

TELL A FRIEND ... THE TOUR IS BACK!

A van full of pro freeskiers are traveling the US and heading to Holiday Valley; Join the fun!



Competition in skiing - no matter the discipline - runs high; just tune in to any of the X-Games coverage. One athlete goes big, the next wants to go bigger. With this mentality sensation-alized in the media, the Tell a Friend Tour takes a different look at the amazing sport of freeskiing.

The Tell a Friend Tour will return to Holiday Valley on Wednesday, February 2nd from 3:00-7:30 pm. Meet up with pro freeriders to tour the resort, hang with them in the parks and get high fives ... and pizza! FREE!

Creator and director, Andy Parry, started the tour because freeskiing hadn't had a non-competitive event series in a long time. "I wanted to create something that included as many people as possible, and was free. I saw an opportunity to help being part of making lifelong skiers by creating a fun event."

... page 04

FROSTY FEST ... OLEAN CHAMBER PLANS NEW WINTER EVENT

With the holidays long gone and spring still far away, February can feel like a bleak month. However, a new event in Olean promises to infuse some fun into the beginning of the month. The first Frosty Fest, set for Saturday, February 5th in War Veterans Park, will feature loads of activities for all ages - from snow bocce, curling, the city's largest pancake breakfast to snow disc golf, snow cornhole and even a squirrel plunge. GOACC is also working with Big Bossman Catering to be the on-site food truck for all attendees. Big Bossman will be serving up their chili in addition to all their barbeque deliciousness ... page 11

Winter Traffic Jams Prompt Request for DOT Traffic Study on Route 219

The Ellicottville Town Board convened for its monthly meeting Jan. 19th and discussed the need for a winter traffic study on Route 219 that will help address growing problems with increased traffic flow, backups and safety due to congestion caused by both pedestrians and automobiles.

Several in attendance at the meeting said the holiday traffic resembled Fall Fest. Don Auge, EPD, said the area has been experiencing heavy traffic since Jan. 8th, when cars were backed up to Lindberg Rd., more than 3 miles north of the Village.

... page 14

OLD TOWN SMETHPORT

A historical pioneer town is reborn; Plan your visit to PA's newest attraction



Nestled in the hills of the Pennsylvania Wilds within McKean County, Smethport offers a glimpse of its pioneer past to visitors at the newly opened Old Town Smethport. Take your time to explore their historic displays, shop at the General Store, dine at the new Cottage House Restaurant & Winery. Then overnight at one of Smethport's Mansions - The Mansion District Inn or the Blackberry Inn.

As you walk in the door of Old Town Smethport, you'll discover a real stagecoach, a large cannon, a General Store Delivery Truck, an antique horse saddle, a log cabin and more. These are just a part of the displays you will see as you stroll along a pathway designed with life size trees, a painted sky overhead, and a wide selection of displays honoring Smethport's history.

... page 17



CHAMPIONSHIP SNOCROSS RETURNS TO SENECA CASINO

The twists, turns, power and thrills of professional snocross are roaring back into Salamanca. Seneca Allegany Resort & Casino will host the U.S. Air Force Snocross National on Friday, February 18th & Saturday, February 19th. The world's greatest snocross racers will face off on a course filled with wicked twists and giant ramps that will send racers and their vehicles flying dozens of feet in the air. Part of the AMSOIL Championship Snocross season, the two-day, nationally televised event promises to be a highlight of the winter season ... page 04

TIMBERHUT SEEKS ARTIST 03 | HV PLANS 6-PASSENGER CHAIRLIFT 08 | VALENTINE'S DAY SHOWCASE 12

Page 02 ... JANUARY 27-FEBRUARY 9, 2022 PUBLISHED BI-WEEKLY



ellicottvilleNOW is a publication produced by DesignPerks of Ellicottville, member of PaNDaGOAT Media | ellicottvilleNOW.com

PUBLISHED EVERY OTHER THURSDAY + JANUARY 27-FEBRUARY 9, 2022 ... Page 03

37 ACRES!

Publisher's **PICK**

TimberHut Cabin Company seeks artist to create 38x16-foot mural on exterior of showroom building



BY MARY HEYL

One of the largest forms of public-facing art, murals are unique expressions of the culture, place, and time in which they were created. From Keith Haring's iconic 1987 "We the Youth" mural to more recent creations such as Kelsey Montague's COVID-19 memorial mural, each one tells a story and draws in visitors who want to experience that story. For Brooks Anderson, founder and president of TimberHut Cabin Company, the beauty and excitement of Cattaraugus County's natural landscape is a story worth sharing, and he's looking for an artist to portray this through a building-sized mural at TimberHut's production facility.

In fall 2021, Anderson moved his Buffalo-based production facility to the former car dealership site at 4580 Route 219 in Great Valley. The 15,000 square foot space occupies five acres, including a well-lit lot, and is exactly what Anderson needed for his rapidly growing custom cabin company. The exterior wall of the north face of the building has an open area that is 107 feet long by 16 feet high, and Anderson would like to devote approximately 38 feet of this space to a mural that reflects the natural beauty of Cattaraugus County.

"The side of the building is the perfect setting for a mural that tells a story about Great Valley and Cattaraugus County as a whole, especially the four seasons aspect of this area that draws in visitors and adventure seekers," he said. "It's a cool location for it because it's centrally located in Cattaraugus County, and I'd love to have the mural be a destination. With the right artist and the right theme, we could paint a very nice, really beautiful setting that reflects all that our area has to offer."

Anderson pointed out that he's not looking for an exclusively "TimberHut mural;" rather, the mural should portray the qualities that make Cattaraugus County such a wonderful place to visit. Prospective muralists should plan to use as much of the space as possible to include representations of the four distinct seasons of western New York, as well as three elements in each seasonal landscape: 1) illustrations of year 'round activities such as biking, skiing, hiking, camping, golfing, picnicking, and more 2) an image of one of TimberHut's cabin models, which are available online at www.timberhut.com, and 3) the TimberHut logo somewhere in the mural. Artists are encouraged to incorporate elements that would inspire visitors to stand, sit, jump, or strike a pose for a memorable photo of their visit.

Designs should be submitted to TimberHut Cabin Company by Tuesday, February 15th and should include the following:

• A design sketch drawn roughly to scale on either one long poster paper or four pieces of landscape-oriented 8.5 x 14-inch paper;

- A good-faith estimate of the total cost of the project (time and materials itemized);
- A good-faith estimate on when work would commence and conclude; and
- A list of anything required from TimberHut for completion of the mural.

Once submissions are received, TimberHut's panel of judges will review them and select their top three designs. The first place artist will be contacted first, and if he or she is no longer able to participate, the second place artist will be contacted, and so on. Anderson is planning for work on the mural to begin this summer, which will coincide with his plans to have a completed showroom.

While Anderson hoped to have the showroom well underway by the end of 2021, business

"TimberHut Mural" continued page 21

Live, play, work in this reno-vated & expanded 6+BR, 3+BA home w/ fam rm, office, FP, deck, patio, attached garage. MLS#B1370690 ... **\$398,00** Just outside of the Village of Little Valley is this 37 acre wooded parcel w/ 656 feet of frontage. Utilities at the road. MLS#B1356404 ... **\$99,900** 20 open & wooded acres w/ this sprawling 4+BR, 3+BA home w/ lap pool, 4FP, office, fam rm, garage, barn. MLS#B1283701 ... **\$850,000** TINA J. DILLON oward Licensed Real Estate Salesperson 16-474-5646 anna thedillonteam@gmail.com OFFICE: 34 WASHINGTON ST., ELLICOTTVILLE, NY • PHONE: 716-699-4695 WWW.TINADILLON.NET 69 9 16 Brick & Brew OVEN RIA LLE, NY 21 MONROE | ELLICOTTVILLE, NY HOURS: **MON-THURS 4-8PM** FRI-SAT 12-9PM SUN 12-8PM MSBB is cooking up fresh BRICK-OVEN baked PIZZA, WINGS & more!! Come enjoy our hand crafted experience with a selection of CRAFT BREWS and WINE!!

NEAR CUBA LAKE!

CUSTOM LOG HOME!





snowTRENDS

THE TOUR IS BACK IN TOWN!

Join pro freeskiers as they make their way to Holiday Valley for a day of park



BY CAITLIN CROFT

Competition in skiing - no matter the discipline - runs high; just tune in to any of the X-Games coverage. One athlete goes big, the next wants to go bigger. With this mentality sensationalized in the media, the Tell a Friend Tour takes a different look at the amazing sport of freeskiing.

The Tell a Friend Tour will return to Holiday Valley on Wednesday, February 2nd from 3:00-7:30 pm. Meet up with pro freeriders to tour the resort, hang with them in the parks and get high fives ... and pizza! FREE!

Creator and director, Andy Parry, started the tour because freeskiing hadn't had a noncompetitive event series in a long time. "I wanted to create something that included as many people as possible, and was free. I saw an opportunity to help being part of making lifelong skiers by creating a fun event."

Parry is originally from the outskirts of Rochester, NY and grew up skiing the Western New York terrain. Now a professional freeskier living in Portland, OR, Parry is the co-creator of Line Traveling Circus - the OG web series of freeskiing running 15 years strong. Check it out at https://lineskis.com/en-us/traveling-circus.

Entering into the 10th year of the tour, Parry told eNOW, "So far we have done over 220 stops in North America and the UK. We have also handed out well over \$150,000 in product over that time and have ate wayyyy too many pizzas."

ONE-ON-ONE WITH ANDY PARRY

CROFT: Why is it important to get kids involved in this sport at a young age? **PARRY:** I think outdoor recreation is good for everyone and it's important to get them hooked on being outside.

CROFT: The x-games are finishing up. Favorite athlete or someone to be on the lookout for?

PARRY: Alex Hall is the skier to watch, and is my favorite for winning the slopestyle in the Olympics.

CROFT: What is one thing you'd tell your younger self? **PARRY:** keep skiing!

