https://www.instagram.com/caw.illustration). The Ellicottville Memorial Library is located at 6499 Maples Road in Ellicottville, NY. Hours are 10:00am-5:00pm daily, except Sunday. Evening hours are 5:00-8:00pm Tuesday and Wednesday.

## FOR THE BIRDS

February is National Bird Feeding Month; Free Workshops Offered



ELLICOTTVILLE - Cornell Cooperative Extension of Cattaraugus County's Master Gardener Program is excited to announce free upcoming classes in recognition of National Bird month!

**Gardening For Birds:** This class will be held on Monday, February 5th from 3:00-4:00pm at the Cornell Cooperative Extension building, 28 Parkside Drive, Ellicottville, NY or via Zoom. Presenter Becca Rodomsky-Bish of Cornell University Lab will discuss how you can support birds in your garden and landscape. Learn how you can get involved in your own backyard via the Great Backyard Bird Count! "

Birds are extremely important to our ecosystem and integrated into our food web," Becca says. "Birds eat insects; they are a natural way to control pests in gardens and farms."

**Make your Own Natural Bird Suet:** This workshop will take place on Monday, February 12th from 5:00-6:00pm in-person at the Cornell Cooperative Extension building. Participants will get to make their own bird suet to take home. Master Gardeners will be available for questions and provide recommendations on trees and shrubs to support wildlife.

Nectar-feeding birds are important pollinators, meaning they move the pollen from flower to flower to help create new plants. Many fruit-eating birds help disperse seeds. After eating fruit, they carry the seeds and deposit them in new places.

There is no charge for either workshop. Pre-registration for each workshop is required and can be made by going to [cattaraugus.cce.cornell.edu](http://cattaraugus.cce.cornell.edu) or by calling Shannon Rinow, Master Gardener Coordinator, at 716-699-2377 ext. 127. You can also email Shannon at [smr336@cornell.edu](mailto:smr336@cornell.edu).



GREG SPAKO

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## CHEERS TO SKI SEASON!



Despite the unfortunate weather conditions, the opening week at HoliMont proved to be a phenomenal success! On December 23rd, bright and early at 8:00am, our enthusiastic members eagerly lined up at the Exhibition lift, ready to hit the slopes! Dave Turluk, Julia Turluk, Sarah Kelly, and Charlotte Brandscome were the individuals who had the honor of being our first chair occupants for the 2023-24 season! Our beloved members returned to the club they hold dear, reuniting to celebrate the joy of the holiday season. The chalet and slopes were once again filled with the familiar hustle and bustle that we have all longed for.



On December 27th-31st, our Christmas Camp kicked off where kids took part in a variety of ski and snowboard programs for all ages and skill levels. This year, over 200 kids signed up for Christmas Camp. A huge round of applause to our Ski School staff for making that happen!

On New Year's Eve, HoliMont's infamous Torchlight Parade illuminated the Expo slope as kids glided down the hill with their colorful glow sticks in hand. A spectacular fireworks display was put on by Young Explosives, and the band Bleeding Hearts played the night away as members rang in the New Year at the club. A great time was had by all.

## PLAN YOUR GROUP SKI OUTING!



or simply want to enjoy a fantastic day of skiing with a large group of friends, reach out to our Group Sales Coordinator, Bill Rosenberry, at billr@holimont.com to book a day! Take advantage of our special discounted rates on tickets, lessons, and rentals for any group of 15 or more. Don't miss out on this incredible opportunity to experience the hidden gem of weekday skiing at HoliMont!

Starting from January 1st, we are now thrilled to open our doors to the general public, our loyal weekday pass holders, ski groups, and corporate companies on weekdays. Whether you're planning a memorable company outing



## CONTRACTOR'S DAY

Join us on Friday, January 26th for our 43rd annual HoliMont Contractor's Day! This exciting event is a celebration of both local and non-local contracting companies and businesses. With approximately 700 attendees each year, it provides a fantastic platform for companies to promote and market their business. It's the perfect opportunity to mix a little bit of business with a whole lot of pleasure! As many of the sponsors for this event are associated with our HoliMont membership, it is a highly anticipated occasion that HoliMont looks forward to every year. Be prepared for a day filled with fun activities on and off the slopes, a delectable lunch by Dina's at the 'Mont, and an amazing vendor market. Don't miss out! Purchase your tickets now at [www.holimont.com/events](http://www.holimont.com/events).

## SKI 4 A CURE FUNDRAISER



The 2nd Annual Ski 4 a Cure event, hosted by HoliMont and The Ski Club of Lockport, is scheduled for Friday, February 16th. Experience a day filled with exciting activities including a special parade to honor cancer survivors, a thrilling ski race, a chance to win big with our 50/50 raffle and Chinese auction, and so much more! Not only will you have a blast, but you'll also be supporting a great cause, as all proceeds from this event will go directly to Roswell Park Comprehensive Cancer Center. Tickets available at [www.holimont.com/events](http://www.holimont.com/events).

