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# FREE

## Upgrades to Ellicottville Central

The \$8.4 million capital improvement project aims to vanquish multiple issues facing the school



photo / Clara Kosinski, ellicottvilleNOW

By SPENCER TIMKEY

Even without students, there's a liveliness to ECS this summer. Heavy machinery and men in hardhats mill about torn-up parking lots and taped-off entrances. The grounds are pockmarked with fresh holes and trenches housing new drainage, a final end-all to the flooding that has plagued the school. Further up, a stone terrace accentuates a resurfaced athletic field. And a sense of urgency abounds, as faculty - and the controlled chaos of Pre-K through 12th - return for the 2021/22 school year in early September.

The interior of the school is seeing as much work as its counterpart. An entire overhaul of the kitchen is currently underway, adding square footage, storage and new appliances. The dining area will also see a facelift with new flooring. ... page 04

### East Aurora to Ellicottville: 42-mile charity ride to benefit Rail Trail

The Erie Cattaraugus Rail Trail (ECRT) will host a 42-mile charity bike ride on Saturday, October 2nd. The EA2EVL Fondo, presented by West Herr, will raise funds to continue to build the 27-mile rail trail that runs along the former Buffalo & Pittsburgh rail line from Orchard Park to Ashford, NY.

The bike event will start in East Aurora at 42 North Brewery and finish at Holiday Valley, where a post-party open to the public will feature food, drinks, live music, and raffles. Registration is now open, with early bird discount available through Aug. 17th.

... page 11

## LOCAL CONTEMPORARY PAINTERS TO EXHIBIT AT ARTS COUNCIL

The Tri-County Arts Council will exhibit provocative and visionary paintings by two modern artists beginning Friday, August 6th: 'Same Inside' by Karle Norman, and 'Ruminations Rising' by Michelle Capizzi. "The work of both these artists are about what we all share as people," Sean Huntington, Tri-County Arts Council Exhibition Coordinator said. "Michelle evokes feelings we all have through her use of color and movement, and Karle reminds us that our differences are only skin deep. Both artists use beautiful color palettes, so these pieces are visually appealing as well as thought provoking." ... page 11

## The 178th Cattaraugus County Fair

Country music star Justin Moore to headline + all your favorite attractions



@justincolemoore

By MARY HEYL

It's been two years in the making, and it will be worth the wait! The Cattaraugus County Fair is returning to Little Valley for the 178th year from Aug. 1st through 7th, and according to fair board secretary Nell Fellows, it's going to be a fair to remember.

In fact, "Making Memories Around Every Turn" is the theme for this year's fair. Fellows anticipates a busier fair than ever, due to last summer's dearth of activity and the cancellation of fairs this summer in neighboring counties.

Postponed from 2020, country music star Justin Moore will be performing on Thursday, Aug. 5th. Jordan Davis will perform the day before. Advance tickets for both concerts are available.

... page 08

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### GIVING MAN'S BEST FRIEND SOME TLC

If you have a canine family member and are feeling like treating them to a spa day to be looking and feeling their flyest, Ellicottville has the best for the job in the mother-daughter duo at Rover Makeovers! A no-restraint, one-on-one grooming salon that takes in only one dog at a time (unless the dogs already live together) owners Teresa and Calla have a deep love for animals and aim to keep each dog's experience as stress free and peaceful as possible ... page 07



