

ellicottvilleNOW



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Cleaning Up the Courtyard

Ellicottville students learn about gardening; work together to create an open-air space on campus



L-R: Karle Northrup, Jersie Czapl, Rylie Button, Payton Quinn. In back: Matthew Rzucek and Sawyer Miller.

ECS 5th grade teacher Nick Smith and Special Ed teacher Kristin Rocco have been spending class time with their students cleaning up the courtyard at the school to create a relaxing, open-air space for students and faculty to use. "This is a great way for both classes to get involved in learning about gardening," said Smith. "We have spent a lot of time and effort in weeding, mulching and planting. We really want to make this courtyard a vibrant and beautiful area for students as well as for faculty. Once completed, it will be a nice place for students/faculty to go when eating lunch, reading, or just to recharge their batteries."

Smith was quick to give a big shoutout to Lowes in Springville, who donated the flowers and the mulch for this project. Follow @ellicottvilleNOW on FB/IG to see more photos of the courtyard project, including its completion in upcoming weeks.

Craving Tacos?

The Olean Sports and Social Group and the Greater Olean Area Chamber of Commerce are teaming up to present the first of many TACO the TOWN CRAWL events, a fundraiser to raise money for not one but two service dogs through the WNY Heroes / Pawsitive for Heroes.

On Saturday, June 5th, participants will take to the streets and taste and vote on tacos at 9 participating Olean area locations. Votes will be tallied at the end of the crawl with the BEST TACO named. One lucky participant will win \$500 in Shop Olean gift certificates.

Find other upcoming events in Olean, including the GOACC Clambake, inside.

... page 08

VILLAGE BOARD NOTES: TRAFFIC CONTROL, MASK POLICIES

The May 18th meeting of the Ellicottville Village Board opened with a report on this year's county sales tax check; the amount of \$108,010.62 is up by 4.9% compared to the previous term. Business from the floor discussed traffic control in a number of areas around the village, with concern focused on speeding. The board also discussed how the village will implement the recent changes to Covid-19 safety protocols, changes to the sidewalk cafe rules, skatepark fundraising, among other things ... page 11

The Perfect 'Hut' in Any Setting

Artisan crafted cabin company sets up shop in former GV car dealership



As a long-time business owner and woodworker, Chautauqua County native Brooks Anderson is no stranger to the question, "Do you think you could build something like this?" Last summer, when one of his business connections asked him this question, Anderson's response forever changed the face of his business, and the future looks very bright.

The request involved the creation of four "glamping pods," which are small, wooden insulated huts used for camping. "The idea came about right in the middle of last summer, when people needed to get out of cities and were working out of their offices and at home," Anderson explained. "The idea of allowing more people to do that through a relatively inexpensive proposition started to appeal to us."

... page 07



RUNNING FOR A CURE: 300 MILES FOR CF

Last summer, Brad Poole pulled off an incredibly impressive feat of running 266 miles through the entirety of Cattaraugus County in one week. This, on its own, was a large accomplishment. It's even more than that because Poole has a rare disease known as Cystic Fibrosis. Next month, Poole will take to the pavement again, this time with a goal of running 300 miles within 72 hours. ... page 04

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NOW *this ...* by Brenda



photo/@ellicottvilleNOW

We remember...

After a long year of staring at bare sidewalks, the village benches have found themselves back where they belong. Many of them, adorned with plaques, are more than just places to sit and rest. They are engraved with memories. Members of our community. Loved ones. Our friends. Our mentors. They are simple reminders that those we've lost will always have a special place in our hearts ... and in our village.

And they look great! Ellicottville's benches are the complimentary brush strokes of our picturesque downtown. How sweet it is to drive into work each morning and see them perfectly placed around Village Hall, lining the main drag, and in front of the church. How inviting they are for those visiting, and how wonderful it is to take that next step towards "normal".

If you're interested in commemorating a loved one on an Ellicottville bench, you can contact Village Clerk, Mary Klahn, for an application. The Village, which stores and maintains the benches, offers a 10-year program for \$800 which includes the purchase of a bench, the plaque, and maintenance assisted by the Lion's Club. Mary can be reached at Village Hall at 716-699-4636.

MEMORIAL DAY IN-PERSON

Another welcomed return to our village: Memorial Day Services. It was quite heartbreaking in 2020, to experience an absent, silenced day for our brave. No doubt this year's in-person ceremony will be additionally emotional as we reconnect to honor the memory of our country's service members who gave the ultimate sacrifice.

The Ellicottville American Legion Post 659 will conduct Memorial Day services on Monday, May 31st beginning at 11:00am on the lawn of the Town/Village Hall. The community is invited to attend.

TABS FOR MS. ADAMS

Anyone who has been a part of Ellicottville Central School over the years - whether staff, student, or parent - certainly remembers Ms. Adams. Cathy Adams was the elementary secretary for 20 years, and she certainly made quite an impact at the school. So when she lost her battle to leukemia in December of 2019, the school community felt it.

One of the many campaigns Ms. Adams was involved in year after year was the PTO's Tab Collection. To honor her memory, ECS is collecting tabs - LOTS of tabs - to apply towards a generous donation to St. Jude's Children's Research Hospital.

GET COLLECTING! If you have a child in the elementary wing, start popping those tabs and have your child bring in their collection to school the first week of June. According to the school, their goal is to collect 25 paper boxes full of tabs.

If you don't have a child in school, you can still help! Tim & Bonnie's Pizzeria has stepped up to the plate to offer a tab collection jar at their Bristol Lane location. Pop the tabs off the top of various aluminum products including pop/beer cans, soup cans, pet food, etc. and drop them off at the counter anytime. The PTO plans to turn all tabs over to the recycling station on June 4th.

Brenda Perks is the publisher/editor/designer of *ellicottvilleNOW* and owner of Design-Perks, a graphic design company affiliated with the local media/marketing agency, PaN-DaGOAT Media. You can reach Brenda at brenda@ellicottvillenow.com.

