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Local Man Hiking the Appalachian Trail

Dan Schoenthal of Great Valley raising funds for Parkinson's Foundation during a trip of a lifetime



By Dash Hegeman

Six years ago, when Daniel Schoenthal's doctor told him that he had been diagnosed with PD, Schoenthal's first reaction was, "No way. He is wrong. That doesn't happen to me." Receiving life altering news like a Parkinson's diagnosis can, justifiably, be an incredible blow to the psyche. Schoenthal, who had been thinking about doing the Appalachian Trail for years, said that the diagnosis put him in a mindset of needing to do it sooner than later.

And so with the blessing of his family, Schoenthal began preparing to take on the monstrous challenge that is the Appalachian Trail. Starting in Georgia and ending in Maine, the Appalachian Trail crosses 14 states and is approximately 2,200 miles long. Schoenthal recently reached the 600 mile marker.

... page 10

AVA GRACE FASHIONS MOVING TO A NEW LOCATION

Spring is all about refreshing, whether it be your home, workspace or wardrobe, and Ava Grace Fashions is embracing all things renewal this season. Ellicottville has housed Ava Grace for some time now and owner/operator Jessica Gilbert recently met with ellicottvilleNOW team writer Caitlin Croft to chat about all things fashion, fun ... and expansion! "I am so excited to purchase my own location!" Gilbert announced. "23 Jefferson Street is a short 3-minute walk from our current location!" Ava Grace Fashions will soon have more space to grow into ... page 04

Ski season fundraisers for proposed skatepark carry over into spring

The proposed Ellicottville Skatepark is on the fast track to becoming a reality, thanks to the continued support of local businesses. The tail end of ski season heading into spring has proven successful in fundraising efforts, with advocates and business teams raising close to \$6,500 to apply towards the construction of a permanent, concrete skatepark to be located in Ellicottville's Village Park. From a raffle for a HV season's pass to HoliMont's annual Parallel Proceeds of Spring race to Villaggio's recent Snowmakers' Ball, skaters are grateful for the support.

... page 07

Library to Receive Special Donation

Engineering firm encourages curiosity of profession in young readers



By Mary Heyl

Caleb Henning and Jake Alianello, licensed professional engineers at MDA Consulting Engineers in Ellicottville, are excited to pass on their passion for engineering and design to the next generation. "Jake and I have young families, and we both are raising them locally," said Henning. "Our kids are at the stage where they're really enjoying the library and checking out lots of books. As a professional in the community, I wanted to be able to support the profession, so we had this idea that we could donate some books to local libraries and the subject matter is about engineering and architecture."

MDA recently purchased five sets of 11 full-color, detailed books written for children in PreK through age 12.

... page 03



INSIDE THE CLASSROOM: ANIMAL SCIENCE

If you have a pet at home, then you know how much happiness and joy one can bring into your life. So why not keep pets at school? Better yet, why not make an animal the very basis of your education? Kristina Ellis of CA-BOCES' Animal Science program has done just that. Many career paths and choices stem from her class, which allows students to work with a variety of animals ... page 07





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Publisher's PICK

MDA Consulting Engineers encourage curiosity of profession in young readers through book donations





Business partners Caleb Henning (left) and Jake Alianello.

By Mary Heyl

As a child growing up on his family's dairy farm, Caleb Henning wasn't necessarily planning on becoming an engineer one day. "I remember working every day with my dad," he recalled. "The way farmers work, basically if something breaks, they've got to figure out how to fix it and fast! There's not usually a warranty or any time to send something out for repairs. I was always pretty hands-on as a young person.

Henning's natural curiosity for understanding how things work soon developed into selftaught programming skills. "Before really realizing that engineering was what I wanted to do, I made a program in my calculator to figure out how fast my go kart would go, based on how fast the engine was turning," he said. During his senior year, he began taking college-level math courses, and a professor suggested a career in engineering.

"That worked out really well!" said Henning. "I attended Geneva College in Beaver Falls, Pennsylvania, and that's where I met Jake Alianello, my business partner.

Indeed, the two licensed professional engineers work together at MDA Consulting Engineers, which was founded by Jake Alianello's father, Mark Alianello, in 1982. Henning explained, "We're an engineering consulting firm and primarily provide consulting services in the area of civil engineering. We serve the western New York area, and our office is at 3 Bristol Lane in Ellicottville. Basically, we serve a lot of different clients: municipalities, commercial clients and developers, as well as residential clients, too."

The firm provides several different services throughout the region. Henning said, "We can provide services as simple as consulting for flood plain elevation certificates, septic system designs and foundation inspections, if needed." Specifically in the Ellicottville area, MDA can prepare plans for people who are building a new home or putting an addition or garage on an existing home. They also assist developers in planning out and designing housing developments.

Henning and Alianello are excited to pass on their passion for engineering and design to the next generation. "Jake and I both have young families, and we are raising them locally," said Henning. "Our kids are at the stage where they're really enjoying the library and checking out lots of books. As a professional in the community, I wanted to be able to support the profession, so we had this idea that we could donate some books to local libraries in which the subject matter is about engineering and architecture."

Henning noted that STEM-themed books were few and far between when he was a child. After a recent search through the Chautauqua-Cattaraugus Library System's online database, he noticed that this was a subject area that could benefit from new selections. MDA purchased five sets of 11 full-color, detailed books written for children from PreK through the age of 12.

MDA office manager Carla Maul said, "Some of these books include activities that children can do at home, and they all show how engineering is a daily part of their lives that they may not even realize. These books also share important inventions and progress made throughout history. Some are lift-the-flap books that go into greater detail about the construction industry, demolition, engineering terminology and basics." A local connection includes a children's book about architect Frank Lloyd Wright, who designed many homes and buildings in the Buffalo area.