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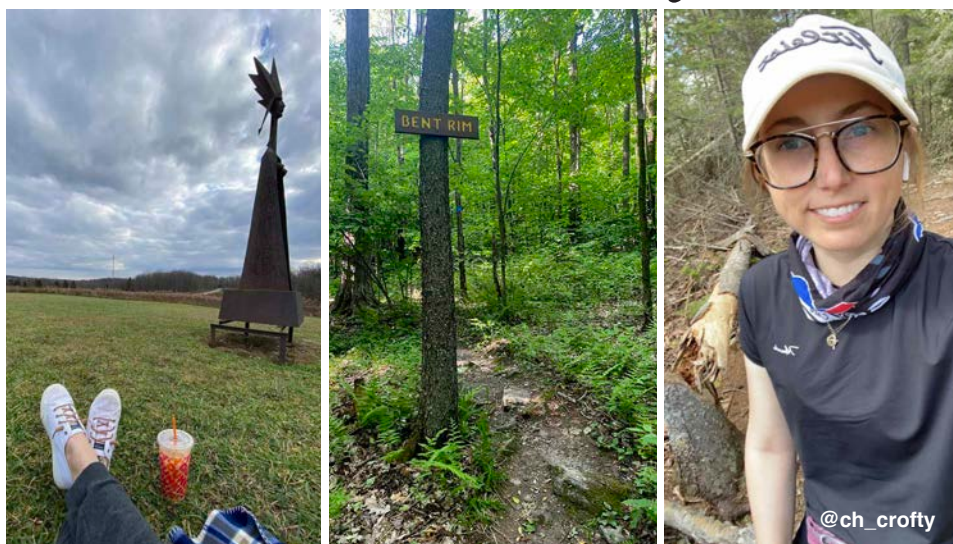
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# NOW *this ...* by Caitlin



## Ellicottville ... It's worth the squeeze.

Let's take it back. It's April in Maine, where what I thought would be a simple hike turned into an all-day event that never really happened. My goal was to hike part of the Appalachian Trail. There was a trailhead 25 miles from where I was at Sugarloaf Mountain. Now, 25 miles in my world is a 20-minute drive around WNY's snow-belt. Armed with one water bottle, a couple layers, hiking boots and my favorite old hat, my first mistake was thinking it would be a quick drive to the trailhead.

When I popped the GPS in, the first road I came to was closed to recreational vehicles only. Okay, I thought to myself, start following the ridge. My service has to pick up eventually and re-route. Well, it did, and when it said an hour and a half to get there, I laughed at myself and continued on. It was an intense yet beautiful drive switchbacking through Maine, and I took the extended drive in stride. But getting closer to the trailhead, the road became a muddy mess and it occurred to me that I was in the middle of nowhere; haven't seen a car in miles and I have no service. All while driving, my dad's voice started ringing ... "Is it really worth it? Find an easier trail."

This, at least, prompted me to pull off and walk the last mile to the trailhead. Already behind schedule at this point, I happily meandered up the access trail. It was amazing to me the dense forrest ... and then, there it was ... a fresh bear print. I stopped in my tracks and it occurred to me, "Bigger mountain, bigger animals."

Mustering another 30 yards before I decided to hightail it back to my car, I made my way back down the switchbacks, mentally accosting myself. How could I be so naive to think hiking part of the ATP that people spend months and years sometimes planning would just be something I do as an afterthought? It sure wasn't my purpose for being in Maine. I was there to coach a USSA Eastern Project, trying to entertain myself on the two-day break.

Driving back, a small sign caught my eye. It was just a canoe with an arrow. So I parked and followed it. On the other side of the wooded path, it opened up to the most ethereal lake I'd ever stumbled upon. Instantly looking around assuring there were no others in sight, I started crying the best cry of my life. I cried it all out to mother nature - frustration with the day, heartbreaks, cancer, COVID, family, friends, taking tamoxifen, the pressure of finding success when so many were struggling, how to handle all of these things with stoicism and grace when dark crevasses in my mind could so easily run the show. In this moment, one of my favorite artists, Michael Franti & Spearhead popped on, 'Hey World (Don't give up)' started playing and everything washed away and my first instinct was to get home.

This blew my mind. Here I am in surreal Maine and yet my body longed for Ellicottville. This led me to some deep introspection on the long drive home later that week ...

Years ago, a friend taught me the expression, "The juice was worth the squeeze." He really had to explain it to me though; when we got to the end of a grueling hike we looked at the waterfall and he said to me, "The juice was worth the squeeze." I understood for once. The work I put in was worth the joy I got out. Spending the next years contemplating the concept and going through the ups and downs life threw my way, it became a sort of measuring stick for experiences. My calculative brain constantly geared towards finding maximum efficiency could muck up the simplest of plans. (I blame this on a supply chain management class in university that hammered efficiency calculations into our head. Efficiency ... "get us maximum output with minimal input," my professor would repeat.)