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LOCAL NEWS

LACING UP FOR A CURE

Local man Brad Poole running 300 miles for Cystic Fibrosis Foundation



By ELIJAH GEORGE

If you've lived in Western New York - specifically Cattaraugus County - then you've most likely heard of a man named Bradley Poole. And if you haven't yet, you're about to.

Last summer, Poole pulled off an incredibly impressive feat of running 266 miles through the entirety of Cattaraugus County in a period of less than one week. This, on its own, was a large accomplishment. It's even more than that because Poole has a rare disease known as Cystic Fibrosis, which primarily attacks the respiratory and digestive systems with a thick mucus. The body produces more salt and less enzymes, which can make it harder to eat and completely digest meals. It also coats the insides of the lungs with a thick mucus which restricts breathing and thus, lung functions. CF patients can struggle with even simple daily tasks - things that those unaffected would never think about - completely automatic bodily functions such as breathing and digesting.

Poole is no stranger to adversity. In addition to Cystic Fibrosis he has struggled with alcoholism, depression, OCD, and anxiety. Poole is also no stranger to accolades, especially within the CF community. He's been gifted awards, done presentations, given speeches ... the name "Bradley J. Poole" has almost become synonymous with the phrase "CF celebrity".

Having lived with Brad (as I am his nephew), I can say that he is a good mentor and positively impacting role model for all that he comes in contact with. He prefers to remain modest about such things; anyone who knows him will tell you exactly the same. However, he's going to speak for himself on the challenge he's currently faced with: running 300 miles around a predetermined loop in Ellicottville, NY.

eNOW: I'm sure a lot of people/readers within the area are aware of your impressive feat of running 266 miles through Cattaraugus County last summer. What brings you back to a challenge like this, 300 total miles?

POOLE: Last year's event was a big success, having raised \$65,000 for the Cystic Fibrosis Foundation, which doesn't receive any funding from the federal government as it stands. I feel that the bigger and crazier the event, the more awareness I can bring about this disease. I decided to up my game this year and shoot for 300 total miles within 72 hours.

eNOW: What are you doing to prepare for an event of this size?

POOLE: I have a running coach, Mark Wilson, from Cassadaga, NY. He helped me with my previous run and I hired him again as my coach for this year. We've got a lot of high-volume and low-volume weeks of running. We've done a lot of consecutive days of long distance running just to train for the event which will be three straight days in a row. We are now in the maintaining phase of our training program which means none of the runs can be longer than 8 miles. For these next few weeks I'll be focusing on mentally preparing for the proposed challenge.

eNOW: Is this a bucket list item, a charity event, just for fun? What can people do if they want to help on the journey?

POOLE: This is a charity event wherein I hope to raise over \$65,000 for the Cystic Fibrosis Foundation. If you would like to help out, you can donate to my fundraising page <https://passion.cff.org/300milerun>. This link can also be found on the fundraiser's Facebook page @300forCF or 300 Miles For Cystic Fibrosis: Running For A Cure. I'm also on Instagram @300miles_for_cysticfibrosis and @warrior_fitness_wellness, the

"300 Miles for Cystic Fibrosis" continued page 11

RUN TO REMEMBER

Communities honor strength & resiliency of two special women through 5k events



By CAITLIN CROFT

Elisa B. Hughey Virtual Run for the Arts • June 19th

Running builds character ... at least that is what my 3rd grade gym teacher told me. I hated her for it. Every lap we had to do I became more bitter and tired. It wasn't until many years later that I understood what she meant by character.

Elisa Hughey understood this. She understood so much more than most of us ever hope to learn in our years on this planet. Taken entirely too soon, succumbing to her battle with cancer, Elisa's fingerprints are everywhere if you look closely.

This modest woman was easy to be around and touched the heart of every person she met. She is remembered for her sense of humor, her generous heart, her love of life and her unparalleled strength. She was a devoted mother, wife and contributor to the arts. Her works were featured in the Albright Knox Art Gallery, Luminous Gallery, and Chautauqua Center for the Visual Arts, as well as other respected galleries. (<http://elisa-hugheyscholarship.com/about-elisa/>) Her love of interior design and aesthetics lives on through her husband and children that keep her beloved store, Aardvark, running (pun intended).

Elisa, while battling cancer, learned to love this sport. To me, it makes complete sense that she would gravitate towards running; the mental fortitude it takes only strengthened the "mind over matter" attitude Elisa embraced. It is what helped her push so far, for so long. Elisa decided to run her very first marathon while battling cancer. She finished that race in 3 hours and 20 minutes and qualified for the Boston Marathon - a race which she also ran and finished, hand-in-hand with dear friends.

Every year there is a 5K in Elisa's memory and funds are raised to support her scholarship. The Elisa B. Hughey Scholarship for the Arts provides two scholarships of \$1,000 each, one each for Ellicottville and West Valley Central high schools, for college-bound students committed to advancing their skills in any aspect of the fine arts.

Although typically held as an in-person event, last year's run was virtual, and the same format will apply for this year as well. On Saturday, June 19th, Elisa's Virtual Run for the Arts will kick off at 10:00am. You can join those participating on Facebook at the Elisa B. Hughey Scholarship for the Arts. Registration is free to all, but if you are able to, please donate via the Cattaraugus Region Community Foundation website at www.cattfoundation.org

Cynthia Mohr: Let's Run to Remember • June 6th

Despite restrictions being lifted on the COVID-19 pandemic, there is so much damage still left in its quake. Cynthia Mohr was a loving mother and wife who was taken much too soon from this insidious virus.

Cynthia radiated positivity wherever she went and always made everyone feel welcome and included. She was nurturing, compassionate and she cared with all her heart. Cynthia was an enrolled member of the Seneca Nation of Indians and the Heron Clan. Constantly yearning to lift people up, she was a dedicated teacher in the Salamanca School District for 36 years. Cynthia was the first Native American teacher in New York state to have a dual certification in Elementary and Special Education.

