

# ellicottvilleNOW



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**FREE**

## Love is in the Air ... and in Local Businesses

Showcasing Great Gift Ideas and Dining Options this Valentine's Day ... #ShopLocal #EatLocal #DrinkLocal



BY ELLICOTTVILLENOW

Need help finding a Valentine's Day gift for that special someone? Look no further than the retailers of Ellicottville. Whether it's an iconic heart shaped pendant necklace for her or cigars and grooming supplies for him, the specialty boutiques that line the downtown business district can certainly provide you with one-of-a-kind options to gift your wife, boyfriend, friend, or yourself!

Just in time for the holiday, Ellicottville Brewing Co. released its Raspberry Truffle - the third collaboration with Platter's Chocolates. And the Winery of Ellicottville invites you and your date to warm up with a glass of Spice, Spice Baby. Looking to dine out? Wait until you see what John Harvard's has on their menu!

... page 08

### Experience "Your" Chef

Having spent more than half his life working in the restaurant business, Spencer Murray has learned a thing or two about what elevates a meal to an experience. The short answer? "Hospitality," according to Murray. "Hospitality is my favorite thing in the entire world. That's what makes me happy - creating great experiences for other people!"

Experience "Your" Chef combines Murray's passion for hospitality with friend and business partner Tyler Eggleston's culinary acumen to bring "the best of both worlds" to one's own home. The duo will work with the client to design a menu and create a delicious, stress-free experience.

... page 04

## "THROUGH THE LOOKING GLASS" ARTIST EXHIBIT COMING TO OLEAN

The Tri-County Arts Council is delighted to exhibit the extraordinary digital art of Laura Cole in two exhibits: "Through the Looking Glass" and "Edwardian Olean." Cole's digital art is a masterful restoration of time-worn photography from a long ago era into fresh colorful portraits which transcend time and distance, linking the viewer with Olean's forgotten Edwardian age. The thread connecting all of Cole's art is "the notion that objects from the past have the power to move us, emotionally, through time and space, to by-gone eras and otherworldly places." An opening reception will take place Feb. 12th ... page 11

## A Natural Approach to Relief

Ellicottville's Chiba Chiba Shop brings high quality CBD products to take away the stress and get you living your best



Chiba Chiba  
photo / @ellicottvilleNOW

BY TREVOR BRACHMANN

For those new to the name, CBD (short for cannabidiol) is a compound that can be extracted from the commercial hemp plant. Over the past few decades, interest in and research of this compound has gained momentum, as it continues to show its diversity in helping people with a tremendous amount of both physical and mental discomforts - from sore muscles and anxiety to coping with and healing from more serious ailments.

Chiba Chiba, which recently opened in Ellicottville, offers the compound in various forms including oils that can be taken directly or added to a food or drink, gummies, salves and lotions.

... page 04



@holimont\_parks

### HOLIMONT NEWS: Park Contest, Snowshoe Tours and More

The HoliMont Park Crew invites freestylers to submit their park video for a chance to win a Schecter Diamond Series "Monster" guitar, sponsored by Monster Energy. Grab your gear, your crew, and hit HoliMont with your best moves. (Contest is open to the public!) HoliMont is also excited to offer guided snowshoe tours, Fish Fry Fridays, and a great deal on skiing/snowboarding with their Weekday Experience Pass ... page 07



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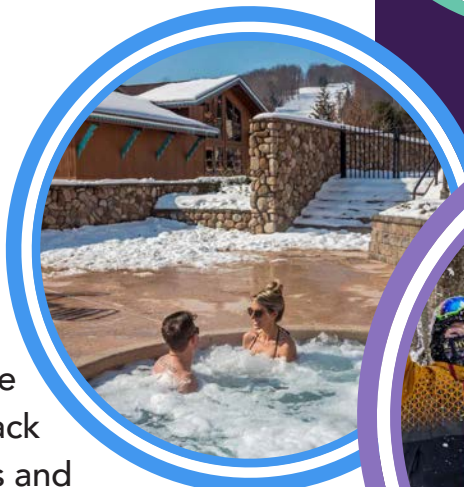
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# NOW *this ...* by Kim



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## Rising Strong.

