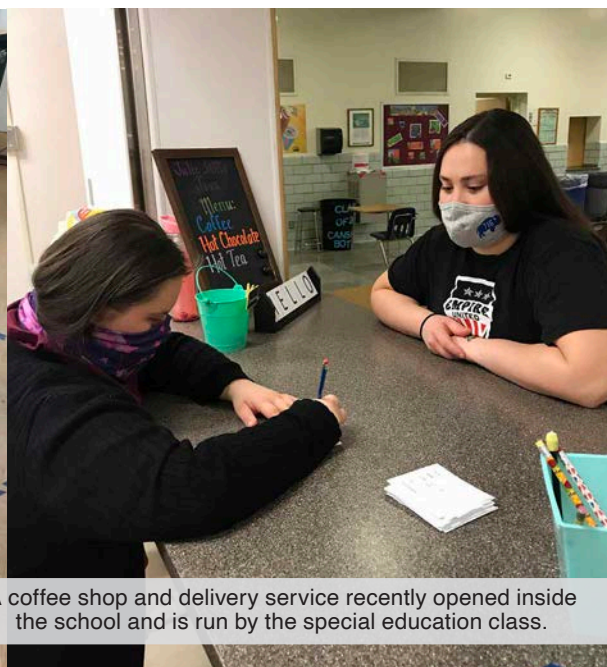




## The #RedInstead Movement

Ellicottville Central School to celebrate Autism Acceptance with special activities during the month of April



A coffee shop and delivery service recently opened inside the school and is run by the special education class.

BY MARY HEYL

For more than 30 years, the month of April has been dedicated to autism awareness, a movement that began with the Autism Society's first annual National Autistic Children's Week in April 1972 and grew into Autism Awareness Month every April. However, in recent years, many organizations have recognized April as Autism Acceptance Month, a shift that Ellicottville Central School special education teacher Kristin Rocco has incorporated in her own classroom. In Rocco's words, "The shift from autism awareness to autism acceptance is something I only learned about in the last year or so. Many are pushing for the #RedInstead movement in which people wear red in the month of April in an effort to bring about acceptance over awareness."

... page 03

### Tail-End of Ski Season

Wow, what a winter! What began with many worries and doubts turned into a very successful season for Holiday Valley. Challenges abounded, with the Canadian border being closed (we still miss you Canada!) and many of our loved ones and friends being affected by COVID-19.

But Holiday Valley planned for the best and moved forward. And now they're winding down the season with spring rates for lift tickets and lodging, plus super savings on ski passes for next year. The driving range will be opening soon and the Double Black Diamond golf course is targeted for April 10th, weather permitting. Read up on what HV has in store for spring.

... page 08

## BOCES STUDENTS PARTICIPATE IN HANDS-ON TRAINING DAY

Students from the CA BOCES CTE Center at Ellicottville Power Equipment Technology program recently received a day of advanced heavy equipment electrical training, conducted by industry representatives from LandPro Equipment, Five Star Equipment and SUNY Cobleskill. Sponsored by SUNY Cobleskill's Workforce Development Outreach Project, the students participated in hands-on training to reinforce electrical fundamentals. LandPro also donated the use of a new state-of-the-art agricultural tractor, "bugged" with faults, which the students had to correctly troubleshoot and identify ... page 07

## Win a Ski Pass to Holiday Valley

Local skateboarders raffling off a season's pass, MSG gift card, and other prizes to raise money for the Ellicottville Skatepark Fund



Interested in scoring a combo pass to Holiday Valley for next season? SK8EVL, a local group of skateboarding advocates, is currently selling raffle tickets to raise money for the Ellicottville Skatepark Fund. Also being raffled off is a \$200 gift card to Mud, Sweat n' Gears, and an 8x12 poster of Tony Hawk, signed by the legend himself. Tickets are \$20 each or three for \$50, with the drawing April 1st.

Every dollar raised will be matched by The Skatepark Project/Ralph C. Wilson Jr. Foundation's "Built to Play" matching grant program and will go towards constructing a permanent concrete skatepark in Ellicottville. SK8EVL has until Nov. 30th of this year to raise as much funding as possible for the match.

... page 04



Apparel and novelty items including t-shirts, long-sleeves, mugs and tumblers with witty sayings can be ordered through Facebook.

Candice Marie Walton

## SAVE THE SALAMANCA PUBLIC LIBRARY

A recent occurrence in Salamanca saw the local library taking a large hit to their budget and future funding. Fortunately, one resident by the name of Candice Walton has organized a fundraiser to sell custom merchandise, donating proceeds to the library. So far, she has raised over \$500 and looks to the public to help grow that number ... page 04



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# Publisher's PICK

ECS teacher shines a light on 'Autism Acceptance'



Kristin Rocco stands at the counter of Julie JAM's Java, located inside the school.

By MARY HEYL

For more than 30 years, the month of April has been dedicated to autism awareness, a movement that began with the Autism Society's first annual National Autistic Children's Week in April 1972 and grew into Autism Awareness Month every April. However, in recent years, many organizations have recognized April as Autism Acceptance Month, a shift that Ellicottville Central School special education teacher Kristin Rocco has incorporated in her own classroom.

In Rocco's words, "The shift from autism awareness to autism acceptance is something I only learned about in the last year or so. I really dived into having conversations with autistic adults about how they feel about the month of April."

What Rocco learned surprised her. "What I've learned in the last year is that many in the adult autistic community really do not resonate with the puzzle piece symbol," she explained. (The rainbow puzzle piece has become a well-known symbol for autism awareness over the past few decades.) "It was initially designed in the early 1960s and the initial idea behind it is 'Until all the pieces fit,'" Rocco said. "It implies that there is some kind of a cure or something to be figured out about autism, which really isn't the case."