It even took a trip to Vail and Morrison to see Michael Franti in a double header concert weekend, returning home, out to Lake George, back out to Denver, Boulder and Broomfield to get to the heart of it.

"NOW this..." continued page 14

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# LOCAL NEWS

## IMPROVEMENTS CONTINUE AT ELLICOTTVILLE CENTRAL SCHOOL

Upgraded drainage, security enhancements, renovated athletic fields, new parking lots, and new roofing highlight ECS capital improvement project

BY SPENCER TIMKEY



photos / Clara Kosinski, ellicottvilleNOW



Even without students, there's a liveliness to Ellicottville Central School this summer.

Heavy machinery and men in hardhats mill about torn-up parking lots and taped-off entrances. The grounds are pockmarked with fresh holes and trenches housing new drainage, a final end-all to the flooding that has plagued the school over the past few years. Further up, a stone terrace accentuates a resurfaced athletic field. And a sense of urgency abounds, as faculty - and the controlled chaos of Pre-K through 12th - return for the 2021/22 school year in early September.

Poor drainage led to flooding in several rooms of the elementary wing basement while garbage cans littered a beautifully-renovated high school library, catching water from a leaking roof. The sidewalk, running the length of the building, buckled and cracked. The \$8.4 million capital improvement project aims to vanquish multiple issues facing the school in one fell swoop.

"This project was to address a lot of things that over time crept up on us," superintendent Bob Miller said. "Most of it will be completed this summer, while some will go throughout the school year and into next summer. It's a lot of visible things that we're excited about."

The most noticeable from both an aesthetic and functionality standpoint are the parking lots. Undulations and potholes made driving through the school's lots a task - including some pretty deep potholes in the elementary lot - so the entirety has been ripped out and regraded.

"Between the potholes and drainage issues, it was time to address them and do it correctly," Miller said. "It's always been dark in the front of the building, so we're adding lights on both the inner and outer section of the bus loop. We'll also add 39 new parking spaces in the front for overflow from large events we host."

For pickup and drop off, buses line up along the front of the building. The sidewalk, which had sunk while the curb heaved, created "toe trippers" as Miller called them - creating a less than ideal situation for little kids. The steel section of the main entrance steps needed to be continually resealed.

"Once the forms are set, it won't take long," Miller said, regarding the sidewalk. "In the next few weeks, we should see more activity as they're almost ready to begin paving the lot and pouring the sidewalk."

The crux of the entire issue begins with drainage. While flooding had never become catastrophic, the school's maintenance crews worked tirelessly when water began to seep into the building - most notably in 2018 and 2019. Those rains, much like the ones western New York has seen this July, historically haven't happened so often.

"After the basement flooded in 2018, things like 'This is a once-in-a-century type of rain' were thrown around," Miller said. "Until it happened again the next summer. We knew we had to address it."

A major part of the problem is the school's athletic field hadn't been re-crowned in years. When heavy rains would come or the snowpack would melt, water from the field would form a river to the building. When there was enough water, the problems ensued. At one point, water levels reached the lower sill of the Pre-K rooms.

"When we knew we'd be digging trenches in the athletic field, the decision was made to completely renovate it and put a grass/turf hybrid down. We won't be able to use it this season, as the grass needs a full year to root deeply. But it's been re-crowned and accessed to new

drainage to mitigate any future flooding."

If you've ever been to a soccer or football game at ECS, the hill overlooking the field - which is great for spectating - also becomes a navigation nightmare after a little rain. To alleviate that, a beautiful new stone terrace has been installed which will level out the area in front of the concession stand.

Unfortunately, the new field won't be ready for action until next season. Franklinville has graciously offered the use of its facilities for every "home" football game, but it's "the price of progress," Miller says.

The interior of the school is seeing as much work as its counterpart. The size of the kitchen was original, which made food preparation difficult - larger ovens meant less space to work. An entire overhaul is currently underway, adding square footage, storage and a restroom to complement new appliances. The dining area will also see a facelift with new floor and tiling.

