

Ellicottville NOW

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FREE

EVGV TRAIL BEER RELEASE PARTY

Steelbound Brewery & Distillery collabs with the EVGV Trail Committee to create new, local flavor



BY MARY HEYL

Now that cold, snowy weather has given way to spring, members of the Ellicottville-Great Valley Recreational (EVGV) Trail are preparing to resume work on the trail system, which will eventually include approximately 15 miles of multi-use trails from the Holiday Valley Tubing Park on Bryant Hill Road to the Ellicottville village center and on to Great Valley. In addition to providing groomed trails for walking, biking, and cross-country skiing, the EVGV Trail will connect businesses, resorts, Ellicottville Central School and many other points along the way.

Recreational trails can cost as much as \$1,000,000 per mile, so the EVGV Trail is not a small project. But beginning on May 7th, there is a fun, easy way for the public to get involved, and the only equipment needed is a bottle opener.

... page 04

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The three-day event was comprised of Moguls, Aerials, and Slopestyle. Hacker achieved a first place finish in all three competitions, earning him the title of East Coast Young Gun Freestyle Overall Combined Champion. This helped his team earn a second place out of 17 teams.

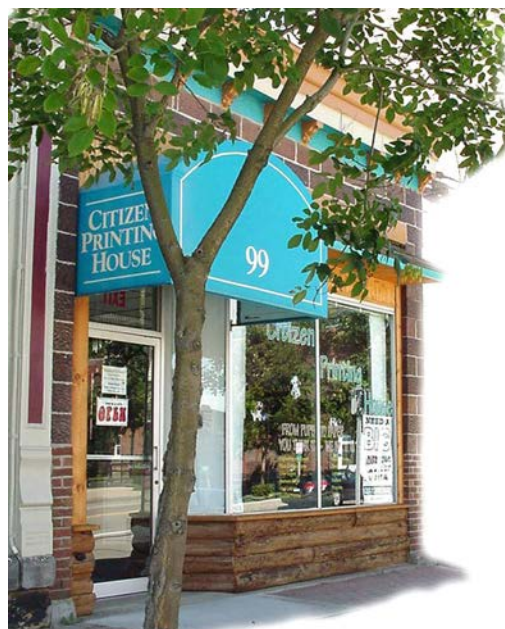
... page 07

LOU GRAMM JOINS THE SUMMER MUSIC FEST LINEUP

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CITIZEN PRINTING GROWS ITS OFFERINGS

Family business adds matting and framing to its menu of services



BY MARY HEYL

One of the oldest print shops in the Southern Tier, Citizen Printing House at 99 W. Main St. in Allegany has worked hard to meet the ever-evolving needs of the business community for over 100 years. Despite the COVID-19 pandemic and ensuing supply-chain challenges, Citizen Printing continues to offer personal, professional printing services. Now, owner Lynda Dunn is pleased to announce a new service for customers: matting and framing.

In 2019, Melissa Meyers, owner of The Ink Well, retired and closed the business, which had offered matting and framing services. "We picked up that service from the Ink Well about a year and a half ago," Dunn explained.

... page 08



COMMUNITY CLEANUP AT THE NANNEN ARBORETUM

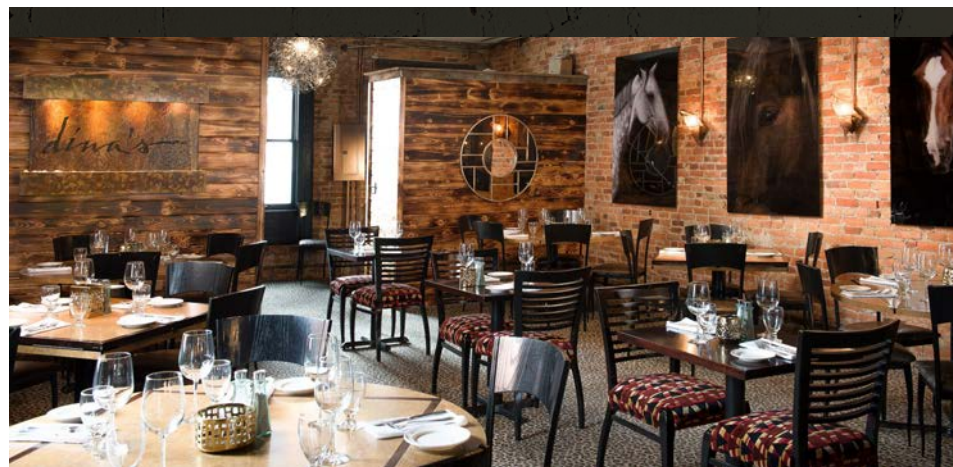
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NOW *this ...* by Kim



Even in the chaos of everyday life, moments of gratitude remind us to hold on to the good things.

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Gratitude ... It's Contagious

There is not a day that goes by that I do not feel inundated by some form of negativity. If you/your loved ones came through the pandemic without getting sick or losing someone to Covid-19 you were truly fortunate.

Now, instead of feeling relief we feel exhausted. Between the new "new-normal" that comes with inflation and higher prices everywhere to long-haulers and lack of people willing to get back to work, you have to wonder if we as a country can keep up.

Then there is the unrelenting war in Ukraine that keeps us on the edge of our seats and wondering if World War III is creeping closer and closer to an unimaginable reality. And let's not even get started with what's going on politically.

All of these issues saturate our social media, news outlets and daily conversations. All this negativity can literally zap your energy, transform your mood and affect your overall health.

While doing my research for this article, I came across a piece on 'gratitude'.

Remember these sayings:

1. If you can't say something nice, don't say anything at all.
2. Good manners don't cost anything.
3. Actions speak louder than words.
4. Please ... Thank you.