CROFT: One thing you'd tell a kid just getting into the sport? **PARRY:** Never be shy or nervous about what other people think about your skiing, or trying new tricks. Be confident and never half commit to a trick.

CROFT: This is some fantastic advice and really applies to any aspect of skiing. You're a major pizza connoisseur; what's your go-to pie toppings? **PARRY:** I like to keep it simple so I'd say it's pepperoni.

CROFT: There is a tight knit community in the race world that I've grown up with; is it the same in the slopestyle world? How has your network shaped you? **PARRY:** It's definitely a tight community, everyone mostly knows everyone. I think that having a common interest makes it really easy to make new friends and that's awesome to have. Mostly every friend is a skier or snowboarder, including my fiancé!

"Tell a Friend Tour" continued page 08

AMSOIL CHAMPIONSHIP SNOCROSS

High flying action returns to Seneca Allegany Resort & Casino Feb. 18-19



SALAMANCA - The twists, turns, power and thrills of professional snocross are roaring back into Salamanca.

Seneca Allegany Resort & Casino will host the U.S. Air Force Snocross National on Friday, February 18th and Saturday, February 19th. The world's greatest snocross racers will face off on a course filled with wicked twists and giant ramps that will send racers and their vehicles flying dozens of feet in the air. Part of the AMSOIL Championship Snocross season, the two-day, nationally televised event promises to be a highlight of the winter season.

"Nothing compares with the heart-pumping action and speed of snocross, and we are thrilled to bring this event back to Seneca Allegany Resort & Casino and Western New York," said Kevin Nephew, Seneca Gaming Corporation President & CEO.

The U.S. Air Force Snocross National will feature two jam-packed days of racing excitement and family-friendly fun. In addition to dozens of exhilarating races, the weekend's events will include free snowmobile rides for kids, autographs from the professional racers, fireworks, vendors and endless energy, excitement and fun. Pre-sale tickets are now available starting at \$25 for single-day passes and \$35 for weekend passes. Children age 12 and under are free.

As an added bonus, all attendees age 21 and older will receive \$10 in free slot play at Seneca Allegany Resort & Casino, with proof of admission and valid photo I.D. Military veterans will receive \$15 in free slot play with proof of admission and Veteran status.

Complimentary parking will be available on-site and off-site, along with complimentary shuttle service to/from off-site parking areas. Sports fans will be able to catch all of the exciting snocross action on CBS Sports Network and via livestream at www.snocross.com. Tickets are available online at www.snocross.com and at The Logo Shop inside Seneca Allegany Resort & Casino. For more event information, visit www.snocross.com.

JUST ANNOUNCED: One of the biggest voices in Country Music is headed for Seneca Allegany Resort & Casino. Martina McBride will perform inside the Seneca Allegany Events Center on Saturday, April 9th at 8:00pm. Tickets are now on sale! Martina McBride is a Country Music legend known for her powerful voice and soaring soprano singing range. Throughout her career, McBride has enjoyed a string of major hit singles, including five #1 songs on the Country Music chart, as well as a #1 hit on the Adult Contemporary chart. Songs like "My Baby Loves Me," "Independence Day," "Wild Angels," "A Broken Wing," and "This One's For the Girls" helped make her a dominant force on the airwaves and establish widespread cross-over appeal. McBride has won multiple Country Music Association and Academy of Country Music awards, and is a 14-time Grammy nominee. Tickets start at \$35 and can be purchased at www.senecaalleganycasino.com.

Seneca Allegany Resort & Casino is nestled at the foot of the majestic Allegheny Mountains along the New York/Pennsylvania border and is located off exit 20 of the Interstate 86 near U.S. Route 219. The property is open 24 hours a day, seven days a week, 365 days a year. Guests can enjoy over 1,400 slot machines and more than 25 table games, seven dining locations, live entertainment and a AAA Four Diamond Award-winning hotel with 413 deluxe rooms and suites, a spa and salon, fitness center and indoor pool. More information is available by calling 1-877-8-SENECA (1-877-873-6322) or visiting SenecaAlleganyCasino.com. Follow us on Facebook: Seneca Allegany Resort & Casino, Twitter: @ SenecaAllegany, or Instagram: Instagram.com/SenecaCasinos. #SenecaAllegany. Download our mobile app and view us on YouTube. Seneca Allegany Resort & Casino...NOTH-ING ELSE COMES CLOSE!

SPEND THE WEEKEND with FAMILY!



THURSDAY OYSTER!A featuring Clams, Shrimp, Oysters \$20 BOTTLES OF PROSECCO \$4 DRINK SPECIALS

FRIDAY

FISH FRY

SUNDAY

PRIME RIB NIGHT PASTA BAR LIVE MUSIC featuring CHRIS MALONEY



JOIN US! MAKE A RESERVATION Visit VillaggioEVL.com or call 716.699.2199.





Holiday Valley

COME PLAY WITH US!

JANUARY 2022

- **2-4** College Daze Winter break fun for college students
- **3-31** Learn a Snowsport Month Learn to ski or snowboard for 1/2 price weekdays
- **3-7** Canadian Friendship Week Lift tickets & rentals at par for Canadian Cash
- 7 Learn to Love Winter Day Learn to ski or snowboard for \$25
- 18-19 Adult Race Clinic
- 20-21 ... Your Turn Women's Ski Clinic with Lisa Densmore-Ballard
- 21 Intense Milk Night Rail Jam

FEBRUARY 2022

Tell A Friend Freeride Tour
 Intense Milk Night Rail Jam
 Telestock Telemark Day
 enguin Paddle Fundraiser

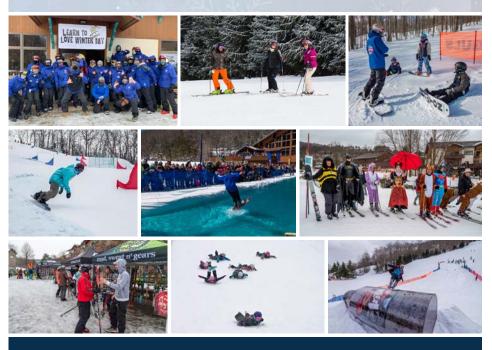


Scan to view the entire 2022 Events Calendar

MARCH 2022

Boardroom Banked
 Winter Carnival
 Rail Rider Night Rail Jam
 Intense Milk Day Rail Jam
 Rail Rider Jamboree Music Festival
 Schrifter Super G
 Mond Skimming





6557 Holiday Valley Rd. | Ellicottville, NY | 716-699-2345

Page 06 ... JANUARY 27-FEBRUARY 9, 2022 + PUBLISHED BI-WEEKLY



DISCOVER HOLIMONT

HOLIMONT.COM | 716.699.2320

MOONLIGHT SNOWSHOE TOURS

Back by popular demand! HoliMont's first Moonlight Snowshoe Tour will take place Thursday Jan. 27th at 5:00pm. We plan to have at least one tour a month. Come take a moonlight tour through the woods and up to our cozy Foxwood cabin located on the top of Cascade Hill. There, you will enjoy a nice fire and some refreshments. Anyone is welcome and it is free to all! To sign up for the tour or for dates and additional information, call HoliMont's main office at 716-699-2320. Snowshoe rentals will be available if you reserve in advance.



Although HoliMont is a private ski club, we are open to the public Monday through Friday (except Christmas week). Come experience the premium snow grooming and no lift lines when you purchase a HoliMont Weekday Experience Pass. This gives you 10 weekday lift tickets, 2 half-priced tickets to give to a friend, and 2 lessons at a great discounted price! To purchase a Weekday Experience Pass, visit www.holimont.com.



L -----► DINA'S FISH FRY

Dina's at the Mont is now serving their famous Fish Fry every Friday night at the main lodge from 5:00-8:00pm. The menu also provides other delicious options that are updated each week. Dine-in or take-out is available. Call to place your order at 716-699-2007. Members and non-members are welcome.



SPIN CLASSES BY COMPASS CYCLING

Compass Cycle Studio hosts cycling classes every Saturday morning starting at 8:00am. It is a 45-minute class led by specially trained instructors. All levels of experience welcome. The class takes place inside HoliMont's Upper Wilderness Room. Pricing is \$25 for a single class or \$110 for 5 classes and are open to members and non-members. (Members will get a discount when signing up.) For more information check out Compass Cycling Studio's website at www.compasscyclestudio.com.

CONTRACTOR'S DAY

Mark your calendars for HoliMont's annual Contractor's Day on Friday, January 28th. This is one of our favorite events of the year, where we celebrate and promote our local contractors and vendors. Lunch is provided by Dina's at the Mont and a lot of fun activities will be going on throughout the day! For information on how to purchase an event ticket, email Jennah Bradley at jennah@holimont.com or call our main office at 716-699-2320. This event is open to everyone. Hope to see you there!



Page 08 ... JANUARY 27-FEBRUARY 9, 2022 + PUBLISHED BI-WEEKLY



SKI AND SNOWBOARD RENTALS Make a pit-stop on your way down to shred in EVI! SKI & SNOWBOARD TUNING!





ellicottvilleNOW

HV CAPITAL IMPROVEMENT

Holiday Valley announces plans to replace Mardi Gras lift with 6-passenger chair



ELLICOTTVILLE, NY - With an eye on the future, Holiday Valley Resort in Ellicottville, NY is planning the construction of a 6-passenger chairlift starting in the summer of 2022, with completion of the lift in September 2023. The new lift will replace the Mardi Gras Express, a 4-passenger high speed lift built in 1996 that runs up through the heart of the resort.

According to Holiday Valley's President and General Manager, Dennis Eshbaugh, "The Holiday Valley lift system has been recognized by our guests as one of the best in the East. The Yodeler Quad Express lift built in 2021 raised the bar. The Mardi Gras 6-pack will give skiers and snowboarders an exciting new experience, with quicker access to the top of the mountain."