"During our April break, we moved all of our food preparation to the Great Valley Fire Department's kitchen and we cannot thank them enough," Miller said. "It allowed us to seal the kitchen off for asbestos abatement while still utilizing the cafeteria. We're hoping the new coolers will be delivered by the end of August so we can completely utilize the new space."

Other pieces of the project include: a new roof over the high school wing; a new floor for the elementary gymnasium; flashing lights to indicate a lockdown or fire drill; updated security measures that would allow Miller to lock every door in the school from the safety of his office; new, wireless clocks that are all on the same time and much more.

The cost of the initial floods ran close to \$100,000, which Miller and administration had to find in the annual budget. Once the initial plan was presented to the community, it was a relatively easy sell - by passing the capital improvement project, over half would be funded by State Building Aid. Since the updates would need to be implemented anyway after a mandatory five year architectural State inspection, the money would have had to come out of the annual budget - with local taxpayers bearing the direct brunt. Instead, tax rates increased a modest \$17.76 per \$100,000 assessed value.

"I'm excited for the project to be finished and the kids to come back," Miller said. "The school is getting a facelift - on the exterior, the kitchen, the new floor in the elementary gym. It's all being done to protect the future of the property."

### BACK TO SCHOOL

The difficulty of the past year can't be understated. While society as a whole felt the pandemic's grips, none were more affected than students. Last year's bussing schedule, mask mandate and hybrid model created a challenging environment from students to administration.

There is still much uncertainty. Vaccination rates have stalled and the surging Delta variant runs roughshod over a large swath of the country. But Miller's frustration stems from the state's lack of direction and guidance with just over a month until students come back to the building.

"If you talk to a lot of schools, we have drafts. But until the state tells us what we're doing, we don't have the final guidance."

"ECS Capital Improvements" continued page 12

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# BUSINESS

## ROVER MAKEOVERS

Giving man's best friend the TLC to live their best life



By TREVOR BRACHMANN

As human beings, we are blessed with the ability to take on the responsibility of fostering animals in our space. Both wild and domesticated animals add so much color and character to our lives, and can serve as great teachers in so many aspects. It's clear each animal species has its own character, and that each individual has its own personality that we get to witness and befriend as they develop and our bond grows. The unconditional love of a dog is such a wonderful way to get to know the animal kingdom on a personal level. Dogs offer important lessons from which we can glean wisdom in taking appropriate action and for understanding the natural world and ourselves. They offer us so much in emotional support, realizing our ability to care for and be responsible for others, and simple entertainment through their expressions.

When we adopt a dog into our farm or family, it's important to remember that they speak to us in ways beyond words. Returning some of the good energy from their love and the lessons they offer us by caring for, nurturing and sometimes going the extra mile for them is an important part of being a pet parent. This could mean taking them for a walk at the end of a long day, serving them a special meal, buying them a new toy, taking them to a dog park to meet new friends, or taking them to a good groomer who wants them to feel their best.

Regular hygienic maintenance is as important for our animal counterparts as it is for us. Clearing out dander to allow them to cool themselves easier in the hot season, keeping their nails trimmed so their feet fall correctly, and giving them the appropriate food and supplemental support they need for overall health are just a few examples of things to keep up with for your dog's livelihood. The happier and healthier the ones around you are, the easier it is for yourself to maintain balance in the same aspects.

If you have a canine family member and are feeling like treating them to a spa day to be looking and feeling their flyest, Ellicottville has the best for the job in the mother-daughter duo at Rover Makeovers! A no-restraint, one-on-one grooming salon that takes in only one dog at a time (unless the dogs already live together) to keep each dog's experience as stress free and peaceful as possible.

Teresa Wagner, owner and groomer, has always had a deep love for animals, especially dogs. When she decided she wanted to get into care for these four legged friends over 20 years ago and ran it by her father, he quickly responded with, "It's about time that you figured that out!" Surely he was happy to see his daughter was moving in the direction to work on the things that bring her happiness. Eleven years ago, Rover Makeovers was born. Teresa's daughter Calla, who shares her affinity for animals, learned the trade alongside her mother from a young age, and together they keep the business ran in a focused and intentional way, keeping it small so that they know that each animal is getting the love, care, and attention it deserves. They really do go the extra mile in making the 'tough cookies' feel safe and comfortable during the grooming process.