This year, like many others involved with the autism community, Rocco and her students are moving beyond the idea of autism awareness to autism acceptance, a movement that is supported by the Autistic Self Advocacy Network (ASAN), a non-profit organization run by and for autistic people. Rocco explained, "Many are pushing for the #RedInstead movement in which people wear red in the month of April in an effort to bring about acceptance over awareness. Many feel that there's a lot of awareness now, so let's move forward with acceptance and supporting all neuro types, including neuro divergence."

Rocco is the first to point out that she was one of the biggest proponents of the puzzle piece symbol. "I did activities with it, had shirts with the puzzle piece, you name it!" she said. "I still appreciate the history and the importance of the puzzle piece, and there are many people who still recognize it. I just recently learned that many prefer the rainbow infinity symbol and #RedInstead. I think focusing on acceptance and inclusion is really important now."

Toward that end, Rocco and her middle/high school special education students are going to be creating a display for the Ellicottville Elementary School foyer. Each year during the month of April, Rocco plans an activity to recognize autism, and this is her first year using the rainbow infinity symbol. Rocco explained, "Each grade level has a different color infinity symbol. I'm creating activities for all elementary teachers and their students to talk about inclusion and acceptance with their students. Each student will write how they are inclusive on their symbol, and we'll be making a giant rainbow infinity display using everyone's symbol."

Rocco's students have also been busy reopening their coffee shop and delivery services, an important part of the Life Skills Program, and an operation that was paused when the pandemic began last spring. "We started this back up right after the February break," said Rocco. "My students do a coffee cart delivery service at the elementary school, and at the high school level, we have an actual coffee shop out of the concession stand that we run once a week called Julie JAM's Java."

The coffee service is named in memory of Julie Ann Mendell ("JAM"), the sister of elementary P.E. teacher Chris Mendell. "Julie was 47 years old when she passed away earlier this year due to COVID-19 complications," Mendell explained. "She was a special needs student, and she always liked being included. When she passed, our family thought it would be a great way to remember her by contributing to Kristin Rocco's Special Education Life Skills Program."

"Autism Acceptance Month" continued page 07



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# FUNDRAISING

## WIN A SKI PASS, BUILD A PARK

SK8EVL raising funds for the Ellicottville Skatepark with great prizes



Frank Maduri, owner of Monroe St. Brick & Brew (left) purchases a raffle ticket from SK8EVL advocate Trevor Brachmann during Winter Carnival weekend.

ELLCOTTVILLE, NY - Interested in scoring a combo pass to Holiday Valley for next season? SK8EVL, a local group of skateboarding advocates, is currently selling raffle tickets to raise money for the Ellicottville Skatepark Fund.

Tickets are \$20 apiece or three for \$50, with the drawing to be held April 1st.

Also being raffled off is a \$200 gift card to Mud, Sweat n' Gears, and an 8x12 poster of Tony Hawk, signed by the legend himself, donated by PandaGoat Media. Every dollar raised will be matched by The Skatepark Project/Ralph C. Wilson Jr. Foundation and will go towards constructing a permanent concrete skatepark in Ellicottville.

"We are so grateful for the generous donations from Holiday Valley, Mud, Sweat n' Gears and PandaGoat Media," said Brenda Perks, SK8EVL's lead advocate. "They've provided us with three amazing prizes that will help us get closer to our goal of building a skatepark. We have a few other surprise items that we'll be raffling off as well!"

Tickets for the raffle can be purchased at Mud, Sweat n' Gears' Ellicottville location, Venmo (@Ellicottville-Skatepark), PayPal (ellicottvilleskatepark@gmail.com) or from any SK8EVL committee member.

SK8EVL has until November 30th of this year to raise as much funding as possible for the match. Fundraising efforts are being conducted as a result of a grant that Ellicottville was awarded by The Skatepark Project's "Built to Play" program, which assists communities throughout Western New York in building free, public skateparks. The mission: get kids outdoors and active.

To date, SK8EVL has raised \$104,000 towards its \$250,000 goal.

SK8EVL established the Ellicottville Skatepark Fund at the Cattaraugus Region Community Foundation (CRCF) to support the group's fundraising efforts at the beginning of the Ellicottville skatepark project. Along with the upcoming raffle, tax deductible donations can also be made directly to the Ellicottville Skatepark Fund at CRCF anytime at 301 North Union St., Suite 203, Olean, NY 14760 or online at cattfoundation.org.

For more information about the project, go to sk8evl.com

## ROTARY SCHOLARSHIPS

\$5,000 vocational scholarship and several \$500 scholarships available

A \$5,000 Career and Technical Scholarship is being offered by the Rotary Club of Ellicottville and may be awarded to a member of the senior class that resides within the boundaries of the Ellicottville School District. The student must be accepted into a program at a technical school or community college. Application deadline for the Technical Education Scholarship is April 1, 2021.

The Rotary Club of Ellicottville is also offering several \$500 scholarships to graduating ECS seniors enrolled in an accredited program of higher education. Application deadline for these Rotary Scholarships is May 14, 2021.

Applications for both scholarships can be found at [www.ellicottvillerotary.com](http://www.ellicottvillerotary.com)

## SAVE THE LIBRARY

Salamanca Library faces budget cut; local resident organizes fundraiser



Candice Marie Walton

BY ELIJAH GEORGE

A recent occurrence in Salamanca, NY saw the local library taking a large hit to their budget and future funding. After much deliberation and pleading, the cuts have been finalized and will go in effect beginning April 1, 2021. The Salamanca Common Council delivered a critical blow to the library ... a nearly 20% cut to the library's budget. Fortunately, one resident by the name of Candice Walton has organized a fundraiser to sell custom merchandise, donating proceeds to the Salamanca Library.