The new lift will be built in two stages, starting with foundations of 11 new lift towers in summer 2022. The existing Mardi Gras Express will serve skiers and riders during the winter of 2022-'23, and then will be dismantled in spring of 2023. Construction of the new lift will take place in summer 2023 and it will be ready for passengers by November of 2023.

Consistent with the other chairlifts at Holiday Valley, the new Mardi Gras lift will be manufactured by Doppelmayr USA, based in Salt Lake City, Utah. The chair will have the capacity to deliver 3,000 people per hour over a length of 4,300 feet and 700 vertical feet up to the top of Mardi Gras. Once the new Mardi Gras 6-pack is in operation, Holiday Valley's total uphill capacity will be 25,650 people per hour.

About Holiday Valley Resort: Holiday Valley is Western New York's largest year 'round resort featuring 60 slopes and trails, 13 lifts, 3 base lodges, slopeside lodging and dining, conference facilities, an 18-hole golf course, treetop aerial adventure park, a mountain coaster and summer pool complex. Holiday Valley Resort in Ellicottville is on the web at www.holidayvalley.com. Ellicottville is located on Route 219, just 50 miles (90 kms) south of Buffalo and less than three hours from Cleveland and Toronto.

 TELL A FRIEND TOUR

 cont. from page 04

 Optimized for the second second



PARRY: I think that image was true with the older generations towards freeskiing. However, now it's been around for a couple decades and kids that skied park when it was becoming popular in the early 2000s are starting their kids off freeskiing. They have a different idea of what skiing is than the generations of the past.

"They have a different idea of what skiing is than the generations past." I got goosebumps hearing that. The Tell a Friend Tour is an awesome event for all ages. Be sure to mark your calendar and 'Tell a Friend!' Get full details at https://www.holidayvalley.com/activities-events/calendar/.



Why settle for Ellicottville "some" of the time, when you can have it "ALL" of the time! Take advantage of this Tamarack Club unit, offered as full ownership of all 5 fractions. Very rare! Enjoy Tamarack Club WHENEVER YOU WANT! This 2-bdrm, 2 bath unit is fully furnished and includes all the amenities of ownership: private owner locker room, indoor/outdoor heated pool, private owners lounge, underground parking, restaurant and spa on-site, golf and ski right out the door!

Call Julie Filipowicz, Licensed Agent, Holiday Valley Realty Company for more details and your private showing.



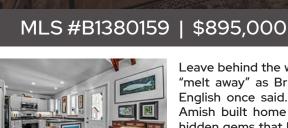


Office: 6084 Rte. 219 @ Holiday Valley Rd. Ellicottville, NY 14731 716-699-3945

Page 10 ... JANUARY 27-FEBRUARY 9, 2022 PUBLISHED BI-WEEKLY

Find Your

Dream Home.



7744 Tough Row Hill

Ellicottville, NY

KELLERWILLIAMS REALTY WNY







Leave behind the worries of the world and "melt away" as British songsters Modern English once said. This custom designed Amish built home is one of Ellicottville's hidden gems that I lovingly refer to as the OG side of town because of its proximity to the old Concord Club. Situated on 40+ sprawling acres of wooded serenity, this parcel is a nature enthusiast's dream. The main entertaining area is the definition of open and airy. There is just something about living space that breeds creativity; ideal for unwinding and reconnecting to what matters. Off this area you will find an east facing deck that is perfect for soaking in the morning sun year round. Heading up to the top level is the master ensuite with an updated bathroom. On the lower level you will find a second entertaining area, utility room and another master with a walk-in closet/powder room. The way the home was designed downstairs gives off a Costa Rican summer room vibe. I imagine the walkout doors open and the summer breeze moving through the space while drifting off to the sound of silence or being consumed by a good book. Manicured paths meander through the property that overlooks its own "private" ridgeline. There are so many quiet nuances to this home that you must take in for yourself. Call for your personal tour now!



aitlin



NEW WEBSITE LAUNCH! CaitlinCroft.com Office: 12 Monroe Street, Ellicottville, NY 14731

716-440-7933 | relaxedrealtorevl@gmail.com



come ride with us!

oin us at HoliMont every Saturday morning as we host 45min Indoor cycling classes ed by our specially trained instructors. Members + non-members welcome! led by our specially trained check out www.compasscyclestudio.com for details

curated clothing & footwear for men, women and children

blanket room featuring Pendleton, Rumpl, & Chappywrap



Take on those bright, sunny winter days with a pair of fun, trendy sunglasses! Stylish and affordable eyewear for a winter of fun!

Product Spotlight:

I-SEA SUNNIES

dy goods

17 Washington Street | Downtown Ellicottville, NY 716-699-2293 | daffevl.com



COMMUNITY

FROSTY FEST

#GetOutside and play! Greater Olean Area Chamber plans NEW winter event



OLEAN - With the holidays long gone and spring still far away, February can feel like a bleak month. However, a new event in Olean promises to infuse some fun into the beginning of the month. The first Frosty Fest, set for Saturday, February 5th in War Veterans Park, will feature loads of activities for all ages - from snow bocce, curling, the city's largest pancake breakfast to snow disc golf, snow cornhole and even a squirrel plunge.

Similar to the Jingle Bell Jubilee, the Frosty Fest was suggested to GOACC via a member of the community – Maureen Young with Catt-Allegany BOCES. "She attended our events meeting in September 2021 and suggested something in January or February because many people get depressed after the lights and happiness of the Christmas and Hannukah seasons," reported Meme K. Yanetsko, GOACC COO.

"Coming from the meeting, the Chamber staff brainstormed and came up with all these activities that would be great in the snow in February but wasn't dependent on it, if the forecast didn't give us snow," added Yanetsko.

Come to the fest and play 9 holes of snow disc golf! Courtesy of the Twin Tiers Disc Golf Association and GOACC, snow disc golf is coming to War Veterans Park. This event includes a flying disc in which players throw at a target (rules similar to golf). One big reminder for the snow disc golf: pay extra attention to where your disc lands. There are two options for golf: single player – the \$10 fee will give you a round of 9 holes of disc golf (equipment will be provided or bring your own) and a bowl of chili; family foursome – the \$30 fee will get four people the 9 holes of disc golf and each a bowl of chili.

There is also cornhole! Courtesy of Intandem and GOACC, cornhole is coming to War Veterans Park. This event is a lawn game in which players take turns throwing fabric bean bags at a raised platform (board) with a hole in the far end – but out in the elements in Western New York. The fee for a team of 2 is \$40 and they will each receive a bowl of chili and two beer tokens (21 years and older). The cornhole tourney is a single elimination format with best of 3 games and max of 32 teams.

Snow bocce is also coming to War Veterans Park this winter courtesy of Howard Hanna Professionals and GOACC. Rules of bocce are the same in winter except there may be snow on the ground! A team of 2 can compete in this single elimination tourney for a fee of \$40. The team will also enjoy a cup of chili and two beer tokens.

There is also the cornhole/bocce combo. The team of 2 can compete in both the cornhole and bocce tourneys for a total of \$65/pair - a savings of \$15. The team will receive a bowl of chili and also receive three beer tokens.

LET IT SNOW! Did you know that snowshoeing was invented in North America over 3,000 years ago? This special footwear allowed people to explore areas that were previously unreachable. Although snowshoe styles have evolved greatly over the years, the concept of moving about nature in the winter remains unchanged. If you have always wanted to give snowshoeing a try, here is your opportunity! Pfeiffer Nature Center will have several sets of adult and child sized shoes available for an outdoor explore at Frosty Fest. The snowshoes can be used free of charge (10:30am-2:30pm) for a walkabout at the park and will be loaned out on a continual "as available" basis. So come and shake those winter blues by having fun in snowshoes!

Refreshments will also be served up. Event officials are calling it the City's Largest Pancake Breakfast held during Frosty Fest. "Winter? ... You think of warm fluffy pancakes

SUPPORT FOR LOCAL PROJECTS

Community Fund provides \$8k to area non-profits throughout Cattaraugus County



OLEAN - Six nonprofit agencies recently received grants from the Cattaraugus Region Community Foundation's Community Fund, together totaling \$8,462 to support projects and initiatives that support the changing needs of Cattaraugus County residents.

The Western New York Land Conservancy received a \$2,000 grant to support the Saving the Allegany Wildlands land project. The grant was made in support of a \$879,000 overall fundraising goal to allow the agency to purchase 200 acres of forest land in South Valley, only a few hundred feet from the Allegheny Reservoir on the opposite shore from Allegany State Park in Cattaraugus County. The land is home to some of the few surviving American chestnut trees in the region.

According to Jajean Rose-Burney, Western New York Land Conservancy deputy executive director, the agency recently met its fundraising goal and hopes to purchase the land by mid-2022. The Land Conservancy hopes to then open the protected land as a nature preserve open to outdoor recreation by the summer of 2023.

Burney added that the land purchase is part of a greater plan to create a connected network of preserved land in the Northeastern United States, important to the environmental health of the region as a whole.

"The Allegany Wildlands is a hugely significant link in our planned Western New York Wildway. The wildway is a proposal to protect and connect our region's last remaining large forests," she said. "This will allow plants and animals to roam across the landscape as they once did, and will allow them to move around and adapt to a changing climate."

The proposed wildway will connect corridors of protected land that stretch from northern Pennsylvania to the Great Lakes, through the Finger Lakes, the Adirondacks and beyond.

The YMCA of the Twin Tiers received \$1,800 to provide 360 free day passes so that families may utilize the PlayZone in Limestone. The recently opened PlayZone provides area youth and families with opportunities to play and be active together. The PlayZone provides areas for children to run, jump, climb, crawl and have free play, and also provides a wellness center for individuals 12 and older, allowing parents to exercise while their children play.

The PlayZone fills an important need for Cattaraugus County families. The State of Play Western New York Analysis and Recommendations study showed that less than half of county residents have adequate access to physical activity locations.

"Being able to come [to the PlayZone] for free play and being able to be physically active is huge," said Christie Thornon, YMCA of the Twin Tiers executive director. "The people that come are returning constantly because they're finding that this is that place for kids to climb, build and play that we just did not have here prior."