These were all directives our parents/grandparents gave us so that we would grow into decent people with decent manners. It turns out that the same advice also helps make our brains and body healthier. "There is a magnetic appeal to gratitude," says Robert Emmons, a professor of psychology at the University of California, and a pioneer of gratitude research. "It speaks to a need that's deeply entrenched." Meaning, we need to give thanks and to be thanked, just as it's important to feel respected and connected socially.

According to Louisa Kamps, author of What Gratitude Can Do For You: "From an evolutionary perspective, the feeling of gratitude is what helps to bind communities together. When people appreciate the goodness they've received, they feel a need to give back. This interdependence allows not only an individual but also society as a whole to prosper and to survive."

As we have seen all too clearly, it is easy in these modern times to forget to be thankful or even gracious. We're too distracted, too self-entitled and often too disconnected to others around us. Louisa Kamps adds, "By disconnecting from others, we often suffer from consequences such as loneliness, anger or even a less robust immune system."

So what can be done? Let's try making a concerted and consistent effort to notice and appreciate the good things flowing to us - from the signs that spring's blessings are happening to small gestures of appreciation toward co-workers, family and friends. Also, instead of being on the defensive with others who share differing opinions on things, be a good listener and try and find common ground.

Focus on being a nicer person. "People can't help but pay it forward. When appreciation is expressed, it triggers a biological response in the recipient's brain, including a surge of the feel-good chemical dopamine," says Emmons. So when you express gratitude toward a loved one, a college or a friend, he or she is grateful in return, and the back-and-forth continues.

"NOW This..." continued page 12

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LOCAL NEWS

SUMMER MUSIC FEST UPDATE

Lou Gramm joins the lineup for this year's slopeside concert



ELLCOTTVILLE - Since announcing a stellar lineup for this year's Summer Music Festival just last month, the Ellicottville Chamber of Commerce has already experienced an influx of ticket sales, and it's no surprise as to why. With Practically Petty (a Tom Petty tribute band) as the opening act, and Asia featuring John Payne coming in hot as the headliner with two very special guests, this year's venue is well on its way to hosting a record crowd.

Dubbed as "The Voices of Classic Rock", Summer Fest also invited John Elefante, former lead singer of Kansas, and Alex Ligertwood, former lead singer of Santana, to join Asia featuring John Payne on stage, showcasing a dynamite mix of top hits from all three bands. However, just last week, Brian McFadden, executive director of the Ellicottville Chamber of Commerce, received the news that Alex Ligertwood will not be able to perform.

"Due to unforeseen circumstances, Alex Ligertwood has withdrawn from this year's Summer Music Festival bill," said McFadden. "We were excited for the opportunity to host him, but we're just as excited for the musician that we've secured to take his spot."

Does the name Lou Gramm ring a bell?

Lou Gramm is an American rock singer/songwriter, best known for being the lead singer of the band Foreigner from 1977 to 1990 and 1992 to 2003, during which time the band had numerous successful albums and singles. Gramm has signed on to perform at this year's Summer Music Festival, joining John Payne and John Elefante.

Foreigner's legendary songwriting partners, Lou Gramm and Mick Jones, together propelled an arsenal of ten multi-platinum albums and multiple Top 30 hits. Universally hailed as one of the most popular rock acts in the world, the band is responsible for some of the greatest rock anthems of our time, including the worldwide No. 1 hit, "I Want To Know What Love Is," which today remains one of the 25 most performed songs in the ASCAP (the American Society of Composers, Authors and Publishers) Catalog.

Other iconic songs include "Feels Like The First Time," "Cold As Ice" and "Long, Long Way From Home" from their self-titled 1977 debut album. The Gramm/Jones catalog also includes major hits "Juke Box Hero", "Hot Blooded" and "Waiting For A Girl Like You."

Ticket holders for this year's Summer Music Festival will be treated to perhaps one of the most jam packed lineups the event has seen in its history. It all takes place Saturday, July 2nd, slopeside at Holiday Valley Resort. In addition to these star-powered acts, the Ellicottville Chamber is proud to host the return of the Buffalo Philharmonic Orchestra the following evening, Sunday, July 3rd, which, like in years past, will include a spectacular fireworks display orchestrated to the music of the BPO.

Pre-sale tickets for each evening of entertainment are on sale now and can be purchased through the Chamber's website, ellicottvilleny.com. Tickets are \$45 if purchased before June 1st. (Price bump takes effect June 1st, with the final price increase at the gate.) Kids 12 and under are free to attend. VIP Packages are also available, which include a Gala Dinner and tickets for two to the Saturday concert, VIP Sponsors Reception and tickets for two to Sunday's BPO concert, VIP seating and reserved VIP parking both nights, VIP lounge access stage-side, and recognition in the event program.

For additional information on this year's Summer Music Festival, including VIP pricing or to purchase your tickets, go to ellicottvilleny.com or contact the Ellicottville Chamber of Commerce at 800-349-9099 or info@ellicottvilleny.com.

EVG V BEER RELEASE PARTY

Ellicottville-Great Valley Recreational Trail to kick off new fundraiser



A trailhead located next to the entrance of the Ellicottville Nannen Arboretum was constructed a few years ago by students from the BOCES Center.

BY MARY HEYL

Now that cold, snowy weather has given way to spring, members of the Ellicottville-Great Valley Recreational (EVG V) Trail are preparing to resume work on the trail system, which will eventually include approximately 15 miles of multi-use, 8 or 10-foot wide trails from the Holiday Valley Tubing Park on Bryant Hill Road to the Ellicottville village center and on to Great Valley. In addition to providing groomed trails for walking, biking, and cross-country skiing, the EVGV Trail will connect businesses, resorts, Ellicottville Central School and many other points along the way. Recreational trails vary in cost but can cost as much as \$1,000,000 per mile, so the EVGV Trail is not a small project. But beginning on May 7th, there is a fun, easy way for the public to get involved, according to EVGV Trail Committee Vice President Mark Alianello, and the only equipment needed is a bottle opener.

