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LOCALLY OWNED AND PUBLISHED ♦ July 15-28, 2021

Official Newspaper of the Village of Ellicottville ~ Published every other Thursday

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FREE

Riding 500+ Miles To End Cancer

Local bike enthusiasts prepare to embark on the Empire State Ride / Ride for Roswell



photo courtesy empirestateride.com

BY DASH HEGEMAN

For many people, learning to ride a bike is a rite of passage. Not only can you get places faster than you could if you were walking, but bikes give you a sense of freedom. To put it bluntly, a bike makes you feel alive - whether kid or adult! There are plenty of adults out there who love to push themselves physically to get from Point A to Point B (while trying to crush that Strava time), and later this month, many of them will come together to participate in the Empire State Ride where they will bike across NYS in an effort to raise money for cancer research.

Ellicottville has a number of people who will be taking part in the ride. EllicottvilleNOW caught up with a few of them to talk about their motivations and how they are preparing.

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Muleskinners Beagles and WNY Heroes team up to provide for veterans

Few understand the effect a dog can have as much as Don and Jen Kramer. As owners and operators of Muleskinners Beagles, the Kramers combine a passion for breeding beagles with helping as many local veterans as they can. Over the past few years, the difference they've made is substantial.

The importance of giving our returning heroes a way to deal with PTSD cannot be understated. Looking at the stats, it's apparent that as a society, helping our veterans needs to be at the forefront. The Kramers are answering the call.

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KIDS INVITED TO PARTICIPATE IN SUMMER READING PROGRAM

Summer Reading has already begun at the Ellicottville Memorial Library, but it's not too late to join in the fun activities! Every summer the Ellicottville Library develops a 5-week Summer Reading Program. Children receive a booklet with a weekly chart to track their minutes read each day and special activities completed. This year's program offers a combination of activities that can be done both at home and in the library. The theme for 2021, "Tails and Tales" will focus on stories celebrating animals of all kinds. In addition, local businesses and library staff have donated some great prizes that kids can try to win ... page 08

Ellicottville Arc Custom Welding

Welding sparks creativity for Ellicottville artist



@goodewelds

BY MARY HEYL

Adept at painting, drawing, graphic design, and so much more, for artist and Ellicottville native Sara Goode, it's welding that sparks her creativity! This passion, which grew out of a class she took in Arizona, has since led Goode to build her own business, Ellicottville Arc Custom Welding, where she makes furniture, performs repairs, and creates works of art.

Upon graduating from ECS, Goode began studying graphic design in Buffalo. "It just didn't feel right," she recalled. She left to pursue new opportunities along the west coast. She worked many different odd jobs throughout her travels, but "the only thing that really remained consistent was my love for art and creating things."

... page 07



Jarod Miller of @fatteybeer assists a customer in picking out the perfect flavor.

photo / Clara Kosinski, ellicottvilleNOW

WELCOME TO THE FATTEY BEER EXPERIENCE

The Fattley Beer Company is famously known for providing a relaxed craft beer experience to neighborhoods across Western New York. Last month, the company expanded its list of available beer taps with a new location in Ellicottville, featuring a patio with firepit, a craft beer store, tasting room and an open policy for those who want to enjoy a beer alongside their dog. The location's headliner is the wide selection of international and world-recognized flavors ... page 07

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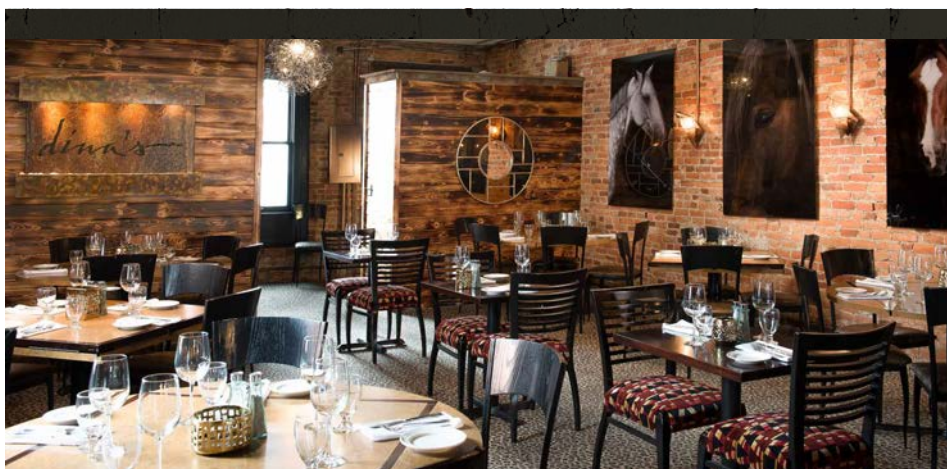


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Ellicottville's newspaper, published every other Thursday in print and online
Distributed in Ellicottville and locations throughout Cattaraugus County & Chautauqua County, NY

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ellicottvilleNOW is published by DesignPerks, 9 W. Washington St., PO Box 1077, Ellicottville, NY 14731. ellicottvilleNOW is released every other Thursday in print and online at ellicottvillenow.com. Copyright © 2021 by DesignPerks. All rights reserved. Reprinting in whole or part is forbidden except by permission from DesignPerks.

Publisher's PICK

500+ Miles to End Cancer: Local bike enthusiasts prepare to embark on the Empire State Ride / Ride for Roswell



Pictured L-R: Bonnie Koschir, Jane Eshbaugh, Dennis Eshbaugh, Debbie Stein.

By DASH HEGEMAN

For many people, learning to ride a bike is a rite of passage. Young children start out on a tricycle and then move on to a two wheeler with training wheels. Eventually, the training wheels come off and the thrill of riding a bike really begins to set in. When you're a child, bikes open doors. You can get places faster than you could if you were walking. They give you a sense of freedom that up until that point you have never experienced before. To put it bluntly, a bike makes you feel alive!

But then something happens to far too many of us. As we age, that love of riding a bike starts to wane. The time that we used to spend peddling uphill and then flying back down while you push the limits as far as your comfort level will allow gets replaced by jobs, social obligations, other hobbies and sadly, excuses.

Others however, are able to keep that passion. You've seen some of them. You're pushing the speed limit, driving along some random country road in the middle of nowhere and then you come up on some spandex-clad person, hunched over their bike in an attempt to be as aerodynamic as possible in their hopes of beating the latest Strava record. You drive by them and perhaps judge them because they inadvertently remind you that it's been 14 weeks since you last used your gym membership. And then just like that, they are just a speck in your rearview mirror and biking is once again just an afterthought to you.

There are plenty of people out there, however, who never lose that love of pushing themselves physically to get from Point A to Point B (while trying to crush that Strava time). And later this month, many of them will come together to participate in the Empire State Ride where they will bike across New York State in an effort to raise money for cancer research.

Western New York has a number of people who will be taking part in the ride July 25th-31st, and EllicottvilleNOW was able to catch up with a few of them to talk about their motivations and how they are preparing for the ride.

Jane Eshbaugh is riding with a team made up of her husband Dennis, nephew Charlie Bailey and friends Bonnie Koschir, Debbie Stein and Sean Crotty. The purpose of the ride is to raise money for Roswell Park Cancer Institute's Clinical Trials program.

"The ride is a great challenge and is super well run," said Eshbaugh. "And with the nightly talks about cancer survivors and those who benefit from the fundraising, it feels like we are making a difference in the battle against cancer."

With an estimated 1.8 million new cancer cases in the United States in 2020 alone, events like the Empire State Ride are more important than ever. That also means that people like Eshbaugh and her team are also more important than ever. The fundraising they do goes beyond just raising money for a cause. They are literally putting blood, sweat and sometimes even tears into the Empire State Ride. People who are willing to ride a bike for a week straight, covering between 55-90+ miles per day, showcase a commitment level that inspires others to help their cause. To date, over \$1.2 million has been raised for this year's ride.

"The Empire State Ride to me is about starting and ending our journey in 2 iconic places, and making monumental strides between," stated Sean Crotty. "I expect this journey to be one with lots of reflection of the past and making memories in the present. It's about being mindful, focused and determined to ride to end cancer."

"Empire State Ride" continued page 11



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GIVING BACK

FOR THE LOVE OF LITTLE VALLEY

New fund provides financial help for special repairs, activities



Little Valley Fund Committee members pictured L-R: Front Row: Karel Hamilton, Terry Kelly, and Martha Memmott. Back Row: Nell Fellows, Pam Volz, Rick Johnson, Deborah Hammond, Carol Gloff, Mark Hammond, Ryan West, and village mayor Jim Bowen.

OLEAN - When Carol Gloff established the Little Valley Fund, she did so with the dream of giving back to and supporting beautification projects and activities to foster a more vibrant future for the hometown she loved.