Housing Options Made Easy received \$1,600 for Recover Options Made Easy (ROME) curriculum materials for group sessions for youth dealing with mental health issues. Housing Options Made Easy interim executive director Shannon Higbee said that the program includes two 10-week group sessions in 2022 to help youth participants build self-esteem, team-building skills, awareness, thankfulness, positive thinking and perseverance.

Rural Revitalization Corporation received \$1,500 to provide Safe Homes for Kids kits, including educational materials for parents as well as home safety items such as fire ex-

"Frosty Fest" continued page 21

"Community Fund" continued page 21

Page 12 ... JANUARY 27-FEBRUARY 9, 2022 + PUBLISHED BI-WEEKLY

#Shoplocal #eatlocal SHOWCASING OUR TOP RETAIL & DINING PICKS FOR VALENTINE'S DAY!

Follow us on FB as we countdown more of our favorite Valentine's Day picks from local businesses!



JEWELRY BY BRIGHTON

Daff Dry Goods 17 Washington St. • EVL 716.699.2293

Valentine's Day, we are ready for you! Daff has stocked a wide variety of Valentine's Day inventory. You'll certainly fall in love with these heart shaped necklaces and earrings by Brighton. They make for a perfect every day staple or the ideal gift for your Valentine (whether that be someone special or yourself - no judgement here). Make sure to check out the rest of their collection, too! You'll definitely find something that they (or you) will love.

V-DAY DINING PACKAGE

Ellicottville Brewing Company 28 Monroe St. • EVL 716.699.2537

Ellicottville Brewing offers a romantic, refined dining experience inside a beautiful & spacious atmosphere. Enjoy a special Valentine's Day Dinner for 2 which includes: Chef Josh's 32oz. Tomahawk Bone-In Steak with Lobster Hollandaise Sauce, a full flight of our very own hand-crafted brews (or 2 glasses of select wines) a decadent Chocolate Cherry Bomb parfait-style dessert, plus carry out a FREE 12-pack case of Holiday Variety Pack of dessert ales!



YIN & YANG CANDLE HOLDER

Ellicottville Salt Cave 32 W. Washington St. • EVL 716.699.2068

In Chinese philosophy, Yin & Yang symbolize two halves that together complete wholeness. When you split something into two, it upsets the equilibrium of wholeness. This Valentine's Day, treat your better half to a gift of wellness from the Ellicottville Salt Cave. Treat yourself or someone special to relaxing bath salts or candles. Up your cooking game with a salt platter, shot glass or cookbook. Salt lamps are therapeutic and are good for stress, depression & anxiety.

VALENTINE'S DATE

Ellicottville Tap + Bottle Taqueria 20 Washington St. • EVL 716.699.9172

Join us in downtown Ellicottville for lunch or dinner on Valentine's Day with your date, and receive a *free* glass of red wine with each meal from a fine selection of NYS wineries. We offer flavor-packed, fresh Mexican fare, including Mexico City-style street tacos, fresh hearty meal bowls, vegetarian + vegan options, and Latin desserts. GIFT IDEA: Shop our hand-curated bottle shop selection together, and send your date home with their favorite beer, wine or spirit.



BRALETTES

Gado Gado 26 Monroe St. • EVL 716.699.2128

This scalloped lace bralette is a great piece that will make any woman feel sexy. The lace offers a soft look and adds a nice feminine touch to an oversized sweater. The padding is also removable, straps are adjustable, and has a bandeau back. Shop Gado Gado's selection of brami style tanks, too! Great when you want some light support. Wear as a pajama top or layer with a big sweater. Bralettes and bramis are available in a variety of colors.

CHOCOLATE & WINE PAIRING

Winery of Ellicottville 14 Monroe St. • EVL 716.699.1055

There's no need for a special occasion to indulge in our wine and chocolate pairing, but Valentine's Day is a great excuse. Wine & chocolate are two of life's simple pleasures. When expertly paired, they bring out the best in each other. We have matched 4 handcrafted wines with four of Watson's artisan chocolates to bring a unique tasting experience. Valentine's, Galentine's, dessert, or just a treat, there's no wrong time to stop in at the Winery for a wine and chocolate pairing.





DETOX POWER BATH

Nature's Remedy 26 Monroe St. • EVL 716.699.4372

Give the gift of relaxation with a detox power bath by Nature's Remedy. This blend is created in-house using a combination of salts and pure essential oils. Add it to your bath water and soak for 20 minutes to promote the body's elimination of harmful daily toxins that can wear us out. Plus, it just feels good to take a bath! You're sure to get a good night's sleep.

CHOCOLATE FUDGE CUPCAKES

McCarty Cafe @ Holiday Valley Resort 6557 Holiday Valley Rd. • EVL 716.699.2345

On Valentine's Day, bring your sweetie to McCarty Café at Holiday Valley for Jess's very special Chocolate Fudge Cupcakes with Buttercream Frosting & Heart Sprinkles on top. True chocolate fans will love the incredibly moist texture and rich flavor, and the sprinkles will bring a smile to your face! Enjoy Starbuck's coffee to balance out the sweetness. Spending a day on the ski slope and a delicious treat will make your Valentine's Day extra special!





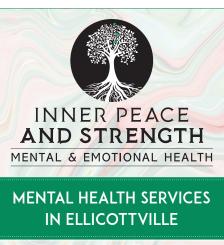
Experience the healing power of nature as you relax in New York's first authentic European Salt Cave.

SALT CAVE THERAPY | BODY SALT GLOWS | RELAXING MASSAGE WARM SALT STONE FOOT MASSAGE | LEMONGRASS FOOT SCRUB

32 W. WASHINGTON STREET • ELLICOTTVILLE, NY • 716-699-2068 ellicottvillesaltcave.com • shop.ellicottvillesaltcave



6447 Holiday Valley Road · Ellicottville, NY 716-699-8996 www.ellicottvilleoasis.com



MAJOR INSURANCES ACCEPTED For more information, contact Laura Widger, LCSW 716-244-0089 • Imwidger@gmail.com



- Massage Therapy • Manícures •
- Pedicures
 Organic Facials
- HydraFacials •
- Eminence Skincare •

Call or book your appointment online!



9 MONROE ST. • ELLICOTTVILLE, NY 716-699-2508

www.AnewBeginningNY.com



NOW OPEN

UNLIMITED SHRIMP & PRIME RIB!

FRIDAYS & SATURDAYS 4 PM - 9 PM



777 SENECA ALLEGANY BOULEVARD Salamanca, ny 14779

MEETING NOTES

Village Board: Downtown light poles to be replaced; concerns come in re: refuse pick-up and recycling

BY KATHLEEN KELLOGG

The Ellicottville Village Board reviewed the conditions of its 12 downtown light poles after one snapped off at its base during a Dec. 11th windstorm that knocked out power and buffeted the business district with 46mph winds.

The broken pole in front of the Ellicottville Inn was taken down and power restored soon after. But a subsequent inspection by the Engineering Department revealed two more poles need immediate attention and nine others require varying degrees of maintenance and repair in the spring to prevent further degradation.

In a Zoom session of the Village Board meeting held Jan. 19th, Village Engineer Ben Slotman told the Board that two poles closest to Mill Street, on both sides of Washington Street, will be removed first. His department's recent evaluation states two others resemble the one that snapped, with one of them leaning slightly outward from its base.

According to the engineering report, "The major problem observed is with the pole bases under the base covers. The pole bases are in poor condition. The bolts used to connect the light pole to the foundation are in poor condition and will require the concrete bases to be replaced as part of any pole improvements."

The report recommends replacement of all the poles within 2-5 years. Slotman advised the Board that the state Department of Transportation can supply three new poles a year for four years. It will require some planning and selecting a pole design.

Mayor John Burrell asked Board members to look at the report in detail and reach a consensus for action. He recalled a light pole replacement project was part of the community's Downtown Revitalization Initiative grant application which was not awarded, but the cost projection was about \$100,000 for state-of-the-art "smart poles".

REFUSE PICK-UP / RECYCLING

The mayor also fielded several complaints from members of the public as the meeting got underway. On the topic of complaints about refuse pickup he said there have been many challenges and he has spoken to a number of homeowners about the possibilities of accommodating refuse for part-time residents. He noted that there is no way to timely contact many property owners who have not provided more than a mailing address for tax collection. He pointed out this became a problem during the pandemic shutdown when some were unable to travel to Ellicottville, and noted many officials and employees are spending a lot of time fielding complaints and answering questions. He said he wonders how much of the responsibility is on the owners themselves to know what they are supposed to do. Trustee and Refuse Commissioner Caitlin Croft said she has been looking into ideas to improve refuse collection and has heard many great ideas. She provided her cell phone number to try to open communication with those in attendance.

Sheila M. Gallagher reported she was told by Town & Country Disposal of Cattaraugus, the village's refuse contractor, that workers send blue recycling box contents to a landfill. She asked Mayor Burrell to discontinue the blue boxes until the village has amended its refuse law and fixed the problem. She also asked Burrell to better publicize collection schedules on the government website, help residents who want to drop off recyclables for free at the county transfer stations, and to amend the refuse law.

Burrell replied that he believes Town & Country does not recycle but the former collection firm, Casella, recycled the blue box contents and cardboard when there was a market, add-ing that the village's current law requires people to source-separate, but the original intention was probably for tree and yard debris, with recycling placed at the curb on Mondays.

He said he is researching the matter, contacting past Board members to determine the intent of the local law. But Burrell pointed out that Gallagher's recent statement in Ellicottville Events "did not sound the same as we had talked about" (in a recent phone conversation). He asked for input from Village Attorney Richard Stanton.

"I don't want to say the Village will tell people not to use their blue box anymore because if I said that, we would not be following the local law," said Burrell.

Stanton agreed that it would be reckless to instruct people to not follow the law, which would not be a remedy. He added the procedures for amendments take at least 60 days. He agreed to review the terms of the disposal contract and look into the Village's obligations.