## THE BENEFITS OF MEMBERSHIP

We also have exclusive events that are just for our HoliMont members. Experience the ultimate perks of membership with our incredible member social events! From the action-packed Ladies' Day and Men's Day to our unforgettable Christmas and New Year's Parties, there's never a dull moment at HoliMont. Take a thrilling snowcat ride on the hill (members get to ride in the snow groomers), join us for après parties every weekend, and indulge in so much more! Membership at HoliMont offers more than just exceptional skiing. Try our Trial Memberships and enjoy a year as a member with no obligations. Visit our website [www.holimont.com/membership](http://www.holimont.com/membership) for more information.





# Destination FUN

## Upcoming Events to Mark On Your Calendar

**JANUARY 12**

@ HOLIMONT SKI RESORT  
716-699-2320 | www.holimont.com



### BREATH AND ICE CHALLENGE

Put yourself in the expert hands of certified WHM Instructor, Steve Beattie, to learn using breath and cold exposure to optimize body & mind. Learn about the underlying physiology and psychology to achieve peak performance. Then put the theory into practice dipping into the icy waters on top of the mountain. Start learning the Wim Hof Method today and start your journey to a happier, healthier and stronger you. All proceeds from this event go directly to the Good Climb Endurance Challenge. You can register for the event at [breathinginnature.com](https://breathinginnature.com).

**JANUARY 13**

@ ST. PAUL'S CHURCH  
716-699-2265 | www.stpaulsellicottville.com



### SPAGHETTI DINNER

St. Paul's Lutheran Church is hosting spaghetti dinners for everyone's dining pleasure on the following Saturdays: January 13th, February 17th, and March 16th. Guests can enjoy a delicious plate of spaghetti noodles covered in a delectable red sauce alongside yummy garlic bread. There are two dining options: You can dine in or take out from 4:00-4:30pm. Adults are \$15, kids 12 and under are \$10. For more information or questions, please call 716-699-2265 or visit St. Paul's Church Facebook page.

**JANUARY 13**

@ LUCKY DAY HOMESTEAD  
716-353-0193



### BREAD MAKING CLASS

Using a quick rising yeast, you'll be baking homemade Italian bread in just 2 hours! A crusty exterior and soft interior with buttery rich flavor make this bread a must-have around the house when it comes to breads and salads. Greek Focaccia will also be made. With salty olives and feta cheese, this treat is best dipped in olive oil and served with wine during your get-togethers! Learn to make both breads and then take home samples of each to enjoy! \$40/guest which must be paid at time of registration to book your space. To register, call or message Lucky Day at 716-353-0193.

**JANUARY 19**

@ ALLEGANY STATE PARK  
716-354-6263 | www.facebook.com/alleganystatepark.com



### FAT BIKE RIDES

Allegany State Park is hosting monthly fat bike rides! Meet other fat bike enthusiasts at these Friday night fun rides: January 19th, February 16th, and March 15th at 6:30pm, with the rides starting at 6:45pm. Bring warm clothes, a helmet, a head light, and sense of adventure. Check in will be at Camp Allegany in January and February and the Red House Administration Building on March 15th. For more information on this event please visit <https://www.facebook.com/alleganystatepark>.

**JANUARY 19-21**

@ DOWNTOWN ELLICOTTVILLE  
800-349-9099 | www.ellicottvillenyc.com



Fill your Ellicottville experience with a lively weekend of great blues music during Ellicottville's annual Winter Blues Weekend. The Ellicottville Chamber of Commerce is excited to present this high-energy, soulful celebration in the heart of our village, with over 20 regional acts performing in all the downtown hot spots. The music kicks off Friday evening and continues through Sunday afternoon, making it a weekend you won't want to miss. All performances are free to enjoy!

**JANUARY 20**

@ ELLICOTTVILLE DISTILLERY  
716-597-6121 | www.ellicottvilledistillery.com



Is your Christmas tree just lying around wasting away in your living room or yard? Now that the holidays are over, it's time to take that baby down! Bring it to the Ellicottville Distillery in anticipation of their annual Christmas Tree Bonfire on Saturday January 20th. The Distillery will open at 12:00pm that day. Come out and enjoy a drink (or five), listen to live music with Kody & Herren from 5:00-8:00pm, and then get toasty around the fire at 6:00pm. Need your tree picked up? Contact the Distillery!