While the library was busy mitigating the financial damage, Walton was busy constructing an online fundraiser. After contacting library manager Jennifer Stickle to confirm a mutual collaboration, Walton started organizing all kinds of fun and sharp-witted products to sell - items which include but are not limited to t-shirts, long sleeves, mugs and tumblers. Utilizing her own Facebook page, sales took off. Thus far, she has collected over \$500 for the library.

With the ability to offer custom pre-orders, designing your own shirt or coffee mug makes this "fun"draiser FUN! Everything is custom catered to you, the buyer! Examples of a few reading-related quips that you can have printed on your products are: "the book was better", "bookmarks are for quitters", or "book nerd". When you speak to Walton to place your custom order, you can choose your item, the color and the design. Make it your own!

The best way to place an order is through Candice Marie Walton on Facebook, or call her directly at 814-596-3490. You can also stop by the Salamanca Library at your leisure and speak to a staff member, who will be happy to take your information and relay your order to Walton.

When asked why, Walton had this to say: "Usually I try to organize one or two fundraisers a year, and we know a local library can't sustain and just make all of that money back in a few weeks. Plus, it's nostalgia; my dad read every night after work. He was never without a book in his hand."

Furthermore, an optimistic Walton sees the future as bright, stating, "I would love to start more [fundraisers]; I know that people are going to wait and see what others buy so I hope it's a snowball effect. I hope other people with initiative see our fundraiser and decide to start their own. We need all the help we can get, which is why I really appreciate what you guys are doing with this article!" Well Candice Walton, from this writer to the Salamanca Library and residents - we appreciate YOU!

In addition to Walton's fundraiser, the library is also open to accepting donations, whether they be materials that staff can add to the collection or put into a book sale, or monetary. When making a monetary donation, an individual has the choice of specifying how they would like the library to use their donation. The library has also taken its own initiative through manager Jennifer Stickle, attempting to reach out for the aid of a Friends of the Library group. We have also been informed that anyone who feels so inclined as to become a volunteer for that group or make a donation to the Salamanca Library can contact staff to sign up. Reach out to Jennifer Stickle at [manager@salamanca-library.org](mailto:manager@salamanca-library.org) or by calling 716-945-1890.

Remember that a picture says a thousand words. Knowledge is power, and with great power comes great responsibility. The library is a safe place for everyone and a book that resides there may just be your best friend. Whenever we've needed them, they have been there. Now let's do our part to make sure we're there for them.

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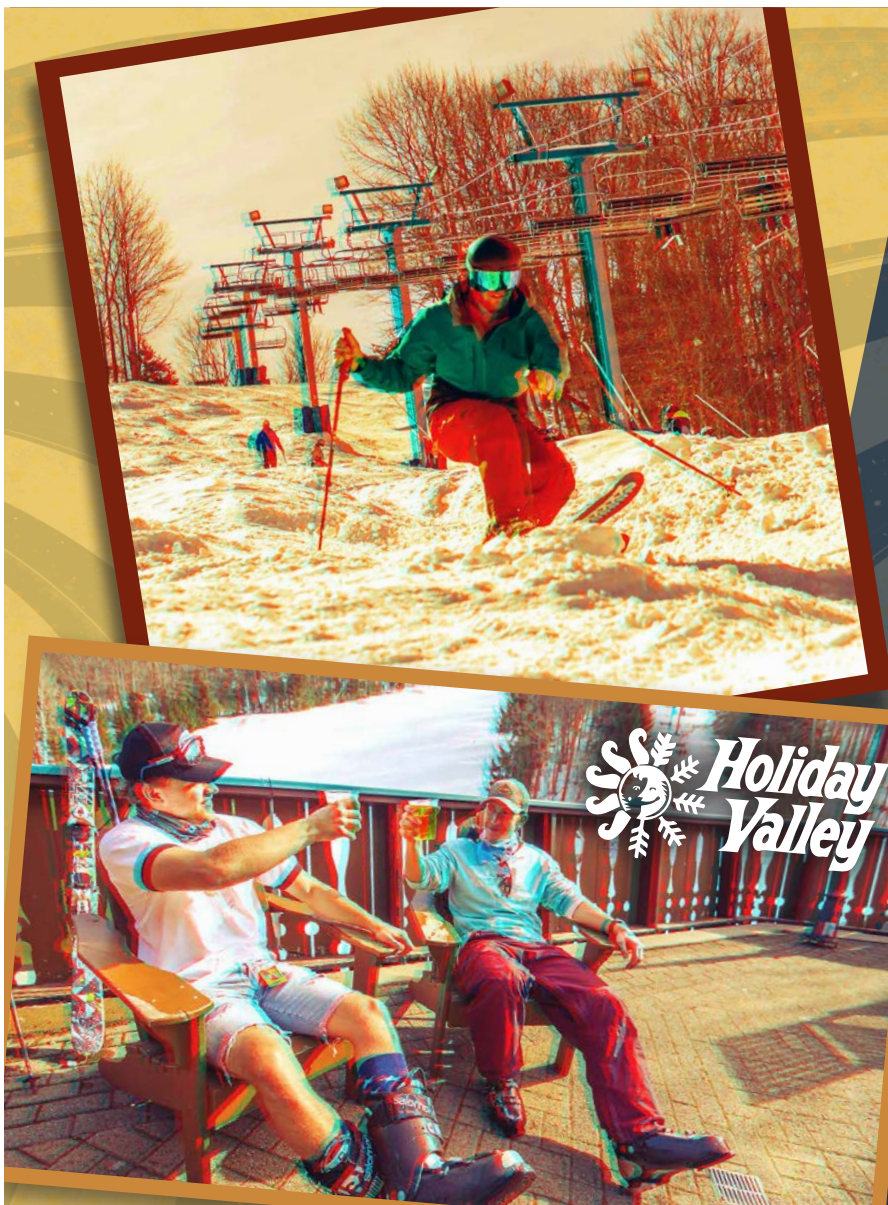
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# INSIDE THE CLASSROOM

## KINDNESS AND PERSEVERANCE

Kristen Hintz Memorial Scholarship available to ECS seniors



OLEAN, NY - Kristen Hintz is remembered at Ellicottville Central School.