On Saturday, May 7th Steelbound Brewing & Distillery at 6600 Route 219 in Ellicottville is launching a new beer, Trail Ale! From 2:00-5:00pm, visitors can stop by the brewery in this open-house style launch to try Trail Ale; a portion of all sales will be donated to the EVGV Trail. Alianello explained, "We were looking at options for where we could route the trail when we were doing the master planning, and one of the options went through Steelbound's property."

Steelbound owner Bill Bursee and head brewer Erik Roesser are enthusiastic about being part of the EVGV Trail. "We are allowing an easement on the brewery property so the trail can connect Route 219 to 242," they said. "It seemed like a great idea to have a beer also made in conjunction with the building of the trail."

Toward that end, Roesser has been developing the perfect beer for the trail. "The beer is 100% made with New York state malts and hops," he explained. "We wanted to have the beer sourced with New York state-produced grain and hops to reference both the EVGV Trail and the local community."

So what can people expect when trying the new beer? Trail Ale, which will be available in cans and on draft on May 7th, "is a light, easy-drinking ale that everyone can enjoy," said Roesser. "It's mildly hopped in order to keep the IBUs (international bitterness units) at a minimum. At 4% ABV, it is the perfect backyard summer beer."

During the launch, there will be information about the trail available and light refreshments will be served, though food will also be available to order. "There will be people there from Go Bike Buffalo who are promoting the Southern Tier trail, and we've invited a couple other associations like the WNY Mountain Biking Association, who have expressed a lot of support for our project," said Alianello.

Since 2012, the EVGV Trail Committee has been working on this expansive project. "One of the first things we did is we raised enough money to have a master plan," he explained. "The master plan helped us create basically the main spine of the trail: From the Tubing Park on Bryant Hill Road through the Village of Ellicottville and on to the Great Valley Town Park behind the Town Hall in Great Valley.

Alianello, retired principal and founder of MDA Consulting Engineers, brings many years of experience to the committee, as he has served as town engineer for Ellicottville for over 30 years before his retirement. Alianello said, "It's an ambitious plan that involves using side-walk networks, HoliMont, the school, and Holiday Valley. We got a grant last year to get the first piece of trail to final design." Known as the Elk Creek portion, this part of the trail runs

"EVG V Trail Fundraiser" continued page 12

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FREESTYLE CHAMPION

HoliMont skier takes first in all three East Coast "Young Gun" disciplines



HOLIMONT - Ten-year-old Cayden Hacker of Lake View, New York claimed victory at this year's Young Gun Freestyle Championship event held at Bristol Mountain in Canandaigua, New York. At the March event, there were more than 200 Freestyle Skiers from six states and 17 ski areas. This included competitors from full-time sports boarding schools such as Killington Mountain School, Carrabassett Valley Academy, Gould Academy, Stratton Mountain School, and Waterville Valley Academy. Due to Covid-19 the Championship Event was cancelled in 2020 and 2021. The last time it was held, was in 2019 at Sunday River, Maine.

The three-day event was comprised of three freestyle skiing disciplines: Moguls, Aerials, and Slopestyle. Hacker achieved a first place finish in all three competitions, earning him the title of East Coast Young Gun Freestyle Overall Combined Champion. This helped his team earn a second place out of 17 teams.

Two season awards are given out every year to deserving athletes in the Eastern Freestyle Region. This the late year Cayden received one of them - the Mikey Lillis Spirit Award. This award represents the spirit of Mikey Lillis.

"The Lillis family has done so much for the sport over the years," said Cayden's father, Corey. "All three boys - Christopher, Johnathan and Mikey - were aerial skiers and started out in Eastern Freestyle. Chris just recently brought home an Olympic gold medal from Beijing. Johnathan represented our country at the Pyeong Chang Olympics. Tragically and unexpectedly, we lost Mikey in 2017. His go big, fun, adventurous spirit lives on with this prestigious award."

Cayden, or "CayDog" as his friends and teammates call him, represents HoliMont as a member of the FLITE Team. FLITE Team is the ski club's Freestyle Skiing Program. It was started by his parents, Corey and Kelly Hacker. Both of them had successful athletic careers as members of the US Ski Team as aerialists. They claimed titles such as National Champion, Nor-Am Grand Prix Champion, World Championships Podium Finisher, and are both members of their high school Sports Hall of Fame.

So, I guess you can say that the "CayDog" apple doesn't fall far from the tree. Cayden has an older sister and younger brother. Kylee is 12 and placed third overall combined at the Championships. Cooper is seven, loves to ski and loves to follow his big brother and sister around.

OLEAN BOOSTER RAFFLE PARTY

There's still time to get in it to win it! Purchase your raffle ticket!

OLEAN -The Olean High School Sports Boosters are hosting their 38th Annual Endowment Raffle this month. The raffle is \$100 for a ticket with 24 chances to win: (1) \$10,000; (1) \$5,000; (1) \$3,000; (1) \$2,000; (1) \$1,000; (2) \$500; (5) \$300; and (10) \$100. Tickets admit four people to the drawing party to be held Saturday, April 30th at the Pulaski Club, 1104 North Union Street, Olean. The drawing party, starting at 6:00pm, will feature complimentary food and drink for ticket holders, a Chinese auction, 50/50 raffle, and music. Tickets are available to purchase before the event at the Olean High School Sports Boosters office (at the high school) and various booster committee members.