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IN THE SPOTLIGHT

MAYOR APPOINTED TO NYCOM

John Burrell to serve on the New York State Conference of Mayors



ALBANY - Mayor John A. Burrell of the Village of Ellicottville has been appointed to serve on the Executive Committee of the New York State Conference of Mayors and Municipal Officials (NYCOM). Mayor Richard David of the City of Binghamton, President of NYCOM, made the selection.

In announcing the appointment, Mayor David stated, "Mayor Burrell is a proven municipal leader, with a wide range of experience and success at the village and town levels of government. John's collaborative approach to leadership and active advocacy on behalf of local governments will be a tremendous asset to NYCOM as we represent our city and village members."

"NYCOM plays a very important role as the legislative advocate for cities and villages, and provides extensive professional training for elected and appointed officials," said Ellicottville Mayor John Burrell. "The organization works diligently on our behalf and conscientiously seeks input from its members about the most pressing issues we face. I am honored to be appointed to this position of leadership within NYCOM."

Mayor Burrell has been a member of the Village of Ellicottville Board of Trustees for a total of seventeen years: eleven years as Mayor and Budget Officer, four years as Deputy Mayor and Budget Officer and two years as a Trustee. Prior to his serving on the Board of Trustees, he was on the Zoning Board of Appeals. Mayor Burrell is an active member of the Cattaraugus County Municipal Officials Association, where he is a Past President. From 2008 to 2016 he was Ellicottville Town Supervisor and Budget Officer, during which he was active in the Cattaraugus County Town Supervisors Association. He has also served for over thirty years on the town's Board of Assessment Review, the majority of those as its Chairman. He has been a member of the Ellicottville Fire Company for over fifty-five years, its EMS Squad for more than forty-five years, and is currently a member and Secretary/Treasurer of the Ellicottville/Great Valley Ambulance Service, Inc.

The New York State Conference of Mayors is the statewide association representing New York's cities and villages. Since 1910, NYCOM has united local government officials in an active network of legislative advocacy, legal guidance, technical assistance and municipal training.

HV APPOINTS NEW BOARD MEMBER

ELLICOTTVILLE - On April 10, 2021 the Chairman of the Board, John Northrup and Holiday Valley President, Dennis Eshbaugh announced the appointment of David Trathen to the Holiday Valley Board of Directors. Mr. Trathen filled the position vacated by Allen J. Yahn, who retired after 51 years of service. Mr. Trathen is currently the Vice President of Finance and has been employed by Holiday Valley for 31 years. His dedication to the resort and his wealth of experience have prepared him to be a valuable asset to this board of seven members.

Holiday Valley is Western New York's largest year 'round resort featuring 60 slopes and trails, 13 lifts, 3 base lodges, slopeside lodging and dining, conference facilities, an 18-hole golf course, a tree top aerial adventure park, mountain coaster and summer pool complex. Find information about Holiday Valley on the web at www. holidayvalley.com

AVA GRACE FASHIONS EXPANDING

Breathing fresh air into a new location this spring



By Caitlin Croft

Spring is all about refreshing, whether it be your home, workspace or wardrobe, and Ava Grace Fashions is embracing all things renewal this season. Ellicottville has housed Ava Grace for some time now and owner/operator Jessica Gilbert met with me to chat about all things fashion, fun ... and expansion!

Gilbert has been living in Ellicottville since 2007 and first started to get to know the local scene here when she managed a boutique downtown. After a few years that owner wanted to move on; Gilbert felt she could do this for herself and voila! Ava Grace Fashions was born. "It all started in the attic of my garage for inventory storage and organization, a Facebook page and a website quickly after." After being in the world of storefront retail and missing that direct connection to the public, Gilbert started looking for a location downtown again.

"We started at 10 Washington Street but it was small, had stairs and no ground level storefront windows, so it didn't lend itself to retail in the best ways," Gilbert elaborated ... but it was a start nonetheless. When Earth Arts closed with the retirement of the owner, Ava Grace Fashions had her next shot at expansion. The store moved to 24 Washington Street which allowed Gilbert to add more product lines. She could finally add denim and shoes to her boutique offering. Amidst remarkable growth with the corner store location, a curveball was thrown her way when the building was purchased by new owners

"It opened up opportunities for change once again ... Do we lease? Again? Do we go 100% online only and close to the public? Or do we find a building to buy?" All these questions were mulled over and over by Gilbert. Knowing she would miss her in-person customers, moving to 100% online was knocked off the list quickly. Lease options were available, but not ideal. This led Gilbert to the final option: look for a place to buy.

"I am so excited to purchase my own location!" she announced. "23 Jefferson Street is a short 3-minute walk from our current location!"

Ava Grace Fashions will yet again have more space to grow into. There will be room to more efficiently pack and ship online orders. The porch and large yard lends itself beautifully for outdoor events as the world reopens. "We will have our own parking, which our repeat customers are so excited for."

There is also space upstairs that Gilbert has been daydreaming about converting into any number of spaces. "It would be great to rent that out to another business that could also thrive in Ellicottville and possibly fill in a hole in amenities or services not currently available."

We will just have to wait and see what Gilbert has up her sleeve.

Ava Grace Fashions has a very consistent social media presence and this is, oh, so important to both in-person and online shoppers. "I can post a picture of a shirt and then see the sales of that item via both sales channels," explained Gilbert. "Someone came in just today and said to me, 'where is that sweatshirt from your Instagram post?""

Gilbert can also monitor the online and shipped orders to see how quickly a post increases sales. "Visitors to Ellicottville connect with us so that we can mail unique, fun

"Ava Grace Fashions" continued page 13





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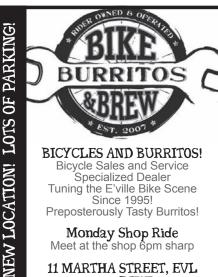


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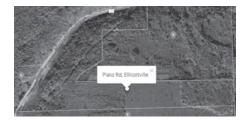
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YOUTH FOCUS

PETS AT SCHOOL?