It is hard to forget someone like her - someone who was a leader at the top of her class and a leader on the field. The Ellicottville women's soccer team won state championships in 1998 and 1999, her sophomore and junior year. She was named the team MVP and received state honors in those years. She was also the president of her class from her seventh grade year to her senior year. She also dedicated herself to community volunteering.

Kristen Hintz was a senior at Ellicottville Central School when her life was tragically cut short by an automobile accident in 2000. Her memory lives on through a scholarship to help send Ellicottville graduates on to college.

Applications for the Kristen Hintz Memorial Scholarship are now being accepted. The scholarship (two awarded for \$1,000 each) is available to an Ellicottville student or students who demonstrate qualities of kindness and perseverance. Students must include an essay describing how they embody these characteristics. Students can apply at [cattfoundation.org/apply-for-scholarships](http://cattfoundation.org/apply-for-scholarships). Applications are due by April 1st.

For additional information about this and other scholarships available through the Cattaraugus Region Community Foundation, please contact CRCF at 716-301-CRCF (2723) or email [foundation@cattfoundation.org](mailto:foundation@cattfoundation.org). Donations to the Kristen Hintz Memorial Fund can be made at CRCF, 301 North Union St., Suite 203, Olean, NY 14760, or online at [cattfoundation.org](http://cattfoundation.org).

## Wolfinger Fund supports school districts in Ellicottville, Coudersport, Smethport

OLEAN, NY - While school districts continue to adapt to a hybrid model of in-person and distance learning and work to meet the ever-changing education needs of students, the Wolfinger Family Fund at the Cattaraugus Region Community Foundation is making possible \$2,000 in support for the Ellicottville, Smethport (PA) and Coudersport (PA) school districts.

Harold "Sandy" and Connie Wolfinger of Haskell Road established the Wolfinger Family Fund in 2019 to support educational programs, activities and/or equipment purchases at several school districts with an annual grant to each district every year. Their donor advised fund also will be supporting other charitable causes in the future.

The Wolfingers structured the fund with the intention of having a lasting impact for many students by supporting projects in the awarded districts rather than by making one-time awards to individual students.

These three school districts - Ellicottville, Smethport and Coudersport - all have ties to the Wolfinger family. Sandy and Connie's children and grandchildren have attended each school.

A \$1,000 grant to the Smethport School District will support the purchase of new, reusable smart notebooks for Smethport 4th graders and a CPR training project that was cancelled due to the outbreak of COVID-19 and school closures in 2020.

Rocketbook notebooks allow students to utilize handwriting rather than only typing for note-taking and homework, which has been proven to boost cognitive function and reten-

"Wolfinger Family Fund " continued page 08

## HANDS-ON TRAINING

BOCES students receive advanced instruction through college, local partners



ELLICOTTVILLE, NY - Students from the CA BOCES CTE Center at Ellicottville Power Equipment Technology program recently received a day of advanced heavy equipment electrical training.

Sponsored by SUNY Cobleskill's Workforce Development Outreach Project, the students participated in hands-on training to reinforce electrical fundamentals. Some of the training included using telemetrics to transmit machine data, laptop computer machine diagnostics, basis electrical component testing and module / controller interfacing.

Industry representatives from LandPro Equipment, Five Star Equipment and SUNY Cobleskill conducted the training. LandPro Equipment also donated the use of a new state-of-the-art agricultural tractor for the day. This tractor was "bugged" with faults, which the students had to correctly troubleshoot and identify.

The main goal of the SUNY Cobleskill Workforce Development Outreach Project is to foster and build connections between students, educators, and industry. The driving force behind this project is to educate and encourage young adults to enter the agricultural / construction equipment repair fields, as a shortage currently exists and is projected to increase in the near future.

As the regional leader in education services, CA BOCES offers state-of-the-art programs for learners of all ages and abilities as well as cost-effective shared services for 22 component school districts. CA BOCES empowers students to achieve their maximum potential by offering a wide variety of innovative programs and support that include special education, career and technical education, adult and continuing education, technology support, and instructional support services. To learn more, visit [www.caboces.org](http://www.caboces.org).

## AUTISM ACCEPTANCE MONTH

cont. from page 03

In lieu of flowers, memorials were made to Rocco's Life Skills Program at ECS. "Our wish is for Kristin to use the money in any way she sees fit, whether it's supplies for her students, field trips, special activities, or the coffee cart," said Mendell. "Our family really wanted to do something for this program, so we purchased a stainless steel cart that we're in the process of customizing for Julie JAM's Java."

Mendell thanks everyone who made donations to the program in memory of his sister. "The donations were just unbelievable," said Mendell. "We're so grateful to everyone and to Kristin Rocco, because without her, this kind of program wouldn't be possible. When my sister was in school, special education isn't like what it is now, and we want these students to be able to experience what my sister couldn't."

Donations in memory of Julie Mendell are still being accepted, said Mendell. Checks payable to Ellicottville PTO - Julie JAM's Java Cart can be sent to Ellicottville Central School, 5873 Route 219, Ellicottville, NY 14731.

