

# Ellicottville NOW

LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ♦ January 12-25, 2023

Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York

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# FREE

## Got a Case Of the Blues? Yes Please!

### Shake Off the Winter Blues When Ellicottville Hosts Some of the Best Blues Bands in the Region Jan. 20-22



@madigans\_evl  
Photo courtesy @visitellicottville

Fill your Ellicottville experience with a lively weekend of great Blues music during Ellicottville's annual Winter Blues Weekend, set for January 20-22, 2023. The Ellicottville Chamber of Commerce is excited to present this high-energy, soulful celebration in the heart of our village, with over 15 regional acts performing in all the downtown hot spots.

"Winter Blues Weekend has always been a hit with both our locals and visitors," said Jessica Wallace, business development manager of the Ellicottville Chamber. "We're looking forward to welcoming back some of the greatest Blues artists in our area, as well as some new acts. We hope you will give these musicians a warm welcome!"

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!

... page 04

## Foster Care: It Can Be Challenging, But It Can Also Be Rewarding

Today, in Cattaraugus County, 41 kids live in foster care. Folks who foster say they do it because they care about children and feel they can help them. Perhaps they are empty-nesters who raised their own family and feel the desire to use their parenting skills with kids who need them to make them feel safe in a hopeful, nurturing environment. Or they might be a young, single person who feels drawn to help kids.

Always, the goal is to reunite the natural family if possible but until then, foster parents endeavor to offer love and stability, while providing for the basic needs of the child.

... page 03

## HI-Y FARM TO OFFER HEMP BUILDING MATERIALS, CUSTOM REMODELS

This year, Hi-Y Farm Hemp, who has been a local, licensed hemp grower since 2017, will expand to include hemp building services under a new arm of operation: Hi-Y Hemp Building Company. Owned by partners, Chris and Jessica Golley of Mansfield, NY, Hi-Y Hemp Building Company will initially be offering hemp flooring and hemp insulation as options in small custom rebuilds or renovations. Chris, who has more than 20 years of experience in the building industry, said that building with hemp materials has been an aim since first entering the hemp space ... page 07

## National Squirrel Appreciation Day

### A Day to Celebrate our Bushy-Tailed Friends and All the Good They Do!



Photo / GOACC

OLEAN - It's that time of year! The calendar has rolled around to January and here at the Greater Olean Area Chamber of Commerce, we will recognize Saturday, January 21, 2023 as National Squirrel Appreciation Day.

Okay, so squirrels can be found on every continent except Australia and Antarctica - so what's the big deal? "Squirrels here in Olean owe all their celebratory status to Amy Sherburne and the Woodland in the City committee," stated Meme K. Yanetsko, GOACC COO. The Woodland committee began placing the four foot squirrel replicas throughout the city back in 2007.

What does one do to celebrate National Squirrel Day? Look inside for some nutty, fun ideas!

... page 11



@turkeyrunarcade

## A NEW DINING EXPERIENCE AT TURKEY RUN GOLF COURSE

Thanks to a new outdoor experience at 11836 Bixby Hill Road in Arcade, dining alfresco isn't just for the summer months anymore! During the last week of December, Turkey Run Golf Course owner Dan Cass welcomed his first guests into the newly installed igloos, which are open by reservation. When the weather is snowy, there's no better way to enjoy the company of friends and beautiful views over a delicious meal ... page 07

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# Publisher's PICK

## Foster Care: It's Real. It's a Part of Life. It Can Be Challenging, but It's Also Rewarding



By CAROL FISHER-LINN

Eddie Murphy, Colin Kaepernick, Steve Jobs, John Lennon, Marilyn Monroe, James Dean, Willie Nelson, Ice-T, Cher, Louis Armstrong, Alonzo Mourning. Have you any idea what this illustrious assortment of celebrities have in common? Since this is an article about fostering kids, it might seem logical that these top performers, with plenty of money and resources, would be foster parents. Some of them might be, but the fact is, these people who have reached the pinnacle of their fields were, in fact, raised at some time in their lives in the foster care system.

The foster system is kept at a low profile mainly because they are dealing with kids and the tough situations they have been through. Sometimes, these kids become the people who led off this article, while others are guided by foster parents and families to pick up the pieces of their lives and try to find their way into society. Some are successfully returned to their parents while others are either adopted or age out of the system. Not every story speaks of success, but they all speak of caring and another chance at life.