Animal Science course at CA-BOCES offers hands-on education



By Elijah George

Students, do you often find yourself easily bored while attending classes? Parents, have you ever noticed your child becoming disengaged or uninterested with their schoolwork? For both of you, would you consider yourself to be an animal lover?

These are rhetorical questions of course, but keep the answers to them in your mind as you read further...

Dear reader, if you have a pet(s) at home, then you know how much happiness and joy one can bring into your life. If school feels a bit mundane, why wouldn't you keep a pet at school? Better yet, why not make an animal the very basis of your education? Kristina Ellis of CA-BOCES' Animal Science program has done just that. When you take the steps forward into high school and begin to consider programming at BOCES, Ellis and her Animal Science course should be top priority on your list. For as long as this class is active within the program, it will continue to produce outstanding young prospects within the professions of Veterinarian, Veterinarian's Assistant, Groomer, Trainer, Caretaker, Pet-Sitter, and much more. Many career paths and choices stem from this class; it is a very good opportunity if you are interested in a broad field of study later on in higher education.

While enrolled in Ellis' class, students will gain all kinds of new experiences with animals. And there is no shortage of animals in the Animal Science classroom; a comprehensive list of the animals that a student will work with include dogs, mice, spiny mice, rats, hamsters, guinea pigs, chinchillas, rabbits, degu, hedgehogs, ferrets, fish, doves, sun conures, a ball python, corn snake, geckos, and a leopard tortoise. When speaking with Ellis, she stressed that Animal Science is a VERY involved course. "Students will work directly hands-on with the animals and it is required in order to pass the class, they will have to handle and restrain the animals when needed for medical care or physical exams - even the snakes."

While students work with animals in session, they can even continue working with them out of session. During school breaks and summer vacations, it is optional to take an animal home (with parent/guardian permission, of course). When there are animals left behind, Ellis comes in and tends to them with a crew of workers - and she will give out extra credit for any student who chooses to enter and care for the animals over the aforementioned break.

Skill comes with experience, experience develops skills, and the skills that a student can learn while attending CA-BOCES' Animal Science program are plentiful. Many of these skills are not limited to just the classroom, but are great tools to have in any situation. On any given day, a student develops skills such as office business and time management, cooperation, reliability, dependability, husbandry, restraining, first-aid, safety, surgical skills, and grooming through lesson plans that include in-depth looks at proper nutrition, knowing animal rights and welfare, animal psychology and behavior, genetics and reproduction, parasitology, clinical procedures, anatomy, and physiology. Hopefully that comprehensive list really puts into perspective just how broad this course really is! A student doesn't go the journey alone though; Ellis is with them every step of the way. When asked what aspect of her job she particularly enjoys the most, Ellis proudly proclaims, "I love my job! I personally enjoy watching the kiddos grow in their skills and confidence with handling."

It seems like the animals and kids are all in very good hands.

Students interested in enrolling into any BOCES programming should contact their home school's guidance counselor. If you like animals, give the Animal Science course a shot. It is a two-year curriculum, junior year to senior year. Satisfaction guaranteed, you'll have a blast!

SKATERS RECEIVE LOCAL SUPPORT

Ski season themed fundraisers for proposed skatepark carry over into spring



By Brenda Perks

The proposed Ellicottville Skatepark is on the fast track to becoming a reality, thanks to the continued support of our local businesses. The tail end of ski season heading into spring has proven successful in fundraising efforts, with advocates and business teams raising close to \$6,500 to apply towards the construction of a permanent, concrete skatepark to be located in Ellicottville's Village Park. Best of all, the "Built to Play" matching grant program awarded by The Skatepark Project and funded through the Ralph C. Wilson Jr. Foundation will double every dollar raised (up to \$250k).

SK8EVL, the advocate group spearheading the Ellicottville project, stayed busy through winter, selling tickets to raffle off a Holiday Valley combo pass for next season, a \$200 gift card to Mud, Sweat n' Gears, and a limited edition signed poster of Tony Hawk. Ticket sales culminated with the drawing held live on IG April 1st, raising a total of \$3,700.

HoliMont's Racing Program took advantage of the lingering spring snow to host their 2nd annual Parallel Proceeds of Spring race, on the very last day of the 2020-'21 ski season. The event invited athletes from surrounding clubs for a day of friendly competition, with HoliMont choosing the Ellicottville Skatepark as recipient of this year's proceeds. The April 11th race brought in \$1,500.

And just when you think ski season is over ... enter Villaggio. Owner Nick Pitillo presented 'Lords of Snow', aka The Snowmakers' Ball, on April 29th - a special celebration that gives praise to our local heroes of snow. Many businesses donated items which were included in gift bags and given to Ellicottville's essential snow gods and goddesses. Area restaurants pitched in and served up some of their signature dishes. And others came forward with some special prizes to include in a last-minute skatepark fundraiser.

"This is a night to celebrate our friends who make it snow, and to thank the invaluable mountain maintenance crews and hardworking operations staffs from both Holiday Valley and HoliMont," said Pitillo. "It's our chance to show some love to the hard working people at our ski resorts and say thanks for all that they do! On top of all that, we decided to take this opportunity to give back to another really cool thing as well - the Ellicottville Skatepark. Dan Aldrich donated a couple of his beautiful aerial photos on canvas, and The Boardroom, HoliMont and EBC stepped up to the plate with more cool stuff. We decided to raffle these items off at the Snowmakers' Ball; we were able to bring in \$1,275 for the skatepark."

Ellicottville knows how to throw a party, and our community is one that certainly knows how to come together to support it all. On behalf of SK8EVL, a huge thank you to everyone who sees the value in bringing a skatepark to our community and for taking initiative to help us get closer to our goal. To date, \$130,000 has been raised towards the project's \$250,000 match.