Over the years, our democracy has been tested. This was evident on January 6, 2021 when an angry mob attempted insurrection at our nation's capital. On Wednesday, January 20, 2021, Joseph R Biden, Jr. was sworn in as our 46th President of the United States. In his speech President Biden stated, "Today we celebrate the triumph not of a candidate, but, of a cause, the cause of democracy." He also added, "Let's start afresh, all of us. Let's begin to listen to one another again." And he spoke directly to "All Americans". Joe Biden has a big job ahead of him. He has weathered his share of real-life tragedies and is attempting to help us as a nation overcome a very tumultuous era, and for that I am eternally hopeful and grateful.

The following is something I wrote awhile back reflecting on vulnerability and rising up from darkness. Parts of this piece are reflected in Renee Brown's book, *Rising Strong*. Her book has been inspirational to me and countless others, and while she may have been reflecting on a different context, I believe it fits this moment.

When I see people stand fully in their truth, or when I see someone fall down, get back up and say, "Damn. That really hurt, but this is important to me and I'm going in again." – my gut reaction is, "What a badass."

There are too many people today who instead of *feeling hurt* are *acting out their hurt*; instead of *acknowledging their pain*, they are *inflicting pain on others*. Rather than *risking feeling disappointed*, they're choosing to *live disappointed*. Emotional stoicism is not badass. Swagger is not badass. Perfection is the furthest thing from badass.

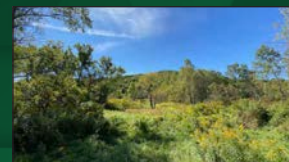
Yes, if we care enough and dare enough, we will experience disappointment. But, *in those moments when disappointment is washing over us and we're desperately trying to wrap our heads and hearts around what is or is not going to be, the death of our expectations can be painful beyond measure. This can make us feel vulnerable and in peril.*

Vulnerability feels uncomfortable, and falling hurts. It always will. But, I am learning the process of struggling and navigating the hurt. This has much to offer since there is a process to being brave and showing up. Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome. *Vulnerability is not weakness; it's our greatest measure of courage.*

We, as Americans of the United States of America, feel vulnerable. We feel betrayed and damaged. As our newly elected president, Joe Biden stated, "Politics doesn't have to be a raging fire." He also pleaded for unity saying, "We must end this uncivil war that pits red against blue."

We need to move forward, NO- We MUST move forward. Because people who waded into discomfort and vulnerability and tell the truth about their stories and feelings are the real badasses.

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). Read Kim's fitness column in this week's issue of *ellicottvilleNOW*, page 12.



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# BUSINESS

## CHIBA CHIBA

New shop in town offers sweet relief through CBD product line



BY TREVOR BRACHMANN

There's a friendly new face in the heart of Ellicottville. Chiba Chiba is a fun shop that welcomes you with a smile to browse a spread of relieving CBD products, local crafts, chocolates, and unique ski, snowboard and Ellicottville centered gifts and apparel. Stop in and visit Jeannine - also known as J9 - and get the skinny on how Chiba Chiba's CBD products may increase your quality of life, or find that unique keepsake for someone special.

For those new to the name, CBD (short for cannabidiol) is a compound that can be extracted from the commercial hemp plant. Over the past few decades, interest in and research of this compound has gained momentum, as it continues to show its diversity in helping people with a tremendous amount of both physical and mental discomforts - from sore muscles and anxiety to coping with and healing from more serious ailments. Chiba Chiba offers the compound in various forms including oils that can be taken directly or added to a food or drink, gummies, and salves and lotions. Although still unapproved by the FDA, I myself know many people from all walks of life who have found incredible relief from CBD products. Arthritis, digestive issues, tremors and seizures, stress, depression, PTSD ... there is a long list of purported benefits that seems to continuously grow. It's even recommended for pets! If you are looking for some relief in your life, do some research, or better yet, stop in the shop and ask the experts. They offer a sample of their relieving CBD infused lotion that can be applied to overworked (or over-skied!) muscles, or for any of those aches and pains from every day wear and tear.

Did you know? CBD is also found in cannabis. However, there has been a lot of misunderstanding behind it and its place or purpose. The CBD offered by Chiba Chiba is derived from US grown hemp (not cannabis), and is a perfect legal and non-psychoactive, non-habit forming product. The owners, Charlie and Barb Roberts, are practicing pharmacists who own the Springville and Holland Pharmacies. They discovered CBD and its benefits after searching for alternatives for some of their patients, and upon lots of research, they became believers. Enough so to invest in getting the highest quality and cleanest sourced products they could to offer their customers. Like anything you put in your body, it is important to know what these plants are grown with, what is sprayed on them, and how they are processed; the folks of Chiba Chiba wanted to make sure they were offering a potent and healthful product. Charlie chose the name of the store as a fun play on CBD's roots and relation with the activist community, who ultimately opened the doors to this new supplement that is helping ease so many folks' lives.