The way they run their space also helps Teresa and Calla develop more of a bond with each individual dog, and they've learned a few tricks to smooth the animal's experience when they come to a part of the process that specific dogs aren't fans of. "We groom one dog that will only let us cut her nails if I sing 'huggy kissy time' to her," Teresa tells me. That, my friends, is star service and shows the true love and dedication these wonderful women have for their customers and craft. They inspect and comb every part of your pet, making sure that if there is a skin problem, fleas, ticks, ear problems, or a lump, that it

"Rover Makeovers" continued page 11

## VILLAGE BOARD NOTES

New local law will cover village sidewalk cafes



By KATHLEEN KELLOGG

The open-air dining trend is filling tummies and sidewalks in downtown Ellicottville.

A proposed local law to update regulations for outdoor eateries in the village of Ellicottville could receive the thumb's-up at a special meeting of the Village Board of Trustees on July 28th. (Follow ellicottvilleNOW on Facebook for updates.)

There were no comments in support or opposition to the law during a public hearing at the Board's Tuesday, July 20th monthly meeting. The public hearing had been extended from June 15th, which also yielded no comments.

The Village suspended a three-year-old permitting fee, but not permits, during the pandemic to help restaurants stay open and serve the public, said Building Inspector Kelly Fredrickson after the meeting.

The new system was applied to many establishments expanding to the sidewalks during the pandemic, but needed a revamp after state emergency orders were recently lifted and the proposed Sidewalk Cafe law was drafted in May.

Once adopted Wednesday, applicants will pay a \$150 fee. Restaurants can obtain a permit to operate on a village sidewalk adjacent to the establishment between April 1st through Oct. 31st, except Fall Festival Weekend, or with permission of building owners in other locations where restaurants are allowed in the Village. In general, sales of alcohol are limited to the hours between 8:00am and 11:00pm and music must end by 10:00pm or not interfere with Chamber of Commerce events. Other provisions also apply, such as compliance with health laws and regulations, state liquor licensing, insurance, sidewalk passageway, and rules against damage to the walkway. Violators can be fined up to \$200 for a first offense.

## WATER RESERVOIR BREAK-IN

Town Engineer Ben Slotman reported Village Water Department personnel took quick action to safeguard the main water reservoir after a break-in that occurred sometime between Thursday and Monday morning. He said workers on Monday noticed items had been moved and then discovered intruders somehow got inside a locked chain-link fence that is topped with razor wire. They entered the covered facility and broke a lock on the reservoir access hatch. Police are investigating.

"The workers immediately took the tank offline and contacted the Town and Village Police Department and are working with the (Cattaraugus County) Health Department to get it back up and running," said Slotman.

The facility was scheduled for a cleaning, so the tank was drained and cleaned and will be refilled to its 360,000 gallon capacity and treated, for final clearance by the Health Department. As part of a Water District improvement project, the reservoir will soon be replaced by a new glass tank, which will be more secure.

## IN OTHER MATTERS

The 10-foot bronze Cheryl Strayed sculpture representing the Statues for Equality initiative will remain in place through Fall Festival at its Washington-Jefferson intersec-

"Village Board Notes" continued page 12

# EVENTS

## WELCOME TO THE 178TH CATTARAUGUS COUNTY FAIR

Country music stars Jordan Davis and Justin Moore to headline this year's fair; Grounds attractions to include unique animal shows and famed local talent

By MARY HEYL



It's been two years in the making, and it will be worth the wait! The Cattaraugus County Fair is returning to Little Valley for the 178th year from Aug. 1st through 7th, and according to fair board secretary Nell Fellows, it's going to be a fair to remember.

In fact, "Making Memories Around Every Turn" is the theme for this year's fair. Fellows anticipates a busier fair than ever, due to last summer's dearth of activity and the cancellation of fairs this summer in neighboring counties. "We plan for the fair all year long," explained Fellows. "The majority of our entertainment planned for last year rolled over to this year. The only thing that was difficult was to wait for what the government said about opening."