Despite the challenges posed by the pandemic, Rocco has been pleased to teach her students in person and to share the importance of acceptance for individuals of all abilities, in April and all year long. "We're trying to focus on the idea of inclusion and acceptance by really talking to students about what that means and what that looks like," said Rocco. "I think the important thing to understand with any student is to include everybody. I think our school does a great job of making sure everyone is included. My classroom gets invited to everything - it's so important to not just preach about inclusion, but to model it."

# RESORT NEWS

Holiday Valley celebrates the tail-end of ski season with spring conditions; readies for golf, Sky High

By JANE ESHBAUGH, MARKETING DIRECTOR, HOLIDAY VALLEY RESORT



Wow, what a winter! What began with many worries and doubts turned into a very successful season for Holiday Valley. Challenges abounded, with the Canadian border being closed (we still miss you Canada!) and many of our loved ones and friends being affected by COVID-19. But we planned for the best and moved forward. Once New York State released the Ski Area Operating Requirements in November, it was a huge sigh of relief that as long as Holiday Valley, our employees and our guests complied with the regulations, we were able to open the slopes for skiing and riding. Turns out that lots of people felt safe being outdoors and skiing and snowboarding were activities that appealed not only to our core group, but to many new participants and those who had given up the sport.

And now we're winding down the season with spring rates for lift tickets and lodging. A little education about spring skiing ... on warm sunny days when it gets into the 40's or 50's, the snow gets soft during the day, then it stiffens up quickly as the sun goes down. We try to time the end of night skiing with the warm-up. Spring is upon us now and as of March 21st, night skiing has ended. The week of March 22nd is "Twilight skiing" where most lifts close at 4:30pm, except for Cindy's and Sunrise that remain open until 7:00pm. Next week, all lifts will close at 4:30pm.

## WOLFINGER FAMILY FUND

cont. from page 07

tion for students at a time when many students are facing the challenge of working both in the classroom and at home, according to Angela Lapp, a 4th grade teacher in the Smethport School District.

"My class of 20 students would all greatly benefit from the addition of Rocketbook to our everyday learning activities and assignments," said Lapp. "Rocketbook would ultimately provide students with a traditional method of learning, while meeting the needs of technology today."

\$500 of the \$1,000 grant for Smethport will support the purchase of the Rocketbook technology; the other \$500, remaining from the fund's allotted grant for 2020, will support the purchase of mannequins for CPR training for staff and students.

The \$500 grant to the Coudersport district will support the purchase of two new iPads for the district's STEM lab classroom. The iPads will also be utilized as part of the district's live streaming and broadcast audio programs, both of which are student-run, according to Theresa Daniels, a Coudersport teacher. The STEM/Smart lab serves students from grades 7-12, said Daniels.

According to Daniels, the STEM lab serves an important function for middle and high school students. "We push our students to explore all that technology has to offer because our community, although rural, has an impressive network infrastructure that makes the potential for STEM-based jobs in the future a reality," she said.

The \$500 grant at Ellicottville Central School will also be used to purchase iPads for student use in the district. The district has seen an increase in demand for technology like iPads to enable more distance learning in the last year.

Due to the COVID-19 pandemic, Ellicottville Central School took on the goal to place at least one iPad in the house of each family that has elementary aged children attending school, requiring the purchase of approximately 175 iPads in addition to the district's inventory, according to Ellicottville Superintendent Robert Miller.

The \$500 grant from the Wolfinger Family Fund in 2020 supported the purchase of iPads as well. The Community Fund at CRCF also provided a \$2,500 grant to fund the purchase

There's an art to spring skiing that depends on the temperature. If it drops to the lower 30's at night and the snow stiffens, the groomers can get out and work their magic. If it's still cold as the lifts open, the snow will have set up due to evaporative cooling, so bring out your narrow waisted skis and start on the slopes that face east, like Morning Star, Cross Cut and Mardi Gras. Follow the sun to Eagle, Cindy's and Sunrise, then save the Yodeler face for mid-day. As the day gets warmer, the snow will soften quite a bit and that's when to bring out the fat skis for some surfin' fun. Afternoons are for those big soft bumps, followed by tailgating in the parking lot!

Now is the time to purchase your season pass for next year, as the prices are as low as they'll go until April 30th and a fee-free installment plan is available. Classic Passes, including unlimited days, nights or days and nights are on sale now. Season-long programs like Rangers, Eagles, Race, Freestyle and Snowboard Teams and Masters are also at the early rate. If you're a new passholder and you're paid in full, you can ski free the remainder of this season. Classic Passholders who refer a new Passholder receive a \$50 gift card, or a \$100 gift card for a new family. Ultimate Passes, including the White Pass, Flex Pass, Ultimate Sunday and Ultimate Select options are also on sale now and also offer the installment plan. You can find more information and purchase any of these passes and programs at holidayvalley.com, or stop in the Customer Service office.

The driving range will be opening soon and the Double Black Diamond golf course is targeted for April 10th, weather permitting. The front nine is snow-free, and the crews will be working their magic soon to clean up and green up the course. Sky High Adventure Park is still a bit snowy, but there's lots of prep work to be done in advance of the May 7th planned opening date for the Adventure Park, May 21st for the Sky Flyer Mountain Coaster, and May 22nd for Spruce Lake Chairlift rides ... this year with lift-serviced mountain biking! For details go to holidayvalley.com/skyhigh. The Holiday Valley pools are scheduled to start weekend operations on May 29th and will be open daily starting June 14th.