Gloff said that dream was a cautiously optimistic one when she led efforts to establish the fund at the Cattaraugus Region Community Foundation in 2019. Today, the fund has supported its first projects: the renovation of a gazebo in the village's main park and financing a summer concert. And, the fund will continue to grow and make possible even more projects in Little Valley.

The Little Valley Fund made two grants recently: \$900 to support repairs of the village gazebo and \$500 to pay local musicians for an installment of the village's summer concert series.

Gloff said village officials approached members of the Little Valley Fund committee with the Gazebo project this year in order to replace rotting wood on the gazebo in the center of the village. The \$900 grant from the Little Valley Fund helped offset expenses, with the village investing funds of its own to make work possible. The \$500 grant paid for one of the four summer concerts held in Little Valley this summer.

For Gloff, who now lives in Massachusetts but often visits her hometown, these grants and the many grants to come from the fund are the manifestation of what she once thought was a far-off goal.

"To be honest, I was not sure what to expect when I had the idea for this fund," said Gloff. "I thought we would be able to raise \$5,000 (the minimum for a CRCF endowed fund), but I did not expect the overwhelming support the fund has received in the last couple years."

Today, more than 80 individuals and families have given over \$30,000 to the Little Valley Fund, many of whom according to Gloff, grew up in Little Valley and have since moved away, like herself.

"I think it says volumes about growing up in Little Valley that so many who do not live in the village full-time have given to the fund," Gloff said. "We all just want to see a place so near and dear to our hearts be successful."

The support of the Little Valley Fund comes at a critical time, when many municipalities have had their budgets pinched by the pandemic. What is more, the support of the Little Valley Fund will last in perpetuity as Gloff established the fund as an endowment at CRCF.

"It was very forward thinking of Carol to establish the fund with the long-term vision of an endowment," said CRCF Executive Director Karen Niemic Buchheit. "Endowments at CRCF are invested and managed for long-term income and growth, so the fund will continue to make possible annual grants, while also being managed to last in perpetuity so that support never goes away."

Donations can be made to the Little Valley Fund at CRCF, 301 North Union St., Suite 203 or online at cattfoundation.org

The Cattaraugus Region Community Foundation is the area's supportive, responsive and trusted community foundation. Established in 1994, CRCF is growing good by connecting donors to the causes they care about most in the region. Grants from the foundation support many areas, including education, scholarships, health care, the arts, community development, human service, and youth development. To learn more, call 716-301-CRCF (2723).

SUPPORT, ONE BEAGLE AT A TIME

Muleskinnerz Beagles & WNY Heroes team up to assist veterans



BY SPENCER TIMKEY

Few understand the effect a dog can have as much as Don and Jen Kramer. As owners and operators of Muleskinnerz Beagles, the Kramers combine a passion for breeding beagles with helping as many local veterans as they can. Over the past few years, the difference they've made is substantial.

The importance of giving our returning heroes a way to deal with Post Traumatic Stress Disorder (PTSD) cannot be understated. According to a report from the Costs of War Project at Brown University, over 30,000 veterans have died from suicide since September 11th - compared to the 7,057 perishing in combat. It's apparent that as a society, helping our veterans needs to be at the forefront.

The Kramers are answering the call. On Saturday, August 28th, they'll host a "Beagle Bash" — utilizing a silent auction and other fundraisers to continue raising money to help veterans in any way they can.

"We're creating a 15-month calendar of all the dogs we've had and selling them for \$25, where all proceeds will go towards our goals," Jen said. "We're serving veterans one beagle at a time."

Last year, Muleskinnerz hosted a rabbit hunt, teaming up with Buffalo-based Western New York Heroes, a not-for-profit that assists veterans and their families. They were able to take 23 veterans on the hunting excursion, spearheaded by Don - Jen's husband, a veteran himself - to provide a sense of community.

"We were able to raise enough money, with help from WNY Heroes, to invest in an action track chair that we now own," Jen said. "It's a wheelchair with tank treads, which allows disabled vets the opportunity to participate in the hunt. We provide each one with Dry Shods (a knee-high muck boot), hunting equipment, shotguns and all of the necessary tools to provide an unforgettable day. Most of the equipment is theirs to keep after the hunt is over."

Since that day, Don traveled to the local MVO - Military Veterans Outdoors - to lead a hunt, as well as one in Massachusetts. Don has also taken numerous veterans trapping. The Kramers are using first-hand experience to provide an experience other veterans might not necessarily be able to do on their own.

"To date, we've taken out 64 veterans," Jen said. "And this year we're bumping the number from 23 to 30. It's just an outstanding day, one that's been well received."

The Kramers have also donated seven beagles to veterans as emotional support dogs. (Writer's note: the Timkeys are a beagle family - Harley, Shamus, Buster, Chief, Douglas and Lincoln - and there is no breed better at unconditional love.)

"It's beagles, the love of the dog, the unconditional love for everyone and one another that drives us," Jen said. "John 15:13: 'Greater love has no one than this: to lay down one's life for one's friends,' and we take that to heart."

This summer, the Kramers and WNY Heroes have also provided food boxes to any veteran - no questions asked. Setting up shop at the Great Valley Methodist Church, they've distributed boxes to vets and will continue to do so throughout the summer.

"Muleskinnerz Beagles" continued page 22



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BUSINESS

WELCOME TO FATTEY BEER CO.

Nik Fattey opens Ellicottville location; invites YOU to the Fattey experience



BY PANOS ARGITIS

The Fattey Beer Company is famously known for providing a relaxed craft beer experience to neighborhoods across Western New York. On Saturday, June 28th, the company expanded its list of available beer taps with a new location in Ellicottville.

The local spot in Ellicottville is housed where the Groove Health & Fitness used to stand. With the addition of Ellicottville in its line-up, the Fattey Beer Co. now has four different stores in the area - Orchard Park, Hamburg and Buffalo.

Owner Nik Fattey, who resides in Hamburg, spent a lot of his time in Ellicottville prior to the store's opening. The sense of community in the village has always stood out to him, so it became impossible to miss out on the opportunity to expand the business.

"Everyone loves Ellicottville," Nik said. "I went to see the building [of the new location] and loved that it was a quick and easy way in and out of town. People can either come in for a family night or choose to pick out a 12-pack from our beer store and be on their way. It's just a natural fit."

The business's name may create an image of a traditional, old-school beer room. In reality, the Fattey Beer Co. offers a vibrant, open-minded experience for all to enjoy. The recently opened location in Ellicottville welcomed the local crowd of customers to many attractions.

Featured is a newly-added patio with a firepit in its center, a craft beer store accompanied by a tasting room and an open policy for those who want to enjoy a beer alongside their dog. The location's headliner is the wide selection of international and world-recognized beer.

An added perk of visiting Fattey Beer is its 'Mug Club' - a monthly membership created for avid beer enthusiasts. The benefit of the club comes in the form of discounts, promotions and overall fun.

"We've got a good culture and we have the Mug Club too; it kind of drives it," Nik said. "You get a mug with every membership, but you can also use the membership from store to store. If you're coming from Orchard Park for a visit in Ellicottville, members will be able to enjoy discounts in here [Ellicottville] also."

First-time customers of Fattey Beer may experience shock from the amount of beer available on demand.

"You're gonna come into any Fattey Beer location - Ellicottville included - and you're gonna be a little bit overwhelmed because we have lots and lots of beer," Nik said. "We wanted this to be different. You'll be thinking, 'is this a bar or is it a store?' There is something for everyone; we have non-alcoholic beer, we're dog friendly, we have our famous chicken sandwich ... we're a neighborhood place."

Following the opening of Ellicottville's own Fattey Beer Co., Nik is currently working on reaching more neighborhoods in Western New York. In the next month or so, Fattey Beer Co. will open a new location at the Wurlitzer Building in North Tonawanda. The historical venue is known for hosting banquets and live musical events.

The Fattey Beer Co. at Ellicottville is open everyday from noon-10:00pm. For more information on the store's beer selection, visit <https://www.facebook.com/fatteybeer>

EVL ARC CUSTOM WELDING

A passion for welding sparks creativity in Ellicottville artist



BY MARY HEYL

Adept at painting, drawing, graphic design, and so much more, for artist and Ellicottville native Sara Goode, it's welding that sparks her creativity! This passion, which grew out of a class she took in Arizona, has since led Goode to build her own business, Ellicottville Arc Custom Welding, where she makes furniture, performs repairs, and creates works of art.

Upon graduating from Ellicottville Central School, Goode began studying graphic design in Buffalo. "It just didn't feel right," she recalled. "I desired a more satisfying life where I was truly happy." She left to pursue new opportunities along the west coast, calling several states "home" along the way, including Arizona, Colorado, Montana and Oregon. She worked many different odd jobs throughout her travels, but "the only thing that really remained consistent was my love for art and creating things," she explained.

While traveling in Arizona, she decided to try a creative welding class. "I'd never done that before," Goode explained. "It never crossed my mind. I tried it and created a sculpture. After that two-hour class, I was just completely enamored - that feeling people get when they meet 'the one.' My true love!"