SK8EVL has until November 30th of this year to raise as much as possible for the match. A fund for the Ellicottville Skatepark has been established at the Cattaraugus Region Community Foundation (CRCF). Tax deductible donations can be sent anytime to CRCF (memo: Ellicottville Skatepark), 301 North Union St., Suite 203, Olean, NY 14760 or you can donate directly online at cattfoundation.org. Learn more about the Ellicottville Skatepark at sk8evl.com.

Pictured L-R: Front row-Nick Pitillo (Villaggio), Taylor Perks (SK8EVL youth ambassador). Back row-Bryan Geehrer (Holiday Valley), Mason Perks (SK8EVL advocate), Spencer Timkey (The Boardroom), Gene Baritot (Holiday Valley), Jake Swan (Holiday Valley), Aiden Harrington (SK8EVL advocate).

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DESTINATION: HOLIDAY VALLEY

After an epic (and socially distant) winter, Holiday Valley is humming full steam ahead with summertime activities. While the resort waits to see what kind of guidelines the state will pass down, it's apparent that we are collectively doing our part to beat down COVID and get us back to normal.

Much like the winter months, HV will offer a plethora of outdoor recreational activities great for the entire family.

By Spencer Timkey

GOLF



Scenic and challenging, the Double Black Diamond Golf Course combines dazzling hilltop views with a diverse course layout. While the Front is more traditional, the Back takes you into the hills — with elevation changes, sloped fairways and chairlift towers (reload if you hit one in flight!). The Golf Shop, stocked with clubs, apparel, and everything else you need complements the food service — McCarty's for lunch and the beverage cart for drinks. An outstanding practice facility across the street from the resort offers a practice range, putting/chipping facility and instruction from the local pros. Sign up for tee times by calling the Golf Shop at 716-699-3939.

SKY HIGH



As unique as it is heart pounding, HV's Sky High Adventure Park is a one-of-a-kind adventure you just can't find anywhere else in WNY. The Aerial Park, with 13 courses of varying difficulty, takes you 10-15 feet off the ground (yellow) up to 80 feet (blue) and combines wooden, rope and chain obstacles interspersed with ziplines. In the 3D Climbing Forest, attach yourself to a self-belay and scamper up trees (think of a rock climbing wall) before floating back down to the ground. The Sky Flyer Mountain Coaster tick-tick-ticks its way to the top before zipping back down to the start. Book your adventure online at www.holidayvalley.com/skyhigh.

POOLS



Cool off this summer at Holiday Valley's pool complex, featuring 3 pools, yard games and a Cabana Bar. Bring the little ones for the kiddie pool, take some laps in the lap pool or hit #TheSlide and diving board on the lower level! The Cabana Bar is the perfect stop for icy cocktails during your day in the sun or after a solid round of golf. While the resort waits on more concrete guidelines from the state, you can book your time slot at the pools by going to www.holidayvalley.com. The pool complex will open weekends beginning Memorial Day Weekend (May 29th) and will remain open daily beginning June 14th throughout the summer.

EM MINING



The newest addition to Holiday Valley's summertime activities, Gem Mining is great for both the fun experience and the fact that there's no age limit. Here's the rundown: head into the Harness Shop at Sky High Adventure Park (located next to Tannenbaum Lodge), pick up bags of the sand/dirt mixture and take it to the sluice and "mine" for treasure — a wooden frame with a screen on the bottom holds the treasure as you use the water to wash it away. Fossils, gems and other goodies are inside! A handy chart on-site offers information on what the kiddos find.

UNTAIN BIKING



There are plenty of great mountain biking trails! And new for this year — lift access for your bike at Spruce Lift! Carriers will be installed in the coming weeks to whisk you to Spruce to access resort trails or the 35+ miles of WNYMBA trails on State land. Mountain bike and E-Bike rentals available; trail maps and other info available at The Inn, Resort Services or the Harness Shop at Sky High. A quick reminder: mountain bikes are off limits at Sky High, and the flow trail will be reconfigured to take into account the construction of the new High Speed Quad at Yodeler. Keep it locked to HV's social pages for updates.

IRLIFT RIDES



Enjoy a slow, scenic ride to the top of the hill on the Spruce Chairlift (located next to Tannenbaum Lodge). Offload and cruise around Spruce Lake and venture on some of the many hiking trails throughout the resort. (FYI: Mardi Gras will be open for lift rides during the fall.) Once you're finished up top, ride the chairlift back down or hike down the ski slope. Sorry, coolers and dogs are not allowed on the chairlift. Chairlift rides are \$10 per rider, children 6 and under are free. Purchase lift rides at the Harness Shop at Sky High. For more info go to www. holidayvalley.com.

AUDSLIDE



The 10th Annual Holiday Valley Mudslide returns on Saturday, June 19th! Race against friends (and time) in the 3.5 or 5.4 mile races that take you through the heart of the resort. Don't worry, the Mudslide doesn't have barbed wire, fire-breathing dragons or anything of the sort — just fun in the mud. The Mudslide ends with a giant — you guessed it — mudslide at the end. Costumes are encouraged! With COVID restrictions still in place, be sure to read through the information at www.holidayvalley.com/mudslide to ensure you're following proper protocols. Sign up today!

OHN HARVARD'S



Grab a bite to eat at John Harvard's restaurant, on-site at Holiday Valley! John Harvard's offers a slopeside view during dining, with views of the pool complex and golf course. A diverse selection of craft and micro beers doesn't let anyone go thirsty and it's the perfect spot to grab lunch or dinner. John Harvard's also offers an outdoor patio and poolside service.