Now is a great time to check out the Holiday Valley summer jobs available at holidayvalley.com/jobs. We're currently hiring Sky High Park Monitors, Harness Shop staff, Mountain Coaster Staff and chairlift operators and also lifeguards for the pools.

The new High Speed Yodeler Quad project will be underway starting in April. The old lift has been sold to Catamount Ski Area in eastern New York and the new lift has been purchased from Doppelmayr USA. Watch the construction progress at holidayvalley.com



of iPads in the district.

"It has been a year since the beginning of the COVID-19 pandemic, but the reality is that school districts continue to face challenging circumstances to safely provide instruction to students," said CRCF Executive Director Karen Niemic Buchheit. "It is a credit to the foresight of the Wolfingers that a fund like this exists to help close the gaps in needs for area schools. It is a critical time for educational institutions as they work to ensure that the students of today receive a quality education despite all of the challenges the pandemic has posed."

Donations can be made to the Wolfinger Family Fund at CRCF, 301 North Union St., Suite 203, Olean, NY 14760, or online at cattfoundation.org.

Established in 1994, CRCF is growing good by connecting donors to the causes they care about most in the region. Grants from the foundation support many areas including education, scholarships, healthcare, the arts, community development, human service, and youth development. To learn more, call 716-301-CRCF (2723), email foundation@cattfoundation.org, or visit online at www.cattfoundation.org. CRCF is also on Facebook (facebook.com/cattfoundation) and Twitter (@CattFoundation).





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# MEETING NOTES

## Village Board: Ellicottville looks forward to 2021 events; Cappelli steps away as Village Trustee

By CAITLIN CROFT

The March meeting of the Ellicottville Village Board opened with two pieces of good news. Two checks were received: the first a refund check from Workers Compensation totaling \$10,841.99. The second, from the Cattaraugus County sales tax distribution in the amount of \$119,061.39.

There was a motion to approve the minutes with minor corrections; a motion to approve the financial report; and a motion to pay the bills with minor budget modifications; a second and ayes carried on all accounts.

**MAYOR'S REPORT:** A budget workshop was set for March 22nd and there was an approval to set a public hearing on next year's budget. The public hearing will be April 13th at 6:00pm. For the new dump truck, Mayor Burrell proposed financing with Key Government Finance (KGF) over five years at a rate of 3.38%. KGF financed the purchase of the sidewalk plow three years ago. There was a motion to accept the proposal.

**PLANNER'S REPORT:** GObike Buffalo has completed a feasibility study to connect 75+ miles of bikeable trail from Lackawanna to the Genesee Valley. Part of this trail would use the EVGV trail that is currently in the building process. Now that GObike Buffalo is ready to do a preliminary design, Planner Gary Palumbo would like to stay connected to the project. This would allow Ellicottville to have direct input on the design aspects of the trail. The Mayor appointed Trustees Doug Bush and Sean Lowes to work with the Village Planner on the matter.

**ENGINEER'S REPORT:** There has been an increase in volume of work, and the Town/Village Engineer proposed the Board explore options for either an Assistant Engineer or

Intern to help with some of the CAD/design workload. The Board approved his request to investigate options.

**PARKS:** Trustee Lowes advised the dog park is thawing out and that he would like to see some gravel put in preemptively before it's mud. The request was heard with no official outcome.

**SPECIAL EVENTS:** Trustee Bush met with Brian McFadden of the Chamber regarding upcoming events. The Chamber will take on two events to start: the Summer Music Festival at Holiday Valley July 2nd-4th and the Jazz & Blues Weekend July 23rd-25th. Bush stated that everything is predicated on NYS COVID limitations and the Chamber will work within guidelines as they progress.

**REFUSE:** The new refuse law requires all garbage to be put in totes and most seem to be following. The Board voted to discontinue garbage collection for commercial businesses (4-6 total) in the Village. This will begin April 1, 2021.

The meeting was adjourned with a giant thank you to Trustee Greg Cappelli as he is stepping away from his role on the Village Board. With last week's election the two new Board members will assume their duties on April 5th. Cappelli has given so much time and dedication to the Village and greater Ellicottville area and will be greatly missed.

The next regular meeting of the Ellicottville Village Board will be held Tuesday, April, 20, 2021 at 6:00pm via teleconference. To join Village meetings by phone, please call 716-832-8330 and use passcode 5324670

## The COVID-19 Vaccination in Cattaraugus County - Part Two

By ELLICOTTVILLENOW

After a full year of battling a pandemic, people in our area have many questions about the future and returning to some sort of "normal". What about Fall Fest? Our summer concerts? Still wearing masks? Brian McFadden, executive director of the Ellicottville Chamber of Commerce, is very hopeful about the events planned in Ellicottville this year.

"We'll take it one step at a time and not get too far ahead of ourselves," said McFadden. "We have a good feeling about our July 4th concerts. Using Holiday Valley's golf course gives us a lot of opportunity to spread things out, but I am sure there will be adjustments from previous years. Smaller events like our Gazebo series will begin July 1st and continue Thursday nights into August. Keep checking our website, [ellicottvillenew.com](http://ellicottvillenew.com) for updates."

To further explore some of the public's concerns, we reconnected with Cattaraugus County Director of Health, Dr. Kevin Watkins, who graciously took time out to answer a few of our questions.

**eNOW:** For those who have had COVID-19, does that mean they are in the clear going forward?

**Dr. WATKINS:** Having Covid does not mean, and I will repeat, it does not make you invincible or it does not protect you from getting reinfected by COVID-19. Studies have shown that after a person has been infected within the past 90 days, that reinfection is very low but it does not mean that it is nil.