From that point on, Goode knew that welding was a skill she wanted to not only learn, but master. She traveled north to Oregon, where she enrolled in Webber & Walpole Nondestructive Testing Welding School. There, she learned and performed all kinds of welding and earned her certifications. Goode had one female welding instructor, and she was one of only two women enrolled in the school.

Just a couple of weeks after graduation, Goode got her first welding job at Myers Fabrication making hydraulic engines and engine parts. She said, "It was cool because I acquired a lot of knowledge fabricating and repairing. I really blossomed, and my techniques progressed immensely. I really got to know the trade, rather than the art side."

There, Goode was the only female welder. "It was a little intimidating," she recalled. "There were a lot of older guys who had been doing this for years. I was nervous, but I kicked butt there, and I learned a lot from them! They didn't treat me very differently at all."

Goode returned to Ellicottville a year and a half ago, just before the start of the COVID-19 pandemic. Speaking of her return, Goode said, "I really, really wanted to expand and I really wanted to focus on doing my art. Instead of just doing one thing or the same thing that a company wants me to do, I want to do it all!"

While far from ideal, the pandemic provided her with time to lay the groundwork for Ellicottville Arc Custom Welding, which is located at 6550 Route 219 Unit J in Ellicottville. "After a lot of blood, sweat, and tears, I finally got to open my welding shop," said Goode. "It's still very new, but the business has been doing well. I'm working on creating a lot of new things that I hope to offer to the public in time."

Having worked for companies making everything from hydraulic engines to mass-produced furniture, Goode has acquired experience in many areas of welding. "I love making artsy things with scrap metal," Goode said of her creative work. "Right now, I make sculptures, ornamental things, bird baths, door bells, fire pits, you name it! I've been really getting into abstract furniture lately, like tables and funky chairs."

"EVL Arc Custom Welding" continued page 22

COMMUNITY

SUMMER READING PROGRAM

Ellicottville Library encourages kids of all ages to explore "Tails and Tales"



photo / Ellicottville Memorial Library

ELLICOTTVILLE - Summer Reading has already begun at the Ellicottville Memorial Library, but it's not too late to join in the fun activities!

Every summer the Ellicottville Library develops a 5-week Summer Reading Program. Children receive a booklet with a weekly chart to track their minutes read each day. The booklet also contains activities to be completed each week such as scavenger hunts, mini golf, mad-libs, make your own slime, etc.

This year the library is happy to have a combination of activities done both at home and in the library. In addition, local businesses and staff have donated prizes which the kids can try to win. The more a child reads and the more activities they complete, the more tickets they get! They then use the tickets to try and win the prizes of their choice.

The theme for 2021, "Tails and Tales", will allow library staff to focus on stories celebrating animals and the special place they hold in our lives. Each week the program will focus on one of the five main animal classes - mammals, reptiles, birds, fish and amphibians. This program not only helps motivate children to read but it also develops positive attitudes about reading and books while helping children to maintain their reading skills over summer vacation. To learn more, contact the Ellicottville Memorial Library at 716-699-2842.

A special thank you goes out to the Rotary Club of Ellicottville Foundation for Youth who have generously donated funds for the past 10 years to hire a local student as a summer intern to help with the children's Summer Reading Program. Ellicottville Library is excited to announce that Sammi Lin (pictured above) was hired and she has been busy planning and creating fun activities for the more than 100 children that sign up each summer for this program. Sammi is a recent graduate of Ellicottville Central School where she was not only the Salutatorian of her class but also received many awards and recognitions throughout her high school career. Sammi will be going to the University of Florida this fall. The library staff wish her good luck and hope that her time spent at the library this summer is educational for her as well.

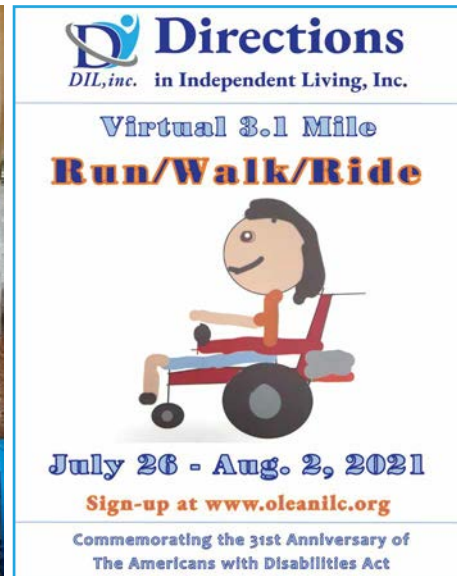
Ellicottville Historical Society Books Guest Speakers

The Ellicottville Historical Society is happy to announce that they will be hosting three in-person meetings this year. Each meeting will feature a different guest speaker and will take place at the Ellicottville Memorial Library, 6499 Maples Road, Ellicottville, NY starting at 7:00pm. Space is limited and masks will be required. If you would like to attend any of the meetings, please call Ellen Frank of the Ellicottville Historical Society at 716-699-2276 to reserve your spot. Historical Speakers for 2021 include:

- July 14th: Mark Dunkelman will talk about his book, "Gettysburg's Coster Avenue: The Brickyard Fight and the Mural." He will have his original pencil sketch for the mural on display, and will have copies of the book available for sale.
- August 11th: John Burrell will present "His Family History in Ellicottville." (This has been changed from June 9th.)
- September 8th: Pam Litchfield will show us "A glimpses of the Past." A look at Ellicottville through pictures.

VIRTUAL 5K RUN/WALK/RIDE

Directions in Independent Living selects poster art; invites all to join in event



OLEAN - Directions in Independent Living will honor the historic passage of the Americans with Disabilities Act with a Virtual 3.1 Mile Run/Walk/Ride from Monday, July 26th through August 2nd.

The Virtual 3.1 Mile Run/Walk/Ride celebrates the additional civil and social freedoms people with disabilities received with the passage of the ADA 31 years ago. Since freedom of expression in both the arts and athletics are emblematic of this historic legislation, Directions held an art by artists with disabilities to mark the event.

The winning artwork was created by Brianna Campbell (pictured above), a young woman in Little Valley, who has participated in services offered by Directions.

The Virtual 3.1 Mile Run/Walk/Ride invites everyone from throughout the Southern Tier and beyond to participate virtually on Facebook with photos and videos of their participation in the event. Suggested donation per individual or group is \$10.

All are welcome to participate by signing up, buying a t-shirt, and sending a selfie (or photo of the group) participating which will be posted on Directions' Facebook throughout that week. Participants are encouraged to run/walk/ride 3.1 miles to commemorate the passage of the Americans with Disabilities Act.

Disabilities under the Americans with Disabilities Act of 1990, ADA, include both mental and physical medical conditions which include deafness, blindness, an intellectual disability, partially or completely missing limbs or mobility impairments requiring the use of a wheelchair, autism, cancer, cerebral palsy, diabetes, epilepsy, attention deficit hyperactivity disorder (ADHD); Human Immunodeficiency Virus (HIV) infection, multiple sclerosis, muscular dystrophy, major depressive disorder, bipolar disorder, post-traumatic stress disorder (PTSD), obsessive compulsive disorder, and schizophrenia.

Directions in Independent Living is a non-profit 501 (C) 3 located in Cattaraugus and Allegany counties in the Southern Tier of New York State. The agency was begun in 1987 to provide support for individuals with disabilities and advocate on their behalf for equal civil rights. Directions is a Cattaraugus County United Way Agency. Directions' team collaborates with medical and social work professionals to ensure the multi-faceted needs of our individuals are met with the highest standards of care available. Directions serves close to 2,000 individuals a year and their families, regardless of economic standing and provides Medicaid and non-Medicaid services.

For information, please contact Victoria Kearns at victoriakearns@oleanilc.org

Everybody Loves a Parade!

Whether you're on a float, riding in a vehicle, walking, pulling a wagon, biking or horse riding - the Ellicottville Historical Society wants to see you in the town of Ellicottville's Bicentennial Parade on Saturday morning, July 17th! The parade will start at 10:30am at the Village Park; line-up begins at 9:30am. Electronic copies of the registration form are available; paper copies can be picked up at the Town/Village Hall, Ellicottville Chamber/Visitors Center, Katy's Cafe, Kwik Fill and Tops. Registration deadline is 4:00pm Friday the 16th (but day-of entrants will be accepted). Completed forms may be dropped off to Robyn at the Town/Village Hall or at the Chamber of Commerce office. For additional information, please contact Steve Crowley via email at Crowley716@aol.com or Bonnie Koschir at 716-699-5239.