"Run to Remember" continued page 11



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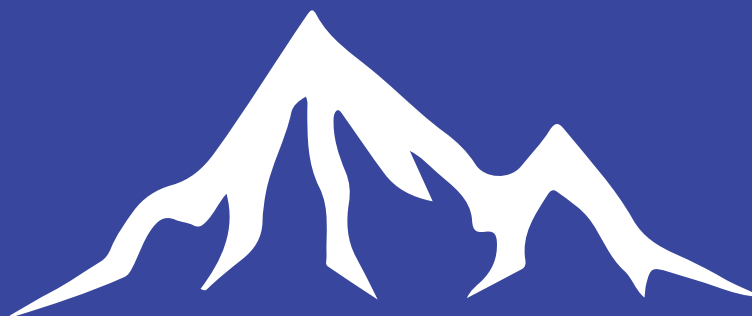
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BUSINESS

ASHFORD STATION BISTRO

West Valley restaurant kicks off new season, new opportunity



By MARY HEYL

Exactly one year to the day after the Station Bistro opened its doors, the thriving West Valley restaurant is ready to kick off the summer season! On Wednesday, May 26th the Station will re-open after its three-week spring break to share a fresh menu, new live music and events, and very soon, a new chef!

Beginning next week, the Station will be open from 4:00-10:00pm Wednesday through Sunday, and owner Emily Tingle is excited to welcome guests for a fun summer. "We've expanded and done outdoor seating in the front and the back, and we also have a big campfire pit out back with custom cornhole boards," she said. "We have some fun tournaments that we're looking forward to!"

This is just the tip of the iceberg for the Station's summer line-up. Event nights kick off during the first week of June, beginning with cruise-ins on Wednesday nights featuring classic cars, 50/50 raffles, live music and more. On Thursdays, the Station features motorcycle night with live music through September.

No matter what day of the week it is, the Station features a delicious base menu full of farm-to-table offerings that are grown nearby at Tingle's Lucky Day Homestead and other local farms. "We bought into different shares with our local farmers," Tingle explained. "Each week, we're delivered fresh produce, good veggies, herbs and edible flowers, so our master chefs will be adding onto the menu to feature these."

The regular menu has a great variety of appetizers, pizzas and sandwiches from which to choose. Tingle added, "Each week, the Station's chefs will be putting together five or six farm-fresh features with locally-raised meats and poultry, and they'll choose what they're going to do with ingredients that are fresh and local. The selection will change every week!"

While new menu picks, alone, are plenty to keep customers returning, the Station's musical lineup is another changing feature that many are already anticipating. "We're having our big bands on Saturdays," said Tingle, "and we'll be featuring them on our Facebook page, but also have a printed out schedule available at the restaurant for people to take home and put on their refrigerator. Our bands usually get started around 5:00pm and play until 9:00 or 10:00pm."

Next Saturday, May 29th, Tingle is kicking off Memorial Day weekend with Band of Brothers. The event will also feature a classic car cruise-in with prizes awarded for best in each decade from pre-1950 to 1970s, best custom and more!

Saturdays may also feature some of the local farms that provide the Station with fresh produce for their menu. "On Saturday nights, we might bring in some tents like a farmer's market to showcase our local farms, tell people where they're from, and share what we might be featuring on the menu that week," Tingle explained. "This will also allow our customers to pick up some produce." (To keep up with the latest news, follow @ashfordstationbistro on Facebook.)

Speaking of the Station's upcoming summer menu, Tingle is pleased to welcome new Chef Valentina Garcia-Montano to the restaurant beginning in June. Garcia-Montano was born in Houston, Texas but raised in Argentina where she lived until the age of 21 when she moved back to the U.S. to start her culinary career. After giving birth to her

"Ashford Station Bistro" continued page 11

TIMBERHUT CABIN CO.

Artisan crafted cabin company to bring new life to Great Valley site



@timberhutcabins owner Brooks Anderson
photo/Clara Kosinski

By MARY HEYL

As a long-time business owner and woodworker, Chautauqua County native Brooks Anderson is no stranger to the question, "Do you think you could build something like this?" Last summer, when one of his business connections asked him this question, Anderson's response forever changed the face of his business, and the future looks very bright.

Anderson, whose educational background is in marketing and business development, has developed a passion for woodworking and creating quality products over the past 12 years. Through his Buffalo-based company Artifact Timber, his work involved networking with a group of local artisans and craftsmen, carpenters, and mill workers in this process-based business model that connected them to national markets. "Unfortunately, when the pandemic hit, Artifact Timber dried up," Anderson explained of his company, which produced items such as office furniture and desks. "It became clear that I needed to create more of a product-based business. A business connection from West Virginia came to me and asked if I could make him something, and that made me wonder if there was a bigger picture or business around that."

The request involved the creation of four "glamping pods," which are small, wooden insulated huts used for camping. "The idea came about right in the middle of last summer, when people needed to get out of cities and were working out of their offices and at home," Anderson explained. "The idea of allowing more people to do that through a relatively inexpensive proposition started to appeal to us. I knew that we could get the right builders and right designer to build something fantastic."

Unlike outdoor storage sheds, these units are contained, well-appointed small living spaces. "We started out with an initial design that was 144 square feet, with premium windows and wall coverings. We have custom-milled white pine on our walls and exterior premium finishes," said Anderson. "What we have are these designer units that are turning out to be something like a room in your house, maybe even nicer."

Unlike tiny houses, which have many moving parts, these cabins do not typically include tiny kitchens and bathrooms, although these can be added for a price. "With tiny houses, everything has to be compressed," Anderson explained. "Our cabins are anything but claustrophobic. These give customers the opportunity to enjoy what is surrounding the cabin. You can have your belongings in there, maybe a cooler of refreshments, a table, and a bed. But the main focus is whatever setting the cabin is placed in. We want to sell our customers the opportunity to do that, more so than the cabin itself."

These original four units have now led Anderson to creating a new business, TimberHut Cabin Company, which has already outgrown its Buffalo site. These units can be custom-ordered and designed for a variety of purposes, said Anderson, who recognized a key market in Cattaraugus County (and beyond) including hunters, fishermen, campers, and - importantly - skiers. "We are now building our units specifically for the hospitality segment," Anderson explained. "These are geared toward skiing, and we're already building relationships with some big resorts."