All proceeds will go to the Olean Sports Boosters Club for the benefit of the sports programs at the Olean School District. The purpose of the Booster Club is to promote, sponsor, and carry out projects to aid and assist in the Olean High School athletic program. Each year, the Boosters purchase equipment needed by the sports teams that cannot be covered in their budget. For more information on the Boosters or the raffle, please contact Char Dwaileebe, Raffle Chair, 716-307-3678; Jeff Spears, President, 585-981-0668; or Meme Yanetsko, Treasurer, 716-378-6951.

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BUSINESS

Citizen Printing House Diversifies Offerings With New Matting and Framing Service

By MARY HEYL

One of the oldest print shops in the Southern Tier, Citizen Printing House at 99 W. Main St. in Allegany has worked hard to meet the ever-evolving needs of the business community for over 100 years. Despite the COVID-19 pandemic and ensuing supply-chain challenges, Citizen Printing continues to offer personal, professional printing services. Now, owner Lynda Dunn is pleased to announce a new service for customers: matting and framing.

Originally named Enterprise Printing Shop, the business began in 1896 in the basement of the current Knights of Columbus building at 3 W. Main St. The office later moved to its current location, where it became the home of the Allegany Citizen newspaper. After the newspaper issued its final edition in 1976, the business was named Citizen Printing House. In 1989, Dennis Burton purchased the building for his engineering consulting firm and continued to operate the print shop. Today, the business is owned by Lynda Burton Dunn, Dennis' daughter, who works with printer Edgar Monroe and technician Paul Zielinski to offer a variety of products and services including scanning, banners, brochures, letterheads, envelopes, business cards, programs, blueprints, postcards and more.

In 2019, Melissa Meyers, owner of The Ink Well, an art supply store located at 51 W. Main St., retired and closed the business, which had offered matting and framing services. "We picked up that service from the Ink Well about a year and a half ago," Dunn explained. "With the way things were going with paper and COVID, we thought it would be a good idea to provide another service."

An oil painter herself, Dunn is no stranger to the hunt for the perfect mat and frame, and she has been enjoying honing her technique with the software that she purchased as part of the matting and framing equipment from Meyers. Dunn works with a wholesale supplier for mats and frames: "We have a good variety of samples that people can choose from when they stop in," Dunn explained. "As long as materials are in stock, we can get them pretty easily, but supply chain issues make it tough. Backordered items can take awhile to arrive."

Indeed, toilet paper has not been the only high-demand paper product since spring of 2020. "Paper in general isn't all that available," Dunn pointed out. "There's a high demand for paper pulp, which is also used to make cardboard. With all the online buying, companies need more boxes to ship orders."



Dunn noted that supply chain issues have also created challenges. She said, "Some paper comes from Europe, although we're the number two manufacturer of paper pulp. It's a daily 'check your paper prices' situation."

While certain types of paper are scarce, Dunn said that Citizen Printing has a fairly fast turn-around time as long as the paper is available. For matting and framing jobs, Dunn encourages customers to provide a few weeks' lead time, in case items are backordered.

Those seeking Citizen Printing House's matting and framing services can stop in anytime during normal business hours: Monday through Thursday from 9:00am-5:00pm. "Friday afternoons are typically when I do the bulk of the matting and framing work," Dunn explained, "but people can stop in between 9:00am and 1:00pm on Fridays to bring in their pictures or artwork." For more information, visit www.citizenprintingonline.com or call 716-373-1117.

Meeting Notes: Great Valley Town Board Will Continue Revamping its Comprehensive Land Use and Zoning Plans

By KATHLEEN KELLOGG

The Great Valley Town Board met Monday, April 11th, with Deputy Superintendent Gerry Musall chairing the session in the absence of Supervisor Dan Brown.

With a moratorium on manufactured housing still in place, the Board made plans to continue working with a committee in drafting some tentative land use and zoning changes, and will also discuss these matters during the May 9th regular meeting and into the summer months.

Officials said an early draft of the changes is not yet available, but one provision has been proposed that would require property owners to obtain a special use permit for a manufactured home from the Planning Board/Zoning Board of Appeals.

Town officials have formed a committee to pursue an updated Comprehensive Plan and Zoning Ordinance with the help of the Cattaraugus County Planning Department and the County Planning Board. According to Supervisor Dan Brown, who was interviewed after the meeting, he is joined on the committee by Town Councilwoman Rebecca J. Kruszynski, Planning Board members, and Town Engineer Jake Alianello. The Planning Board was expected to take up the topic at its next meeting which was set to take place in the town hall April 14th.

Planning Board Chairman Chris Schena reported that there are 62 days remaining before the Zoning Board of Appeals must make a decision regarding a property on Ellicott Street. According to Brown, the review concerns an appeal by the owner of a 14x14 foot structure on the dead-end street in Killbuck, built prior to obtaining a building permit. Owners are seeking a setback variance and the discussion was to continue in the joint meeting of the ZBA/Planning Board Thursday.

The Board agreed to order heavyweight green plastic coated chain link fencing for the basketball court from Huffman Landscaping of Bradford. The company offered \$3,725 to provide two 50-foot sections of fence five feet high.

Also approved was floor tile repair and cleaning, in preparation for additional renovations

and work at the Town Hall.

Board members deferred detailed discussion on the Youth Program to await some guidelines from the County Health Department. They are expecting resumes for Youth Program Director. Officials have advertised the position and those interested may request an application by calling 716-945-4200 ext. 102. The six-week program will begin July 11th and run four days a week (Monday through Thursday).

The Board did not discuss a historical marker for the Willoughby School on Raecher Road but will raise the topic at the next meeting, May 9th.