**JANUARY 24 & 25**

@ HOLIDAY VALLEY RESORT  
716-699-2345 | www.holidayvalley.com



### 'YOUR TURN' Women's Ski Clinic

Holiday Valley Snowsports School is featuring the 10th annual YOUR TURN women's clinic on Wednesday and Thursday, January 24 and 25, 2024 led by Lisa Ballard, a widely acclaimed coach and ski racer and assisted by several of Holiday Valley's finest women instructors. Intermediate skiers who can ski the blue squares through advanced skiers who want to take their skiing to the next level will benefit from this clinic. The clinic will begin at 8:00am with registration and breakfast. Pre-registration is advised as attendance is limited. Please call 716-699-3506 with any questions.

**JANUARY 26**

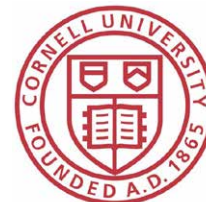
@ HOLIMONT SKI RESORT  
716-699-2320 | www.holimont.com



HoliMont Contractor's Day is an event filled with many fun activities that take place on and off the slopes. This year's activities will include the 36th annual Dave Pitkin Memorial Ski Race, dedicated to him to commemorate his enduring spirit, his contributions to the HoliMont Racing Club, and his part in creating the racing hill. Participants can also enjoy the infamous Bombardier Ball Drop, lunch provided by Dina's at the Mont, a vendor market and an Après Ski Party. This event is sponsored by many local businesses and helps to celebrate and support our local community. Join in the fun for one of our most favorite days of the year!

**JANUARY 27**

@ CORNELL COOPERATIVE EXTENSION  
716-699-2377 | www.cattaraugus.cc.cornell.edu



Cornell Cooperative Extension  
Cattaraugus County

### NATIONAL SEED SWAP DAY & CATALOG PARTY

In honor of National Seed Swap Day, join CCE's Master gardeners to learn about seed starting, where to buy seeds and save seeds. Master Gardeners will bring their favorite seed catalogs and share theirs and Cornell's recommended varieties. Although not required, feel free to bring your favorite catalog and seeds to swap if you wish. Light refreshments and snacks will be provided. Both new and seasoned gardeners (and any in between) are welcome! You can register online using this link: [https://reg.cce.cornell.edu/natlseedswap\\_258](https://reg.cce.cornell.edu/natlseedswap_258).



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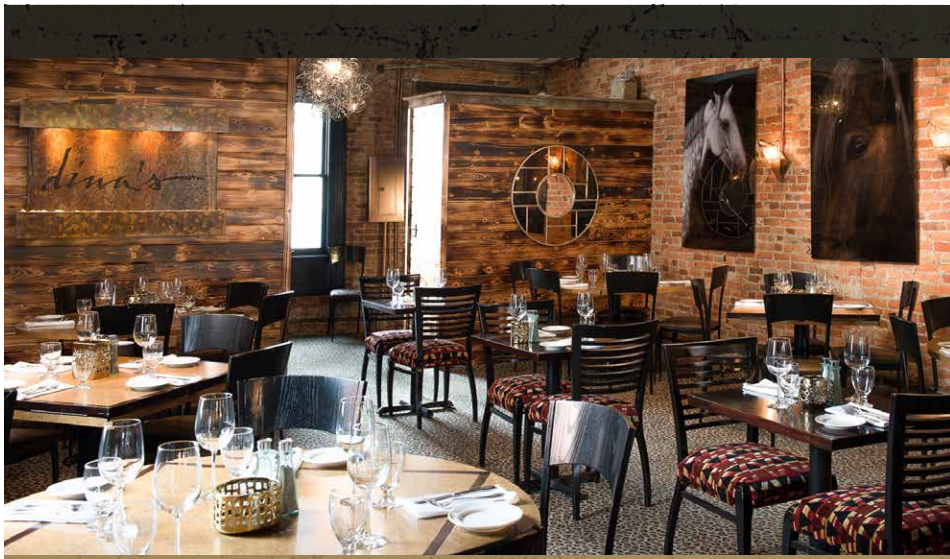
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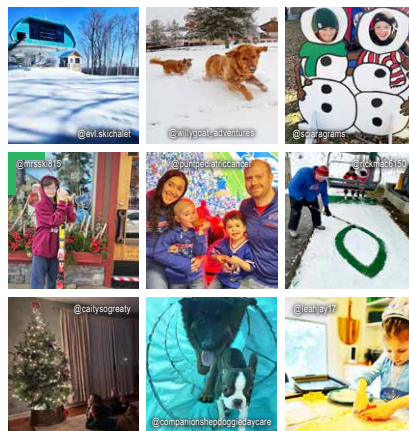
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# REGIONAL

## LET'S GO BUFFALO!

Bills Storage Bench Raffle to Support SPCA of Cattaraugus County



photo courtesy GOACC

OLEAN - Starting at the beginning of December, the Greater Olean Area Chamber of Commerce has been a retail host to many items handmade by Sheryl Anderson of Olean. Items include pillows, stuffed animals, catnip kickers, gnomes, scented neck soothers, and various Buffalo Bills items. They have been a great addition to the storefront this holiday season. All profits are being donated back to the SPCA of Cattaraugus County.