Jeannine, the welcoming face of the Ellicottville store, is a Licensed Massage Therapist and a strong proponent. Her experience using CBD came after falling into a depression following the loss of her father. "He was just one of those guys that made friends everywhere he went," she shared. "A friendly and honest, hardworking man." She had dropped everything in her life previous to his journey, and once he was gone it was hard to find comfort and to deal with the stress and depression that comes with losing a close loved one. Cannabidiol never was a consideration as she was not interested in cannabis and didn't know the difference between it and the legal hemp derived products being sold today. After a caring friend recommended she just give it a shot, she found within a week her depression symptoms and the tension in her body were subsiding. Jeannine was able to continue processing grief and hold her composure in everyday life, as her stress was cut but her presence undiminished.

Filling the rest of the bright space inside the Chiba Chiba storefront is creative Ellicott-

"Chiba Chiba" continued page 14

## EXPERIENCE "YOUR" CHEF

Restaurant duo bring hospitality and flavor into your home



BY MARY HEYL

Having spent more than half his life working in the restaurant business, Spencer Murray has learned a thing or two about what elevates a meal to an experience. The short answer? "Hospitality," according to Murray. "Hospitality is my favorite thing in the entire world. That's what makes me happy - creating great experiences for other people!"

Since he was 14 years old working in a pizza shop, Murray has enjoyed providing delicious meals and memorable experiences for others. His work experience ranges from managing restaurants in the Buffalo area to restaurants located in one of the biggest casinos in the world, Foxwoods Casino & Resorts in Rhode Island.

Most previously, Murray could be found working as general manager of Ellicottville's Villaggio, where he encountered the cooking talent of Tyler Eggleston. Eggleston, a western New York native, moved to California shortly after graduating from BOCES' culinary program and cut his teeth at a well-respected organic cafe. Since Eggleston's return to the area and experience cooking at Villaggio, he and Murray became good friends and are now the duo behind Experience "Your" Chef.

It's true that the restaurant world faces significant challenges due to the COVID-19 pandemic, but in the words of Murray, "There is certainly opportunity in adversity." He and Eggleston recognized an obvious need in a community that loves to eat great food but can't necessarily enjoy the traditional restaurant experience. "This area has such a strong culinary base, but no private chef world," Murray explained. "Right now, all businesses are thinking of different ways to share their products, but at the same time, customers are looking for different experiences as well."

Experience "Your" Chef, which began in October 2020, combines Murray's passion for hospitality with Eggleston's culinary acumen to bring "the best of both worlds" to one's own home. Whether one is looking for a private dining experience for two, hosting a family dinner, or gathering a small group of friends for a shower or bachelorette party, Murray and Eggleston will work with the host to design a menu and create a delicious, stress-free experience.

"We bring everything to your home," Murray explained. "We bring our own pots and pans, all of the ingredients, and we do all of the cooking, serving, and the clean-up. The clean-up, alone, is a great feature! Many people love hosting dinner parties, but the clean-up is a lot of work and the last thing you want to do at the end of the night. We take care of it!"

Whether it's a four-course meal or an appetizer spread, Murray and Eggleston work closely with their clients to create the perfect menu. "Tell me what you're thinking, and let's build it!" said Murray. "I'll tell you what we're able to do, send menu options, and work with you if there are food allergies, sensitivities or dietary preferences."

Importantly, Experience "Your" Chef is not a "cookie-cutter" business. "Everything we do, we build with people based on their likes," Murray said. "Our food will always look pretty, but we're very homestyle. People want good, hearty food. We're doing that with a little creativity - a twist." With dishes like Shrimp Caprese Ceviche, Brisket Risotto, Almond Crusted Salmon and Apple Cinnamon Creme Brulee, how could you go wrong?

Before working in their clients' homes, Murray and Eggleston have their temperatures

"Experience Your Chef" continued page 14

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## SNOWSHOE TOURS

Grab some warm clothes and your snowshoes and tour the mountain. HoliMont wants to help you clear your mind and get back to nature with their guided snowshoe tours. For more information, email [info@holimont.com](mailto:info@holimont.com). Let's get outside and enjoy the great outdoors!