Another carryover until May was a proposed law requiring heavy or overweight vehicles to bond against damage to town roads before they would be allowed to travel on them. The issue was raised in the winter months when the state was asked to take action when road damage was discovered on Thorpe Hollow around operations of the Wadsworth Logging Co. This proposed bonding law is still being drafted.

Brown said there will also be discussion in May regarding town-wide property maintenance and issues caused by garbage, junk and debris. He said while citations can be issued by the Code Enforcement Officer and sent on to the courts, he hopes to address problems with enforcement issues and tighten related laws.

As the meeting drew to a close, Kathy Nerogic of Salamanca said she is concerned about the former Claire's Country Store at 4269 Killbuck Rd., which is a commercially zoned location. She said the Gernatt-owned property has been rented. Board members told Nerogic that she needed to contact the Code Enforcement Officer and that the Board has no authority in the matter. Nerogic said she would attend the Planning Board meeting to discuss it, but Schena said this matter has not come before his board.

The Great Valley Town Board will hold their next regular monthly meeting on Monday, May 9, 2022 at 7:00pm at the Great Valley Town Hall, 4808 Route 219. For more information, call 716-945-4200.



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HEALTH

Inner Peace & Strength: Olean Meditation Center - A Symposium for Practitioners

By LAURA WIDGER, LCSW

The Olean Meditation Center is a non-sectarian sanctuary elevating personal well-being and spiritual living. The Olean Meditation Center was incorporated in 2011 as a non-profit organization in Cattaraugus County. In 2013 the Olean Meditation Center, otherwise known as OMC, was blessed and fortunate to purchase its own permanent residence at 2275 Dugan Road in Olean, NY.

Prior to the OMC nestling into its home, the OMC held a menu of community events. These events were often held at the Olean Public Library and St. Bonaventure University with the vision of educating the community of what meditation is from an interfaith perspective. All rainbows of belief or spiritual practices were and are welcome; these include but are not limited to Christian, Hindu, Buddhaist, Doaist, Jewish, etc.

The Olean Meditation Center promotes meditation practices in various forms. Interfaith dialogues are also offered at the center. The OMC defines itself as non-sectarian. A recent evening led by compassion was about the "Golden Rule," the principle of treating others as one wants to be treated. Following this evening, participants and the Olean Meditation Center realized that community members needed an avenue or vehicle in which to share commonalities in how or ways to help/love/support one another. From this evening's conversation a galvanized notion of the commonalities of this rule across spiritual frameworks surfaced. Hence and with momentum, the OMC began to articulate what a charter for compassion would mean or look like in the Olean area. We are and would emphasize supporting agencies and individuals who embrace compassion in helping others.

Richard Reilly, Celine Daly, and Audrey Hager are among a few of the members of the Olean Meditation Center. Yoga programs are offered 4 times a week. The Hindu Society of Olean and Allegany hold gatherings at the OMC. An interfaith group is organized by Pastor Bruce from the 1st Presbyterian Church in Olean. Three meditation sessions per week are held from either a non-sectarian or Buddhist orientation. Mindfulness based stress reduction programs are offered as well. The Olean Meditation Center is very eclectic and inclusive.

There is an upcoming event on April 27, 2022 called "Mindfulness, Trauma, Compassion: A Symposium for Practitioners." This event is being offered following an awakening on our ends, regarding the experiences of meditation on people who have had trauma or painful life

experiences. We have hopes that this event will help us learn about trauma survival responses, as well as become accustomed to moving and growing towards an accommodating trauma lens practice to meditation.

Dr. Michael Krasner will be the keynote speaker at this event. Dr. Krasner has a background in mindfulness based stress reduction practices with decades of experience teaching physicians the framework of MBSR - a John Cabot Zinn model. Following Dr. Krasner's presentation, we hope to focus discussions and dialogue around trauma sensitive practices and meditation frameworks. Celine Daly, a public health specialist and 40 year meditator, Andrea Spako, a MBSR practitioner and educator of mindfulness in schools and communities, and Laura Widger, a trauma trained mental health therapist will be panel members for community feedback and engagements to take place. We hope that you can explore the Olean Meditation Center and attend this exciting event.

"We are a welcome place for all. We wish to promote compassion, and understanding. This is a part of who we are." - Olean Meditation Center.

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

Mindfulness, Trauma, Compassion: A Symposium for Practitioners
 Wednesday, April 27th, 1:15-4:15PM
 2275 Dugan Rd., Olean, NY

The Olean Meditation Center is providing *Mindful Wellness* programs to the community and in partnership with area agencies serving vulnerable individuals, many with trauma histories. This symposium explores ways of cultivating compassion and skillfulness in employing trauma-sensitive mindfulness practices.

Keynote Speaker: Michael Krasner, MD
 Dr. Mick Krasner practices primary care internal medicine and co-directs the Mindful Practice programs at the University of Rochester. He has taught Mindfulness-Based Stress Reduction to patients, medical students, and health professionals for 20+ years. For more information, see <https://mindfulpracticeinmedicine.com>

Panelists

Celine Daly, MD, a public health specialist & 40-year meditator, is a trained OMC meditation teacher.

Andrea Spako, MS offers mindfulness training to school teachers, families, and individuals.