**eNOW:** What would you like to say to the entire community about the losses we've faced locally because of COVID-19?

**Dr. WATKINS:** So far we have lost 81 residents to COVID-19 and we extend our deepest condolences to those families who had to experience these losses. COVID-19 is nothing to play with; it has really taken its toll on the residents here in Cattaraugus County.

**eNOW:** What is the message you'd like to send to the people of Ellicottville including bars and restaurants about masks and being vigilant?

**Dr. WATKINS:** Ellicottville is really a socialite of community where right now, outdoor sports seems to be where everyone really likes to be because there is a large number of individuals interested in participating in those outdoor sports. I still want them to remember that we still have COVID-19 prevalence within that community as well and that face coverings will and should be a requirement of any facility. We'd like anyone visiting the area to continue to wear their face mask or face coverings. And because a number of those visitors could be from parts of different states, we just want them to know that if there is an outbreak, it would really lead to a large amount of investigation on our part. So it would really help us if they would practice those public health measures and help keep everyone safe.

**eNOW:** Talk about some of the variants of the virus that have now come into Western New York.



**Dr. WATKINS:** These variants that we're seeing - one in the UK, one in South Africa and the other one in Brazil or South America - what we do know about these variants is that they are highly contagious - up to 50 to 70% more contagious than the COVID-19 that we are dealing with currently. These variants have been identified in New York State, as close as Allegany County and in Niagara County. Again, these variants are a lot more contagious. One person with one of these variants can infect a lot more people than, say, the COVID-19 that we are currently experiencing here. So we still have to be very careful.

**eNOW:** What will the region be like when we hit summer? What will happen to Fall Fest, our concerts, the outdoor village gazebo concerts and, in general, get-togethers over the summer and fall?

**Dr. WATKINS:** This is just being hopeful that we will start to receive more doses of vaccine we can get a number of New Yorkers vaccinated and then that would allow for such activities at this particular time. We will have to maintain the strict executive orders that come from New York State. For those type of concerts and things we have participated in ... in the summer I know last year we had to cancel quite a few events. I'm hopeful that this year we might be able to put a few on, but it might still require some social distance and the number of individuals that will be allowed to attend.

Hopeful news as we get closer to warmer weather, getting outside and enjoying all Ellicottville has to offer. Check out the Ellicottville Chamber of Commerce website for the very latest on the planned 2021 events: [www.ellicottvillenew.com](http://www.ellicottvillenew.com). You can hear the full audio version of this interview with Dr. Watkins on our website: [www.ellicottvilleNOW.com](http://www.ellicottvilleNOW.com).

# HEALTH & FITNESS

## Core Performance: "Give it Time"

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

My studio was shut down on March 16, 2020 in what I thought was going to be a temporary blip. Flash forward 365 days, one whole year later and my studio is still navigating new guidelines and requirements to operate fully. The studio that I thought was so large at one time, feels quite small when you need to keep people a safe distance from each other. And, I know for myself and many others that the physical, mental and emotional impact of this last year definitely took its toll on our bodies. Some of us got fitter, while others got thicker. As the new year unfolded, many tried to turn this around with resolutions, diets and exercise routines to kickstart our weight loss. But, after only a few months/weeks, still have not seen the results they had hoped would happen more rapidly.

My advice to all of them ... "Give it time."

This past year was unlike any other that we have experienced during our lifetime, and if we are lucky, we will come out as a wiser breed of people. It doesn't take a day or a bad meal to put extra weight on us, and it won't take a day or a healthy meal to take weight off. The same goes with workouts. The first couple comes along with muscle soreness that gets less intense as you progress. No matter what your fitness goal, time, consistency and proper nutrition need to blend together to create the perfect storm. As you adjust your diet to a healthier routine, your body will start to change.

Commitment to fitness and better nutrition is not something we can just turn on like pulling a switch in our heads; it's always a gradual process. You start small and you build up from there, one effort at a time, one day at a time. You have to slowly re-educate yourself and get used to the idea of exercise, incorporate it in your daily life in small ways first, and only then will you be able to commit to it more seriously long-term.

Another thing I say quite regularly to my clients: "Every expert started out as a beginner." So if you are struggling to keep your motivation, remember that small changes can equal



big results and that it is okay to have a bad day, because, every morning you get to start with a clean slate.

*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.coreperformancefit](http://www.coreperformancefit)*

## Inner Peace and Strength: Let Us Practice Empathy

BY LAURA WIDGER, LCSW



What is empathy really? Is it a feeling? Is it an act or behavior? Can you see it or touch it? Have you heard the word or phrase but seem puzzled by what it truly is? Well ... you turned the right page and zoomed in on the column that will attempt to clarify empathy's complexities.

Empathy in its truest form is a person's innate ability to understand or comprehend the feelings of another. Having empathy involves the capability to sense or know exactly what another person is experiencing emotionally, in addition to, imagining or sensing what another might be thinking or feeling. I envision empathy as a heart string with one person's heart attached to another by means of an invisible string of connection and emotional knowing.

Human's ability to have empathy instinctively ranges on a continuum from having no concept of empathy to living life in a constant state of empathic attunement. Empathy can not be counterfeited or forged. However, I am of the belief that empathic perception can be learned and enhanced with awareness and practice.

What if we view empathy as a developing muscle? With that outlook, let us begin with a spotlight on the empathy continuum, specifically, on those who struggle with empathy. For those of us who can relate, how about we think of developing empathy in the same sense as setting an intention to develop a bicep muscle. What is needed is hard work, time, focus, energy, and practice or "reps." For those who live in a continual state of empathic attunement, perhaps a change-up of the workout routine is necessary. For example, pace, slowing down movements or thoughts, and catching the automatic empathic responses are perhaps what is in order. Now,

how about we break down ways to develop, enhance, or pace our empathic abilities.