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EVENTS

EMPIRE STATE RIDE

cont. from page 03

This will be Crotty's first experience riding in the Empire State Ride, but he is by no means a stranger to the concept. "Last summer during the pandemic, I logged miles in various virtual formats, which the miles I rode last summer added up to me riding from Buffalo to NYC and back 3x," Crotty said. "And in the fall I logged miles to ride across Pennsylvania. Those rides benefited various charities which provided humanitarian aid like Food Banks and other Medical Support groups. I have done the Ride for Roswell for as many years as I can remember. My Dad died 18 years ago from cancer, and I have participated in his memory. The last few times I did it, I rode the 65-mile route with the National Ski Patrol-Western Region Team. I plan to ride with them again this year, on August 7th."

In talking with people about the ride, common themes appear. Physical challenge. Mental fortitude. Unique challenge. But what everyone seems to come back to is the sense of riding for a greater good. The money being raised represents hope for the future. And that hope is for a cancer-free future.

Teamwork is a huge part of completing a ride like this. The Eshbaughs, Stein and Koschir ride together all the time. Most weekends throughout the summer you can find them out on the roads of Cattaraugus and Chautauqua Counties.

"I wanted to jump in with a group that had some veterans of this ride, and hopefully I would know a few people and meet some others ahead of the ride," said Crotty. "Skiing is a big part of my life in the winter. So it only seemed natural ... Dennis and Jane Eshbaugh, Bonnie Koschir from Holiday Valley and Debbie Stein from HoliMont are on that team, so thankfully they welcomed me on their team! I have joined them on a few rides (this summer), and fitting in with them is very easy when you meet a group like they are."

Teamwork will be instrumental in completing the Empire State Ride. Teams will start in Staten Island on July 25th, ride up through the Catskills and then west to Niagara Falls by July 31st, covering 546 miles with 19,249 feet of elevation over the course of seven days.

After the completion of this ride, many of the riders will then shift their focus to the annual Ride for Roswell, which is taking place the following weekend on Saturday, August 7th. Crotty, who has ridden in the Ride for Roswell for many years, will be doing the 65-mile route with his family this year.

One Ellicottville local who will be taking part in the Ride for Roswell with a new level of motivation is Mila Clauss. She and her cousin, Conor, were both diagnosed with cancer - Conor with glioblastoma and Mila with Hodgkin lymphoma, within one week of each other. Mila will be riding with her sister Brooke and friends and family this year and plans to do the Ride annually from here on out.

"People have this image of cancer and what treatment looks like," said Clauss. "I have been super fortunate to not have the side effects that we all associate with cancer. Since my first chemo treatment in April, I have continued to feel healthier than I've felt in a long time. Someone who had the same cancer as me told me to focus on the 3 A's - Attitude, Appetite, and Activity. I truly believe staying active and healthy, both physically and mentally, is helping me through my treatments. I have been riding my stationary and road bike regularly to get ready for the ride in August. I am really excited to be participating in the Peloton on Friday, August 6th in addition to the ride on Saturday!"

Events like the Ride for Roswell and the Empire State Ride give survivors and their families the opportunity to find new levels of hope in their ongoing fight against cancer. New friendships are created, lifelong memories are made and optimism is cultivated. So whether or not you take part in rides like this or not, your support helps dictate the success of the rides. Emotional and financial support give the riders the motivation they need to push themselves, one mile at a time, through the challenges these rides present.

Sean Crotty sums his motivation up like this.
I ride:

In honor of those who survived.
In memory of those who have not.
In hope of those who will.

If you are interested in supporting riders featured in this article, or any riders participating, you can find links to make donations at empirestateride.com and rideforroswell.org. You can find Clauss' personal Ride for Roswell page at <https://facebook.com/donate/499854008105074/>, where you can also join her team! For the Empire State Ride, go to the site and search for the Holiday Valley team to make a donation. You can follow the stories of the Empire State Ride on social media by following #ESR21.

SLAM DUNK!

Gus Macker 3-on-3 Basketball Tournament returning to Olean next month



photo / GOACC

OLEAN - The Macker is on the schedule in Olean! Entries are now being accepted for the Gus Macker 3-on-3 basketball tournament, to be played August 20th-22nd on Delaware Avenue in downtown Olean. The Greater Olean Area Chamber of Commerce and its 46 corporate sponsors are co-sponsoring this event in Olean.

More than 3,000 registration postcards were mailed out last week to team captains from tournaments held in Norwich, Hornell, Warren, Buffalo, and Olean last year. An additional 7,000 were sent out in late May to schools in Allegany, Chautauqua, McKean and Cattaraugus Counties. Entry deadlines for teams interested in this year's tournament are Friday, July 30th for applications that are submitted by mail, and Monday, August 2nd for internet entries. The entry fee for a four player team is \$140.

The three-day festival of basketball begins on Friday, August 20th with a Corporate Cup Basketball Contest and early registration, and continues through the division championships on Sunday, August 22nd. The tournament is open to players of all ages and experience levels who are computer-matched by age, height and experience so that all participants can be competitive.

Meme K. Yanetsko, GOACC COO reported, "Gus Macker National was not sure how 2021 would play out across the states in regards to tournaments. In a normal year, the Macker would be played in 35-45 cities. Macker staff met with the six NYS city hosts in Jan/Feb. Olean was always planning to host if allowed. When the 2021 Macker calendar hit online, it showed Ithaca and Olean as the only two in New York State. Just recently, we were told that Ithaca was moving to 2022 - leaving Olean as the sole site in NYS."

The tournament, based on basketball played in driveways throughout the U.S., will include players who have no experience to those who have played college and semi-professional basketball. Primarily based on their age and level of experience, players will be placed in divisions where they will be most evenly matched. Depending on the number of teams placed in a specific division, players and the teams they're on will be playing for first, second and third place trophies. Also, teams that finish last in their divisions could receive "Toilet bowl" trophies.

"Gus Macker Tournament" continued page 19

STROLEAN #2

Second Part of Three StrOlean Events Set for August 13th

OLEAN - The next edition of Greater Olean Area Chamber of Commerce's StrOlean event is set for Friday, August 13th, with the final one set for Friday, October 1st.

"Normally held in connection with our Gus Macker event, we decided to keep this StrOlean the week before Macker this year. The reasoning behind it would be to give our merchants and restaurants throughout the area the opportunity to have two separate events to bring people into their businesses, instead of one huge one," reported Meme K. Yanetsko, GOACC COO.

The first StrOlean of 2021 was a success with more than 34 organizations throughout the area selling or organizing an event.

"We are encouraging businesses, non-profits and school groups to start now and plan to

"StrOlean" continued page 22

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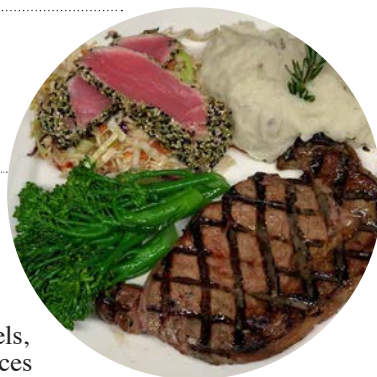
Where to begin??? Oysteria is BACK at Villaggio on Thursday nights! Get your fix of oysters, raw little neck clams, steamed clams and grilled shrimp, and wash it all down with a glass or two (or a bottle) of Prosecco. If seafood isn't your thing (is that even a thing?), order up Villaggio's Peroni & Pie special: get two peroni and one pizza for \$25 (Thursdays only). Come back Friday when kids eat FREE with purchase of an adult entree. Try their Fish Fry - delish! And then there's Sunday ... oh happy Sunday! Prime Rib Night, Pasta Bar Night, Live Music Night with Chris Maloney ... 'nuff said.



THURSDAY DATE NIGHT

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Thursday is Date Night at The Silver Fox. Two can dine for \$52 when ordering a shared meal off the Date Night menu. The meal begins with two glasses of wine (must be 21 years or older), then a large house salad to share. Next is one shared appetizer of Sautéed Wild Mushrooms, Spanish Mussels, or Chicken Fingers. After that, a shared entree: choices include Chicken Gorgonzola, Bouillabaisse, Sea & Land or Rib-eye and Tuna. The meal is finished with a delightful dessert to share. See the full Date Night menu on the Fox's website. Regular menu also available on Thursday nights.



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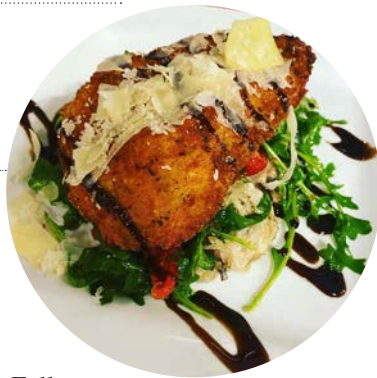
A quick trip out to Great Valley and you'll find cookies, cakes, donuts and other sweet pastries to satisfy your sweet tooth. But nothing says Saturday morning better than sticky buns! The Mad Crazy Batter's maple pecan sticky buns are to die for, drizzled in more than their share of maple caramel sauce and loaded with pecans. The buns are homemade and rolled up with a healthy amount of butter, cinnamon and sugar. When you take a bite out of these fluffy buns, you'll get a taste of each ingredient! Simple, sweet, delicious! Check their FB page for hours.