It's not hard to understand how a TimberHut Cabin could enhance a family's ski getaway. Each cabin is completely lockable and secure, is heated, and includes lighting and comfortable furniture. Anderson added, "We're providing that family the option to have exclusive rights to this day cabin, which is accessible to the parking lot, ski lifts, and close enough to the lodge to use public facilities there. For a price, they rent these for a day,

"TimberHut Cabin Co." continued page 14

REGIONAL EVENTS

MILEAGE ON WATERWAYS

New brochure helps river users better prepare for trips down the Allegheny



photo courtesy Greater Olean Area Chamber of Commerce

OLEAN - Great news! COVID-19 restrictions are being lifted but caution and common sense is still a good way to proceed. Kayak weather has begun!

Nature is no longer an amenity; it is a necessity. When you are outdoors, the fresh air is constantly moving which is why it is safe to participate in outdoor activities versus staying indoors. Not only is it safer, but it also benefits your mental health! Kayaking is a great escape during this pandemic - you can space yourself out, it's peaceful, relaxing, and at the same time you're getting your exercise. Kayaking is not just upper body, it's doing a full body workout! It just depends on how much you want to push yourself!

The Allegheny River starts in Pennsylvania and curves up through New York State, technically stopping at the Kinzua Dam, and then proceeding into Pittsburgh and joining the Monongahela River. The river is estimated to be about 325 miles from start to end and has about 22 miles involving the Portville, Olean, St. Bonaventure, and Allegany communities. On a good day, with perfect weather and stable water levels, there could be more than 40 vehicles at each launch site (Portville, Olean, Allegany) and more than 100 people on the river at different locations!

A mileage on waterways brochure was created by Greater Olean Area Chamber of Commerce's own Meme Yanetsko to give those who visit the river an idea of how far they want to paddle and choose the best suitable location for them to enter and exit the river. Think about times you have visited the river; when your arms and back start to hurt, or if the sun starts getting too hot, do you often find yourself asking where are we or how much further do we have to go? Using this brochure and referencing the landmarks helps one be better prepared for their outdoor river experience and helps them avoid a longer or harder experience than they intended for.

"We hope the brochure will be an incentive for people to partake of the many amenities and be a way to not only bring people into our area but be an economic driver for the different restaurants, stores, and other local businesses," said Bob Fischer, who serves on several committees regarding the Allegheny River developments and planning. The brochure can be found on the following link: <https://oleanny.com/media/files/waterwaysmileage.pdf>.

For more information on the Mileage on Waterways brochure or other GOACC events and activities, please call GOACC at 716-372-4433 or email events@oleanny.com.

Chamber Clambake is a GO!

OLEAN - GOACC has set the 52nd Annual Clambake for Wednesday, June 9th at Woodside Tavern on the Range, Olean. Erica Dreher, GOACC membership coordinator states, "This festive gathering represents the traditional start of the summer season in our community and offers fun, fine food and prizes. Music, clams (and a bunch of other food), and loads of fun are also a part of the Clambake."

Chamber member Woodside Tavern, led by Chris DiCerbo, will serve up raw clams, steamed clams, clam chowder, and clams casino. The menu will also include Angus beef burgers, shaved beef sandwiches, grilled veggies, Italian sausage sandwiches, meatball subs, macaroni, poblano potato and pasta salads, and more. Draft beer from Sanzo Beverage and Wright Beverages will be available, as well as soft drinks and water.

"Greater Olean Area Clambake" continued page 11

TACO THE TOWN CRAWL

Eat tacos and help raise money for service dogs through WNY Heroes program



photo courtesy Four Mile Brewing Co.

OLEAN - The Olean Sports and Social Group and the Greater Olean Area Chamber of Commerce are teaming up to present the first of many TACO the TOWN CRAWL events. It is a fundraiser to raise money for not one but two service dogs through the WNY Heroes / Pawsitive for Heroes.

On Saturday, June 5th, participants will take to the streets and taste and vote on tacos at 9 participating locations. Votes will be tallied at the end of the crawl with the BEST TACO named. Also, one lucky participant will be taking away \$500 in Shop Olean gift certificates.

"We have chosen to fun'raise for the Western New York Heroes program called 'Pawsitive for Heroes.' The program will pay for service dog training as a result of the funds raised from the event. The dogs and their owners go through various courses together, properly preparing the dogs to serve those who've served," reported Tyler Booth from Olean Sports and Social Club.

The time frame of the crawl on June 5th is noon to 5:00pm. Those interested in participating should call the Chamber to reserve their 'crawl spot'. Cost is \$30 which includes a real rad t-shirt, 9 taco vouchers and a golf card (like nine holes of golf but eating tacos). When reserving your crawl spot, participants will need to report their shirt size. Deadline to guarantee your shirt size is May 26th (printing schedule), with the price of the crawl increasing to \$40 on May 28th (food schedule).

"Tyler approached the Chamber to help organize the event. His club is a bunch of young adults and those young at heart (which is a great group to direct this fundraiser to - fun times, connecting with others, eating tacos) plus the added benefit of raising money for a great charity," said Meme K. Yanetsko, GOACC COO. The Club is the Southern Tier's organizer of recreational sports, social fun, and charity events - kickball, beach volleyball and a fabulous scavenger hunt.

The list of tentative locations include Broken Wing, El Sombrero, Four Mile Brewing Co., Halfway Inn Bar & Grill, Mickey's Restaurant, Randy's Up the River, Talty's Irish Pub, Union Whiskey and Village Green. Restaurants will be paying a vendor fee to cover costs. Special thanks to WMXO/The Mix, WPIG/WOLY and Olean Times Herald for their sponsorship and assistance with promotion of this taco event.

Each location will have a 50/50 raffle, and at Union Whiskey, there will be a special basket raffle. "Each business is asked to donate to many terrific charities and benefits in the Olean area and you all should be commended on that effort. We do ask if your business/organization cannot participate in the crawl, that you may donate a gift basket to our special raffles," added Yanetsko.