Of these various items, there is currently a raffle being held for a custom-made Buffalo Bills Storage Bench. The tickets for this bench are one for \$3 or two for \$5. The drawing will be held at the end of this month. The bench is on display at the GOACC office if you wish to check it out and buy tickets. Please call 716-372-4433 to purchase tickets over the phone. Are you feeling lucky? GOACC is located at 301 N. Union Street, Olean, NY 14760.

The SPCA in Cattaraugus County is a private, non-profit, no-kill charity animal shelter, and was founded in 1905. They are dedicated to saving the lives of animals and providing adoption services for homeless and neglected animals. The SPCA is located at 2944 Route 16, Olean, NY. Hours are Tuesday through Saturday from 12:00-5:00pm and Sunday from 1:00-4:00pm. For more information, please call 716-372-8492.

## SUGGESTIONS WANTED

Greater Olean Chamber Looks to the Community for Ornament Ideas

OLEAN – The Greater Olean Area Chamber of Commerce is looking to the community for ideas for its 2024 Santa Claus Lane ornament. Through the ornament sales, holiday lights are funded and can be lit in Olean from November to early January. The ornament will be the THIRTIETH in a series created by artist Kathleen McDonald.



Every year through voting from the Santa Claus Lane Committee, Events Committee, Chamber Board and staff, as well as from the community, a landmark is chosen to be designed on the 3-1/2 inch circular resin ornament. The artist sketches the layout from photos provided by Chamber officials and a prototype is created. Once the prototype is approved, work begins with the process of pouring and hand-painting each piece. The ornaments arrive in Olean, individually boxed, with a brief description of the ornament.

Below is a list of several buildings that have been suggested to be an ornament: Rock City Park; Bartlett Country Club; Christopher Columbus Lodge; Dal Tile Plant; Downtown Deli; Governor Higgins Mansion; Lincoln Diner; Olean House; Sprague's Maple Farms, Olean Public Library, Paul's Steakhouse; PickUps; Portville's Pioneer Park; St. Mary's School; Thatcher Plant Factory and Warner's Pizza.

Tricia Henzel, former Events Director at Greater Olean Area Chamber of Commerce and current (but soon to be retiring) physicians recruiter at Olean Medical Group, connected with the Chamber early last year. "The Olean Medical Group celebrated 75 years in 2023 and thought they'd make an excellent ornament choice," added Meme K. Yanetsko, GOACC COO.

Past ornaments include: (starting in 1999) the Olean Municipal Building, the Fannie E. Bartlett House, St. Mary of the Angels Church, Olean High School, St. Stephen's Church, St. Bonaventure University, a depiction of Santa Claus Lane, the Olean General Hospital, Olean Post Office, Community Bank, Ivers J. Norton, the Castle Restaurant, St. Francis Hospital, Chuck Wagon Restaurant, Palace Theater, Boardmanville Elementary, Red and Trudys, North Union Street street scape (1st hundred block west side), Olean Class Cars, Cloud 9 Amusement Park, Bradners Stadium, Henry H. Hill, Archbishop Walsh, Beef 'n' Barrel Restaurant, Tasta Pizza, the Olean Public Library, two in 2022 - First Presbyterian Church and Pioneer Park in Portville, and Angee's Restaurant this past year.

"The committee wants community input on this ornament," said Yanetsko. "What do you want to see in the ornament?"

Please submit ideas to GOACC no later than January 19th by calling 716-372-4433, emailing info@oleanny.com or on facebook at facebook.com/OleanNYChamber. The week of January 22nd-25th, there will be online voting for the top four that come in through the voting into the office.

## ROAD TRIP

Zippo/Case Museum a Destination for Many Area Visitors



@originalzippo

BRADFORD - What can you do this winter if you aren't all that interested in spending time outside? You could take a road trip and visit the Zippo/Case Museum & Flagship Store, located at 1932 Zippo Drive in Bradford, PA. Step inside the Zippo/Case Museum and experience the story of two iconic American products made right here. It is the most visited museum in northern Pennsylvania. See interactive displays, videos and learn about Zippo's long-time association with Hollywood and rock music.

The world famous Zippo Repair Clinic is on display via a huge glass wall in the museum. Zippo has produced more than 500 million windproof lighters, each backed by an unparalleled lifetime guarantee, since its founding in 1932. W.R. Case and Sons, founded in 1889, produces the most collectible knives in the world and the museum exhibits the world's largest collection of rare Case knives. See the mesmerizing "knife in motion" hologram, the 5-foot Kodiak knife and the Case Wall of Fame. ZAC, the Zippo And Case, is a seven-foot high audio-kinetic ball machine - a must-see for adults and children alike!