ICOTTVILLE OASI



Relax and unwind at the Ellicottville Oasis Spa! Located inside the Tamarack Club, Oasis is open to the public and currently offers manicures, pedicures, facials and massage therapy. Oasis boasts the HydraFacial treatment, plus a litany of products you can take home with you. Come with a group, your significant other or just solo to work some of that stress of the last year off. Stringent COVID protocols will be followed, and keep checking in to the Oasis Facebook/Insta pages for updates. For more information on Oasis, head to www.holidayvalley.com/explore.



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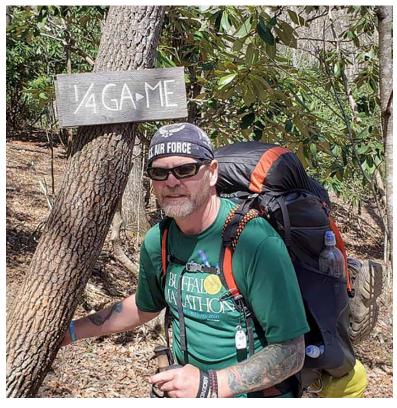
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RAISING AWARENESS

PERSEVERANCE ON THE APPALACHIAN TRAIL

Great Valley man raising funds for Parkinson's Foundation during trip of a lifetime

By Dash Hegeman











To donate, search Facebook fundraisers: "Dan's Appalachian Trail fundraiser for Parkinson's Foundation!"

One of the more interesting things about life is knowing that you really never know what's going to happen next. As a result sometimes you will find yourself in situations that, for better or for worse, you never in a hundred years expected to be in. It is what you do in those situations that will often define you.

There are approximately 930,000 people in the United States living with Parkinson's Disease (PD). By the year 2030 that number is expected to reach 1.2 million according to research done by the Parkinson's Foundation. While the disease itself is not fatal, complications related to Parkinson's can be very serious. Symptoms typically develop slowly but they do vary from person to person. Ultimately, Parkinson's Disease can become a physically and emotionally draining diagnosis.

Starting in Georgia and ending in Maine (the direction many hikers choose to venture), the Appalachian Trail crosses 14 states and is approximately 2,200 miles long. That equates to somewhere north of 5,000,000 steps! Thru-hikers who take on this physical challenge end up doing the equivalence of climbing Mt. Everest 16 times; gaining and losing 464,464 feet of elevation throughout the duration of the hike. On average, it takes a hiker 165 days to complete the entire trail.

Six years ago, when Daniel Schoenthal's doctor told him that he had been diagnosed with PD, Schoenthal's first reaction was, "No way. He is wrong. That doesn't happen to me." Receiving life altering news like a Parkinson's diagnosis can, justifiably, be an incredible blow to the psyche. Schoenthal, who resides in Great Valley, NY, had been thinking about doing the Appalachian Trail for years, and said that the diagnosis put him in a mindset of needing to do it sooner than later.

"I went through all the emotions that I had until one day I decided I wasn't going to let Parkinson's win," said Schoenthal. It was at that point that the former Air Force airman and Steamfitter Union member decided to embark on, in his words, what may be the biggest challenge of his life. And so in 2015, with the blessing of his family, Schoenthal began preparing to take on the monstrous challenge that is the Appalachian Trail.

Preparing for the journey is now, in some ways, easier than ever. There are plenty of online forums, websites, blogs and podcasts that offer advice on how to tackle the trail. Compared to what hiking the trail was like 30 years ago, we now live in a world of information overload when it comes to "how to hike the Appalachian Trail." But when you expand that search to "how to hike the Appalachian Trail with Parkinson's Disease" the information becomes much more limited. And the reason for that is the disease affects everyone differently. There is no right or wrong way to do it. At the end of the day, it was Schoenthal's history of hard work and determination that prepared him for this venture.

"The biggest struggle with Parkinson's is (that) my left side is affected and I get dystonia in my left foot and it gets painful at times," Schoenthal stated. "Also being away from home for the extended period is mentally challenging."

Last August, Schoenthal began the journey knowing that he would only have a short amount of time to complete a portion of the trail before the weather became too difficult to manage. He started at Amicalola Falls Lodge, in Dawsonville, GA and completed the first 300 miles; proving to himself that he could face the challenge of the trail.

On April 3rd, he picked up where he left off and began the journey again. If all goes well, Schoenthal hopes to be able to finish the trail in Maine in mid-August. But he is quick to say that he will listen to his body and go as far as it will allow him to go.

Trail names are the identity that thru-hikers go by while on the Trail. Daniel is not Daniel to those he meets out on the trail. He goes by Tremor, which he chose because tremors are the most notable symptom of PD. It's one small way of taking back control over something that negatively affects so many people with PD.

While Schoenthal started off hiking solo, he has met up with hikers who have supported him and provided company along the way. He credits Vanilla Bill, So-ah and Irish to name a few. When you are hiking upwards of 13 to 15 miles a day, which Schoenthal is currently averaging, having that extra company can make a huge difference. He recently passed 600 total miles on his journey, which means he is over 1/4 of the way finished.

"My journey is a personal experience that wouldn't be happening if it weren't for my family's support," said Schoenthal. "I post pictures (search Facebook fundraisers for 'Dan's Appalachian Trail Fundraiser for Parkinson's Foundation') as frequently as cell service allows. I know there's a lot of Parkinson's patients that have a hard time getting moving after being diagnosed. But Parkinson's isn't who we are, it's what we have and exercise is vital to keeping the disease at bay. And if someone is struggling, the Parkinson's Foundation has resources to help."

In speaking with Schoenthal, it is evident that he is grateful for every day that he is out on the trail. "The most gratifying thing so far is having gone 600 miles," he said. "Every day is a different view. I meet different people almost daily and I am helping raise awareness for Parkinson's Disease and the Parkinson's Foundation."

It is that kind of appreciation, along with his natural tenacity, that allows him to push through the times where his joints are too stiff and his legs are sore.

To Schoenthal, there have been plenty of educational moments throughout his journey. But the lesson that he likes to emphasize is that out on the trail, we are all the same. The Appalachian Trail will humble you.