## WEEKDAY EXPERIENCE PASS

Imagine it: Bluebird morning, no lift lines and perfect grooming, all made possible right here in the Southern Tier ... more specifically, here in Ellicottville, NY. Now stop imagining it because you can experience it! Get the Weekday Experience Pass at HoliMont, which includes 10 lift tickets that can be redeemed any weekday (Monday-Friday). Yes, HoliMont is open to the public during the week so take the day (or 10) and join us on the slopes. You won't regret it!



## FISH FRY FRIDAYS

Back by popular demand is Fish Fry Fridays, prepared by Dina's at The Mont! HoliMont has opened the lodge to allow indoor dining as well as curbside pickup. Chef Dave is always cooking up something sensational that your taste buds will thank you for, so plan your Friday dinner at HoliMont from 5:00-8:00pm. To place your curbside pickup order, call 716-699-2007.



## TERRAIN PARK CONTEST

Get creative, get rad and get filming! The HoliMont Park Crew invites you to join the fun for a chance to win a Schecter Diamond Series "Monster" guitar, sponsored by Monster Energy. Grab your gear and your crew, and hit HoliMont with your best moves. To enter: upload your video (up to 90 seconds) on Instagram using [#holimontparks](https://www.instagram.com/hashtag/holimontparks) and [#monsterenergy](https://www.instagram.com/hashtag/monsterenergy). Don't forget to tag [@holimont\\_parks](https://www.instagram.com/hashtag/holimont_parks) too! Contest runs through the end of February and is open to anyone with a lift ticket. All filming must take place in the HoliMont Park.



## SKI RACING

HoliMont kicked off their first Snowsports competition event of the season earlier this month, which brought some normalcy back to the slopes for athletes. With about six weeks of hard work and training, congratulations go to our HoliMonters for an outstanding job at the SL Races! HoliMont athletes Simona Muscarella, Madalyn Cummings, Will Knauss, Blake Preston and Charleigh Priestman were all in the hardware. HoliMont takes pride in providing a healthy atmosphere for kids to get outside and remain active during the winter. Shout out to the HoliMont Mountain Crew and Ski Patrol for all your efforts in providing a top notch venue and solid surface.



# #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!



### BLACKENED BISTRO FILET

John Harvard's Brew House  
 Inside the Tamarack Club • Holiday Valley  
 716.699.5350

Stop in for dinner at John Harvard's - located on the ski slopes of Holiday Valley - and try their take on Surf & Turf with their Blackened Bistro Filet! Two tender 4oz filets cooked to perfection, served over Cajun butter risotto and topped with fresh grilled garlic butter shrimp. Bring your date and enjoy a bottle from JH's selection of fine wines or a pint of one of the many local draft beers, all while overlooking the beautiful snow-covered slopes!



### FASHIONABLE HEARTS

Ava Grace Fashions  
 24 Washington St. • EVL  
 716.699.1105

Love is in the air! Ava Grace Fashions is lining up their Romantic Reds! But who says that Valentine's Day is just about red hearts? White hearts, black hearts, Buffalo plaid hearts ... there's something for everyone to choose from, no matter your style. Don't miss out on these great pieces for your V-Day Date Night or any time you want to vamp up your romance!



### FOR HIM AND HER

She Shed, He Shed  
 22 Washington St. • EVL  
 716.699.9121

Need help finding Valentine's Day gifts? Look no further than She Shed, He Shed. They've got everything from cosmetics and jewelry for women to cigars and grooming supplies for men. They've also got cute throw pillows and blankets great for cozying up together on those chilly nights. Speaking of chilly, check out their fashionable winter accessories - hats, gloves, scarves and socks sure to keep you warm until spring.



### RASPBERRY TRUFFLE

Ellicottville Brewing Company  
 28 Monroe St. • EVL  
 716.699.2537

The collaboration between Platter's Chocolates out of North Tonawanda and Ellicottville Brewing Company continues with the release of Raspberry Truffle Ale. The Platter's Raspberry Truffle Ale is a porter that is velvety and roasty, with rich dark cocoa flavors that meld with sweet raspberry deliciousness. A decadent desert ale that comes in at 7% ABV and just in time for the holiday of love, Valentine's Day.