In flexing our empathy muscles conceivably, we can stretch for these 5 things: listen actively, explore differences, stay out of judgement, put yourself in someone else's shoes, and communicate your understanding of what someone else is going through.

**LISTEN ACTIVELY:** Jamil Zaki, a professor of psychology at Stanford University describes the practice of listening actively as "reformulating the message to the person who just said it. For example, try actively listening to the store cashier. Observe the nonverbal cues. The key is to focus on the intended meaning and feelings of the person you are interacting with."

**EXPLORE DIFFERENCES:** Zaki continues in his book, *Heartificial Empathy* by stating, "Exploring differences can look like putting yourself in environments where people are from different backgrounds. For example, you might want to join a local community outreach group or volunteer for a charity. Immerse yourself in a diversity of other's experiences."

**STAY OUT OF JUDGEMENT:** When it comes to staying out of judgment, if you find yourself beginning to judge, catch it, hit the pause button, and embrace the practice of acceptance and understanding instead.

**PUT YOURSELF IN SOMEONE ELSE'S SHOES:** True practice of putting yourself in someone else's shoes involves a willingness to witness an experience of another from how they see it and not how you imagine their experience to be.

**COMMUNICATE YOUR UNDERSTANDING:** Brene Brown says there are several simple phrases to communicate your understanding of what someone else is going through. Some of these phrases to say to another are: I'm curious about, help me understand, and walk me through that.

Brene Brown is an empathy expert, so let us close with one of her quotes: "Empathy has no script. There is no right or wrong way to do it. It's simply listening, holding space, withholding judging, emotionally connecting, and communicating that incredibly healing message of 'you're not alone'."

*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

Justin P. Woodarek • February 5, 1958 - March 22, 2021

ELLICOTTVILLE, NY - Justin P. Woodarek, 63, of Ellicottville passed away Monday, March 22, 2021 at his home. He was born on February 5, 1958 in Salamanca, son of the late W. William and Martha (Viereck) Woodarek. On June 19, 1981, Justin married the former Donna Kresconko who predeceased him on February 21, 2016.

For many years, he owned and operated Woodarek Service Center in Ellicottville and enjoyed rebuilding and tinkering on vehicles, specifically his GTX. Justin enjoyed hunting but more so the camaraderie and being out with the boys. He also enjoyed snowmobiling and the local cruise nights through the years, as well as his dog Heidi, whom he loved.

Justin is survived by a son, Dustin (Ashley) Woodarek of Great Valley, and a daughter Jaimie Woodarek of Ellicottville. Also surviving are six brothers; William (Mary Jo)

Woodarek of Ellicottville, David (Ronda) Woodarek of South Dayton, Martin (Kristen) Woodarek of Land-O-Lakes, FL, Jason (Lisa) Woodarek of Allegany, Christopher (Kim Elise) Woodarek of Ellicottville, and Jude (Katie) Woodarek of Springville. He is also survived by three sisters; Rebecca (Joseph) Rakieski of Ridgeway, PA, Belinda (Bruce) Pollock of Ellicottville, and Barbara Woodarek of Great Valley as well as three grandchildren; Mayelyn, Ava, and Hunter, and several nieces and nephews.

A celebration of life will be held from the family home, 26 Mill Street in Ellicottville, NY 14731, on Saturday, March 27, 2021 from 1:00-4:00pm.

Memorials may be made to a charity of the donor's choice. Arrangements are under the direction of Mentley Funeral Home Inc., 411 Rock City St. in Little Valley.

# ellicottville**NOW**

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

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dash\_913: Woke up a little earlier this morning to hike with an incredible family and honor Jake Burton Carpenter #RideOnJake #evlnow



robert\_kuechle: Pot of gold @holimont #evlnow #stpatricksday #skiingislife #wnyphotographer



willygoat\_adventures: Can't get enough of this sunshine #rumspringa #evlnow #springisintheir



jtaw6: Love spring riding! #evlnow @holidayvalley



mclucarelli29: Taco Fridays @ellicottville\_tapbottle #evlnow



careyannwelch: Tubing Time! #ellicottvillenow



baroness\_abcinema: Soaking these days up #springslashing @holidayvalley #evlnow #needthatvitamind #goggetan #funshine



bperksey: #SaveOurMusic #evlnow #livemusic #villaggio



rickmac6150: Captain & Ms. America had a great day on the hill with pure sunshine and spring conditions #evlnow #wintercarnival2021



ellicottvillenow: #wintercarnival #skipatrol #fooddrive #evlnow



seancornelius80: #methodgrab @holimont\_parks @ellicottvillenow



team\_pritchard: #daffodils #spring #evlnow

# Thank You.

Coming into '20-'21, we weren't sure what to expect. The weather is always a concern, but that was compounded by the uncertainty of surges, lockdowns and the collective psyche of the American public.

To adapt to this new reality, it was all hands on deck. We would need to embrace the change and accept the challenge.

We were presented with an unbelievable opportunity this season. In the midst of a generation-altering crisis dominated by bad news, snowboarding could be the escape. That opportunity wasn't taken lightly. We took it upon ourselves to introduce as many as possible to the pure joy of standing sideways.

We call ourselves The People's Choice. But this moniker means nothing without you. The people. The first timers, the weekend warriors, the die hards - we cannot thank you enough. In this hyper digital age - where everything you need to be on-hill can be found from your phone - you clearly prioritized shopping local.

Your unwavering support allows this fiercely proud, family-owned and -operated snowboard shop to not only survive .. but thrive.

In a year where the only certainty was uncertainty, together we saw it through. Cheers to a great season, and have the best summer.

Let's do it again next year.