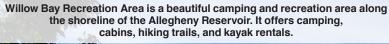
"I have met people of all ages, shapes, colors, economic backgrounds and political differences. People who are millionaires to people just starting out (in life). And none of that matters out here. There's a common bond as hikers to do the best we can. If the world would do the same, imagine the world we could have!"

EXPLORE PA

NEARBY, BUT A WORLD AWAY

Escape into nature in the Allegheny National Forest Region of Pennsylvania; camping now open for the season

By Linda Devlin, ANF Visitors Bureau

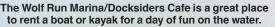














The Allegheny National Forest (ANF) in Pennsylvania is a refreshing, relaxing escape into nature. Located a mere 45-minute drive south from Ellicottville, the landscape changes into a wonderland of green trees, songbirds, wildlife, rushing mountain streams, and the large still waters of the Allegheny Reservoir.

Pick your pleasure ... a stroll along a 1-mile loop trail at the Marilla Reservoir, an exciting, adrenaline pumping mountain biking adventure at Jakes Rocks, or a laid-back retreat in a woodland cabin. Hit the water and spend some time kayaking or test your skill fishing for wild brook trout or feisty walleye.

RECREATION SITES ARE OPEN FOR THE SEASON

The ANF offers 15 campgrounds with more than 1,000 sites. Each campsite contains a picnic table, fire ring or grill, parking for two vehicles, a wheeled camping unit, large RV or tent. There are even some sites accessible only by boat.

Willow Bay Recreation Area, located 15 miles west of Bradford, PA along Rt. 346, is the largest recreation unit in the Forest offering 101 camping sites. Tent and RV campground sites are available near the shoreline or in forest loops by small fishing streams. Rustic cabin rentals are also available. A large boat launch with parking for trailers is located along the edge of Willow Bay, part of the Allegheny Reservoir. Bring your kayak and rent a site close to the shoreline for an extremely relaxing getaway. No kayak? Kayak rentals are available. Campsite fees start at \$18 to \$32 a night. Rustic cabins are \$55 to \$65.

NEARBY IN BRADFORD

In Bradford, you will find the Zippo/Case Museum, the Penn Brad Oil Museum, and a downtown with shopping, restaurants, a brewery, and a movie theater. For groceries, Bradford Sav-a-Lot is perfect to stock your campsite or RV. Don't forget to pick up the ingredients for the all-time favorite camping treat: s'mores. If you have never made s'mores, you will need graham crackers, large white marshmallows, and Hershey chocolate bars. At camp, prepare the base: take a square section of graham crackers for the top and bottom, add a layer of the chocolate bar, melt your marshmallow over the fire, then quickly add it to the graham cracker and chocolate. Yum!

Red Bridge Recreation Area is located further south along Rt. 321 close to Kane, PA. This site offers 67 campsites in addition to a limited number of deluxe cabin rentals designed in the "rustic tiny house theme" with a kitchen, living room, bathroom and a 6-ft. x 14-ft. porch. The open floor plan bedroom on the first floor is furnished with a full-size bed. Two sofa chairs in the living room fold out into single beds. The low ceiling sleeping loft can sleep four. Linens are not provided, and you bring your own kitchenware. Cabins have heat and AC, and electric lighting inside and outside of the cabin. A picnic table and fire ring are located along the backside of the cabin. Prices start at \$120 per night for up to four people, then \$10 per night for additional people. There is a \$25 pet fee.

NEARBY IN KANE

In Kane, you'll find the McCleery Discovery Center where you can learn about the history of Lobo Wolves. Shopping is centered along Route 6, which is Fraley Street in Kane. ArtWorks on the Summit is where you will find a wide variety of artisan creations. CJ Spirts Craft Distillery, three wineries (Flickerwood Wine Cellars, Twisted Vine and Bear Creek Winery), and Logyard Brewery give you a chance to taste, sample and then stock up for your getaway.

Foodies will enjoy a stop at Bell's Market which offers a variety of fresh meats, sausage, smoked goods, home canned goodies, fresh produce, local baked goods, and their famous "griller." The griller is creation of a tenderized boneless, skinless chicken breast with a layer of Virginia smoked ham, Swiss cheese, and their best-selling Greek sausage (spinach & feta) rolled into a roast, covered in bacon and a rotisserie seasoning. Bring your empty cooler to stock up!

ADDITIONAL CAMPING SITES

Additional sites in the ANF include: Kiasutha, Buckaloons, Hearts Content, Loleta, Minister Creek, Tracy Ridge and Twin Lakes. For additional information and photos go to www.alleghenysite.com

Farnsworth Cabin is a historic stone cabin built by the Civilian Conservation Corps. during the 1930s. It is a two-bedroom cabin with a kitchen, dining room and living room. It features Internet, TV and phone. It is located near an active trout hatchery and a stocked stream. Farnsworth Cabins is located at 6200 Farnsworth Road, Clarendon, PA 16313. For reservations: www.alleghenysite.com/farnsworth-cabin

DAY TRIPPING

Rimrock Overlook is one of the favorite day trips in the ANF. Rimrock Overlook consists of massive rock formations, a developed overlook with stunning views of the Allegheny Reservoir, and a 1.3-mile pedestrian trail from the overlook to Kinzua Beach. During June, the mountain laurel will be in bloom creating a pretty carpet of pink flowers under the green canopy of the trees. Picnic areas are available onsite. Located along Rt. 59 between Bradford, Marshburg and Warren, watch for the large brown sign. From Rt. 59, you will drive 2.7 miles on the Rimrock Access Road before arriving at the overlook.

Kinzua Beach is a free access, day-use beach along the shoreline of the Allegheny Reservoir. It has a nice grassy area for people to relax and throw a ball around and take in the beauty of the water. The water is clean and usually on the chilly side. The park is dog friendly but dogs must be kept on a leash. The site has plenty of parking for large RVs and bathrooms. A trail leads from the beach to Rimrock Overlook.