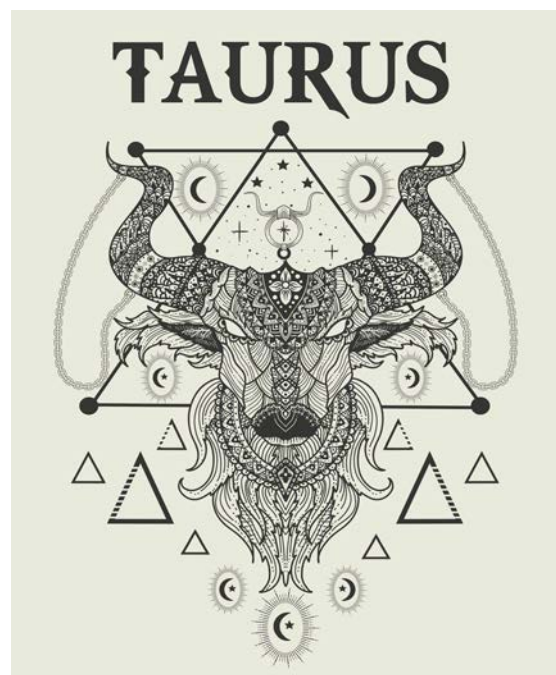
Laura Widger, LCSW is an extensively trained therapist specializing in trauma healing and PTSD.

Seating is Limited -- Registration is Required By April 20th
 To register, email: OleanMeditation@gmail.com

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Suzy's Star Readings: Happy Taurus Season!

By REV. SUZY WOO, B.Msc



the main five senses. Taurus people (sun, moon or rising sign) are cool as a cucumber. Solid, stable (and sometimes stubborn), you can always depend on a Taurus to keep calm while everyone else is freaking out.

On May 5th we have the sun meeting up with 'the great awakener' Uranus. Expect things of magnitude like earthquake energy possibly literally in the world, and in our private lives something will go wonky. Uranus is like a lightning bolt - unexpected, unplanned, and you don't know where it will strike. Not necessarily a bad thing, it is for our own highest good. We will feel a bit like breaking the mold and being our authentic self, maybe a bit rebellious, in the name of what matters to us and in the bigger picture, hu-

Taurus loves to take slow strolls. Eat slowly and enjoy the flavors and textures ... savor! Sip slowly. Enjoy your drink dancing across your tongue and follow it down to your tummy. Smile for all the deliciousness you get to experience!

Slow down. Enjoy the scents - the spring air, the fresh blooming flowers, earthworms, the rain. Touch, hold and caress things - trees, leaves, flowers, your hair, soft apparels, hold a baby, pet your pets. Look and take notice of the crawling caterpillar and allow yourself to be intrigued. Look up, take in a sunrise, sunset, the starry night sky, a blossoming flower, budding bush or tree. Listen - the sounds of spring, chirping, buzzing, whirring, the breeze, waters, rain, the frogs and toads. Taurus is the most sensual of all signs, it loves to really, really examine and appreciate

manity. There may be a big unified humanitarian assist in the world. I would expect the unexpected a day before and after this one.

On May 10th, the largest planet, Jupiter (known as the 'Santa Claus planet') will leave its home sign of misty, spiritual and dreamy Pisces and go into fiery Aries. The fire signs (Aries, Leo and Sagittarius) will love this; it will feel like 'full steam ahead, let's gooooo!' This is where the rubber hits the road and projects can now take off. We feel less sleepy, less depressed and more motivated to take positive action and get a move on! It's a great thing!

We have a significant full moon in Scorpio on the 16th, just past midnight, and this will be a full lunar eclipse. You don't want to charge your crystals under this energy. Don't launch anything important, begin a relationship a few days before or after this lunation if you can help it. On a larger scale, I expect some nasty dirt to surface in the news; powerful people with sick amounts of money and in high places of power, crashing down with publicized exposed sex crimes and trafficking. I really feel things are speeding up - the establishment, "the brotherhood" is collapsing and it is a necessary and a wonderful thing.

The new moon will be in the sign of Gemini on May 30th - a time for data gathering, asking questions, becoming light, airy, and a social butterfly. Not a heavy time. A great time to take some workshops or classes, get social and connect with people!

I've added a gift for you on my website where you can generate your own birth chart for free. If you would like it professionally read and explained, just reach out.

Enjoy the pleasures and treasures that life and this amazing earth constantly surrounds us with. See you next month! 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 is the owner of 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.

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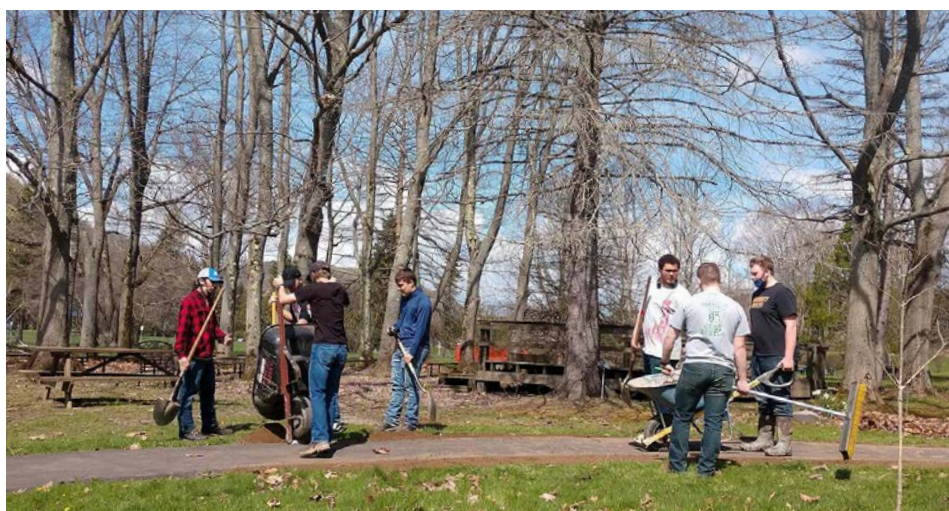


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Weather permitting, meet at the Town Center/Arboretum parking lot on Saturday, April 30, 2022 at 9:00am. Plan on spending several hours in one of the most beautiful and peaceful spaces our village has to offer. Birds will be chirping, bunnies scampering and you'll experience the heavenly smell of fresh spring grass. Don't worry, we'll have jobs for all skill/ability levels and you'll be rewarded with a true sense of community and satisfaction for a job well done! We'll even have water, coffee, and snacks to keep you fortified. Any leftover tasks will be finished up on Monday May 2, 2022.