### WEEKENDS AT THE WINERY

Winery of Ellicottville  
 14 Monroe St. • EVL  
 716.699.1055

Have a date? Going solo? With or without plans on Valentine's Day, it's always a good time for wine! On weekends, the Winery of Ellicottville serves up some specialties: warm up on Fridays with Spice, Spice Baby and add some sparkle to your Sundays with a Bubbly Riesling Poinsettia. Valentine's Day just so happens to fall on a Sunday this year so head this way and celebrate love with that special someone or by yourself with that special bottle of wine. We don't judge.



### ROMANTIC GETAWAY

Holiday Valley Resort  
 6557 Holiday Valley Rd. • EVL  
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Need some one-on-one time with that special someone? Holiday Valley is the perfect option for planning your romantic getaway! Save the time and hassles of travel and book a midweek overnight right here at Holiday Valley. Amazing skiing and riding, a cozy slopeside room, heated outdoor pool and hot tub, just the two of you! Call 716-699-2345 or visit holidayvalley.com/lojding for special packages and pricing.



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# REGIONAL EVENTS

## Tri-County Arts Council to Host Opening Reception for "Through the Looking Glass" & "Edwardian Olean"

OLEAN, NY - The Tri-County Arts Council is delighted to exhibit the extraordinary digital art of Laura Cole in two exhibits: "Through the Looking Glass" and "Edwardian Olean," beginning with an opening reception and artist talk from 6:00-8:00pm on Friday, February 12th. The exhibit will continue through Saturday, April 3rd in the Arts Council Gallery, 110 W. State Street, Olean. The Arts Council is open from 2:00-6:00pm Tuesday through Friday, and from noon-5:00pm Saturdays. Admission to the opening reception is free, only requiring reservations to observe Covid safety protocol. Reservations can be made on the sign-up link at <https://signup.com/go/iXWLMHU>

Laura Cole's digital art is a masterful restoration of time-worn photography from a long ago era into fresh colorful portraits which transcend time and distance, linking the viewer with Olean's forgotten Edwardian age. The thread connecting all of Cole's art is "the notion that objects from the past have the power to move us, emotionally, through time and space, to by-gone eras and otherworldly places," she writes on her website: [www.lauracolephoto.com](http://www.lauracolephoto.com). Her avant-garde surrealist art style reveals a dreamlike, or as she describes, a "fairytale-like" quality to create her "Through the Looking Glass" series.

"This resurrection of forgotten faces, exposed on old tintype photographs, starts when I scan these analog, 19th Century artifacts into my digital workspace," she said, adding she uses Adobe Photoshop and Corel Painter "to manipulate the unaware models into colorized-characters in surreal collages that transport the viewer to a place and time of maximalism and fairytale-like whimsy."

Cole combines scans of 19th century photographs with photos taken from different objects to create surreal collages. Using Corel Painter she digitally hand-paints over the entire image at the end of her process to create the "painterly" look to them.

"My images usually have rich colors and an element of nonsense or whimsy. My goal is for each image to feel like a scene from a fairytale," Cole said. "I choose to work with images of real people from the 1800's because I'm fascinated with the time period and have a strange nostalgia for what is, no doubt, an idealized notion of what it was like to live in a simpler, more elegant time."

Cole explained that her art career began in 2012 with a series of self-portraits she created as she learned to use her first-ever camera and Photoshop. "I began shooting weddings



and portraits professionally the following year but continued to create fine-art self-portraits in my free time. I eventually came across a number of artists who were creating various forms of collage using antique photographs, and I was fascinated!" she said. "I would lose myself for hours just scrolling through an eBay search of "tintypes" and admiring the unique faces, beautiful clothing, unusual posing, and all other aspects of these tiny remnants of history and of people's lives. As I stepped aside, they seemed to take over as the subjects of my portraits."

The "Edwardian Olean" series is a bit different. Cole begins with old tintype, ambrotype, or daguerreotype portraits. In this series, she used old postcards, post-marked in Olean between 1901-1914.

"I curbed the surrealism a bit because I wanted them to feel like miniature time machines that could take the viewer back to an Olean that no longer exists ... one of pride, wealth, and abundance," she said, warmly recalling the Olean in which she was born and has lived her entire life. "My family goes back generations in Olean, on both sides. It was important to me to create something that paid homage to the important role that Olean has played in me becoming the person that I am."