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INSIDE THE CLASSROOM

CRCF SCHOLARSHIPS

Cattaraugus Region Community Foundation Funds award area graduates



JASON BROOKS BRYCE BUTLER HAYLEIGH FEDEROWICZ SAMMI LIN



ZECHARIAH PADD OLIVIA PITILLO MADISON BORST-SCARPINO YUKI WADA

OLEAN - Eight area graduates recently received awards from scholarship funds managed by the Cattaraugus Region Community Foundation to support students pursuing degrees in business-related areas of study.

Bryce Butler and Olivia Pitillo, both of Ellicottville Central School, and Olean High school's Hayleigh Federowicz and Jason Brooks received the Daniel McCarthy Scholarship. The scholarship, given through the generosity of the Catherine M. Cridler Trust, honors Mr. McCarthy, one of Olean Business Institute's founders. The scholarship is available to graduating and continuing college students pursuing a business degree. Butler, Pitillo and Federowicz all received \$1,000. Brooks received \$600.

Butler will study data science at Clarkson University. Pitillo will attend Sienna College to study marketing. Federowicz plans to study business finance at the University at Buffalo. Brooks will attend St. Bonaventure University where he will study business.

Madison Borst-Scarpino, Zechariah Padd, Sammi Lin and Yuki Wada received the Chautauqua Cattaraugus Board of Realtors Scholarship. The board of realtors scholarship fund provides two \$500 scholarships each to students in good academic standing in Cattaraugus and Chautauqua counties. Preference is given to students pursuing a business-related degree.

Scarpino, of Maple Grove High School, will study business of administration and marketing at the University at Buffalo. Padd, also of Maple Grove High School, will study business and biology at Indiana Wesleyan University. Lin, an Ellicottville Central School graduate, will attend the University of Florida to study marketing. Wada, of Olean High School, will study business administration with a concentration in management information systems (MIS) at SUNY Binghamton.



HAYLI FREDRICKSON LOGAN FREDRICKSON ALEXANDER HUNT ABIGAIL PLOETZ

OLEAN - Four Ellicottville Central School graduates recently received scholarship awards from funds managed by the Cattaraugus Region Community Foundation.

Alexander Hunt, Abigail Ploetz and Logan Fredrickson received the Kristen Hintz Memorial Scholarship for \$1,400 each. This scholarship, which came under Foundation's management in 2017, is named in memory of Kristen Nicole Hintz, who was a senior at Ellicottville Central School and at the top of her class when a tragic auto accident cut her life short in 2000. A leader in her class, she was a multi-sport athlete who always gave her best and persevered through difficult situations. Her kindness touched all she met.

Students applying for this scholarship must include an essay that describes and explains what characteristics and qualities he/she possesses that make him/her deserving of this scholarship, including information that reflects the how he/she demonstrates kindness

"Scholarships" continued page 19

BOCES RECOGNIZED

CA BOCES honored with National Public Relations and Design awards



Pictured: The CA BOCES Public Relations/Graphic Design/Print Shop team, L-R: Thomasine Graf (CTE Outreach), Kim Survil and Ashley Gleason (Graphic Design), Jessica Golley (Public Relations), Joe Myers (Programming), and Jeff Babbitt (Public Relations).

OLEAN - Each year, the National School Public Relations Association (NSPRA) recognizes exemplary work in school public relations, marketing, graphic design, and digital media in their nationwide Communication Awards competition. The Cattaraugus-Allegany BOCES Public Relations/Graphic Design/Print Shop team recently received recognition in several categories in the 2021 competition.

NSPRA's mission is to build support and trust through responsible public relations that leads to success for all students. With more than 80 years of experience, NSPRA has a reputation in the field for practical approaches to solving school district and agency communication problems. The NSPRA has honored the best work in school communication for more than 50 years with its annual awards.

CA BOCES was awarded recognition in the following categories in the 2021 competition for work within BOCES and in component school districts: overall program campaign, special publication/book, marketing publication, video/podcast, e-newsletter, and social media campaign.

Scott Payne, CA BOCES District Superintendent, said that he was pleased to learn of the recent recognition. "Our team focuses all year on providing high-quality communication solutions internally and to our component school districts," he said. "I'm extremely proud of the work being done to increase communication in our communities."

Dr Ralph Kerr, President of the CA BOCES Board of Education commented, "On behalf of the entire CA BOCES Board of Education I want to congratulate everyone involved in the production of these outstanding award-winning communication pieces. We are so proud of you and are grateful that the National School Public Relations Association recognized the high-quality work that is produced at our BOCES."

CA BOCES Director of Technology, Michael Graf, said that he is proud of the team approach that contributed to the recent recognition. "Our focus in the Technology & Communication division at CA BOCES is on working together for the best solutions. These recent awards highlight how our public relations department, graphic designers, print shop, and developers all work together to create high quality solutions for our internal and external customers."

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

Ellicottville Gazebo Series

Pack your chairs and blankets, bring a snack, and treat your family to a cool summer evening of live music! Join the Ellicottville Chamber of Commerce on the lawn in front of Town/Village Hall each Thursday for their free Gazebo Series beginning at 7:00pm. The remainder of the 2021 Gazebo Series concerts will feature: July 15th-Far Trio; July 22nd-Maria Sebastian, Ken Kaufman and Frank Grisanti; July 29th-Rabbit Jaw; and August 5th-Porcelain Train. For more information, contact the Ellicottville Chamber at 716-699-5046 or email info@ellicottvillenyc.com

REGIONAL NEWS

SKATEBOARDING IN THE OLYMPICS

Jamestown skateshop owner talks about the excitement around upcoming Games



By ELLICOTTVILLENOW

The summer of 2020 held the promise of Olympics with brand new events. However, a worldwide pandemic suspended the games for a year and left people wondering if the world event was even a possibility. Fast forward to the summer of 2021, and the games are about to begin, with skateboarding added as a new feature in the summer games.

On Friday, July 23, 2021, the Summer Olympics will open with protective measures in place for athletes. A group of those Olympians will be carrying skateboards to Japan, taking part in opening ceremonies for the United States.

Jamestown native Pete Scheira, owner of Jamestown Skate Products (JSP), tells ellicottvilleNOW that the excitement for the games this year has been great for his business. "It's definitely made us a lot busier," he says. "Skateboarding in general is way more popular over the past couple years. Sales have gone up every year and this just brings a bigger light to it."

Pete Scheira and JSP have been a staple of downtown Jamestown for 11 years now. Scheira fabricates his own skateboards for the shop, offers shop branded apparel, and even houses an indoor skating facility for people to enjoy and try their hand at this fast-moving sport.

"This year's Olympics are definitely going to bring skateboarding to a broader audience," Scheira continued. "People that normally wouldn't watch a skateboarding event or be exposed to skateboarding are going to be able to see it. The Olympic Games will have two different disciplines - park skating (bowls and vert) and then street skating (stairs, handrails, benches)."

Scheira is very familiar with Ellicottville and their efforts to raise money to build a skatepark.

"They are working towards the same goal as we are here in Jamestown, through the same grant program. We're six months ahead of where Ellicottville is," explained Scheira. "It's going to be great for Ellicottville, for us, and for all the other communities that are trying to build skateparks. It will be great for kids to have places to go where they can hang out with their friends, meet new friends, and have something active to do."

Scheira sees the benefits of developing a skateboard park trail between Jamestown, Ellicottville and other communities - safe places that all ages will be able to enjoy for years to come. The Olympics acts as a catalyst, sparking even more curiosity into this already popular sport.

"Skateboarding in the Olympics ... mine blowing! I'm super excited! I wish I could be there. It is amazing that this is happening!"

If you'd like to find out more about efforts to bring a skatepark to Ellicottville, check out sk8evl.com for the very latest and how to help/donate.

Jamestown Skate Products is a skateboarder owned and operated shop and indoor skatepark. In addition to the shop and park, owner Pete Scheira offers skate lessons and also presses his own decks, in a multitude of shapes and sizes. The first floor houses the JSP shop and board manufacturing, while the second floor features a 5,000 sq. ft. bowl plus street course and mini-ramp. JSP is located at 207 Pine St., Jamestown, NY 14701. Follow [@jamestownskateproducts](https://www.instagram.com/jamestownskateproducts) on IG/FB.

PENNBRAD OIL MUSEUM

Explore the Gold Rush of the billion dollar oil field in newly released video



BRADFORD, PA - The Allegheny National Forest Visitors Bureau, the official Destination Marketing Organization for McKean County, announces the release of the new promotional video, "Penn Brad Oil Museum-Explore the Gold Rush of the Billion Dollar Oil Field." This new video is designed to help inform the public and to motivate visitors to explore the history of the Bradford Oil Field, and to learn about the creativity and tenacity of the independent oil producers showcased at the Penn Brad Oil Museum located in Bradford, Pennsylvania.