"Allegheny National Forest" continued page 13



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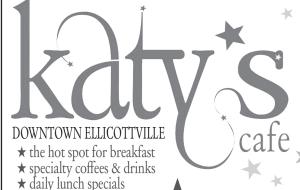
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HEALTH & FITNESS

Core Performance: BOSU Brilliance

By Kim Duke, Certified Personal Trainer

Core Performance Fitness and Training is not your typical fitness studio/gym. Our name alone is a statement to our motto. We train your core so that your entire body is stronger, balanced, more effective and injury proof. Our studio is filled with unique equipment that requires your body to be the machine vs. machines that work your body. One of our favorite pieces of equipment is the BOSU ball.

Have you seen them and wondered what they were? They look like a Swiss ball cut in half with a solid base. The BOSU ball - (which stands for both sides up), is a great way to increase both balance and core strength while conditioning the entire body.

When you focus on multiple elements of fitness, along with compound movements, more coordination is achieved along with a greater calorie burn. Also, training on an unstable surface can prove to be essential for snow sports such as skiing and snowboarding. Drills can be performed in a circuit fashion, completing 20 repetitions or utilizing a time element such as 30-60 seconds.

Start with your biggest muscle group - the legs. Squat by standing with either the bubble side up or bubble side down, sit back on your heels slowly keeping your core muscles tight and head up high. Add a dumbbell or medicine ball for more challenge.

Next, perform lunges stepping forward on to the BOSU (bubble side up). Stand on top of the BOSU and step off, either to the side or backwards. With any of these exercises, keep the core muscles tight and don't be afraid to use your arms as a counter balance device. If you fall off, get back on and continue to push forward for reps without compromising your form.

In order to challenge the stability of the upper body muscles, place your self in a push-up position with the bubble side down. Perform push-ups with an alternating plank and knee in for extra core performance.

BOSU balls are excellent for plyometrics as well. Completing power jumps from the ground to the top of the BOSU helps build that explosive power your legs need to tackle the toughest hills out there. Try some hop-overs moving quickly side to side. Only add speed when you feel you have the movement mastered. As with any fitness tool, injuries can occur if you are sloppy or unskilled with the equipment.

Other great moves to include in your BOSU routine are the bird-dog, alternating between knees on the BOSU and hands on the BOSU. The superman is another terrific move that even a beginner can perform. Just place your core on the bubble side while lifting your arms



and legs off the ground.

Partner moves are also an excellent way to train with a BOSU ball. Use a medicine ball and stand with the flat side up. Have your partner toss the ball to you, add a squat and toss it back.

Once you get the hang of using a BOSU ball the possibilities are endless. Again, start out carefully, hold your core tight and stay focused on good form. Have fun, be safe and condition that body!

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 click over to www.coreperformancefitness.com. Kim can be reached directly at 716-698-1198.

MDA CONSULTING ENGINEERS DONATION

cont. from page 03

"What some people don't realize is that in New York state, both licensed architects and licensed civil engineers can design houses and buildings," Henning explained. "Mark started that with MDA, and we're continuing to do that with our clients!"

One of the five sets of books is being donated to the Ellicottville Memorial Library, and MDA plans on donating the other four sets to libraries in other communities where MDA works. Once these books enter circulation, they can be checked out from any library within the Chautauqua-Cattaraugus Library System. "Right now, libraries are one of few places that are open," Henning pointed out. "If COVID-19 restrictions allow, we'd like to go over to the Ellicottville Memorial Library for a summer activity through some kind of hands-on engineering project."

Local libraries that are interested in receiving one of the book sets from MDA can contact Carla Maul at 716-699-4650 or email her at cmaul@mdaengineers.com. For more information about MDA Consulting Engineers, visit www.mdaengineers.com

ALLEGHENY NATIONAL FOREST

cont. from page 11

Kinzua Wolf Run Marina is located along the Allegheny Reservoir, 14 miles west of Bradford along Rt. 59. The Kinzua Wolf Run Marina offers boat and kayak rentals, a boat launch, and a general store selling tackle and night crawlers. Families can enjoy the fun of feeding the carp from the docks. Docksiders Café, the seasonal restaurant at the marina, is a full-service restaurant with outdoor seating - a great place to relax and watch the sunset after a day of hiking or boating in the ANF. For hours or reservations call 814-726-1650.

For additional info on the above sites, more ideas of things to see and do, additional cabins, lodging and restaurant information, call 800-473-9370. For a FREE Travel Guide, call or order online at www.VisitANF.com. Hiking maps and more are also available on the website. Follow @ANFvisitorsbureau or #anfvisitorsbureau on FB/IG.

AVA GRACE FASHIONS

cont. from page 04

pieces of Ellicottville to them even when they cannot be here all the time. It also allows local shoppers to stay on top of what is new."

Despite a pandemic, Ava Grace Fashions found ways to innovate and grow with the ongoing COVID-19 pandemic. "We added a whole section of masks, mask sprays, sanitizers and mask lanyards, and hands-free keychains as quickly as we found them. We just added a fun line that many people may be familiar with, Poo~Pourri." Gilbert also expanded the shop's bralette selection in a beautiful way. "With more room, we are stocking more colors of favorite styles." Farther out in the future, Gilbert is looking at a few options such as adding more children's items. "We are working out details to be able to print our own graphic tees and other print products in-house." This will allow Gilbert to control her supply chain. "All too often we sell out of a product then go to get more and they are no longer available."

With the past year it sure is heartwarming to hear about small businesses that have found ways to not only survive but see remarkable growth. Gilbert's favorite thing about owning a retail clothing shop: "Playing dress-up for a living isn't so bad," she said with a smile. But in reality her favorite is working with her employees and customers. "I love seeing my employees grow as people. The customers that come through are the best. Knowing that you are helping someone shop for an upcoming event or making their everyday better because they are comfortable and confident in a new outfit feels great!"