Call 716-372-4433 or stop in at the Chamber to make reservations; your taco crawl packet will be available for pick up June 3rd. You can also go online to shop.oleanny.com to purchase your ticket.

Greater Olean Area Chamber of Commerce, located at 301 North Union Street in downtown Olean, has been the leading business organization in the greater Olean area since 1906. Their business plan reflects activities related to lobbying local and state leaders and developing programs, to supporting workforce development, small business owners, large corporate entities, non-profit organizations, manufacturers, and area residents. For more information, call 716-372-4433 or email member@oleanny.com.

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MEETING NOTES

Ellicottville Village Board discusses traffic control, mask policies, upcoming events and sidewalk cafes

By PANOS ARGITIS

The Ellicottville Village Board gathered for its regular monthly meeting this past Tuesday, May 18th. The meeting opened with some good news, as the group went over the increase of this year's county sales tax check. The amount of \$108,010.62 is up by 4.9% compared to the previous term. The most important item of this month's agenda dealt with the updated mask policies.

Business from the floor surrounded the traffic control in a number of areas around the village. Concerns over speeding were shared by most of the group. Upon reporting on potential solutions, one community member present suggested placing speed bumps, speed-reading signs or finding spare police cars to help control the issue. Although none of the options were decided on, the board said they would run the ideas past the local police department.

Following the board's approval of previous minutes, Financial Report and paying the bills, Mayor John Burrell began his report. Burrell announced the fundraising for the village's skatepark project is only \$17,000 away from meeting its goal of \$250,000. In addition, the board approved the use of the lawn of the Village/Town Hall by the skatepark committee for an upcoming chicken BBQ fundraiser. The event is set to take place Saturday of Memorial Day weekend.

After a swift conversation about the Planning Report, Mayor Burrell and the rest of the board discussed how the village will implement the recent changes to COVID-19 safety protocols. As far as mask policies go, the village will have to wait on the state's official order before proceeding with any changes to guidelines. Despite this, the board agreed that the number of vaccinated village employees is high enough to begin discussions on easing-off from masks. The conversation around a "mask-less" village was positive, but the board suggested that local employees should have their vaccination cards on file. The board closed the topic by speaking on the possibility of making changes to the mask signs around the village.

The next item on the agenda involved miscellaneous business. The biggest set of news came in the form of an approval for a festival. The "red-head" themed event, Red Head Days, will take place on Monroe St. June 18th-19th and will be run by the Ellicottville Chamber of Commerce and the Winery of Ellicottville. Later on, Town Planner Gary Palumbo suggested for a new committee to be formed in order to take on the moratorium involving secondary apartments. The board approved the request, which the members believe will help alleviate the confusion around the issue.

The meeting's final discussion was based around sidewalk cafes. The board proposed a change to last year's rules, which would see additional space for walking along with belt or rope barriers. These suggestions will be part of the agenda during next month's board meeting.

The Ellicottville Village Board will meet again on Tuesday, June 15, 2021 at 6:00pm. For meeting and agenda information, contact Mary Klahn, Village Clerk, at 716-699-4636.

300 MILES FOR CYSTIC FIBROSIS

cont. from page 04

latter being the page for the gym that I own and operate. The public may also join in for laps, whether it be running, walking, jogging, biking, and you can also help by spreading the word via social media or by mouth.

eNOW: What is the deadline for donations?

POOLE: If someone happens to miss the event, that's okay. There will be a celebration party on the day I finish the run, which will be June 12th. It will be hosted at Finnerty's Tap Room in Ellicottville from 11:00am-6:00pm and sponsored by Finnerty's, Madigan's, and The Legacy Restaurant of Springville.. We'll have a Chinese auction, vendors, live music for the entire duration, a chicken and rib BBQ, and \$25 all-you-can-drink beer passes. All money raised from the run and afterparty will go towards the Cystic Fibrosis Foundation.

It's very obvious that Brad is extremely passionate about what he does and who he is. If you get the chance to meet him yourself, you'll be in for a real treat. Or you could just ask around; he's definitely earned the status of "CF Celebrity" as well as the nickname "CF Warrior", even if he won't admit it outright. This is a man that many (myself included) aspire to be. Whether in one aspect or all of them, you will find few better to carry the running torch for the CF Community other than Bradley Poole.

There are many ways you can show your support for him as he tackles this absolute behemoth of a workout. If you would like to, any support is truly appreciated. This really is taking the popular phrase "running for a cure" coined by the Cystic Fibrosis Community quite literally. Run on, Brad. Run on.

RUN TO REMEMBER

cont. from page 04

A 5K walk/run in her honor will kick off a Scholarship Fund in her name that will benefit the Class of 2023. The race will be held Sunday, June 6th at Veteran's Memorial Park in Salamanca. For all of the details visit this link: <https://tinyurl.com/3e9weyx2>.

This run is to embody all Cynthia stood for - love, light, inclusion and community. It will surely be an event to remember, so brush off your sneakers, sign up and let's get moving in honor of these beautiful souls.

GREATER OLEAN AREA CLAMBAKE

cont. from page 08

Tickets for Chamber members and guests are \$50 per person if purchased by end of business on Wednesday, May 26th, with the cost of \$60 per ticket May 27th until the event. Non-GOACC members can purchase tickets at the cost of \$70. GOACC is committed to bringing a full slate of events to the community, with top priority in the health and safety of guests, vendors, volunteers and all involved. For more information or to purchase tickets, call 716-372-4433 or email clams@oleanny.com.

ASHFORD STATION BISTRO

cont. from page 07



daughter, Martina, Garcia-Montano attended culinary school at ECC and worked at Tempo Restaurant in Buffalo for 17 years. Last fall, she became executive chef of Ristorante Lombardo, also in Buffalo, and has perfected her own sauce, Che Garcia Chimichurri, which is available at che-garcia.com.

Speaking of her new position at the Bistro, Garcia-Montano said she looks forward "to enhancing the local ingredients and products, as well as the quality of the food so the community can truly shine through our dishes." Tingue is thrilled to welcome her to the restaurant, and Garcia-Montano is enthusiastic about the opportunity, too, saying she's excited to "utilize the 20 years of fine-dining experience to bring the highest quality farm-to-table experience to our locals and tourists, with Emily's roots and a little rustic elegance and my culinary experience."