What's in store? Zippo's diverse products include lighter accessories, butane candle lighters, watches, fragrance, and a robust line of heat and flame products for the outdoor enthusiast. All are showcased at the retail store where you can add a personal touch to your souvenir or gift with on-the-spot engraving. The store has an extensive display of Case sport and pocket knives and collector's sets. Zippo's recently acquired Ronson brand of lighters and fuels are also available.

Museum and store hours are Monday through Saturday 9:00am-5:00pm and Sunday 11:00am-4:00pm. Admission is free! Motor-coach and group tours are welcome! For more information on the museum, call 814-368-1932, visit [www.zippo.com/ZippoCase-Museum](http://www.zippo.com/ZippoCase-Museum), or follow them on Facebook.

## OHS BOOSTERS RAFFLE PARTY

Olean High School Sports Boosters Sets Goal of Selling 500 Tickets

OLEAN - The Olean High School Sports Boosters are hosting their 40th Annual Endowment Raffle this April. The raffle is \$100 for a ticket with 22 chances to win: (1) \$10,040; (1) \$5,040; (1) \$3,040; (1) \$2,040; (1) \$1,040; (2) \$540; (5) \$340; and (10) \$140. Tickets admit four people to the drawing party to be held Saturday, April 27th at the Pulaski Club, 1104 North Union Street, Olean.

The first of three Early Bird Drawings happens Thursday, January 18th with the winner drawn taking home \$240 and the ticket seller of the winning ticket \$140. The winner's ticket gets put back in the complete drawing in April as well as the two other Early Bird drawings on Thursday, February 15th and Thursday, March 14th.

Jeff Spears, president of the booster's club stated, "In honor of this being the 40th occasion of our biggest fundraiser, each prize has been increased by \$40."

All proceeds will go to the Olean Sports Boosters Club for the benefit of the sports program at the Olean School District. The purpose of the Boosters Club is to promote, sponsor, and carry out projects to aid and assist in the Olean High School athletic program. The Olean High School Sports Boosters was created to help our student athletes in areas where the annual school budget falls short or needs assistance. Each year, the boosters purchase equipment needed by the sports teams that cannot be covered in their budget.

The Sports Boosters also host three sports banquets - Fall, Winter, and Spring. All varsity athletes and coaches receive free admission for dinner, parents and friends can attend a reception in the auditorium and all spirit items/plaques given to these student athletes are funded through the boosters.

"Our goal is to hit 500 tickets sold - last year, we came close to the goal with 460 sold," reported Meme K. Yanetsko, OHS Sports Boosters Treasurer. "For those attending the party, in addition to the great food and drink from the Pulaski Club, attendees can purchase raffle tickets for more than 30 baskets!" she added.

The drawing party, starting at 6:00pm, will feature complimentary food and drink for ticket holders, a Chinese auction, 50/50 raffle, and music. Tickets are available to purchase before the event at the Olean High School Sports Boosters office (at the high school) and various booster committee members. For more information on the boosters or the raffle, please contact Char Dwaileebe, Raffle Chair, 716-307-3678; Mr. Spears, 585-981-0668; or Mrs. Yanetsko, 716-378-6951.



# HEALTH & FITNESS

## Core Performance: The Real Core Goes Much Deeper Than Superficial Vanity Muscles

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

In a world that idealizes 6-pack abs as being the ideology of strength, nothing can be further away from the real truth. Even though the Rectus Abdominus (aka the abs or RA) has important functions in terms of spinal flexion and stabilizing the pelvis, the RA has minimal function in providing true core stability when performing functional movements and overall stability at the level of the spine. As a result, you may do as many sit-ups and crunches as you want with little to no change in true core strength.

The true core is made up of 4 muscle groups that work synergistically to squeeze your visceral organs and stabilize the spine. The four muscle groups are:

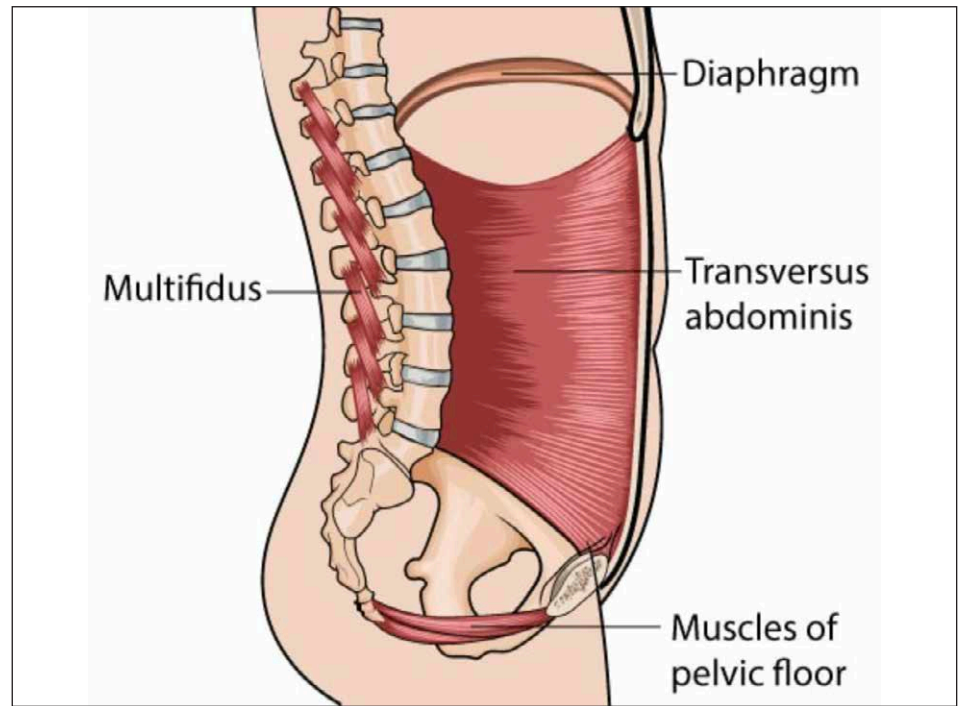
1. Transverse Abdominus (TVA)
2. Multifidus
3. Pelvic Floor
4. Diaphragm

The TVA is an extremely thin muscle that lies just deep to the Internal Obliques. It begins near the spine and wraps all the way through to the front. It connects with the pelvic floor muscles and the diaphragm to brace the spine in preparation for heavy loads. When they contract, it has a corset-like effect compressing the entire abdomen inwards.

The Multifidus on the other hand, which is a small group of muscles that compress the vertebral segments in the spine, make up the back of the corset. The Multifidus span from the lumbar region (lower back) all the way up to the thoracic region (mid to upper back) creating a bridge between vertebral segments that may compress them when needed. Together, they stabilize the spine and accommodate the forces going across it.

The Pelvic Floor makes up the bottom portion of the true core. A healthy pelvic floor can contract, squeeze, lift and relax. It has a range of motion just like any other muscle does and is responsible for controlling defecation and bracing all organs on the lower end of the body.

The top portion of the true core is the diaphragm, which happens to be the most problematic muscle of them all when dealing with core stability. The diaphragm is a dome shaped muscle that partitions the thorax from the abdomen and is the primary muscle responsible for breathing in humans. When correctly functioning, the diaphragm depresses and squeezes the visceral organs creating an outward pressure against the stomach and back. This action of pushing outwards will create an increase in intra-thoracic and intra-abdominal pressure which, in turn, is what can be defined as true core stability. Too often, people tend to facilitate their true core by holding their breath especially when they exercise. Breathing is essential to maintain a strong diaphragm muscle. Upon inhalation, the diaphragm contracts and flattens and the chest cavity enlarges. This contraction creates a vacuum, which pulls air into the lungs. Upon exhalation, the diaphragm relaxes and



returns to its domelike shape and forces the air out of the lungs.

To increase true core stability, focus on bracing motions such as planks, side planks, dead bugs, and hollow body holds. When correctly performed, these stabilizing exercises will do more for your core than crunches or sit-ups and are much more beneficial in allowing one to brace through the core. Plus, focus on breathing properly and re-establishing true core strength.