Today, in Cattaraugus County, 41 kids live in foster care. Is fostering a child something you have ever considered? Folk who foster say they do it because they care about children and feel they can help them. Perhaps they are empty-nesters who raised their own family and feel the desire to use their parenting skills with kids who need them to make them feel safe in a hopeful, nurturing environment. Or they might be a young, single person who feels drawn to help kids. Always, the goal is to reunite the natural family if possible but until then, foster parents endeavor to offer love and stability, while providing for the basic needs of the child. To learn more about what it takes to become a foster parent, please go to Cattaraugus County's website/social services (<https://cattco.org/social-services/foster-parent>) and click on the "become a foster parent" link.

According to Jesse Blakesslee, Case Supervisor for Child Welfare in Cattaraugus County, the kids hardest to place are siblings and teens. Imagine being removed from your home and then having to be separated from your siblings. The pain and anxiety are unimaginable. Moreover, it takes a special kind of adult or family to step to the plate to take on a teen who may be emotionally or physically scarred and feels nothing but betrayal.

Here's the good news: Every child in the county in need of emergency housing and family care will be taken care of. Blakesslee assured us that there is presently a pool of 25 individuals or families who have already stepped up to the plate and offered their homes and their open arms for a child in need. They have put in the time for training, had their homes inspected and done all that is necessary to be part of the approved foster parent pool. They are singles (young men and women) grandparents, parents, aunts and uncles, past foster parents turned adopting parents who still find room in their hearts and homes for more. These loving people are straight or members of the LGBTQIA+ community which assures the county team that somewhere, out there, is the perfect fit for every child, be they a ready-to-bloom Cher, Willie Nelson or Alonzo Mourning or any of the hundreds of others who flourish in the system.

So, this is where you come in. There is a meeting at 6:00pm on Tuesday, January 17 at the Bethany Lutheran Church (6 Leo Moss Drive, Olean - next to the County Building) where would-be fosters, or those interested in finding out more about the program are invited to attend. You may call Jesse Blakesslee direct at 716-701-3565 for further information or go to the above noted website. Check it out. Who knows, you may find your calling and make a huge difference in a child's life. We know they need you, but ... perhaps, you need them?



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# LOCAL

## ART ON DISPLAY: 'SILENT FORMS'

Ellicottville Native Tami Fuller Exhibits at Project 308 Art Gallery



**NORTH TONAWANDA** - The Project 308 Gallery located at 308 Oliver Street will host a solo exhibition titled "Silent Forms" featuring multi-media artwork created by Tami Fuller. Fuller, a native of Ellicottville, is the owner of Bluebird Studio in East Aurora, where she creates work and facilitates workshops to educate the public on the arts - specifically fiber arts - with hands-on learning experiences.

"I am delighted to welcome Tami to the gallery with this exciting and prolific showing of her works," says gallery owner Natalie Brown.

The public is welcome to view "Silent Forms" at the opening reception on Friday, January 13 from 6:00-9:00pm. "Silent Forms" will be on view through March 1, 2023. The gallery is open every Wednesday from 3:00-7:00pm or by appointment (call 716-523-0068). It is free to attend the opening reception and gallery hours.

**Silent Forms:** "How does one embrace the darkness as the pathway towards light without getting lost along the way? The melding of darkness and light into shadow forms draws one further and further like a spider into a web and you lose track of where fingertips end and the other self begins. Moving farther and farther deliberately into shadow and shedding skin over and over discovers new layers and new reflections, weaving together new shapes while pulling apart the old so they can be reformed and redeemed."

Using fiber, wood, steel and thread, Tami Fuller pulls the darkness up to embrace it and balance it with the light, finding grace somewhere in the middle. She's called up by the undeniable spirit of survivorship to explore past self and create and play with tactile forms until the darkest of secrets are exposed and the abstract finds form.

Her silent forms pulse, demanding your presence and attention, the product of a lifetime contemplating the unexplainable and exploring the lines between right and wrong, loud and quiet and overt and covert - joy and pain - and the secrets and stories we tell ourselves in between along the way.

They stand tall, slouch with sadness, rear back in pride, tell stories and hold space. Her forms tenderly block the light, letting us know that we can value our shadows as much as the light we're often told is what we should strive for. "But like most things, the truth lies somewhere in the middle. It's only through thoughtful contemplation of our darkness that we become comfortable enough to expose our light."

**More about the Artist:** Tami Fuller is a fiber artist based out of East Aurora, working as an abstract weaver and felt artist. Born and raised on a family sheep farm in Ellicottville, and connected to the fiber community in a professional capacity, using traditional women's work as a medium to explore these concepts was a natural choice. She is self-taught and works in the abstract using woven tapestry, soft sculpture, mixed media and metals.

Her work is driven by first-person experiences with exploitation, and she uses fiber in non-traditional methods to explore feelings of entrapment and suspended states. Embedding foreign objects and protrusions within her early work began as her way of expressing the struggle to find healthy expression for damage. She began by deliberately interjecting chaotic elements and foreign objects into linear weaving as an exercise in letting go of conforming to external standards, and her work is informed by her own understanding of self through the process of self-exploration. Her work mimics a sense of escape and overflow.