The video highlights the rich oil history of Bradford, once the "High Grade Oil Metropolis of the World," producing 81% of the oil and gas used in the United States in 1800, and 70% of the world's oil. Fran Battone, Director of the Penn Brad Oil Museum who assisted videographer Ashley Baron of ABCinematography states, "This video celebrates the history of Bradford, a city built by oil, and its oil men."

View the Penn Brad Oil video at <https://youtu.be/6TEEs0l6d38>. The video link is also available on VisitANF.com, Lumberheritage.org, and penn-bradoilmuseum.org.

This video is part of an ongoing effort to promote the history and heritage of our region. Funding for the project was provided by the Allegheny National Forest Visitors Bureau, with additional funding support from the Lumber Heritage Region and the Pennsylvania Department of Conservation and Natural Resources. Holly Komoncz, Executive Director of the Lumber Heritage Region explains, "The Lumber Heritage Region sees the strong connection between the lumber and oil industries in our region. The benefits of doing mini grant projects that include both industries are crucial to teaching future generations about the opportunities in their own backyard."

The new Penn Brad Oil Museum video will be used to help promote the upcoming event Oil 150/50. This landmark event will celebrate the 150th Anniversary of the Bradford Oil Field-the first billion-dollar oil field in the world, and the 50th anniversary of the Penn Brad Oil Museum.

"Currently the Oil 150/50 committee is working diligently to celebrate the 150th Anniversary of the Bradford Oil Fields, explains Heidi Scrivo Passmore," Executive Director of the Bradford Area Chamber of Commerce. "The history of the Oil Fields brings such nostalgia to our community, but also heart-warming gratitude for making Bradford what it is today. We look forward to the future, but we celebrate the wealth of our history."

For additional information on the Oil Field Anniversary Celebration, to be held on September 18, 2021, follow the Facebook Page [@BradfordPAOilField150](https://www.facebook.com/BradfordPAOilField150).

The Allegheny National Forest Visitors Bureau is a not-for-profit membership-based organization with the mission to market the area as a premier tourism destination. The staff works with businesses, assisting them with marketing and promotion to attract travelers, to increase the length of stay of visitors and to increase the amount of tourism dollars spent locally. Tourism dollars increase the economic vitality of the region by bringing new net income into our communities and businesses.

"Future projects include nine additional videos on historic sites and natural attractions within the ANF Region, explains Linda Devlin, Executive Director of the Allegheny National Forest Visitors Bureau.

For more information on this video project and other promotional and marketing projects call the Allegheny National Forest Visitors Bureau at 800-473-9370 or click on www.VisitANF.com.



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MEETING NOTES

Village Planning Board Sets Aug. 10th Public Hearing for Cigar Store and Private Smoking Lounge

By KATHLEEN KELLOGG

Plans for a new retail cigar store and private smoking lounge serving beer, wine and spirits will be aired in a public hearing August 10, 2021 at 5:30pm in the second-floor meeting room of Ellicottville Town Hall.

The Village Planning Board, during its monthly meeting this past Tuesday, July 13th, deemed the Cigar Lounge of Ellicottville LLC's special use permit application ready for a public hearing. Applicant Bradley Hurley of Watson Road briefly described his project to be located in Suites A and B at 5 East Washington Street. According to the application he filed, one of the commercial suites will house a members-only private club where liquor will be served. The other suite will be open to the public for sales of cigars and accessories. A humidor will separate the two suites, which total almost 4,000 square feet.

Staff Planner Gary Palumbo told Planning Board members that the cigar store is permitted as a retail use in the Village Commercial 1 zone. But, the private lounge will require a public hearing and a special use permit. Private clubs, fraternal organizations and taverns receive the same treatment in the Zoning Ordinance, he added. The proposal will need an environmental review before it is sent to the Cattaraugus County Planning Board for comments. The Planning Board must make a decision within 62 days of the public hearing.

The Board then voted to table one proposal and drop another at the request of applicants in other matters. In the first, Greg Dekdebrun will take time to explore options for a rear easement before moving ahead with a minor subdivision request at his 18 Washington Street retail location.

The second applicant, who had pursued an area variance to make improvements at a 9 Elk Street residence, decided to withdraw the project to change the design following last week's Zoning Board of Appeals public hearing.

Michelle and Craig Winters had planned to raise the foundation and improve a small addition, for expansion and upgrade of their 20-foot by 20-foot second home. The dwelling predates current regulations and is considered a nonconforming use because setbacks are shorter than the Zoning Ordinance requires. An area variance was required, but after the ZBA hearing the couple asked to table the plans and later withdrew it altogether to make changes in the design and focus on repairs. Palumbo said the project will come back to the Planning Board in the future for approval of a site plan and architectural review.

In another matter, Palumbo invited the Moratorium Committee to meet Tuesday, July 20th at 4:00pm to hear his update on research into a possible zoning amendment concerning new accessory apartments, which are subject to an ongoing temporary moratorium. The Committee includes representatives of the Village Planning Board and the Village Board of Trustees.

Finally, the Board approved the Ava Grace ground sign permit on condition it will be illuminated from the top down. The sign is six feet in height and will be installed at the same location at 23 Jefferson Street as the previous retailer's sign.

The Village of Ellicottville Planning Board will next meet at 5:30pm on Tuesday, Aug. 10, 2021 in the Town Hall.

GUS MACKER TOURNAMENT

cont. from page 11

In addition to the Chamber's corporate sponsors, other major support for the event is being provided by Sparky Pizza, Third Base Bar & Grill, Universal Primary Care, Duggan and Duggan, Paul Brown Chevy, Financial Services, Howard Hanna Professional, Fairfield Inn, Olean Area Federal Credit Union, and Peacemaker Mediation. Additionally, the important roles of media sponsorships are being provided by WBRR, WMXO-FM and WPIG-FM.

Every player in the Macker is guaranteed at least three games, so no matter how you fare the first time on the court, you're not out by any means. Those who do make it to the championship rounds can look forward to trophy presentations for first through third places. All registered players also receive t-shirts for participating in the event, which is made by possible by area sponsors.

Registrations forms are available online at www.macker.com or at the GOACC office. For more information on the Gus Macker tournament, sponsorships and volunteer opportunities, please contact the Greater Olean Area Chamber of Commerce at 716-372-4433 or email info@oleanny.com.

SCHOLARSHIPS

cont. from page 15

and perseverance, qualities for which Kristen was known. Hunt will study computer science at Rensselaer Polytechnic Institute. Ploetz will attend Elmira College to study education. Fredrickson will study biochemistry at St. John Fisher College.

Hayly Fredrickson received the Paul and Mary Janowicz Memorial Scholarship for \$500. The Janowicz's daughter and son-in-law, Elizabeth Hanson and the late Paul Hanson, established the Paul and Mary Janowicz Memorial Fund with the foundation in 2014. Each year, the fund makes possible a scholarship for students at Ellicottville Central School, where Mrs. Janowicz served as a bus driver. The Paul and Mary Janowicz Memorial Scholarship is given to graduating seniors who demonstrated academic excellence and plan to attend a 2- or 4-year college. Hayly Fredrickson will also study biochemistry at St. John Fisher College.

This scholarship was established in 2016 by the friends and family of Elisa B. Hughey, a deep lover of the arts and education, after she lost a long battle with cancer. In 2019, the Hughey Scholarship Committee moved the fund under the management of CRCF. This fund provides two annual scholarships, 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 (including sculpture, painting, drawing, watercolor, graphics, animation, architecture/design and photography). Snyder will study Theatre at Sarah Lawrence College. Chai will attend Denison University to study studio art.

Snyder also received the inaugural Ginger D. Schroder Legislative District 3 Scholarship for \$500. Ginger D. Schroder of Farmersville established this scholarship through her legislative salary after being elected to the Cattaraugus County Legislature. The Ginger D. Schroder Legislative District 3 Scholarship is given to a graduating high school student residing in Cattaraugus County Legislative District 3, which covers the towns of Ellicottville, Farmersville, Franklinville, Lyndon, Machias and Mansfield, who will pursue a trade degree or 2- or 4-year college degree.

Madison Braker of Salamanca Central School received the first-ever Nelson M. Beard Memorial Scholarship for \$1,000. Established and named in memory of the former Salamanca educator and dedicated member of the school community, this scholarship is for a student from the Salamanca City Central School District who is planning to attend a 2- or 4-year college or technical/trade school, with second preference going to a student from any school in Cattaraugus County planning to attend a 2- or 4-year college or trade/technical school. Braker will major in sociology and minor in psychology at Saint Bonaventure University.