If it rains (or snows, yeah, that could happen) the next best date will be Saturday, May 14, 2022, finishing up on Monday, May 16, 2022. Don't miss this opportunity to indulge in a little community service - you'll be so glad you did ... we promise!

NOW THIS...

cont. from page 03

So in a time so marred by negativity, look to the things that are close by and tangible. Be thankful for your blessings and say a sincere "thank you" to the next person you see. You may be surprised at how contagious being gratuitous can be.

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. Kim can be reached directly at 716-698-1198.

EVGV TRAIL FUNDRAISER

cont. from page 04

from Elizabeth Street back into Elk Creek and all the way down to the north end of the village park. It then goes across behind the soccer fields into the arboretum. Alianello said, "If you were to go to the Ellicottville Town Center, there is a trailhead already constructed there by the BOCES classes. This was an opportunity for us to have something physical on the ground."

Currently, the committee is planning work on developing the trail to continue to Tim Horton's on Route 219. "The portion from the town center out to Tim Horton's is a preliminary design that was paid for by some of our local fundraisers," he explained. "We've probably raised no less than \$80,000 but we've spent a good portion of it doing the things we've done. The trail is a lot more expensive than people realize," said Alianello, noting the cost of clearing the land, obtaining easements from property owners, and repairing seasonal damage caused by winter weather.

The EVGV Trail committee is currently in the process of applying for state and federal grant funds working with Cattaraugus County. For the past several years, they've been in communication with the Ralph Wilson Foundation, which provided grant funding for some of the engineering work on the trail. According to Alianello, the Ralph Wilson Foundation is encouraging the creation of a regional trail network that would tie into the statewide Erie Canal and Genesee Valley Trail. "If that goes through," he pointed out, "you could get on the trail in Buffalo and end up in Albany or New York City, and come through Ellicottville on the way. It'd be great!"

To learn more about the EVGV Trail or to get involved, visit www.evgvtrail.org.

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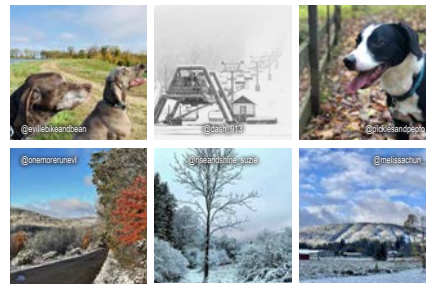
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COMMUNITY

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ARBOR DAY CELEBRATION: Join the Ellicottville Nannen Arboretum on Friday, April 29th at 11:00am for the annual Arbor Day Proclamation, Tree City USA Recognition, and planting of this year's Arbor Day tree: Kousa Dogwood, Scarlet Fire. The Nannen Arboretum is located next to the Town Center, Parkside Drive.

PUBLIC NOTICE

GREEN CEMETERY ROUTE 219 AND GREEN CEMETERY (NEW SECTION OF WILLOUGHBY CEMETERY) HUMPHREY ROAD, TOWN OF GREAT VALLEY, CATTARAUGUS COUNTY, NEW YORK: The Green Cemetery Association is accepting bids for lawn mowing and trimming of the Green Cemetery as described above. Grass to be mowed and trimmed to the approval of the cemetery board, maintaining grass height of no more than 3 inches and trimmed as close to the grave stones as possible. Bidder is to furnish mowing and trimming equipment as necessary and provide a certificate of insurance. Bids to be a single price for the entire season of May through October for the year 2022. Bids to be submitted before April 26, 2022 in a sealed envelope and mailed or delivered to: Becky Kruszynski, 5739 Humphrey Road, Great Valley, New York 14741. Please call Becky at 716-378-9099 with any questions. By order of the Green Cemetery Association, Becky Kruszynski, secretary.

THE GREEN CEMETERY ASSOCIATION is holding its annual lot owners meeting on May 19, 2022 at 6:00pm at the Town of Great Valley office building located at 4808 Route 219, Great Valley, New York. All lot owners are invited to attend. For additional information call Green Cemetery Association Sec./Treasurer Becky Kruszynski at 716-378-9099.

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. 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.

ROTOTILLING, LAWN ROLLING, Brush Hogging, Wildlife Food Plots. We sell plot seeds in bulk. Ken's, 716-592-9138.

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.

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

OPEN INTERVIEWS AT CA BOCES

Teacher recruitment event scheduled for April 28th

OLEAN - Cattaraugus-Allegany BOCES (CA BOCES) will host a Teacher Recruitment Interviewing Event on Thursday, April 28, 2022 at the CTE Center at Olean. At the event, there will be twenty-two school districts recruiting for approximately 90 anticipated openings in a variety of areas including Childhood Education, Special Education, School Counseling, High School General Education, School Psychology, Visual Arts and Speech/Hearing. Recruiting school districts vary in size from rural, single campus K-12 settings to small city school districts.

On-site interviews will be available as part of the event, and additionally, Districts will be available to discuss positions and answer questions. Please register at <https://caboces.org/teacher-recruitment-event/>. Zoom interviews will also be an option made available for interested candidates. The event runs from 8:30am-3:30pm. The center is located at 1825 Windfall Road in Olean, NY. Please call 716-376-8201 for more information.