Fuller's work blends the fluidity and softness of wool with sharp lines and metal. The con-

"Tami Fuller Exhibit" continued page 07

## WINTER BLUES WEEKEND

Ellicottville to Host Many of the Region's Best Blues Bands Jan. 20-22



**ELLICOTTVILLE** - Fill your Ellicottville experience with a lively weekend of great Blues music during Ellicottville's annual Winter Blues Weekend, set for January 20-22, 2023. The Ellicottville Chamber of Commerce is excited to present this high-energy, soulful celebration in the heart of our village, with over 15 regional acts performing in all the downtown hot spots.

"Winter Blues Weekend has always been a hit with both our locals and visitors," said Jessica Wallace, business development manager of the Ellicottville Chamber. "We're looking forward to welcoming back some of the greatest Blues artists in our area, as well as some new acts. We hope you will give these musicians a warm welcome!"

The music kicks off Friday evening and continues through Sunday afternoon, making it a weekend you won't want to miss. Kicking back and listening to some amazingly talented musicians is the perfect way to top off a day of skiing at our local resorts. The best part: all performances are free to enjoy! **NO COVERS!**

"We want to make sure that everyone who comes to Ellicottville can enjoy these live performances at no cost," said Wallace. "Many restaurants start their entertainment schedules in the afternoon, giving families with young children a chance to plan a fun, musically-inspired lunch or dinner out and take part in all the excitement."

And surely you will find ample excitement all over town - QPUNK at Madigan's, Blues Express at Villaggio, Tui Osborne at Holiday Valley, Alexander James at 12 Gates Brewing... the list goes on and on! Here are a few other performances to add to your radar:

**TOMMY Z: FRIDAY 6:30PM @ BALLOONS:** Hailing from Buffalo, NY, Tommy Z has been described as a "blues treasure" and "one of WNY's best kept secrets". He is a guitar-driven, electric blues-based stylist who puts that soulful blues feeling into all the different music he creates. He's been recognized with numerous awards over the years, including being voted Top Blues Vocalist in Western New York and Top Blues Guitarist. He was also honored with the Muddy Waters Award for "Artist of the Year" by the Blues Society of WNY. He was inducted into the Buffalo Music Hall of Fame in 2007 and has had the opportunity to perform, write, record and/or co-bill with some of the world's top artists in the blues/rock genre including B.B. King, Buddy Guy, Johnny Winter, Blues Travelers, Peter Frampton, Lynyrd Skynyrd and more.

**MARIA AURIGEMA BAND: SATURDAY 8:00PM @ GIN MILL:** Maria enjoys an enthusiastic following in Western New York and Canada and has performed at a variety of clubs and festivals throughout the region. She has performed with national blues artists Tommy Castro, Clarence "Gatemouth" Brown, Tab Benoit, Elvin Bishop, Popa Chubby, Kelley Hunt, Jeff Healey, Debbie Davies and Jimmy Thackery, to name a few. Additionally, she has opened for Foreigner, Blue Oyster Cult, Edgar Winter, Johnny Winter, Little Feat, Creedence Clearwater Revisited, Foghat, Steppenwolf, Sammy Hagar and Styx.

**ROCKABILLY STEVE AND THE BR3: SATURDAY 8:00PM @ FINNERTY'S:** When served as an eclectic brew of blues and roots, Rockabilly Steve is an outstanding guitarist, vocalist and songwriter who has blended many genres of music for his unique sound. He refuses to be categorized as one style of music, so what you get is blues with swing, roots with jazz, and so on. Since the age of seven, Rockabilly Steve's showmanship has captivated audiences with his high energy performances that transport audiences back in time with his blend of blues, jazz, swing, roots, rockabilly, and original music! Dig out your dancing shoes... Rockabilly Steve and BR3 is a band that knows how to entertain.

"Winter Blues Weekend" continued page 11

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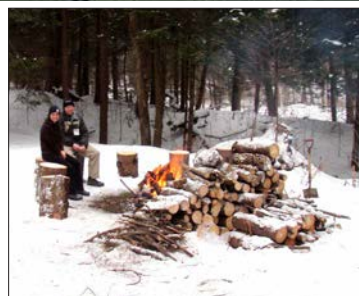
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Friday, January 20

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#### TUI OSBORNE

Saturday, January 21

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# BUSINESS

## DINING IN AN IGLOO

Turkey Run Golf Course Adds a Unique Dining Experience to Their Menu



By MARY HEYL

Thanks to a new outdoor experience at 11836 Bixby Hill Road in Arcade, dining al-fresco isn't just for the summer months anymore! During the last week of December, Turkey Run Golf Course owner Dan Cass welcomed his first guests into the newly installed igloos, which are open by reservation. When the weather is snowy, there's no better way to enjoy the company of friends and beautiful views over a delicious meal!