More information about Laura Cole's art and her upcoming exhibits can be found on the Art Council's website at [www.myartscouncil.net](http://www.myartscouncil.net)

## Take A Hike! Families, Photographers and Fans of Winter Encouraged to Get Outdoors



### WINTER SNOWSHOE HIKE

PORTVILLE, NY - Clear your mind and warm your heart by spending some time out in nature! Pfeiffer Nature Center will host a winter snowshoe hike on Saturday, Feb. 6th at 10:00am. Blue skies and snow covered trails are the perfect setting for a hike about Lillibridge. Bring your own snowshoes or borrow a pair of traditional, wooden bear paw snowshoes when you visit Pfeiffer Nature Center's winter wonderland.

This hike is for both the novice and advanced alike. If there is no snow, you can still join the fun with a winter stroll along the trails through field and forest. The program will be canceled if we are experiencing extreme weather conditions. This hike will take place at the Lillibridge Preserve, will last approximately one hour, and is free to the public, however, pre-registration is required. Because of COVID safety measures, social distancing and masks covering your mouth and nose are required. Group sizes will be limited in participants. Reserve your space(s) by e-mailing: [naturalist@pfeiffernaturecenter.org](mailto:naturalist@pfeiffernaturecenter.org) or calling 716-933-0187 by Tuesday, February 2nd. Please include a contact phone number with your

reservation and let us know if you would like to borrow snowshoes and the number of pairs. You will be contacted to confirm your reservation. The traditional snowshoes are one size fits all and are recommended for ages 13 and up. Minors must be accompanied by an adult.

### CHILDREN'S STORYBOOK TRAIL

Join Pfeiffer Nature Center once again at the Lillibridge Property for a new storybook adventure along our Storybook Reading Trail for the young readers in your life. Read the tale, *The Night Before Groundhog Day*, on the Interpretive Trail (Griffin's Way – an easy 0.36 mile round trip trail) as you wander through our old growth hemlock forest. The storybook pages are held in place by our gentle giants for you to read as you pass by. Be sure to read both sides of the tree!

Head to the map located at the Lillibridge kiosk to find where your adventure begins. The book will be available through the month of February, and although the book is a great kick-off to celebrate Groundhog Day on February 2nd, it is a fun read whenever you choose to visit.

The Lillibridge Property is located at 1974 Lillibridge Road, Portville, NY. We would love for you to share pictures and let us know how you enjoyed your visit by e-mailing [naturalist@pfeiffernaturecenter.org](mailto:naturalist@pfeiffernaturecenter.org) Enjoy the wonderful outdoors!

### PHOTO CONTEST - SAVE THE DATE!

While visiting Pfeiffer Nature Center, be sure to snap some photos! The center is excited to announce the return of our photo contest and show. Get ready to create some beautiful and interesting images at the Pfeiffer Nature Center properties! We invite photographers of all skill levels and ages to visit one or both of these properties to share their personal visual takeaways in a Photography Contest & Show on September 19, 2021. Yes, that's right ... 2021! We are promoting this event in advance to give us all the opportunity to create photographs during any or all of the four seasons!

Photos from Pfeiffer properties, no matter when they were taken, are eligible for submission. Pfeiffer locations include the Lillibridge property: 1974 Lillibridge Road, Portville NY and the Eshelman Property: 1420 Yubadam Road, Portville, NY. The Contest/Show Event will be held at the Lillibridge chestnut cabin on Sunday, September 19, 2021. Please visit our website at [www.pfeiffernaturecenter.org](http://www.pfeiffernaturecenter.org) for details and a submission application. Photographs must be submitted by August 27, 2021.

# HEALTH & FITNESS

Hydration: How much water SHOULD you be drinking each day?

By KIM DUKE, CERTIFIED PERSONAL TRAINER, CORE PERFORMANCE

One of the many bits of advice you will hear from any fitness expert is about hydration. Our bodies are over two-thirds water. Which means, if we do not supply a constant source of water to our bodies, then transporting all the nutrients, hormones and even wastes through our bodies becomes difficult. Dehydration can occur without you even knowing it. For instance, if you feel thirsty, you are already on your way to being dehydrated. So, it's important to avoid dehydration, an often-overlooked aspect of disease.

Here are some potentially surprising things you need to know about staying hydrated.