Spend Your Summer Creating Art

Springville Center for the Arts is hiring students for summer art projects



SPRINGVILLE, NY - Springville Center for the Arts is hiring students ages 14-18 who would like to spend their summer creating and installing art as part of a Public Art Corps. The Corps will create murals, facilitate public involvement in art, work with business owners, and create art installations around the SGI school district in collaboration with interns, staff and guest artists. The program will mainly occur between July 5th and August 15th. Some preliminary work will occur during the school year in preparation for the summer and the Art Crawl on Saturday, June 4th. Interested students can find more information at SpringvilleArts.org.

This program is made possible with funding from Drug Free Communities and the Springville Regional Service Coalition (SRSC), a collaboration between area nonprofits and municipalities. Drug Free Communities is a federally funded grant through the CDC that focuses on strengthening community coalitions through collaboration to work toward preventing and reducing substance abuse among youth as well as reduce substance abuse among adults. SRSC was created to address basic human needs in our rural community, concerns over transportation, poverty and access to healthcare, and the burgeoning opioid crisis and underage substance abuse.

SPECIAL CONDOLENCES

Karen L. (nee Kohlbacher) Colf | July 20, 1966 - March 28, 2022



Karen L. Colf (nee Kohlbacher) entered into rest March 28, 2022. She is survived by her children Samantha (Jeffrey Sutcliffe), Chase, Dakota (Jay Buchhardt), Connor and Daniel. Loving grandmother to Averie, Talon, Riker, and Briar Sutcliffe and Paxton Buchhardt. She is also survived by her parents Jerry and Carolyn (nee Ely) Kohlbacher, brother Brian (Georgene) Kohlbacher and sister Melissa (Timothy Kesselring).

Karen grew up to raise her five children in her hometown of West Valley, NY where she was very active within the school from the athletic department to the classroom. Karen could always be counted on to be her friends' and family's biggest cheerleader, whether they needed some encouragement or someone to celebrate their wins with them. She took the greatest joy in connecting and building relationships with everyone she met and carried this love for people into her career with United Healthcare out of Buffalo. Karen played a lot of roles to a lot of people but her favorite, by far, was as Gramma to her five grandbabies.

Funeral arrangements under the direction of Cichon-Borgosz Funeral Home of Depew, NY. Services will be held April 23, 2022 at St. Paul's Lutheran Church, 6360 Route 242, Ellicottville, NY at 11:00am with a celebration of life to follow at Villaggio Restaurant, 7 Monroe St., Ellicottville, NY from 12:00-3:00pm.

instaNOW

Follow us on Instagram @ellicottvillenow

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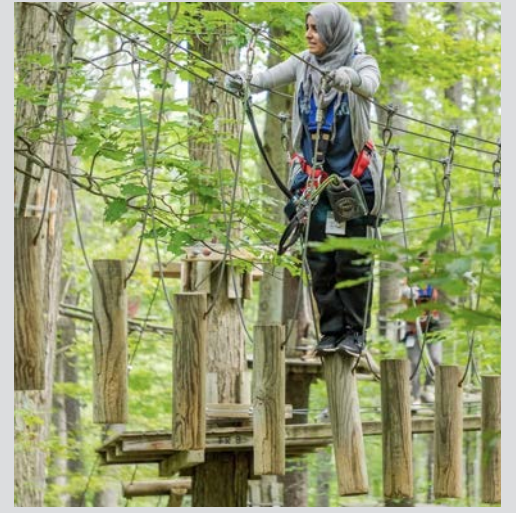
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holimont: Who's looking forward to sunny afternoons on Saddle Pond this summer? Our hiking trails are available to all, all season! #evlnow



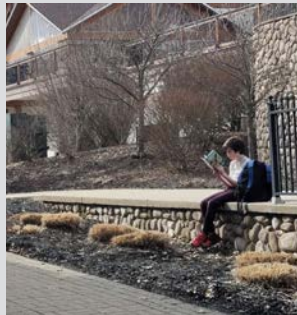
evillebikeandbean: @42northbrewing in the house! #imthirsty #bikesburritosandbrews #evlnow



holidayvalley: Get ready for some of the most fun you'll have this spring, summer and fall! #evlnow



escornelius80: What an epic weekend these boys had at their first ever @usasasnow Nationals! #photofinish #ellicottvillenow



mrsski815: #ellicottvillenow #reading #mysideofthemountain



holiday_valley_race_team: A few of our die hard HVRT athletes getting in their final turns of the year! #juniorskiracing #skiseason #evlnow



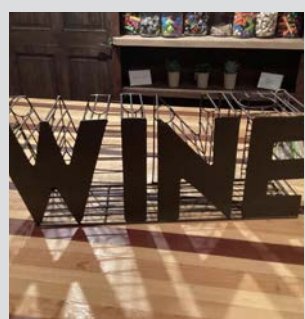
escape.to.ellicottville: Great season Holiday Valley! #evlnow



colinmhenry: And that's a wrap on the 21-22 ski season! Fun day with an Easter egg hunt on the slopes! @holimont #evlnow #skifamily



mrsski815: It's spring I promise! #dyngusday #ellicottvillenow



wineryofevl: Fun new merch #ellicottvillenow #shopevl #evlnow



holimont_parks: HoliMont Bike Park is looking good! #evlnow

COMMUNITY MEETING



ELLCOTTVILLE NY

Join us for the Second Community Meeting at Fattley Beer Co. 6696 US Route 219
Ellicottville, NY 14731 Monday April 25th at 6 PM.

The Village of Ellicottville is commissioning a new concrete skatepark. We are
inviting the public to come and see the proposed concept, give feedback and ensure
the best design outcome.