Lynn Lazzaro, of Elk St., also called for a study committee and updates to the local refuse law, stating he represents about 80 percent of nonresidents who are dissatisfied with the Village's trash collection paid for by all users. He said he was told disposal at the county "dump" would cost a \$520 yearly fee.

"We're taking trash home over city and state lines," said Lazzaro, who referred to a problem in the Van Buren neighborhood and told the Board he has pictures of people putting trash on top of their cars to take it home. He also pointed out that garbage cans are left at the curb by refuse workers when residents have left town, which results in fines, and illegal bags

"Village Board" continued page 21

Town Board: Winter traffic jams prompt request for DOT traffic study on Route 219

BY KATHLEEN KELLOGG

The Ellicottville Town Board convened its monthly meeting by way of a phone conference Jan. 19th and discussed the need for a winter traffic study on Route 219 that will help address growing problems with increased traffic flow, backups and safety due to congestion caused by both pedestrians and automobiles.

Several in attendance at the meeting said the month's holiday traffic resembles Fall Festival jams with backups extending well beyond the business district and parking on the shoulder at venues outside the village, a concern also expressed Tuesday night by Village officials during their Board meeting. Police Officer-in-Charge Don Auge said the area has been experiencing heavy traffic since Jan. 8th when cars were backed up to Lindberg Rd. (Lindberg Road is more than three miles north of the Village center.)

Town and Village Engineer Ben Slotman suggested Town officials join in the Village Board's request to seek a state Department of Transportation traffic study of traffic and pedestrian conditions during the winter season. "They're wanting the state to address it," he said. "People (driving) get to the light and want to make a turn and they can't get through the Monroe St. intersection due to pedestrian traffic."

Unidentified Town Board members and Police Officer-in-Charge Don Auge on the call said pedestrians have the right of way and are also interfering with traffic flow in other locations on Washington Street, between crosswalks but especially at the traffic light at the corner of Jefferson Street and also at Holiday Valley Road. The Board members agreed that the DOT should be asked for a study.

In other business, the Board approved going out to bid on two projects in the coming weeks, based on the condition that the specifications pass muster with the Town's engineer prior to the Feb. 16th Board meeting. Regarding the \$5.3 million water system project, Town Attorney Seth Pullen said he has been working with officials to finalize the details so the funding request can be sent to the state. In response to a question from Supervisor Matt McAndrew, he said property acquisitions must be finalized, which he explained means he still needs to verify the accuracy

of property descriptions and locations of easements for the placement of installations and other logistical concerns raised by Slotman. He told Board members he is comfortable with the portion of the project for two water tank replacements.

The project will replace water transmission mains along Holiday Valley Road and Elizabeth Street feeding the tanks. The NYS Water Infrastructure Improvement Act Grant is providing \$3 million in funding, with a 30-year low-interest loan of \$2,277,000 from the NYS Environmental Facilities Corporation. The engineering firm of Clark Patterson and Lee has been hired to design the project.

Slotman and Pullen said the design documents should soon be ready for their final review. Slotman asked the Board to pre-approve the bidding process to save time and advertise the bid and select a contractor in time for the March 16th meeting. The two projected a construction start in April or May, with completion of the water project around June 2023. The Board voted 4-0 on a motion to "get the process started."

Slotman also updated the Board on the Town Center renovation project, stating he expects to receive the plans by the end of this week from MDA Consulting Engineers, PLLC for the Town's portion of the building. Cornell Cooperative Extension's portion of the building renovation plans are also under review and must correlate with the Town's plans.

The Board voted to approve his request for pre-authorization on these plans, conditioned on his final sign-off. Slotman stated the "concern is if we wait until next month this pushes out into March or April, and we need to get an earlier start on the bidding process." He also noted that Clark Patterson Lee submitted a proposal of \$6,300 for the design of a fire alarm system for the Town Center Building. Slotman recommended that the board let the work be completed by the Town Engineering Department and that he has been contacting contractors for proposals.

The Board will next meet in regular session on Feb. 16th. To attend the meeting, interested parties may dial 1-978-990-5297, pass code 678680, or visit the homepage of ellicottvillegov.com. PUBLISHED EVERY OTHER THURSDAY + JANUARY 27-FEBRUARY 9, 2022 ... Page 15



Page 16 ... JANUARY 27-FEBRUARY 9, 2022 + PUBLISHED BI-WEEKLY



Your Premier Destination for All-Season Fun.

- Unparalleled Ski Conditions
- Custom Designed Trails
- 🕑 World-Class Learning

A membership at HoliMont is more than great skiing, it's four seasons of family, fun and friendship.

- All Season Programs
- Sector Sector
- Service And America Trial Membership





HOLIMONT.COM | 716.699.2320

EXPLORE PA

A HISTORICAL PIONEER TOWN IS REBORN

Old Town Smethport invites you to discover displays from the past, shop an authentic General Store, and dine at the Cottage House Restaurant & Winery

By Linda Devlin, ANF Visitors Bureau



Nestled in the hills of the Pennsylvania Wilds within McKean County, Smethport offers a glimpse of its pioneer past to visitors at the newly opened Old Town Smethport. Take your time to explore their historic displays, shop at the General Store, dine at the new Cottage House Restaurant & Winery. Then overnight at one of Smethport's Mansions - The Mansion District Inn or the Blackberry Inn.

Old Town Smethport: Smethport was first surveyed in 1807 by Dutch land surveyors who selected it as northwest Pennsylvania's most perfect town site.

A great deal has happened since 1807. Old Town Smethport was created to highlight segments of Smethport's remarkable history. As you walk in the door, a large smile will light up your face as you look right and left at the surprising exhibits. There is a real stagecoach, a large cannon, a General Store Delivery Truck, an antique horse saddle, a log cabin, and a working General Store. These are just a part of the displays you will see as you stroll inside along a pathway designed with life size trees, a painted sky overhead, and a wide selection of displays honoring Smethport's history.

Smethport, Home of the Bucktail Regiment: As General Thomas L. Kane mustered recruits on the steps of the McKean County Courthouse, a local recruit saw a deer hanging at a butcher shop nearby and he cut off the deer's tail and affixed it to his hat. This group of First Pennsylvania Rifles, gained the nickname of "The Bucktails." The Bucktails became renowned for their skill as sharpshooters. You can learn more about this regiment when you visit Old Town Smethport.

The Civil War Cannon Display: The cannon is a Civil War 3" canoe with a limber. According to the display, "The 3-inch cannon was the most widely used Union gun during the war. Invented by John Griffin, it was extremely durable, with the barrel made of wrought iron primarily produced by the Phoenix Iron Company of Phoenixville, PA. The cannon had exceptional accuracy." The limber is also part of the display. This is the cart designed to carry the ammunition and support the cannon allowing it to be pulled by horses.

An interesting side note, the first Kinzua Viaduct, built in 1882, was constructed of wrought iron "Phoenix Columns" also prefabricated in Phoenixville, PA. The Kinzua Viaduct was rebuilt of steel in 1900, and then following tornado damage, it was re-invented as the Kinzua Sky Walk. The Kinzua Sky Walk is "one of the top 10 most scenic skywalks in the world" and is open year-round. Located at the Kinzua Bridge State Park, the skywalk is about a 30-minute drive from Smethport.

The General Store: The General Store in Old Time Smethport is constructed to replicate an authentic old time general store. As you walk across the wooden porch to enter the store, you will see an antique Texaco sign hanging overhead. The shop offers a collection of nostalgic gifts and locally handcrafted treasures. The cash register on the counter is over 100 years old and is from an original shop in Smethport.

Smethport Specialty Toy Display: Smethport has a history of making folks happy. Smethport Specialty Toys is where one of the most influential toys of the 20th century, Wooly Willy, was invented and manufactured. Invented in 1955 by James Reese Herzog, the original Wooly Willy, with his magnetic personality, allowed you to draw whiskers, hair, and eyebrows with your magnetic wand on Willy's bald head. Old Town Smethport has a display of the historic toys created and manufactured by Smethport Specialty Toys.

America's First Christmas Store to be reopened in 2022 at Old Town Smethport: Leonard Johnson created America's First Christmas Store in 1932. He was a druggist who went out west in search of gold. Unsuccessful in the gold rush, Johnson returned to Smethport and opened a drug store ... with a creative twist. His corner storefront was a drug store on one side, and a retail shop for handmade Christmas displays on the other. By 1935, his Christmas displays were nationally known, and his store became a shopping destination. People from all over the world traveled to Smethport to visit his store. The shop was open for over 70 years.

Today, Johnson's historic Christmas displays are sought after antiques. Old Town Smethport currently has original displays crafted at America's First Christmas Store. Old Town Smethport is in the process of creating a new America's First Christmas Store at their location. The new shop will honor the artwork and holiday specialties originally sold in 1932 but the shop will also bring in new holiday selections for the modern home. The current plan is for this shop to open in 2022.

Cottage House Restaurant & Winery: The restaurant at Old Time Smethport, the Cottage House Restaurant & Winery, honors the historic Cottage House Restaurant which served Smethport for many years. The new Cottage House Restaurant & Winery is open for lunch and dinner. Featured lunch menu items include flatbread pizza, iceberg wedge salad, baked French Onion soup, Turkey Club or Philly Steak sandwiches. For dinner, choose from ham steak, chicken alfredo, and sliced filet mignon smothered with mushrooms. Dining options also include a variety of seating areas. Along with bar seating, there are private meeting and dining rooms which may be reserved for your group or meeting. Reservations may be made by calling 814-568-2091.

Old Town Smethport, Plan Your Visit! Old Town Smethport is located at 113 West Water Street, Smethport, PA. It is housed in a historic building, which was once a lumber mill, close to Hamlin Lake. It is open Tuesday through Saturday, 11:00am-9:00pm. The restaurant is open the same hours as are the displays and General Store.