**\*Thirst pains are real.** Yes, we have hunger pains, but did you know that we also have thirst pains? Often, we can't rely on a dry mouth to tell us that we need a little more H<sub>2</sub>O. Chronic joint pain, headaches and gastric ulcers can often spell d-e-h-y-d-r-a-t-i-o-n. Water is needed to carry acidic waste away from cells, and when we're dehydrated, these wastes don't get carried away, leading to our nerves interpreting the acidic waste as pain.

**\*\*If you're tired, it may be dehydration.** One study conducted by Loughborough University found that a mere 5% drop in water levels in the body can cause a 25-30% loss in energy. Even a 3% drop can cause fuzzy thinking, "brain fog" and a slower metabolism. Another study conducted by University of Connecticut's Human Performance Laboratory found that even a 1.5% water loss led to reduced cognitive function, headaches and fatigue in 25 women and 26 men.

**\*\*\*Allergies and asthma can be linked to dehydration.** Studies have found that when the body is dehydrated, histamine begins to ration water, which in turn increases histamine and the allergic response and lowered immunity. Chronic dehydration triggers a histamine release in asthma sufferers, which leads to inflammation and bronchial constriction.

So how much water does a person need per day? It's an individual thing, as water requirements vary from person to person. The amount of water we need depends on a number of factors, including our size, activity level, stress level, the climate or temperature and our diet. A good basic rule of thumb is to take your body weight (in pounds) and divide it by 2. This is the number of ounces of water that you should be drinking each day. For example,



if you weigh 150 pounds, you will need 75 ounces of water per day. Divide this by 8 to get the number of 8-ounce glasses you should be drinking. Also keep in mind your diet. If you eat plenty of fruits and vegetables over the course of each day, you are already getting water from those sources. Stay away from caffeinated water, soda pop and fruit juices. These sources of liquid can do more to dehydrate, bloat and cause weight gain than good old fashion water.

*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). Reach Kim at [kduke65@gmail.com](mailto:kduke65@gmail.com).*

## Inner Peace and Strength: The Winter Blues

By LAURA WIDGER, LCSW

Papa Winter has arrived and is here to stay and join us for the next little while. What is your take or opinion on the winter months? Are you in your glory with the winter activities and energy? Or is springtime and summer warmth more your jam? Do you find yourself becoming depressed or just down during the colder/darker times of the year? Do the "winter blues" affect your energy, motivation, and abilities to get you through your day? Do you experience a sudden loss of pleasure in your life during this time of year? If you find yourself nodding your head "yes yes yes," then perhaps you know what Seasonal Affective Disorder is and feels like very well.

According to the National Institute of Mental Health, "Between 5-9% of the American population experience Seasonal Affective Disorder, otherwise known as SAD, each year." Symptoms and bodily responses of SAD follow a seasonal pattern, with presence during the fall and winter months and a recede in the springtime. The symptoms of SAD can affect people in some or all of these categories: physically, emotionally, cognitively, as well as behaviorally.

These categorical symptoms can be broken down. Physical symptoms of SAD can include: low energy, appetite changes, weight gain or loss, muscle tension, pain, stomach-ache, headache, sensations of being weighted down or walking through water. Emotional symptoms of SAD can include: depressed or anxious mood, sadness, feeling blue, decreased enjoyment or interest in things previously liked, and irritable mood. Cognitive symptoms of SAD can include: trouble concentrating, forgetfulness, thoughts about being worthless or a failure, negative thoughts about winter, and/or thoughts about death or suicide. Behavioral symptoms of SAD can include: less active, withdrawing from others, crying, sleep problems, and changes in eating.

So what if you experience a handful of these symptoms and know SAD oh too well? What can you do about it? Several strategies that have been proven effective are: understanding your specific symptoms first and foremost, then moving your body by increasing your activity levels which has a direct correlation to mood, and next producing a neutral or positive inner voice which can help motivate you to move your body. There is a famous mantra saying: "fake it until you make it," which emphasizes the fact that you might not want to get up and move but once you do the motivation will follow.

A few more strategies noted by Kelly Rohan in her book, "Coping with the Seasons: A cognitive behavioral approach to seasonal affective disorder" are: creating self-statement



or coping cards, involving yourself in positive social interactions or making a point to interact with others, engaging in competency experiences or doing activities that make you feel skilled and competent, and participating in incompatible response or doing things that are not compatible with feeling depressed. Lastly, purchasing a "happy light" or light therapy lamp and remembering that what you think has a direct correlation to how you feel can certainly benefit your livelihoods during these cold months of the year.