Donations can be made to any of these scholarship funds at CRCF, 301 North Union St., Suite 203 in Olean, or online at cattfoundation.org



MADISON BRAKER



CHLOE CHAI



GABRIEL SNYDER

OLEAN - Three area graduates recently received scholarship awards being made for the first time under newly established scholarship funds, managed by the Cattaraugus Region Community. Gabriel Snyder of Ellicottville Central School, and West Valley Academy and Central School's Chloe Chai received the Elisa B. Hughey Memorial Scholarship for the Arts for \$1,000 each.

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

HEALTH & FITNESS

Core Performance: Five Fitness Fixes

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

Are you spending hours working out every week, and not getting the results you want? Chances are you might have a bad habit or two when it comes to exercising. Never fear, there's a quick fix for even the most ingrained workout no-no's. Check out these five workout habits you should drop. Not only will ditching these help you lose the pounds, they will help you become a more efficient exerciser.

1. Too much cardio. Too little strength training. But cardio burns more calories, right? Not so fast. Sure, an hour on the treadmill gives you that instant satisfaction of burning 400 calories. Or so that little blinking screen says. A quick strength training or cross training session, however, will get your heart rate up, burn calories, and develop your lean muscle mass. Building muscle means that those muscles are able to work throughout the day, burning more calories when you aren't working out.

2. Working out for long periods of time at a moderate pace. When it comes to working out, slow and steady does NOT win the race. Maximize your time, people! Instead of working out for an hour at an easy-to-moderate intensity level, step it up a notch. Challenge yourself to 30 minutes of nonstop, intense exercise. You can take 15- to 30-second breaks, but move quickly from one workout to the next. Give it 100% for 30 minutes, instead of 75% for an hour.

3. Hydrating with sports drinks. Sports drinks may give you a boost, but are full of sugar and calories. During any given daily workout, hydrating with plain old water should do the trick just fine. If you feel tired during your workout, try fueling before. Eating a healthy snack 45 minutes before your workout can give you more energy, and allow you to skip the Gatorade.

4. Doing the same exercises over and over again. When you do the same workout routine over and over, your body gets used to it and it becomes easier. The Stairmaster might have been challenging at one point, but pretty soon your muscles become familiar with that motion. Your body only uses half the energy to complete this task that at one point had you huffing and puffing your way to the locker room. Mix it up. By changing your workouts daily you will trick your body into working harder and burning more calories. It will also



save you from boredom.

5. Going it alone. Working out alone can be great. It gives you time to clear your mind, listen to music, and feel the burn. However, sometimes it takes a workout buddy to hold you accountable. Working out with a partner not only makes it more likely that you'll work out; it makes most people try harder than they would on their own. Your partner can cheer you on to finish that last half mile or to finish those last four deadlifts.

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training located at 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio visit her Facebook page or www.coreperformancefitness.com. Kim can be reached at 716-698-1198.

Inner Peace and Strength: Suicide Prevention in Cattaraugus County

BY LAURA WIDGER, LCSW



This past year, suicide rates within the United States has dropped by 6%, according to the NY Times. As the data continues to be sifted and research studies move ahead full throttle diving into the reasons behind this percentage shift, let us zoom in on an expert in Cattaraugus County who has thoughts and insight as to the decrease in percentages.

This expert is a professional in our region of the country who has spent years setting an intention of preventing suicide among our community, as well as motivating others to take a different path. Let us hear from this anonymous resource.

LAURA: What do you attribute the reasons are for the decline in suicide rates during the Covid-19 pandemic?

EXPERT: I think a lot of it has to do with the shift around mental health stigma. We are getting much better at not having mental health be such a stigma. While the rates are going down, a lot of ERs across the region are seeing an increase in suicidal ideations among their patients. People are just reaching out and asking for help. The research is still being reviewed, therefore, I think we will have a much more clearer picture in months to come. I also think people really do rally behind each others in times of stress or crisis.

LAURA: What are some risk factors for suicidal thoughts?

EXPERT: In the past, not being fully employed was a risk factor, however, with the government's financial assistance this past year, perhaps this cushion has helped lower the rates. Other

risk factors include drug or alcohol use and accessibility to a lethal means. If you can't get to the lethal method, then you can talk yourself out of it or reason with yourself more. Ten minutes can make a heck of a difference ... if you wait 10 minutes you can reason with yourself and find something else to do.

LAURA: What are some protective factors or prevention methods one can tap into when thoughts of not being here anymore are coming into mind?

EXPERT: The more supports you can have the better. Really reach out to those supports; let them know what is honestly going on inside your brain. It is easier to fight with a crowd than by yourself. The sooner you can reach out for mental and emotional health supports the better. You can have an extra person on your side who can be there for you. These days connecting with a mental health clinician is so much more accessible. There is text messaging, instant messaging, phone calls, telehealth services, etc. There are so many avenues to reach someone who can help.

LAURA: What are some prevention resources in Cattaraugus County?

EXPERT: In Cattaraugus County, the Department of Community Services has offices and therapists scattered all throughout Catt. County. Additionally, they offer a 24-hour crisis hotline phone number: 1-800-339-5209. There is also a bunch of private practitioners opening businesses. Out of the darkness walk (sponsored by the American Foundation for suicide prevention) stands by "you are not alone." Details on this walk, resources, and information can be found at AFSP.org. Cattaraugus County Suicide Prevention Coalition is a wonderful resource. Law enforcement, first responders, local hospitals, mental health practitioners are among a few professionals that can provide support and resources.

Our resource concluded this interview with, "You are not alone. You can talk to just one person. They can help you just as you can help them." Multiple Olympic medalist Michael Phelps states, "I am extremely thankful that I did not take my life." An anonymous source states, "Place your hand on your heart. Feel that? That's called purpose. You are alive for a reason. Don't forget that."

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.

donate

SK8EVL and the Village of Ellicottville are working together to build a permanent concrete skatepark in the Village Park. All donations will be MATCHED by The Skatepark Project / Ralph C. Wilson Jr. Foundation. Learn more at:

sk8evl.com



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LICENSED MASSAGE THERAPIST: Ellicottville Salt Cave & Halotherapy Spa is looking for a part-time or full-time massage therapist and a part-time or full-time esthetician to join our team. Please call Tracy at 716-699-2068 or email evlsaltense@gmail.com or stop by our spa at 32 W. Washington St., Ellicottville, NY to fill out an application.

SILVER FOX STEAKHOUSE is looking for Kitchen Staff. Stop in at the restaurant, 23 Hughey Alley, to fill out an application, or mail resume to P.O. Box 146, Ellicottville, NY 14731, fax resume to 716-699-4691 or email silverfoxeville@aol.com

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

EMPLOYMENT

GRADE 1-6 TEACHER
The Ellicottville Central School District is seeking candidates for an anticipated full-time, 4-year probationary Grade 1-6 Teacher with a start date of September 1, 2021. Candidates are requested to download and fill out an application from the District website (www.ellicottvillecentral.com). Candidates should submit an application, letter of intent, resume, and copy of certification by Monday, July 19, 2021 to:

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

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MARTENS CLEANING SERVICE. Local, professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential and business cleaning, rental property flips. Call Christina Martens, 585-435-7158.

KANDEFER PLUMBING & HEATING: Quality products and professional installation. Remodeling, radiant heat flooring, all service work, boiler service and furnace repairs. Residential and commercial, 60 years of experience! Serving Ellicottville and the surrounding areas. Call 716-583-2034 or 716-945-5848.

PLACE YOUR AD: Classified ads appear in both print and online! 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 St., Ellicottville. You can also place your ad through ellicottvilleNOW.com

PUBLIC NOTICE

PLAYGROUND AND SCHOOL ATHLETIC FIELDS CLOSED: Please take notice: to best ensure everyone's safety as well as the integrity of work, the Ellicottville Central School District playground and athletic fields, located at 5873 Route 219, Ellicottville, NY, are CLOSED and off limits until further notice due to construction on the school campus.

FUNDRAISER

PRO AM RAFFLE: The Holiday Valley Pro Am Golf Tournament and Raffle will be held on Monday, August 9th, with much of the proceeds awarded to the Ellicottville Memorial Library. Raffle tickets for the event are currently on sale at the library (6499 Maples Rd.) and are \$5 each or 3 for \$10. Among the many prizes you might win: Golf package for two, flat screen TV, Kindle Fire, Grand Lady Cruise for two, \$50 gift certificate to Villaggio and EBC and much more! Get your raffle tickets today! For more information about the Pro Am Raffle, please call the Ellicottville Library at 716-699-2842.

MULESKINNERZ BEAGLES

cont. from page 04

WNY Heroes will provide Muleskinnerz with an additional veteran food box distribution on Sunday, July 18th from noon-2:00pm.

"A very special thanks to the Great Valley Methodist Church, WNY Heroes, our fellow beaglers at Enchanted Mountain Beagle Club out of Olean and all of our active and former military personnel," Jen said. "Without them - without the community - what do you have?"