Smethport's Mansion District Walking Tour: Smethport went from a pioneer town to becoming the hub of commerce for lumber barons, bankers, and oil men during the 1800s. This history is reflected in the beauty of the mansions built during the 1800s and early 1900s in Smethport. The Historic Smethport Mansion District Walking Tour is a selfguided tour of over thirty of these homes. The architecture and history of each of the properties is outlined in the accompanying brochure. A copy of the brochure may be downloaded at https://visitanf.com/smethport-mansion-district-walking-tour.

Stay in a Mansion in Smethport's Mansion District: Immerse yourself in the opulence of days gone by. Two of the historic Smethport Mansions are open as Bed & Breakfasts. The Mansion District Inn is located at 905 W. Main Street, Smethport, PA, phone 814-598-7403. The Blackberry Inn is located at 820 W. Main Street, Smethport, PA, phone 612-940-4014.

Travel & Tourism Information: For additional information on this attraction and all others in the Allegheny National Forest Region, including the Kinzua Sky Walk, please call 800-473-9370 or click on www.VisitANF.com.

HEALTH & FITNESS

Core Performance: Mastering the Pull-Up

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

The pull-up. It's the gold standard of upper body strength. And to be fair, that's because it's no joke to perform correctly.

When I expanded my studio in 2015, I purchased a commercial grade pull-up bar with high hopes of having pull-up contests. That dream was only recently made into a reality when a few of my clients became passionate about pull-ups.

So, where to begin ... the most obvious place is to build strength in your upper body - specifically, the muscles in your back, chest, shoulders, and arms. Pay close attention to building the broad muscle that spans from the back of your shoulders down your back. Rows, Lat pulldowns and curls and presses are a few exercises to target this area.

While it may not be obvious, your core is a key part of building strength for a pull-up. Hanging leg raises are one way to target this area, while also giving your arms a major burn. Planks of any kind are also a go-to for a strong core.

Follow these 4 tips to the perfect pull-up:

1. Hold your pull-up position at the top of your pull-up bar to build your isometric strength. Lower slowly and repeat.

2. Plug your energy leaks by NOT bending your knees. Keep your legs straight to ensure rigidity through your torso.

3. When gripping the bar, keep your hand pressure pulling down and also inward.

4. Vary your grip from wide to narrow, overhand to underhand.

Not swinging or jerking up is crucial, since doing so requires momentum and not your muscles. I make my clients climb a ladder to get to their top position and hold. If this is your first time attempting pull-ups, try to have a friend, trainer, or someone with experience standing by to assist. Finally, keep your goal numbers small. Success comes to those who are persistent and consistent.



Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, located at 55 Bristol Lane in Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio and how she can help you on your health and fitness journey, visit her Facebook page (Core Performance Health & Fitness) or head to her website at www.coreperformancefitness.com. Kim can also be reached at 716-698-1198.

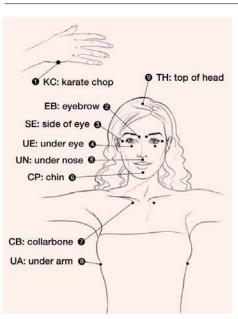
Inner Peace & Strength: EFT Tapping - A Quick Stress Reliever

By LAURA WIDGER, LCSW

With the bells chiming and ringing in 2022, aren't we all looking for easy and quick remedies to relieve some of our stress? A simple technique called EFT tapping could be your answer! EFT tapping is also known as "Emotional Freedom Techniques." EFT tapping was first discovered in the 1970s and was later further explored and patented by Gary Craig.

EFT tapping is a form of psychological acupressure involving the body's energy meridian points. Gary Craig states, "EFT tapping involves tapping specific points on the body, primarily on the head and face, in a particular sequence. While doing this, the person focuses on the issue that they wish to treat. The theory in part is blockages or imbalances in the flow of energy leading to ill health. Tapping on these meridian points with the fingertips restores the balance of energy to resolve physical and emotional struggles."

EFT tapping has been found to help and alleviate discomfort in several common areas. These areas include: anxiety, depression, chronic pain, stress, weight loss issues, headaches, etc.



Let us hear about the specific steps to this process, as quoted in Jayne Leonard's article, "A guide to EFT tapping," published in a 2019 Medical News Today online resource. To use EFT, follow these 5 steps:

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 currently works for CCA-Connecting Communities in Action 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.

1) IDENTIFY THE ISSUE

During this step, think about the problem that you wish to resolve. Only choose 1 issue to focus on at a time.

2) TEST THE INITIAL INTENSITY

Rank the intensity of the issue on a scale of 0-10, with 10 being the worst the issue has ever been. The ranking system allows you to access the effectiveness of the tapping at the end of the treatment.

3) THE SETUP

Before beginning each round of tapping, you should decide on a simple reminder phrase to repeat while tapping. An example could be: even though I have anxiety often, I deeply and completely accept myself. (words of affirmation or positive self cognitions)

4) THE SEQUENCE

During this step, tap on specific points on the body while repeating the phrase that you have chosen. When tapping, use 2 or more fingertips and repeat the tap approximately 5 times on each point. The tapping points, in sequence, are as follows:

- a) Top of the head directly in the center of the top of the head.
- b) Beginning of the eyebrow the beginning of the brow, just above and to the side of the nose.
- c) Side of the eye on the bone at the outside corner of the eye.
- d) Under the eye on the bone under the eye, approximately 1 inch below the pupil.
- e) Under the nose the point between the nose and upper lip.
- f) Chin point halfway between the underside of the lower lip and the bottom of the chin.
- g) Beginning of the collarbone the point where the breastbone (sternum), collarbone, and first rib intersect
- h) Under the arm at the side of the body, approximately 4 inches below the armpit.

5) TEST THE INTENSITY AGAIN

Again, rank the intensity of the issue on a scale of 0-10. Ideally, this will have improved. Repeat the process until the intensity reaches 0 or plateaus.

Go ahead and give it a whirl! This can be a lifeline for so many of our mind and body's reactions to stress.

PUBLISHED EVERY OTHER THURSDAY + JANUARY 27-FEBRUARY 9, 2022 ... Page 19



Team Pritchard Selling the Ellicottville Lifestyle!

www.TeamPritchard.com

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



Cathy: (716) 983-4234 Melanie: (716) 480-8409



306/308-3 Tamarac \$77,990 A condo that's ski ready for Holiday Valley! Beautiful! 2 bdrm 2 bath 848 sq ft



8110 Jackman Hill \$549,000 Beautiful setting--quick ride to the Village! Dream home! 4 bdrm 3 bath 2,088 sq ft



11 Greer Hill \$299,000 9 acres of beauty! Beautiful getaway place! 2 bdrm 2 bath 1168 sq ft



3539 Hilltop Lane \$179,000 THE social distance place! Remote with 5 acres! 3 bdrm 1 bath 909 sq ft



13 Greer Hill \$1.2m Ski ready, walk to the slopes! Spectacular home! 4 bdrm 4.5 bath 4230 sq ft



6850 Niles \$709,000 Close the Village. Spacious, with Holimont view! 4 bdrm 4 bath 4,010 sq ft



ALLEGHENY NATIONAL FOREST & KINZUA SKY WALK



Cabins & Lodges Plan Your Perfect Winter Getaway! **KINZUA SKY WALK** "One of the Top 10 Most Scenic Skywalks in the World"



FUN THINGS TO SEE AND DO!



WINTER FUN DAY SAT. FEBRUARY 5 | 12:00 - 3:00 pm Dog Sled Exposition, Games, Snowshoeing & X-Country Ski Kinzua Bridge State Park and Knox & Kane Rail Trail 296 Viaduct Road Mount Jewett, PA

VALENTINE'S DAY TABLE 105 DINNER SPECIALS FRI. FEBRUARY 11 - MON. FEBRUARY 14 Ovsters. Crab Legs. Surf & Turf. Coconut Fried Shrimp. Ha

Oysters, Crab Legs, Surf & Turf, Coconut Fried Shrimp, Halibut Filet Call to RSVP | 814-561-1515 105 N. Fraley St. | Kane, PA

MARILLA WINTER TREK SAT. FEBRUARY 5 | 12:00 - 4:00 pm Hike, X-Country Ski, Fat Bike, Bonfire & Refreshments at Gazebo Tuna Valley Trail Association Marilla Reservoir 5 Miles West of Bradford, PA

VALENTINE'S DAY WINE & DESSERT TASTING SUN. FEBRUARY 13 | 12:00 pm or 2:00 pm Tasting Event - Enjoy 3 wines with 3 desserts for \$20 per person. Flickerwood Wine Cellars 309 Flickerwood Road Kane, PA | 814-837-7566

SNOWMOBILE AND ATV TRAILS Now open in the Allegheny National Forest Over 300 miles of groomed trails! visitanf.com/trailcentral



FREE Visitors Guide & Map

800-473-9370 VisitANF.com

Page 20 ... JANUARY 27-FEBRUARY 9, 2022 + PUBLISHED BI-WEEKLY



TIMBERHUT MURAL

cont. from page 03

has been so steady that all efforts have been concentrated on filling orders for TimberHut's move-in ready artisan-crafted cabins. "Our markets are really hot right now, and we're very happy about that," he said. "We haven't had any time to build out the showroom the way we want to, but we're hoping to have a break so that by March or April, we'll have a showroom."

Right now, Anderson and his crew have been busy in the back of the building working on their redesigned basic model that uses structural insulated panels instead of a traditional stick build. The panels, which are more cost-effective and sustainable, produce far less waste, and Anderson is pleased with the finished result. While supply-chain issues have created some hurdles for TimberHut, "One thing that we haven't had problems with is labor and talent," he said. "People have been really receptive to the idea of working with us. We've built a solid core team of five - all from Cattaraugus County - and we'll probably hire two to five more people in the next 60 days."

The crew looks forward to warmer weather, when they can begin developing the five acres of the property to include model cabins, as well as retail space where visitors can find anything they might need within a 100-foot radius of their cabin or home. From fire pits to hammocks to outdoor games, sleeping bags, cooking fire tools, and more, Anderson wants TimberHut to become a one-stop destination for outdoor recreation.