*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.*

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# OBITUARIES

Rita Nickolson • Nov. 4, 1922 - Jan. 16, 2021



**ELLICOTTVILLE, NY** - Rita E. Nickolson, 98, of Ellicottville, NY passed away Saturday January 16, 2021 at The Pines of Ole-an. She was born November 4, 1922, the daughter of the late John and Margaret (Koch) Schiedel.

Miss Nickolson was employed for many years at Durwood Paving in Hamburg, NY and also was an administrative assistant for other area companies. She was a member of Holy Name of Mary RC Church in Ellicottville, NY.

She is survived by her son Gerald Michael (Sally) Nickolson of Ellicottville, NY and several nieces and nephews. Besides her parents, she was predeceased by a brother John and 2 sisters Violet and Isabelle.

A Memorial Service will be held at a later date. Burial will be in Holy Cross Cemetery in Ellicottville, NY. Arrangements are under the direction of Mentley Funeral Home Inc., 411 Rock City Street in Little Valley, NY. In lieu of flowers donations can be made to the Food Pantry of Ellicottville, NY.

## CHIBA CHIBA

cont. from page 04

ville branded clothes and décor with fun and creative graphics. The printing and embroidery is all done locally in WNY. They also have chocolates from Niagara Chocolate Company, locally made shot-skis and wine racks and a great selection of antique ski memorabilia - a lot to remind someone of their favorite little town, or to find the perfect decoration for their chalet.

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## EXPERIENCE YOUR CHEF

cont. from page 04

taken, wear masks, and wash hands and clean surfaces frequently. Murray said, "We understand we're coming to your home, and we want you to feel comfortable. We do everything that the guests are comfortable with."

Even those who are interested in eventually hosting larger-scale events can book with Experience "Your" Chef, as Murray has a large network of friends in the area restaurant scene. So far, the pair has traveled to clients' homes in Rochester, the Jamestown area, Fredonia, and Bradford, Pennsylvania, as well as several homes in and around Ellicottville. "If you're getting a ski chalet or coming into town for just a week or two, this is a great chance to do something different without worrying about the cleaning," said Spencer. "Whether it's dinner for two or a small wedding, we're happy to cook for you and make it a really great experience!"

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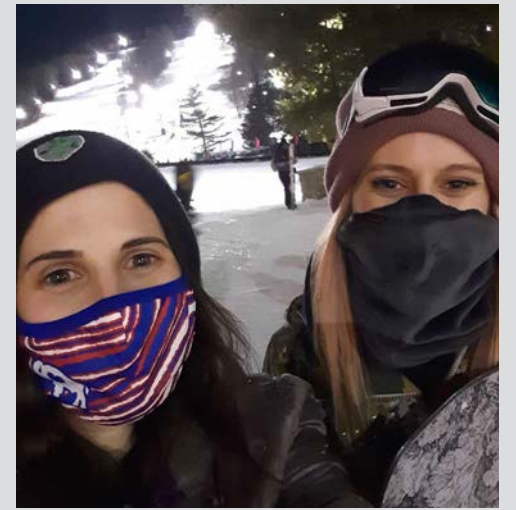
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dash\_913: Had the pleasure of spending the day riding fresh snow, gold chairs and taking photos. Not bad for a Tuesday! #evlnow



mellyanne: #snowyfunday #snowandsmiles @ellicottvillenow



mclucarelli29: Snowboarding helped ease the pain of the Bills loss just a little bit #billsmafia #evlnow



escornelius80: #gobills #billsmafia #evlnow #holimont



robert\_kuechle: Snowshoeing @holimont #evlnow



baroness\_abcinema: #powday #evlnow #powderpatrol



lcove1: He doesn't care about Kodak Moments! @holimont #snowshoeing #freshsnow #snowhike #kodakmoment #evlnow



rickmac6150: Semi-powder day @holidayvalley #EllicottvilleNow



willygoat\_adventures: Got to meet Old Man Winter & be the lead sled dog on his team for @holidayvalley! #dogsonthejob #snowdogs #evlnow



shannonlshepherd: #skiandride #nightriders #evlnow



thenewphskiev1: Gold chairs & golden sunsets #skifamily #evlnow



hugaro87: Life is change, growth is optional #hike #snow #evlnow

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