If you're looking for ways to help, you can contact Muleskinnerz at their Facebook or Instagram page, or WNY Heroes at www.wnyheroes.org. If you're a local land or farm owner and would consider allowing Don to lead hunts on your property, please contact Muleskinnerz.

EVL ARC CUSTOM WELDING

cont. from page 07

What really keeps Goode in business are the custom-fabricated parts and repairs. "I do trailer flanges and repairs, plus a lot of repairs on trucks, boats, grill frames, ATVs, and tractor parts. I genuinely enjoy doing the repairs! It's nice to be able to do that from the knowledge from my previous employment. It's a great feeling to be able to restore something, especially if it's sentimental to someone."

Goode noted that it's very unusual to encounter many women in the welding community, but this hasn't stopped her and many other women from pursuing careers in traditionally male-dominated fields. One of her plans is to teach creative classes where her goal is to give people an understanding of welding and share her love for it. "I want to give confidence to any young woman who wants to do it, too," she added. "Sometimes there's this idea of 'I'm not strong enough,' or 'I'm intimidated.' It doesn't matter how strong you are. If you really want to do it, you can!"

Ellicottville Arc Custom Welding will have a booth at Ellicottville's Fall Festival this year, and Goode also hopes to partner with area businesses who may be interested in carrying her work. "I'd like to collaborate with other artists, carpenters or stone workers, too. It would be really cool to create things together. I'm really hoping to find a group like that! I love creating with other people. It's an amazing experience!"

Right now, Goode's website is under construction, but those who would like to contact her for repairs or custom work can reach her by phone at 716-599-0064 or stop by her shop at 6550 Route 219 Unit J in Ellicottville. "If I'm not there, it's because I'm on a job," Goode advised, "but please feel free to call!"

STROLEAN

cont. from page 11

participate in one or all StrOleans," stated Erica Dreher, GOACC Member Services Director. There are several ways for one to participate at StrOlean, which can be a fundraiser too!

POPUK MARKET: If your business is a brick and mortar store, GOACC would like for you to host an event outside your store, host sales/info table inside/outside your store, or if you are a restaurant, vend outside your establishment. As an existing storefront, there will be no fee to participate, but the Chamber would like you to fill out the application.

For those wishing to vend throughout the Olean area, the PopUp Market will include arts & crafts, artisans, catalog/home party, farm market stands, artwork, jewelry and more!

EVENT ORGANIZER: Is your organization looking for a fundraiser event? GOACC is also encouraging organizations to come down and create an event that would benefit their organization. StrOlean would love to have organizations host events during the day such as: a planned walk, story time, a tasting station, a sports demonstrations, 5K/1K fun run, outside fitness class, strolling chorus, baby races, children's activities, and a bunch of other ideas. There would be no charge to run the event. The event would be included in the overall promotion, poster, Facebook, etc. However, GOACC still suggests they do some small promotion on their separate event and market to their captive audience.

Past StrOlean events included band concert on JCC Lawn, free wine tasting and appetizers at the store, Plinko game, Max Out deadlift competition, parking lot party, Tap for Tips, Strolling with mobile used book giveaway cart, chair massages, static display of large model aircrafts, open gym, and Zany Zumbathon.

FOOD SPOT: GOACC is encouraging food vendors to come and serve up some of their delicious food. There is an application for those businesses wishing to open a food spot during the StrOlean Fest. An existing restaurant will still need to fill out the food application.

Applications can be found on the Chamber's website, www.oleanny.com. For more information about this year's StrOlean series or to request a registration form, please call GOACC at 716-372-4433, email events@oleanny.com or stop into their office located at 301 North Union St., Olean, NY.

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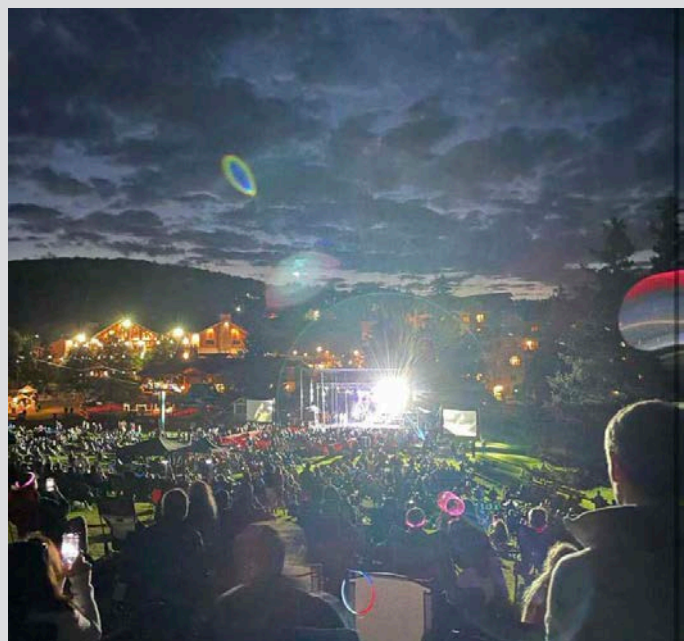
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ch_crofty: No caption needed. @ellicottvillenow @ellicottvilleny #ellicottville #sweetsummertime



escornelius80: Thanks @holimont #liftserviceatholimont #wnymba #evlnow



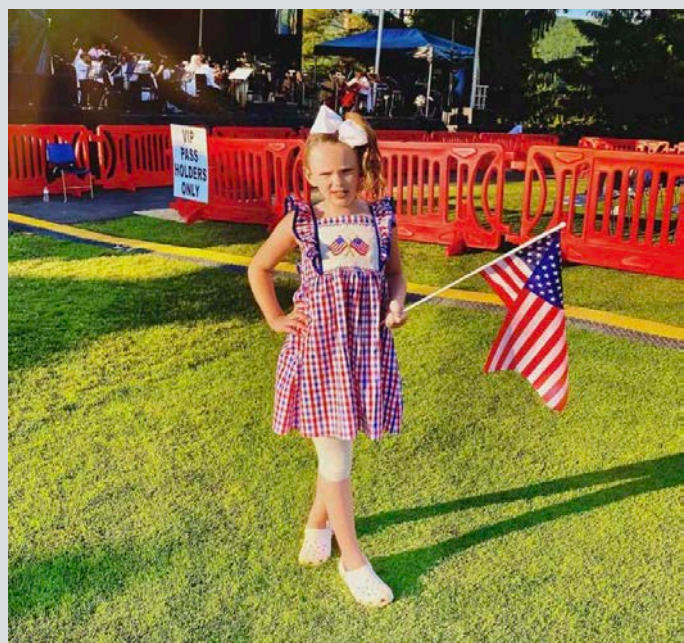
bonabobvw: Second night of Ellicottville Summer Music Fest #evlnow #buffalophilharmonicorchestra



laura.m.widger: #fishing #evlnow @ellicottvillenow



mclucarelli16: The gang goes to Summer Music Fest #evlnow @ellicottvillenow @visitellicottville @decarlorocks @steveaugeri



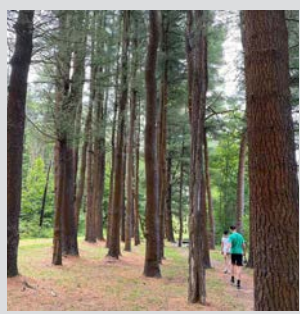
kourtneelynn: Fourth of July tradition weekend @visitellicottville @buffalophilharmonicorchestra Summer Music Festival



christycaruso: Ski EVL just less clothing #evlnow #holidayvalley



dash_913: Hope you all had a great Independence Day #evlnow #ellicottville #fireworks #july4th #independenceday #photography



oneyogawny: #evlnow #hiking #summeradventures #biking



hornhillpottery: #evlnow #716 #ceramica #happy4thofjuly



shannonlshepherd: #fourthofjuly #porchtime #gratefulheart #evlnow



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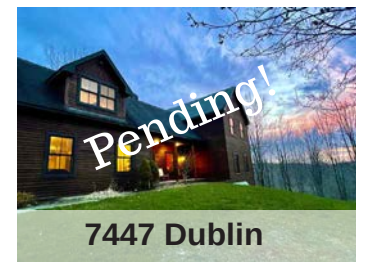
5 Sundance

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180 Wildflower

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See what Ellicottville has to offer, check out www.thisisellicottville.com



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Dream condo in the woods! THE place to check out! 2 bdr/ 2 ba \$329,000

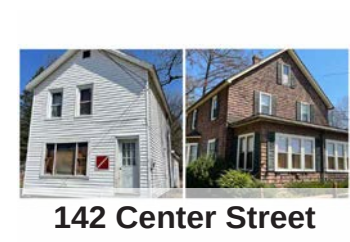


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5419 Narrows Road

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Glenburn Trail

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