TimberHut's generous space is also ideal for hosting events such as car shows, music festivals, and farmer's markets. Anderson plans to host weekly events on his site so that those looking to invest in a cabin or outdoor gear - and even those just passing through - can enjoy their visit. A beautiful mural that represents all there is to enjoy in Cattaraugus County is a key part of this vision, and Anderson hopes others will find inspiration in it, too. For more information about the mural contest or to submit a design, email info@timberhut.com or mail your design to TimberHut Cabin Company, PO Box 86, Great Valley, NY 14741.

FROSTY FEST

cont. from page 11

and a hot bowl of chili – both will be served up at the fest," reported Yanetsko. "Although Guiness judges won't be coming to town, we are reaching for a goal of 300 pancake meals served up at the fest – making it the city's Largest Pancake Breakfast," she added. Pancake meals are \$8 for adults (3 pancakes, 2 sausage links) and \$4 for children (2 pancakes and 1 sausage link). The pancakes will be flipped inside the stadium's tunnel and ample seating will be there as well. GOACC noted that the park's pavilion is not able to be used by renters as it has city storage inside.

GOACC is also working with Big Bossman Catering to be the on-site food truck for all attendees. Big Bossman will be serving up their chili in addition to all their barbeque deliciousness.

Oh, and we cannot forget about the curling and squirrel plunge! The Frosty Fest will have curling! Play out your Winter Olympic fantasies on these high-density plastic rinks with all the bells and whistles. Teams compete by alternating turns sliding "rocks" down the straightaway, accumulating points with respect to the distance from the target at the end - the "house." You'll need accuracy and a little bit of strategy to come out on top. A team of 2 can compete in this double elimination tourney for a fee of \$50. The team will also enjoy pancakes, cup of chili and two beer tokens. There is a limit of 12 teams, so sign up early.

Okay, so Holiday Valley has the Penguin Paddle where contestants flop on their bellies in a garbage bag and slide down one of their hills. Well, Olean's Frosty Fest features the Squirrel Plunge! Do you have what it takes to be KING SQUIRREL OF THE HILL? "Working with Dream It Do It and Jamestown Community College, GOACC is able to bring this cardboard sled competition to the fest," said Erica Dreher, GOACC Member Services Manager. The contestants will sign up at the Chamber for \$5 and will receive cardboard, duct tape and a piece of rope - just the basics. The sled shall consist of ONLY these materials but are able to be painted or whatever else can be used to color the sled. Contestants will pick up their sled materials on Monday, January 31st and will create it at home, and then bring it to the Frosty Fest for the competition.

Depending on the number of registrations, there will be three divisions: youngsters, teens and adults. Those that bring their sleds for the competition and compete will receive a \$5 Shop Olean gift certificate as well as be able to compete for prizes from DIDI.

Dreher added, "Frosty Fest is deemed a winter themed and family friendly event to shake off the cabin (covid) fever." Other activities are being planned but are not fully confirmed with details. They include a curling tournament outside on synthetic lanes – so again, no worry about weather conditions. The City's Largest Pancake Breakfast is also on the schedule and with the volunteer list gone out already, the Mayor of Olean (William Aiello) has signed up to flip the cakes.

"Erica has lined up the activities and sign-ups on our shop site online - it's very user friendly," reported Yanetsko. "We encourage folks if interested to sign up early as we feel we may sell out quickly. Also, we need many volunteers, so please call our office to see what shifts are available."

For registration information, visit https://shop.oleanny.com/collections/frosty-fest. For questions or to sign up to volunteer, call 716-372-4433 or email events@oleanny.com.

COMMUNITY FUND

cont. from page 11

tinguishers, smoke and carbon monoxide alarms, bath thermometers, window locks, and latches to secure furniture and cabinets.

The Safe Home for Kids program is an ongoing collaboration with the Parent Education Program (PEP) that aims to keep children safe at home by reducing the risk of choking, suffocation, poisoning, falls, burns and other potential injuries. According to the CDC, these are the leading causes of death in a home, where one-third of childhood deaths occur.

The grant will help provide kits to between 25 and 50 families, according to Rural Revitalization Corporation executive director April Ramadhan.

FeedMore WNY received \$1,000 to provide for food purchases at 34 FeedMore WNY-network food pantries in Cattaraugus County. According to Elizabeth Whiting, bid management specialist at FeedMore WNY, enough food for 1.5 million meals was distributed in Cattaraugus County last year, representing a 24% increase from the previous year. Feeding America and Meals on Wheels America expect that the need for food assistance to remain at increased levels for at least another five to seven years.

The Gargoyle Park Public Disc Golf Course Fund received \$1,000 for materials to complete the construction of the 18-hole course. The grant will help offset expenses for the installation of two sets of tee pads at the Gargoyle Park Public Disc Golf Course, the first-ever public disc golf course in Cattaraugus County.

According to the Twin Tiers Disc Golf Association's Rich Longer, the completed installation of the tee pads is essential for the course to host New York State's firstever Collegiate Disc Golf Regional Qualifier, which is scheduled for March 12, 2022. Longer expects college teams from across the region to travel to Olean to compete for two bids to the Collegiate Disc Golf National Championships.

Donations can be made to the Community Fund at CRCF, 301 North Union St., Olean, NY 14760 or online at cattfoundation.org.

VILLAGE BOARD

cont. from page 14

are being placed at the curb. He asked for a solution, suggesting a different pickup day or a neighborhood dumpster that could be serviced easily.

Village Clerk Mary Klahn commented that as of Jan. 1st, an insert containing information on garbage pickup and under 30 day rentals has been included in the water and sewer bills, and will continue to be inserted into those bills, in hopes that people will become better informed about these services.

IN OTHER MATTERS

The Board granted permission to pay Parise Mechanical, Inc. a \$25,470 invoice for the boiler replacement at the wastewater treatment plant, which Engineer Ben Slotman said he would approve as a 90 percent completion. Slotman said there is some training and other wrap-up tasks to be completed.

The Board then voted to signal general agreement with a year-old proposal from Madigan's owner Shane Kell and contractor Aaron Tiller to begin formal review of a plan for an addition. Burrell said all information had not yet been presented to the Board. Stanton advised that the matter can't be approved with a Board resolution but must begin with the Village Planning Board, the state Department of Transportation and complete a partial abandonment of a village-owned alley.

Streets Committee Chairman Doug Bush suggested a traffic study due to congestion and dangers to pedestrians crossing during periods of heavy traffic sometimes moving over the speed limit. Mayor Burrell agreed that a study would be needed to cure the traffic backups between Holiday Valley Road stop light and the Washington/Jefferson Street signal. Engineer Slotman said he would compose a letter making the request.

The Board approved No Parking signs on both sides of Madison Street Extension after discussion of problems with access to fire hydrants and plowed-in autos during snowy weather, where there is no turnaround and parking is only allowed on one side.

Board members then approved a parking prohibition on both sides of Mill Street from the railroad underpass to the Village line. The vote came after discussion of the Police Department's request to stop motorists from parking on the east side of Mill Street to conform with the Town's decision to restrict parking. But after hearing from Town Engineer Ben Slotman, Board members voted to prohibit parking on both sides of Mill Street from the railroad underpass to the Village line.

Mayor Burrell reported that interviews for planner candidates have been narrowed down to one candidate who is currently negotiating salary and other terms with the Town and Village. He estimated a new planner will be in place within two months.

The Ellicottville Village Board will hold their next regular monthly meeting on Tuesday, Feb. 15, 2022 at 6:00pm. To attend virtually, please go to ellicottvillegov.com and scroll down to "Board meetings" for the meeting link.

CLASSIFIEDS

EMPLOYMENT

HELP WANTED: Experienced carpenters needed. Please apply in person to G.M. Nickolson Construction, Inc., located at 42 Mill Street, Ellicottville, NY 14731 or email resume and references to Michael Nickolson at gmnickolson@aol.com.

HELP WANTED: The Silver Fox is looking for a Bartender and Kitchen Staff. Apply in person at 23 Hughey Alley, Ellicottville, NY or e-mail resume to silverfoxeville@aol.com.

MONROE ST. BRICK & BREW: We are hiring! Join our team! Stop by MSBB at 21 Monroe Street, downtown Ellicot-tville to fill out an application or call 716-699-1051.

RENTALS

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

TELEMARK MOTEL, LOCATED ACROSS THE STREET FROM THE SUNRISE CHAIR is open for seasonal or monthly room rentals. All rooms have private baths, WiFi and cable. \$1,000/month plus tax or \$4,000 including tax for the season. Please email tektele@gmail.com or call 716-699-4193.

SUZY'S STAR READINGS Happy February Beautiful Star Family!

By Rev. Suzy Woo, B.Msc

Wow! Didn't January come and go? Huge shifts have happened ... do you feel the difference in the air? The past year and a half was chaos and confusion – sentiments like "What's happening, I feel lost, I need to look up what everyone's talking about and let that guide me on my next actions or how I feel."

The next year and a half it will be "There's too much smoke and mirrors, too many distractions, too many versions of truth out there, I don't know who to and not to trust. I'm going to go within and see how I feel intuitively, I will practice my own discernment, and that is how I will navigate and live my life." See the change? Do you feel that?

The planet Uranus, the 'Great Awakener' is now direct – ideals and aspirations you may have had which were set on the back burner since last August are back and rarin' to go; and just as well because now we are more wiser after the experiences life brought us. What a perfect system the universe has.

And woohoo Venus is now direct too, although she is in limiting, controlling Capricorn. So we are serious about our own business, our career, our life planning, our ambitions and achievements. We feel ready to pursue what we really love, especially in a grounded, practical way. Maybe you decide to take your business concept and anchor it by filing your business certificate! Make it real! Yes, go for it!

This Aquarius season is a perfect opportunity to break from the system (Capricorn). We will most likely see a tremendous upsurge of independent people launching their own businesses, new community level living and more caring about our neighbors instead of worrying about what crisis we are being told to be afraid of.