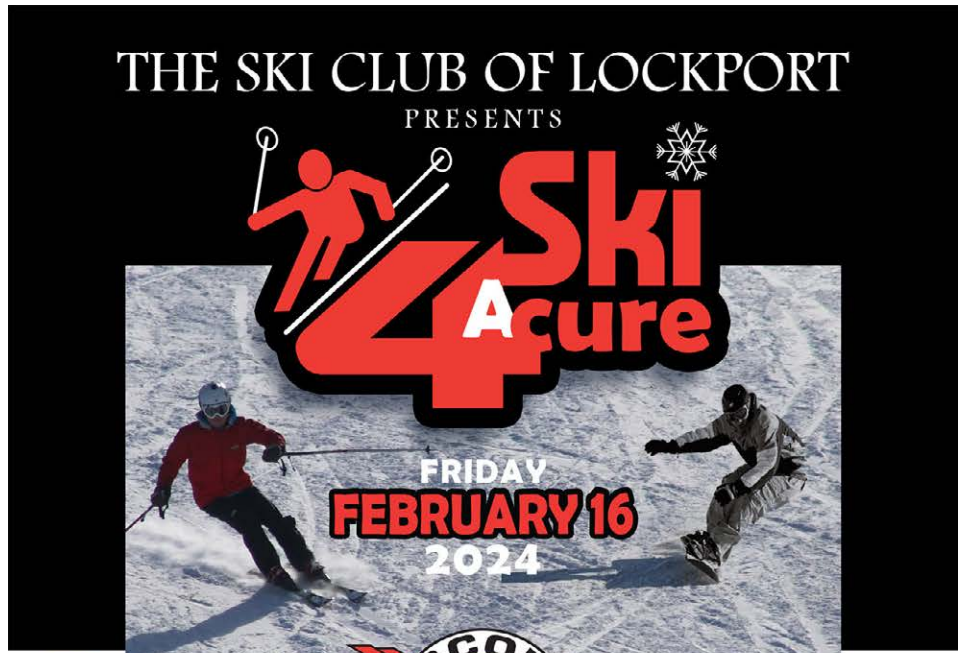
Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, located at 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio visit her Facebook page, go to [www.coreperformancefitness.com](http://www.coreperformancefitness.com) or call her directly at 716-698-1198.



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**Live Music & Event Prizes too!**

SCAN THE CODE TO  
HoliMont website - Events page



Click-on 2nd Annual  
Ski 4 A cure

It's not too early to kick start your fundraising with a self-donation or through your own fundraising!

**NO DONATION IS TOO SMALL!**  
Every dollar donated adds up to something greater than any of us could accomplish alone.  
Together we can make an impact in this fight!

FOR QUESTIONS & MORE INFORMATION CONTACT  
SCOLer Tom Doran | 716-860-1964 | [tdoranwriter@gmail.com](mailto:tdoranwriter@gmail.com)



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**ROVER MAKEOVERS:** Professional pet grooming. Owned and operated locally by mother and daughter, Teresa Mercer and Calla Wagner. Pet accessories also available for sale. Call 716-364-2302 for an appointment. 16 Elizabeth St., Ellicottville. "YOUR DOG IS OUR DOG."

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## EMPLOYMENT

**LINE COOK WANTED AT VILLAGGIO:** Looking for a part-time experienced line cook to join our team, skilled in safe food and knife handling. Must have high attention to detail and creativity. Job requires a fast paced work effort and the ability to stay calm under pressure during high volume, while also being a team player with good communication. Full-time position is available if performance meets criteria. Call 716-699-2199 or send resume to [andrea@villaggioevl.com](mailto:andrea@villaggioevl.com).

**NOW HIRING:** The Gado-Gado team is looking for an addition. We're looking for a hard-working and motivated individual to work alongside us. Must be available on weekends and festivals! Email resumes and a brief introduction to [gadogado98@hotmail.com](mailto:gadogado98@hotmail.com). \*This is a yearly position, not seasonal.

**IMMEDIATE OPENING:** The Ellicottville Central School District has an opening for a **FULL-TIME BUS DRIVER** (CDLB License with appropriate endorsements) New York State Education Department Fingerprint Clearance, a Clean Driving Abstract and CDLB License with appropriate endorsements is required. The District is also looking to hire **SUBSTITUTE BUS and VAN DRIVERS**. Applications are available by calling Todd Lovell, Transportation Supervisor at 716-699-2316 (ext. 1305) or via email ([tlovell@ecsny.org](mailto:tlovell@ecsny.org)). The deadline to apply is Friday, January 26, 2024. EOE

**PLACE YOUR AD:** Classified ads appear in both print and online! \$10 per issue up to 40 words, 25¢ each additional word. Call 716-699-9816, stop by our office at 9 W. Washington St. or email your ad to us at [info@ellicottvilleNOW.com](mailto:info@ellicottvilleNOW.com).

## PUBLIC NOTICES

**NOTICE OF REPUBLICAN PARTY CAUCUS VILLAGE OF ELLICOTTVILLE:** Notice is hereby given that a Republican Party Caucus for making Nomination of candidates for Village officers in the Village of Ellicottville will be held on January 23rd, 2024 at 6 p.m. at the Village and Town Hall, One West, Washington Street, Ellicottville, New York. Candidates are to be nominated by said caucus for the offices of: Mayor- 4 year term, Trustee- 4 year term and Trustee- 4 year term. Republican Committee Person - John A. Burrell

## LLC NOTICES

**NOTICE OF FORMATION** of Ryokosha Baking Company LLC. Auth filed 8/18/2023. Cty: Allegany. LLC org with Secretary of State of NY ("SSNY") on 08/18/2023. SSNY desig. for process and shall mail a copy of any such process to: 29 W Main Street, Angelica, NY 14709. Purpose: any lawful act.