While there are many new things to look forward to at the Bistro, those who have fallen in love with Tingue's mouth-watering assortment of pies will still be able to get their fix. "As always, we have farm-fresh pies, whole or by the slice, at the Station four days a week," said Tingue. Her nearby Lucky Day Homestead at 5111 Roszyk Hill Road in Machias, where her pie stand first opened, is a beautiful place for people to stay in the country. The cozy cabin is listed on Airbnb year 'round and is only a couple miles from the Station. Tingue explained, "A lot of our herbs and produce are grown there. Our barn is in transition but it's going to be ready in 2022, possibly this fall, for garden classes, events, barn dances, and more. People could come up, buy a ticket, enjoy some bands, and have a nice meal provided by our chefs. The Homestead is also on the railroad tracks, so it has the same feel as the Station."

If the Station sounds like an incredible business, that's because it is! In fact, in just one year, the restaurant has already grown to become more than a one-person job, and Tingue is looking for an interested buyer for both the building and the business. "It's an amazing three-story building that used to be a hardware store that was built in the 1920s," she said. "It's a really cool space that could be rented three or four times over. In the future, I could see there being a mercantile, a greenhouse, another bar ... there's a lot of potential!"

Those who are interested can reach Tingue at 716-353-0193 or realtor Caitlin Croft at 716-440-7933.

HEALTH & FITNESS

Core Performance: Letting Your Fitness Go South

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

We've all taken a week (OK, maybe a month) off our workout routines every now and then. Life happens and then there was this pandemic ... But will your fitness hiatus completely sideline your progress or just be a little hiccup in an otherwise healthy body? Find out how long it takes for your fitness to go kaput - and how long it will take to get back into tip-top shape.

In fitness, you're moving forward or you're moving backward. Your body is constantly adapting to the load you put on it. After more than a few rest days for recovery's sake, your body will slowly start to adapt, not to activity, but to inactivity. (Remember: Your body doesn't become stronger during workouts, it becomes stronger after them.) "You have to exercise to maintain fitness because after all, if you don't start your car in a month, the battery dies. Your body is the same way," says Los Angeles-based certified strength and conditioning specialist Mike Donavanik.

Research published in the Journal of Applied Physiology suggests that "just two weeks of inactivity can negatively impact your cardiovascular fitness and muscle mass." What's more, in a 2014 Nutrition, Metabolism and Cardiovascular Diseases study, when obese adults took a month off from training, they lost most of the aerobic gains they had made from working out the four months prior, and negated improvements in their insulin sensitivity and HDL cholesterol. "When you aren't constantly challenging your body, your muscles shorten, your heart can't beat as fast or move as much blood per beat, and your muscle cells lose some of their mitochondria, their internal power plants," explains Pete McCall, a San Diego-based certified strength and conditioning specialist.

Luckily, the fitter you are going into an exercise hiatus, the slower your fitness will decline, Donavanik says. But losses still happen. In one case study of an Olympic rower published in the Journal of Science in Medicine and Sport, eight weeks of detraining resulted in about a 20% drop in fitness.

Whatever your current fitness level is, minimize how far you backslide with these tips:

Move: Something is always better than nothing. Even if you can't hit the gym, stay active. Walk whenever you can. Take the stairs. Do squats while you brush your teeth and hit the floor for a set of 10 push-ups.

Miss endurance workouts: In a perfect world, you'd get in both your high-intensity and your endurance workouts. But for the sake of general fitness, if you have to miss one, miss the endurance workout. "It takes slightly longer to lose your endurance fitness compared to your strength and power," Donavanik says. "Plus, when you're tight on time, going all-out for 15 minutes is better at keeping your fitness up compared to 15 minutes of jogging," he says.

Track your workouts: According to McCall, months off from the gym have a way of sneaking up on exercisers. But if you track both your workouts - and workouts missed - you have a slimmer chance of those few days turning into more.

There's no denying: It will take time to get back to your pre-break fitness level. "For every week you take completely off, expect to spend about two weeks getting back to where you were," Donavanik says. But luckily, that's less time than it took to get fit in the first place.

"The brain's connection with muscle is what tends to form first during training and be retained the longest," Weeditz says. "Someone who's had experience with a movement like riding a bike can go back to doing the same thing with relative ease compared to when they hadn't done it before. This proves equally true with common movements like the bench press and a burpee. The form is there, strength and endurance just need to be redeveloped." The key to rebuilding is starting off slow. "For instance, if you've taken four to six weeks off your strength workout, you'll likely need to start off lifting about 10 to 20% less weight than you used to," McCall says. "If you've taken that time off the treadmill or pool, try covering 50 to 70% of your usual distance during your first workout back. Based on how challenging the workouts feel, you can dial things up or down from there."

Be patient. Doing too much too soon can increase your risk of injury and force you to take more time off from the fitness routine. If you've skipped your workouts for more than a couple of months, it may even benefit you to start out with body weight work. But even after just a few workouts, your body will be thanking you ... and your fitness will follow.

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training located at 55 Bristol Lane, Ellicottville, NY. For more information about her studio visit her Facebook page or www.coreperformancefitness.com.

Inner Peace and Strength: Common Responses to Stress: Fight, Flight, Freeze

BY LAURA WIDGER, LCSW



Jackson Abbott demonstrates fight, flight and freeze.

A herd of African antelopes graze harmoniously in the lush shrubbery when suddenly, the wind shifts, carrying a new yet familiar scent. The antelopes lift their heads, sniff slightly, and listen keenly for any cues of danger. The antelope's initial response to danger is to not move a single muscle, to embody the statue stance, and resemble stone-stillness. Next, depending if a predator's proximity is near, the antelope will lay down and pretend they are dead. However, if danger is off in the distance, this mammal will either prepare for battle with horns down or kick off and run like the wind.