Speaking of the response to the new igloos, owner Dan Cass said, "We had our first customers on December 29, and they've taken right off! I wanted to expand the dining room and offer something different in our area. I have two igloos installed, and they hold six people comfortably. Our whole menu is offered out there."

Despite the frosty connotation of the name, Cass explained that the igloo dining experience is actually quite comfortable. "Each one has a small tabletop fire pit, and there's an extra electric heater if needed," he said. "They do stay very, very warm. Myself and my friends sat in one for a few hours, and we were very comfortable!" Guests are encouraged to dress in layers, so they can adjust to the temperature as needed.

Cass noted that the response on social media has been overwhelming. "Our first guests were very happy," he said. "They had a great, great time. They said it's kind of like eating in a snow globe!"

Speaking of snow, Cass said he plans to have the igloos up until sometime in March, so those who are planning to make this experience part of their winter should book soon. Reservations can be made by calling Turkey Run at 716-492-2888. All reservations are a generous two hours, and guests are advised to arrive 10 minutes early to review the menu and place drink orders. Due to the high demand of the igloos, reservation times are firm to give as many people as possible the opportunity to enjoy this unusual dining experience.

The igloos are just one of many changes that Cass has introduced to Turkey Run since he purchased the business in 2016. The former owner of John and Mary's Restaurant in Arcade, Cass added the bar and restaurant, which have made Turkey Run a year-round destination.

"This has been a huge learning curve. Turkey Run is a totally different business and place than it used to be," he explained. "After I purchased the golf course, I realized right away that it needed something other than summertime golf. Since adding the clubhouse, there's now a year-round restaurant. We're able to host events and holiday parties. We also get lots of snowmobilers because of the trail that comes through here."

Dining isn't the only activity available year-round, however. Two years ago, Cass installed the golf simulator so guests can enjoy year-round golf, including a wintertime league. Guests pay a flat hourly rate for up to eight players at a time, and gift certificates are available.

With Valentine's Day just around the corner, it's not too early to make plans for a unique dining experience! For more information, including simulator golf rates, 2023 golf membership, and the clubhouse's full menu, visit [www.turkeyrunarcade.com](http://www.turkeyrunarcade.com) or call 716-492-2888.

Follow Turkey Run Golf Course on Facebook for the latest news, including restaurant specials. Turkey Run is open at 11:00am Tuesday through Sunday (closed on Mondays).

## HI-Y FARM EXPANDS

Hi-Y Hemp Building Company to Offer Hemp Building Material, Custom Remodels



ELLCOTTVILLE - This year, Hi-Y Farm Hemp, who has been a local, licensed hemp grower since 2017, will expand to include hemp building services under a new arm of operation: Hi-Y Hemp Building Company.

Owned by partners, Chris and Jessica Golley of Mansfield, NY, Hi-Y Hemp Building Company will initially be offering hemp flooring and hemp insulation as options in small custom rebuilds or renovations.

Chris, who has more than 20 years of experience in the building industry, said that building with hemp materials has been an aim since first entering the hemp space. "One of our main discussions when we first started as growers, was to eventually use hemp building materials as they achieved more wide-spread approval and usage."

Over the past year, hemp building materials have received certification under U.S. Residential Building Codes/International Residential Code. More materials will be integrated as they obtain official approval.

Chris also said that the benefits of using hemp materials for building are widespread. "Hemp, in general, is a sustainable crop. Along with this sustainability, we have learned so much about the durability and strength of the hemp fiber as farmers and are now starting to see that translated into building materials," he said. "Hemp building materials are more durable, nontoxic, more fire resistant, and also mold resistant. These are great benefits for our community."

Jessica said that one immediate goal, regionally, is to work with officials and the community to educate on hemp building materials and their uses. "Since we started in the hemp industry, local education has been key - whether it is about growing the crop in New York or about our hemp products - we are ready to share our knowledge and help others learn about the benefits that are available in the hemp industry, including hemp building materials."

For more information or to discuss a custom project, contact Hi-Y Hemp Building Company at 716-969-3616. Operations are slated to begin later this year.