**NOTICE OF FORMATION** of a Domestic Limited Liability Company 75 Main St Portville NY LLC was filed by the NY Dept of State on 10/31/23. Its office location is Cattaraugus County. SSNY has been designated as an agent of the LLC upon whom process against shall be served. SSNY shall mail a copy of any such process served to: 432 Portville Ceres Rd Portville, NY 14770. Purpose: any lawful act.

## COMMUNITY

**VISIT ST. JOHN'S FOR SATURDAY SERVICE:** St. John's Episcopal Church is located at the village of Ellicottville's historic four corners. We host a visitor-friendly service every Saturday beginning at 5:00pm. Any and all are welcome to attend!

**DEAR FRIENDS OF THE LIBRARY:** The Ellicottville Memorial Library is now recycling used/empty and new/unused printer cartridges, cell phones/smartphones, old laptop computers and tablets. Please remove user info, passwords and unlock all phones and tablets before you donate. Computer hard drives will be cleaned of all personal information by CGRP. The library makes a profit on the sale of these items. Please include AC adapters and cords when possible. Just drop the items in our collection box. Thank you for helping us recycle! The Ellicottville Memorial Library is located at 6499 Maples Road. For questions, call 716-699-2842.

**SPAGHETTI DINNER:** The Little Valley Bridge of Hope Church (formerly the United Methodist Church) will host a Spaghetti Dinner on Saturday, January 27, 2024 from 4:00-7:00pm at their location, 109 Court Street, Little Valley, NY. Dinner includes spaghetti and meatballs, salad, bread and desert. Dine with us or take out. Cost is a free-will donation. All proceeds will go towards repairing our Sanctuary. For questions or further information please call 716-938-6150.

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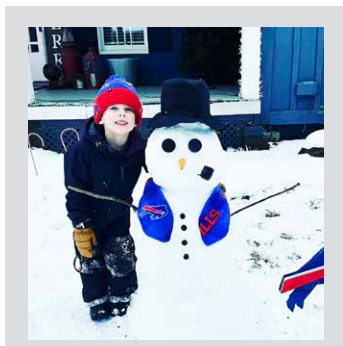
holidayvalley: About 4" of snow has fallen in the latest storm cycle, which should make for some very fun turns out there today. Hope you're able to get out and enjoy it! #holidayvalley #evlnow



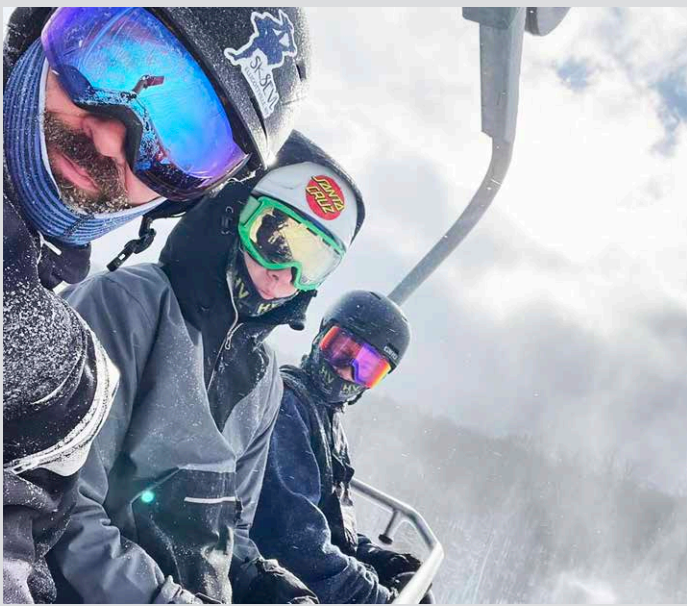
holiday\_valley\_race\_team: #youthskiracing #juniorskiracing #downhillskiing #skitheeast #holidayvalley #evlnow #skiingislife



kellyoliverbonnay012: Kelsey said NOPE to her afternoon walk!



mclauss24: Let's Go Buffalo! #afceastchamps #buffalobills



jtaw6: Been a rough winter so far, but the "fake" snow wasn't so bad today! Day 11 was a little slow, but a lot of fun!



matt\_bruehhhhh: #evlnow @holidayvalley



griffissculpturepark: A few pics from a winter's walk! #evlnow



dailycitytrain.skate: Winter membership to the DCT Indoor Park is the perfect complement to ski season here in EVL. #dctskate #evlnow



ericjonesstudios: Bobble head Josh squishing the fish! #snowsculpture #joshallen #billsmafia #gobills #buffalobills @tsstumb



caitysogreaty: I think we call all see what happened here... #snowballfight @ellicottvillenow



christycaruso: #holidayvalley #evlnow #skitheeast #skifitness #ellicottville





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