Gilbert has found ways to grow despite all of the changes her business has faced, and I for one, cannot wait to see what the future holds for her in the new location! Follow Ava Grace Fashions on social (FB/IG @avagracefashions / Pinterest @avagracefashion) to keep up with the construction process and official move date. Shop online at avagracefashions.com or call the store at 716-699-1105. Leaving you with the final thought Gilbert left me with: "If we can help more women go from surviving to thriving, we have done our jobs!"

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EMPLOYMENT

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

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Applications are also being accepted for substitutes in the following areas: Teachers, Teacher Aides, Cleaners, Bus Drivers, Cafeteria Workers and School Nurse.

Candidates are requested to download and fill out an application from the District website (www.eville.wnyric.org) or call 716-699-2368 (ext. 1300) between the hours of 7:30am-4:00pm for an application. Candidates should submit an application and letter of intent to:

Ellicottville Central School ATTN: Melissa Sawicki, District Clerk 5873 Route 219 Ellicottville, NY 14731

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LIBRARY NEWS

The Ellicottville Memorial Library is currently open (while wearing a mask and maintaining proper social distances) with regular hours of operation for patrons to come in and browse the shelves. Special programming being offered include Adult Coloring every Tuesday from 2:00-3:00pm; and Knitting & Crochet Club on Mondays from 6:00-8:00pm. (Note: All abilities welcome - just bring some yarn and your needles. For beginners, the library has supplies to get you started.) The Memorial Day book sale will start on May 29th. Donations of books and DVD's are now being accepted. Don't forget that with your library card you can access over 23,700 eBooks and eAudiobooks to read or listen to on any device. Check out www.ellicottvillelibrary.org for more information on new arrivals of books, coming events and classes, and to browse the system catalog for books, eBooks and movies.

MEETING NOTES

Ellicottville Chamber of Commerce elects 2021 officers; Solly stepping down as President

ELLICOTTVILLE - The Ellicottville Chamber of Commerce held its 73rd Annual General meeting at Holiday Valley on April 22, 2021. President Arleen Solly opened the meeting at 8:00am by asking Secretary Cathleen Pritchard to verify that at least 25% of the membership were either present or had submitted a proxy, to which the secretary replied that the total was 56%. At that point, the Annual General meeting was called to order.

President Solly thanked the twelve-member Board of Directors and staff for their hard work and dedication to the Chamber and community. She thanked all those in attendance and commented on the challenges we all faced during the CO-VID-19 pandemic. She went on to say how each and every business made it a point to work inside the regulations and find ways to keep everyone safe. The Chamber became the

conduit for regulatory information to our members and communicated our commitment to visitors with TV ads, social media posts and press releases. This commitment to safety became noticeably clear to our visitors who helped give our retail members a solid sales year. Ellicottville became a model community in dealing with the pandemic; thank you everyone.

Treasurer William Krysick, Krysick & Company Inc. presented the financial report for the year ending December 31, 2020. Even with the cancellation of all twelve of the Chamber's major events, the organization was able to stay in the black for 2020 largely in due to cost

cutting and a reduction in staff. He noted that the Chamber did not use any Federal funding in its year-end income statement and finished the year with a strong balance sheet.

On behalf of the Nominating Committee, Arleen Solly, President of the Chamber presented the slate of candidates to the Board of Directors for a three-year term. Each year there are four openings on the Board and the nominees for 2021 are as follows: Dennis Eshbaugh, President of Holiday Valley; Cathleen Pritchard, ERA Vacation Properties; Michael Nickolson, Silver Fox Restaurant and Nickolson Construction; and Sam Sheehy, Winery of Ellicottville. There being no nominations from the floor, on a motion by Peter Kreinheder, seconded by Jean Kirsch, the motion carried with all in favor.

There being no business from the floor, President Solly made a motion to adjourn which was seconded by Dennis Eshbaugh with all in favor.

Following the Annual Meeting, the Board convened for its regular March meeting to elect officers for 2021. President Solly began by letting the Board know that she would be stepping down as President but would remain on the Board. Everyone thanked Arleen for her many contributions over her years. The board elected the following officers: President-Jim Carls, Dina's Restaurant; Vice President-Dennis Eshbaugh, Holiday Valley Resort; Treasurer-William Krysick, Krysick & Company; Secretary-Cathleen Pritchard, ERA Vacation Properties.

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 $\ \ \, \bigcirc$ fitandtiredteacher: Mid-week hike with @sagetheadventuredog #ellicottville #ellicottvillenow #getoutside #evlnow



⊂ch_crofty: Offically, official. #villagetrustee #ittakesavillage #ellicottvillenow #billsmafia



Qnadinesavianophoto: When you can see your house from your favorite mtn bike trail #evlnow #holidayvalley



⊋riseandshine_suzie: Spend time with friends who fill you up and laugh at the same things. #bestfriends #theginmill #evlnow #friendsforever



⊋hornhillpottery: #mothersday #shopsmall #ellicottvillenow



Qrobert_kuechle: #hikemore @holimont #evlnow #sunnyday



ີ⊂team_pritchard: A new fishing hole? #evlnow #paveroads



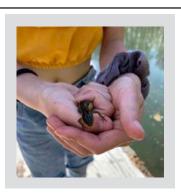
⊋baroness_abcinema: #evlnow #justkeepfishing #getoutside



⊋ellicottvillenow: #eatlocal @monroestreetbb #evlnow



#evlnow #liveyourbestlife



#getoutside #naturefriends



⊋willygoat_adventures: Went to the #statueofliberty in Pennsylvania! #peacepark #lighthouseisland #adventuredog #livehappy #evlnow





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