Peter Levine, Ph.D has dedicated decades of his life studying and researching the freeze response. In his book, "Walking the Tiger: Healing Trauma. The Innate Capacity to Transform Overwhelming Experiences" he states, "All mammals instinctively enter these states of consciousness to survive."

Humans are no different when experiencing these instincts. Often times when humans experience feeling unwanted, a freeze response will follow. When humans experience feelings of disrespect, a fight or flight response will result. These responses begin in our nervous system; neurons fire and hormones are released, then the fight, flight or freeze behaviors unconsciously and automatically happen.

But what if our perceptions of danger misfire? Or what if we perceive danger when in fact danger isn't present? This can and will happen. Do you find your neurons "misfiring" more often than needed? Are your reactions to situations larger or more intense than necessary? Are your levels of fear internally intense and immeasurable? A remedy for this dilemma is emotional regulation. Clinical Psychologist Gross defines emotional regulation as "the process by which an individual influences which emotions they have, when they have them, and how they experience and express their feelings."

Having defined emotional regulation, and with knowing the fact that our 3 stress/survival responses are automatic, what exactly can we do? One simple strategy to try is: immediately after you experience and feel the urge to fight, flight/run/avoid, and/or freeze/numb/shut down, you can ask yourself, "Is this threat real or perceived?" This simple internal question can ground and bring back the logic center of your brain. Just questioning the threat is an example of self-awareness.


A few more additional strategies to try are: seeking out those supports to break down or process situations, identify and name your exact feelings, delay your response times, breath, and define and label upcoming stressors to gain a sense of preparedness. Lastly, join a support group. Inner Peace and Strength is offering a therapeutic support group called "Learn to Soothe your Anxiety" where the fight, flight, and freeze responses will be discussed in detail. This support group is taking place Tuesday nights at 6:30pm now through July 27th here in Ellicottville, NY or on a virtual platform. To inquire about this opportunity, contact Laura Widger at 716-222-3949.

I leave you with a quote by Viktor Frankl: "Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom."

Laura Widger is a NY State Licensed Clinical Social Worker with 15 years of experience in the field of emotional wellness and mental health. She currently works for CCA-Connecting Communities in Action and specializes in trauma healing with children and adults. She lives in Cattaraugus County with her husband, children, and German short haired dog. Laura personally and professionally strives to promote internal self leadership and the discovery of true genuineness and balance within.

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CLASSIFIEDS

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ALLEGANY STATE PARK: Line cooks, servers, dishwashers needed for the upcoming summer season at the Park Restaurant. Flexible schedule and good pay in beautiful Allegany State Park. Please call 716-354-9282 for an application and more information.

LICENSED MASSAGE THERAPIST: Ellicottville Salt Cave & Halotherapy Spa is looking for a part-time or full-time massage therapist to join our team. Call Tracy at 716-699-2068, email evlsaltsense@gmail.com or stop in at 32 W. Washington Street, Ellicottville, NY.

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

THE JEFFERSON INN: Immediate opening for Innkeeper's Assistant at The Jefferson Inn bed and breakfast. 2-4 days per week, weekends required. Work includes cleaning, reservations, food prep, gardening and guest interaction. Basic computer skills required. Qualified candidates must be mature, reliable, detail oriented, self-motivated. Prior cleaning and/or hospitality experience a plus. Email resume/letter to info@thejeffersoninn.com

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PLACE YOUR AD: Classified ads appear in both print and online! Cost: \$10 per issue, 40 words or less, 25¢ each additional word. Call 716-699-9816, email info@ellicottville.com, or stop by our office at 9 W. Washington Street, downtown Ellicottville.

ANNOUNCEMENT

MEMORIAL DAY SERVICE: The Ellicottville American Legion Post 659 will conduct Memorial Day services on Monday, May 31st beginning at 11:00am on the lawn of the Town/Village Hall. The community is welcome to attend the ceremony which honors the memory of our country's service members.

In Memory of Rebecca Tucker Shields

I thought it would be easy to sit and write and tell everyone about this beyond selfless loving woman that was my friend/co-worker-turned-family. It turns out, there's way too much I'd like to tell everyone and no way to cut it down to size.

On Sunday, May 2, 2021 God took another beautiful soul home. Rebecca Tucker Shields. Our Becky. She loved her family and they always came first. She passed surrounded by them with her head on her adoring husband's shoulder. Becky and husband Barry were a true match made in heaven. They had that kind of dreamy love that made you wonder how they ever found each other. Well they did, and their daughter Alexis was beyond Becky's joy in life. As Alexis enters into her next stage of life without her guiding spirit, I know she will lay a path of love and light like her mother did for others to follow as she begins life as a nurse.

I know all of this is not just about Becky, but I feel like the legacy of a person is what is around them and what they leave in us - not just what they did, but how they bettered everything around them. Becky was not only a member of Cozy Quilts of WNY, she served on the board of directors, and she was part of the Southern Tier Quilting Guild. They make lap quilts for those battling cancer. She made probably more than she personally handed out. I had to look up a file for an incoming client (which was hard enough as it were to go into her files), but then to read the last lines of her notes, Hug After.

She always gave more than she received and wanted to genuinely help those around her. I just hope as I continue my journey in life, I can live and leave as many blessings along the road.

- Leah Rusiniak

Summer Intern Position at the Ellicottville Memorial Library

The Ellicottville Memorial Library is pleased to announce the generous donation of funds from the Rotary Club of Ellicottville Foundation for Youth to hire a local student as a summer intern to help with the children's Summer Reading Program. "We are thrilled because this additional person will give us the ability to provide more programs and activities to the 100+ children that sign up each summer for our Summer Reading Program," said Laura Flanagan, Library Director.

The theme for this year's Summer Reading Program is "Tails & Tales" so library staff will concentrate on animals and their stories. "This program will help motivate children to read and develop positive attitudes about reading and books," explained Flanagan. "It will also help children maintain their reading skills over summer vacation and encourage regular use of the library. We are already gearing up to provide programs and events focusing on group games, physical challenges, art projects, science and more."

Any student interested in applying for this position should stop by the Ellicottville Memorial Library or call 716-699-2842 for information. The intern must be currently enrolled in college or planning on attending college this fall; preference will be given to Ellicottville Central School graduates.