## TAMI FULLER EXHIBIT

cont. from page 04

trasting elements create work that is thought provoking, visceral, and at once stark and delicate. Her work represents personal growth and shadow work exploring trauma and self-exploration. Her forms are an invitation to contemplate how the unraveling of one's identity during crisis mirrors the disintegration from straight lines into abstract and the illusory unraveling is not a fall to ruin as it appears, but rather can be a path to personal freedom and empowerment. She uses intuitive and deliberately unorthodox weaving methods as a way to uncover latent imagery hiding in the personal subconscious, unrecognizable to the ego. She is especially fascinated with how free form weaving and abstract felt sculpture allow those images to rise naturally as an end product of a successful self-actualization and integration process.

For updates and more information about the exhibition and the Project 308 Gallery, find "Project 308 Gallery" on Facebook and @project308gallery on Instagram.



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# REGIONAL

## SQUIRREL APPRECIATION DAY

Greater Olean Area Chamber of Commerce Encourages Everyone to Celebrate!



Photos courtesy  
Greater Olean Area Chamber of Commerce



OLEAN - It's that time of year! The calendar has rolled around to January and here at the Greater Olean Area Chamber of Commerce, we will recognize Saturday, January 21, 2023 as National Squirrel Appreciation Day.

Not an official event to go to, GOACC officials want all to recognize and thank the squirrels that share our community. In 2001, wildlife rehabilitation specialist, Christy Hargrove, founded National Squirrel Appreciation Day in Asheville, North Carolina. Christy created this day to encourage kind attitudes towards our bushy-tailed neighbors by setting out food and water for squirrels, and even allowing them to play with that bird-feeder you normally don't want them touching.

Okay, so squirrels can be found on every continent except Australia and Antarctica - what's the big deal? "Squirrels here in Olean owe all their celebratory status to Amy Sherburne and the Woodland in the City committee," stated Meme K. Yanetsko, GOACC COO.

The Woodland committee began placing the four foot squirrel replicas throughout the city back in 2007. A few squirrels were added each year and grew to 30 in number. However, due to retirement and relocation, the squirrels currently are 28; the most recent addition in 2019/2020 is Sparky, the official transformer creator of Eaton Cooper out on Dugan Road, Olean.

When Amy presented her idea to the Chamber for their own, the office jumped onboard and had a local artist create our Nutty O' St. Nick. It probably was the next year (2008) when GOACC began producing/printing the annual squirrel calendar. Other items followed - squirrel guide book, squirrel tees, plush squirrels, squirrel earrings and now squirrel pens and bookmarks.

Oh, so why squirrels? "Woodland noticed that the Olean area has an abundance of black squirrels. According to the National Wildlife Federation, one in 10,000 squirrels are black," added Erica Dreher, GOACC Membership Manager. Woodland wanted to recognize this unique fact of the Olean squirrels and began this project.

What does one do to celebrate National Squirrel Day? Create a bird feeder specifically for squirrels; go on a squirrel-spotting walk; build a squirrel obstacle course; dress your dog up as a squirrel; say the word "squirrel" a lot; and share these facts below about squirrels with your friends, family and coworkers...

Ten Nutty Facts about Squirrels:

1. Squirrels can find food buried beneath a foot of snow.
2. A squirrel's front teeth never stop growing.
3. Squirrels may lose 25 percent of their buried food to thieves.
4. They zigzag to escape predators.
5. Squirrels may pretend to bury a nut to throw off potential thieves.
6. A newborn squirrel is about an inch long.
7. Humans introduced squirrels to most of our major city parks.
8. Squirrels are acrobatic, intelligent, and adaptable.
9. They get bulky to stay warm during the winter.
10. Squirrels don't dig up all of their buried nuts, which results in more trees!

GOACC also encourages all to use these hashtags on 1/21/23 in regards to the day: #NationalSquirrelAppreciationDay #Squirrel #SquirrelDay. For more information, please call 716-372-4433 or email member@oleanny.com.

## CRCF DIRECTOR RETIRING

Board Announces Retirement of Executive Director Karen Niemic Buchheit



OLEAN - The Cattaraugus Region Community Foundation (CRCF) board of directors has announced that long-time Executive Director Karen Niemic Buchheit plans to retire September 1. Buchheit was the Foundation's first full-time executive director when she began in December 2010, according to CRCF board president Lucy Benson.

"On behalf of the entire CRCF board of directors, I want to sincerely thank Karen for her many years of dedication and leadership to the Foundation," said CRCF Immediate Past President Skip Wilday. "Karen has taken CRCF from an emerging community foundation with a vision of being the community's leader in philanthropy to a foundation today that is very much living out that vision and mission. Under her leadership, CRCF's impact in the community has greatly increased, and she has laid a blueprint for the next leader to take the Foundation to the next level and into its next chapter."

For more than 12 years, Buchheit has encouraged private giving to "Grow Good" in the community and build endowed funds to grow and sustain annual grant and scholarship awards. The Foundation has grown from about \$9 million in assets that year to more than \$27 million in 2022.