Happy birthday to all the Aquarius people out there. You can tell an Aquarius person because they don't really enjoy "peopling" very much, they are brilliant thinkers, visionaries, and have a love of weird things, they don't care if their socks don't match and they may be tatted up in colors and expressions. They think WAY outside the box. In fact, they hate containers altogether and prefer independence and freedom. They are our rebels. They say what many of us wish we could, they have brass ... and they question everything.

They have a bit of a dry sense of humor similar to Scorpio, and may suffer from nervous tension and anxiety, since their ruling planet Uranus rules the nervous system. As children, many are unfairly labeled on the spectrum or with ADHD – this is an Aquarius energy and doesn't need watering down to fit in. The Aquarius (and Pisces) energy in a child will never fit in.

As mentioned, Aquarius' ruling planet, Uranus, is now direct, so for all of us we can ease up on our own life's tensions and breathe for a minute. But for the Aquarians, they can move forward with their brilliant inventions and visions to guide us into the future right quick.

People who have strong Aquarius placements in their charts get the right answer in school but "the wrong way." They don't fit in, they don't associate well with everyone else and usually love sci-fi, space stuff, ET talk, and technology, even astrology!

Aquarius people can't stand clingy people and are not touchy feely. They care about people from a distance, as this sign is all about healthy detachment. They can drop you like a hot potato and not look back!

The chart of the US shows an Aquarius moon. You have 12 houses in your chart, and all the

SERVICES

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

MARTENS CLEANING SERVICE: Local, professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential and business cleaning, rental property flips. Now booking ski seasonal rental cleanings. Call Christina Martens, 585-435-7158.

DAN KANDEFER PLUMBING & HEATING: Quality products and professional installation. Remodeling, radiant heat flooring, all service work, boiler service and furnace repairs. Residential and commercial, 60 years of experience! Serving Ellicottville and the surrounding areas. Call 716-583-2034 or 716-945-5848.

REAL ESTATE

FOR SALE - LOCATION LOCATION LOCATION: At the 1.62 acre property at the entrance to Holiday Valley is home to Slopeside Bar & BBQ and the Telemark Motel. Owned by the same family for 37 years. Opportunities like this don't happen frequently! Email tektele@gmail.com for more information.

PLACE YOUR AD: Classified ads appear in both print and online! \$10 per issue up to 40 words, 25ϕ each additional word. Call 716-699-9816, stop by our office at 9 W. Washington St. or email info@ellicott villeNOW.com.

COMMUNITY

A COMMUNITY BLOOD DRIVE is scheduled for Friday, February 11th at St. Paul's Lutheran Church, Ellicottville, NY from 1:00-6:00pm. Call 1-800-RED CROSS or visit www.redcrossblood.org to schedule your appointment.



planets sit somewhere with that chart. Each of the 12 houses in a chart are ruled by a sign, so an area of life, or house, in your chart, is ruled by Aquarius. It's there that will be lit up for the next month. It is the coolest thing unraveling a chart and explaining your life path. Life experiences such as career shifts, expansion of your family, moves and relationships are all clearly shown in your chart.

Are you interested in learning more? I will be teaching a beginner's guide to astrology in March, and my February workshops are now posted on my website under the Event Calendar tab. You may like to join us at Holiday Valley for a Cacao Ceremony February 12th. I am also doing an astrology Zoom course on the 18th, and a fabulous workshop all about sound healing on the 19th at Holiday Valley.

If you are interested in having your chart read, expect to be blown away at the accuracy and truth to it. There is no guess work, it's clear! It can make one wonder ... 'How much of my life is fated, and how much do I have control over? Was I meant to do this or meet that person or travel there?' You even have personal ley lines – look up 'astrocartography' – I do that too. Where are you meant to live? Yeah, astrology can give you that, too!

I love your emails and am open to requests and lectures to explain trends or navigate a personal chart.

Everything has a system and that system is perfect and divine. You are part of that system. Never think you don't matter. Enjoy the breather from tension, and go within, learn to fall in love with yourself and trust your inner GPS! Enjoy the slopes, and get some fresh air. Love your life ... you are in charge of you! Until next month my friends, I remain ...

Your sister from the Stars - Suzy Woo

Rev. Suzy Woo, B.Msc, is a Spiritual Healer, Astrologer, and Psychic Medium specializing in Energy, Sound, Light and Crystal Healing. Suzy owns Good for the Spirit Gifts, 11 Martha St., Ellicottville, NY. Follow her on IG/FB, find her at suzy-woo.com or call 716-699-2871.

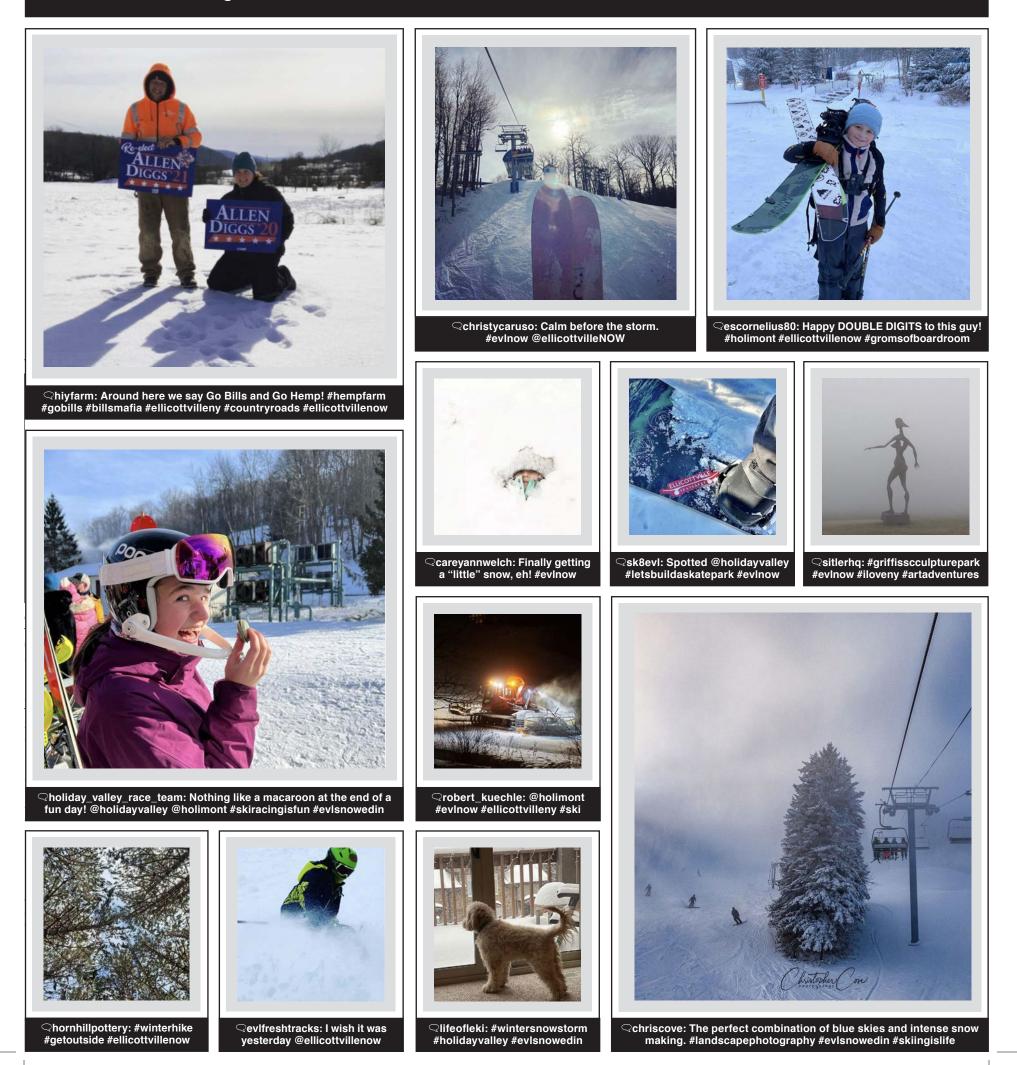
Installow Follow us on Instagram @ellicottvillenow

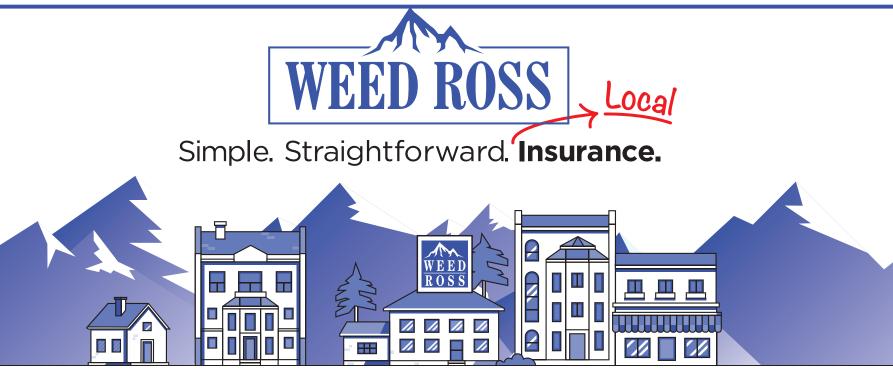
Share your photos with us and see them in our InstaNOW Photo Gallery!

O

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

Tagged images serve as granted permission for use by ellicottvilleNOW for promotional purposes of any kind in print • online • and on social media platforms.





Providing Specialized Insurance Coverage For









Ski Homes Airbnbs

Rentals Businesses

At Weed Ross, we offer clients the highest quality insurance plans, a personal relationship, and the best prices available. As we continue to build upon decades of expertise, we specialize in coverage for vacation homes, seasonal homes, rental properties, lake houses, and more. Our dedicated team of local insurance agents helps ensure optimal coverage at the lowest rate possible.

Call (716) 699-2388 Or Visit Us At WeedRoss.com





The Biggest Hits of All Time