This position will run from June 21st through August 13th. (These dates can be adjusted by one week if necessary to accommodate high school seniors.) The pay rate is 30 hours per week at \$12.50 per hour. Please submit an application and resume by June 5th.

TIMBERHUT CABIN CO.

cont. from page 07

week, or weekend and they can have: 1) a nice, warm place to go, and 2) have it stocked with things they'd like to order in advance, such as beverages, sandwiches and coffee." Additional possible amenities include valeting skis and equipment right from the unit so that they can be tuned in the evening and brought back before they are needed in the morning.

"Basically, any way to use this 150 square feet to maximize your guest's experience on that mountain is the goal," said Anderson, who is very familiar with the needs and desires of families on the slopes.

"We go out west to Jackson Hole once a year and stay in the town," Anderson explained. "It's a 40-minute bus ride to the mountain every day for six days. If something like this was available to me, I could keep my gear, skis and hiking pack there every day with no need to lug it back and forth. I would love to have that luxury!"

The possibilities for TimberHut Cabins exist at campgrounds, beaches, marinas, and even large stadiums and music venues, for these comfortable units offer security and respite. Any resort, large venue, or outdoor facility could lease these units and keep them on the property for the entire season, thus enticing guests to stay longer and return often. While the business-to-business model is an important aspect of Anderson's company, he remains devoted to producing units for individual customers who have specific needs for their ideal get-away spot. TimberHut is scaling production to 300 units per year, with a plan to double that within the next year. "A friend of mine from Ellicottville said, 'If you're looking to expand, you should check out the old car dealership on Route 219 in Great Valley,'" Anderson recalled. "When I went down there to look at it, I realized there's no other place I'd rather be."

The expansive lot has many possibilities, not the least of which is a large production and demo site for TimberHut. "There are opportunities for other retail, showrooms, or outfitter space, plus an event venue of sorts," said Anderson of the five acres of centralized space along the main thoroughfare between Salamanca, Ellicottville, and the popular autumn destination, Pumpkinville. "This has the potential to be a real destination venue: When people come here to look at cabins, we could have retail or outfitters for anything that would be associated with cabins or outdoor/rustic living." All one needs to do is think about the 100-foot radius around a cabin and consider what would be useful: a fire pit, grill, tools, equipment, sleeping bag, and more.

Developing this site in Great Valley will also bring more jobs to the region. Anderson is planning for the site to be construction-ready by mid-July. "We'll hire five people right off the bat, mainly carpenters and builders," he said. "By the end of the year I hope to have 10 to 15 people right on the ground from Cattaraugus County. I'm working hand-in-hand with the IDA to help with recruiting and sponsoring a job fair on site in the next 30 days." Jobs include builders and office staff. Those interested in one of these full-time positions with benefits can contact Anderson at info@timberhut.com or 716-379-3295.

For more information about TimberHut Cabin company, including designs, photos and news, visit <https://timberhut.com/> or follow @timberhutcabins on Instagram.

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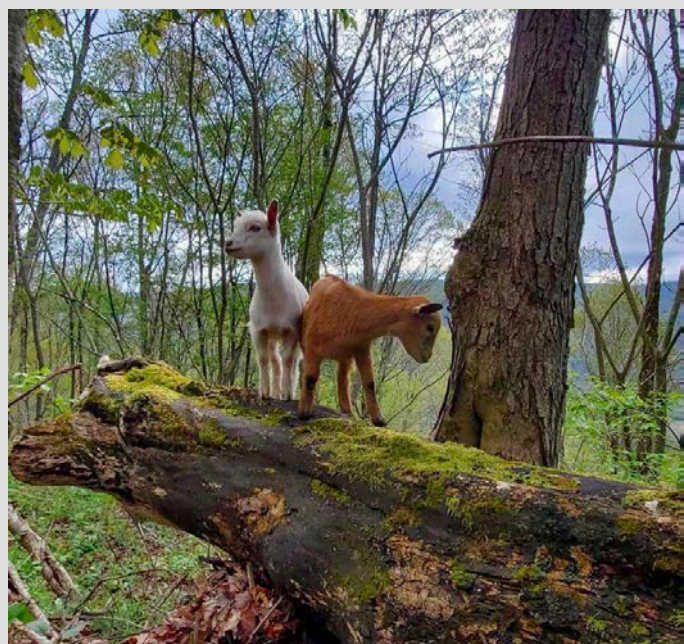
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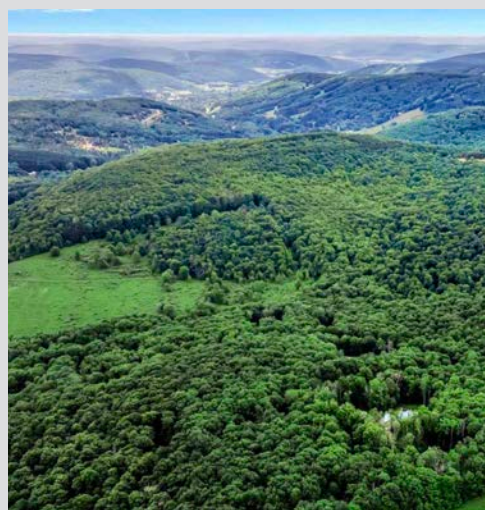
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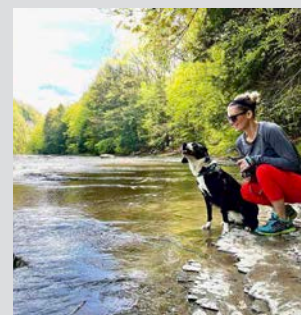
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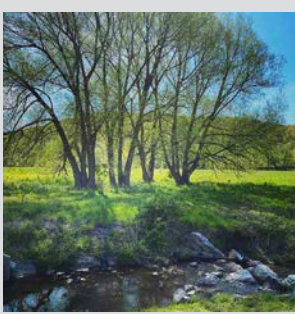
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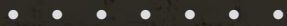
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