Buchheit has directed grantmaking to meet the community's changing and future needs, with annual grant distributions growing from an average of \$400,000 a year to \$1.4 million a year, including a record year of over \$2 million in 2022.

Since joining CRCF, Buchheit also has expanded the Foundation's role in the region to assist nonprofit organizations through not only grantmaking, but also with capacity building services and programming, with events such as the Nonprofit Networking Day, which was replaced during the pandemic with the Nonprofit Link and Learn webinar series.

Buchheit also led the effort to bring a giving day to the Cattaraugus County area. In just the last four years, the CRCF-led giving day, Cattaraugus Gives, has raised over \$1 million for nonprofits in Cattaraugus County.

During the COVID pandemic, she helped lead efforts to bring in and award more than \$238,000 in support to nonprofits on the frontline of serving the region's residents through food pantries, social service agencies and other organizations. Additionally, Buchheit led efforts to organize nonprofit leaders in Cattaraugus County to direct additional funding to organizations leading COVID relief efforts in the region.

The board will be establishing a search committee to oversee the process of hiring Buchheit's successor. The plan is to have a new executive director on board before Buchheit leaves the office to facilitate a smooth transition in leadership.

## WINTER BLUES WEEKEND

cont. from page 04

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 schedule of live music for Winter Blues Weekend 2023 will be posted on [ellicottvillenewyork.com](http://ellicottvillenewyork.com). Stay updated on this and other Chamber related news and events by following @visitellicottville on IG/FB. For questions or additional information, please contact the Ellicottville Chamber of Commerce at 800-349-9099 or email [info@ellicottvillenewyork.com](mailto:info@ellicottvillenewyork.com).

# HEALTH & FITNESS

## Core Performance: Tempo Training... Slow Down!

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

One of the many things I stress as a professional personal trainer is the speed or tempo at which you perform an exercise. Very often I need to tell clients to slow down, stop jerking and to feel the movement. This cannot happen when your pace is basically momentum with no regard for muscle development.

Tempo is definitely one of the most often ignored parts of a workout routine. Too often I have witnessed folks rushing through an exercise with no regard to what muscles they are trying to engage. When you slow down and focus on your tempo, you will not be able to use momentum but instead can focus on your range of motion, breathing and muscle development. Strength training at a slower tempo provides a higher tension in the muscle, which is key to building bigger muscle size (hypertrophy).

While researching for this article I found it fascinating at the variety and scope of tempos created by professional trainers and other experts in the fitness arena. During a workout, it can be argued that tempo training can be included for literally every exercise. It might not be necessary, but it can play a role.

There are many reasons to use tempo training. Here's just a brief list:

- Improved body awareness
- Improved control of lifts
- Development of connective tissue strength
- Improved stability
- Focus on muscular elements versus tendinous elements (a slow, controlled motion is going to place more stress on the muscles, whereas a bouncy or ballistic motion will place more stress on the tendons, etc.)

Without getting too technical, the most important thing to remember with regards to tempo is that you never want to train at a rate that does not allow you to lift with a smooth and controlled motion. This smooth and controlled motion is critical to your weight training success.

Lifting too fast will force momentum to become a major player and will not sufficiently work the muscles. But, most importantly, lifting too fast will lead to jerky motions that can lead to injuries. It is important to note that tempo is not the only major factor that can derail form; lifting at a weight that is too heavy can also lead to bad motion and bad injuries.



Controlling your tempo will help you improve control, create hypertrophy and help you push past strength plateaus. So, next time you're in the gym, slow down, breathe and feel the muscles working with you. Remember, you workout because you love your body, not because you hate it.

*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](http://www.coreperformancefitness.com). Kim can be reached directly at 716-698-1198. Ask about Fitness a la Carte options, as well as a NEW "Basice Exercise Class" beginning January 16 on Mondays and Thursdays for just \$10 per class.*

## Inner Peace & Strength: New Year, New You... Then What?

BY LAURA WIDGER, LCSW



As we set our intentions, let us remember and embrace small changes and the beauty of our imperfections. Let us lean into personal moments of joy and celebration and move through those moments of stumbling.

Psychologist Judith Beck, president of the Beck Institute for Cognitive Behavioral Therapy and author of *The Beck Diet Solution* and *The Diet Trap Solution* says, "People often set the same resolutions year after year after year, because they've never mastered or fulfilled them." Beck highlights that for Americans it is not a lack of commitment or willpower that leads people to throw out or give up on their resolutions. Instead, we tend to fall into common thinking traps revolving New Year's Resolutions.

Judith Beck categorizes these thinking traps into 4 categories and provides solutions for us:

**Trap #1:** We set resolutions that overwhelm us. A few overwhelming examples are: setting a resolution of never eating sugar again, cutting your budget in half, saying yes to every social opportunity that is made available. We end up exhausting ourselves and burning out. Beck suggests breaking down our goals into bite sizes so we are much more able to accomplish them.

**Trap #2:** We don't anticipate obstacles. As we begin to set our resolutions, we tend to not think about the road blocks or common obstacles that might arise. For example, if you intend to go to the gym 7 days a week... what about sickness, weather, closures derailing that commitment? Beck suggests we think about alternative means to accomplishing our bite size goals, to think about obstacles that could come up, and to hope for the absolute best while also planning for some veers off the path.

**Trap #3:** We engage in all-or-nothing thinking. It is human's inherent inclinations to fall into all or nothing frameworks. For example, I either train and complete a triathlon or I am an utter failure; I lose 20 pounds or I am worthless; I get an A on my biology exam or I am doomed. This thinking loop just sets us up for disappointment and let-downs. Beck suggests we think about the range of positive outcomes and celebrate the process and spectrum of successes instead.

**Trap #4:** When we get off track, we beat ourselves up. Beck references this common example: "You make a commitment to avoid sweets, but in a momentary lapse in reason, you eat a bit of chocolate cake. An instant later, you think 'Now I blew it! I am such an idiot! I'll never lose weight'... as you finish off the slice." Beck offers a simple anecdote to this thought pattern. She suggests we ask ourselves, "What would I say to a friend or loved one in this situation?" It is often much more gracious, understanding, and kind. Can we turn that dialogue back upon ourselves, embrace imperfection, and tap back into motivation to get us back on track?

The turn of the calendar is a moment to reboot and refresh. It is a time to embrace our complexities, intricacies, and imperfections. Be patient and understanding with yourself just as you would with someone you love and care about.

*Laura Widger is a NY State Licensed Clinical Social Worker with 15 years of experience in the field of emotional wellness and mental health. She owns and operates Inner Peace and Strength - Mental and Emotional Health, and specializes in trauma healing with children and adults. She lives in Cattaraugus County with her husband, children, and German short haired dog. Laura personally and professionally strives to promote internal self leadership and the discovery of true genuineness and balance within.*

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## PUBLIC NOTICE

**NOTICE OF PUBLIC HEARING: VILLAGE BOARD OF TRUSTEES, VILLAGE OF ELLICOTTVILLE, NEW YORK:**

**PLEASE TAKE NOTICE** that a public hearing will be held by the Village of Ellicottville Board of Trustees on Tuesday, January 17, 2023 at 6:00 PM at 1 West Washington Street, Ellicottville, New York 14731.

The public hearing will be held to hear from all interested parties regarding a proposed zoning map amendment to change the zoning of tax map parcel 55.036-2-16.2 located at 39 Mill Street from Residential Development District - Medium Density to Village Commercial 2 District.

All interested in the above matter are invited to attend. Copies of the application are on file at the Village Office and are available for public inspection during regular office hours from 8:00 AM to 4:00 PM Monday through Friday.



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## THE BEST BOOTFITTERS

Miguel Azcarate of Mud, Sweat n' Gears Named One of the Best in the East

Skimag.com recently published a list of the best bootfitters in North America, as rated by industry pros. From the East coast to the West coast, gear testers, ski instructors and ski industry professionals put local shops to the test and dialed in their rankings. Congratulations to Miguel Azcarate of Mud, Sweat n' Gears, Ellicottville, NY who made the top of skimag.com's list for Best Bootfitter in the East. As quoted on skimag.com by Chad Jacob, race coach and gear tester, "Western NY, especially the Rochester area where I live, is a tough market for bootfitting. The best shop in Western New York is by far Mud, Sweat n' Gears in Ellicottville, NY. Customers frequently drive hours to schedule a fitting with Miguel Azcarate, co-owner and bootfitter. Miguel is amazing. I send all my race athletes to him and it's not uncommon for him to spend hours with a customer, from footbeds to grinds, punches, cants, and lifts. They do it all and are reasonably priced." For the full list of Best Bootfitters, go to skimag.com. Photo / @mudsweatgears



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Contributions are always welcome. Submit your articles and photos or story ideas to our publisher: [brenda@ellicottvillenow.com](mailto:brenda@ellicottvillenow.com)

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holiday\_valley\_race\_team: Such a fun group of kids! @holimont #juniorskiracing #slalom #alpineskiing #skilife #winter #evlnow



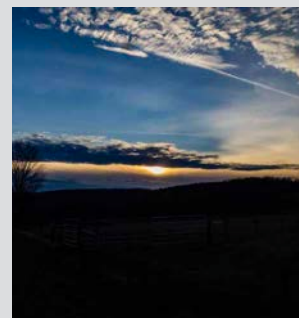
christycarus: 2 hours of turns today and the knee was so good to me! #ACLrecovery #evlnow



twangram: Spring vibes in January #springskiing #deckbeers #yodeler @thecitygarage #evlnow



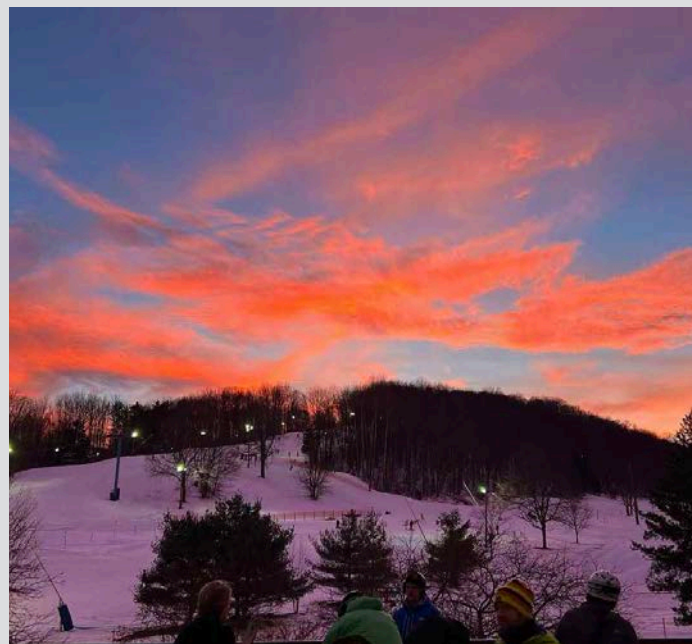
picklesandpepto: Raw beauty #ellicottvillenow #skiseason



visual\_ronin: #sunset #wny #ellicottvilleny #evlnow



lcove1: @holimont #newyear #onthehill #fireworks #evlnow



kkdido: No filter needed tonight #prettiestplaceonearth #evlliving @ellicottvillenow



escornelius80: Happy New Year #ellicottvillenow #holimont



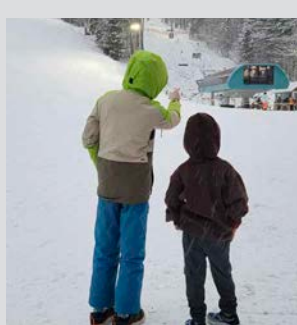
liveloudunderground: #snowboardseason #loudboardshop #loudperformanceproducts #adventureboundonthefly #ellicottvillenow



thrivevllounge: #igotpokedinevll #selfcare #driptiontherapy #evlnow



gregculver: @bolfunk #hotwingdesigns #evlnow



mrsski815: @holidayvalley #evlnow #family #snowkids

### Ski time at HoliMont!



# Team Pritchard

## Selling the Ellicottville Lifestyle!

### Cathleen Pritchard & Melanie Pritchard

Associate Real Estate Brokers  
ERA Team VP Real Estate & HoliMont Realty  
info@teampritchard.com  
12 Washington St., Ellicottville, NY 14731



↓ Visit us at the HoliMont Desk!  
We are agents and members! ↓

Cathy: (716) 983-4234 [www.TeamPritchard.com](http://www.TeamPritchard.com) Melanie: (716) 480-8409



**4110 Irish Hollow \$390,000**  
Secluded Paradise! Get away from it all at this well-built log home!  
3 bdrm 2 bath sq ft. 1,428



**New Listing!**  
**6 Plum Creek \$420,000**  
A hot spot on the slopes! Ski in/out. Convenient, close to E'ville!  
3 bdrm 2 bath sq ft 1,186



**Wooded and peaceful!**

**10 HoliMont \$550,000 5 Bed 3 Bath sq ft. 1,602**  
Looking for a 4-season getaway that you can use when you want to and rent out when you want to – then look no further.

THURSDAY, FEBRUARY 16, 2023

# Ski 4 a Cure

**9 AM - 4:30 PM**

**At HoliMont Ski Club**

**6921 Rt. 242 Ellicottville NY 14731**

HoliMont Ski Club and Ski Club of Lockport are hosting a "Ski 4 a Cure" event to help raise money for Roswell Park Cancer Institute. Come enjoy a day of skiing, food and entertainment while supporting a great cause!

### EVENT DETAILS:

\$100 event ticket. (Includes your lift ticket, food and access to games and entertainment for the day).

To purchase tickets go to:

[booking.holimont.com](http://booking.holimont.com)

To Donate to Roswell Park Cancer Institute, go to:

[give.roswellpark.org](http://give.roswellpark.org)