After submitting their COVID-19 safety plans to the state earlier this year, Fellows said the fair board finally received word in mid-May that they could proceed with the fair. Unfortunately, for many fairs that normally take place in July, this news came too late, and they were forced to cancel. "We had the luxury of being able to wait, since our fair takes place in August," she added. "I think we'll draw a lot of people from all over - Chautauqua, as well as Erie counties. We draw a lot of people from Pennsylvania's McKean and Potter counties, too."

So what sets the Cattaraugus County Fair apart from others in the region? In Fellows' words, "We're a pay-one-price fair, which includes ground shows, midway rides, and free grandstand shows on Sunday and Tuesday."

### SPECIAL ATTRACTIONS

One of the many free with gate admission grounds entertainment to be offered is the perennial favorite, Swifty Swine Racing Pigs. Swifty and his friends don't race for money, but an Oreo cookie, waiting on a silver platter at the finish line! Magician Lance Gifford will be performing throughout each day of the fair, as well as a returning favorite, the Indian River Olde Time Lumberjack Show. Three times a day, the show exhibits the skills, strength, and courage of the old time lumberjack through underhand chopping, crosscut saw races, springboard chopping, log rolling, obstacle pole bucking, axe throwing and chainsaw carving.

Among the new attractions fairgoers can enjoy is the talent of local artist Eric Jones of West Clarksville, NY. Jones, a local caricaturist and carving artist, is well known for his work in a variety of mediums. From an eight-foot sculpture of Buffalo Bills quarterback Josh Allen to his pumpkin carvings on Food Network's competition show "Halloween Wars," Jones has showcased his amazing talent to local and national audiences alike. Jones will be featured in the grandstand creating what is sure to be an amazing sand sculpture.

Sea Lion Splash is another new attraction that is sure to become a favorite. Sea Lion Splash features both California and South American sea lions that balance balls, shoot hoops, dance, perform handstands and show off their smiles. Trainers Marco and Philip Peters have been recognized by millions of people for their unique and exciting shows and exhibits.

Dynamo Dogs is a new attraction that was started in 2006 by Gail Mirabella when she and her high-flying Frisbee dogs were the featured dog act on "The Greatest Show on Earth," Ringling Brothers Circus, for four years. Many of The Dynamo Dogs have been adopted or rescued, such as Glamour, an Australian Shepherd that performs hoop and rolling barrel tricks. Two adopted Border Collies are known for their ability to catch almost every Frisbee thrown. They both are great dock-diving dogs too, leaping over 20 feet into a pool. Dynamo Dogs will perform three to four times a day throughout the fair.

### CONCERT HEADLINERS

In keeping with the fair's country music tradition, Jordan Davis will be taking the stage on Wednesday, Aug. 4th. Davis transformed himself from a Nashville newcomer into a countrywide chart-topper with 2018's Home State. The album has several number-one hits including "Slow Dance in a Parking Lot," "Take It From Me," and "Singles You Up." Trackside is general admission (standing, no seats), and grandstand is assigned seating. Tickets are \$35 track or \$30 grandstand, plus gate admission.

Postponed from 2020, country music star Justin Moore will be performing on Thursday, Aug. 5th. Moore has built a loyal following over the past decade and will be performing songs from his latest album, Late Nights and Longnecks, such as number-one hits "The Ones That Didn't Make It Back Home," and "Why We Drink." Over his 10-plus year career, Moore has produced eight number-one hits including "Point at You," "Lettin' The Night Roll," "If Heaven Wasn't So Far Away," "Small Town USA" and "Till My Last Day." Trackside is general admission (standing, no seats), and grandstand is assigned seating. Tickets are \$45 track or \$35 grandstand, plus gate admission.

Despite the many changes created by the COVID-19 pandemic, Fellows said that the experience of the average fair goer won't be much different. As in years past, fair goers can celebrate the county's agriculture through 4-H members' animal showings, auctions, and club projects, which will be on display all week. All seats for every grandstand show will be available, and masks and proof of vaccination will not be required. "Health and safety are always a priority," she pointed out. "There will be increased sanitation, cleaning and more staff doing disinfecting. Fair goers can certainly wear a mask if they wish. You know what you have to do to be safe. We'll have lots of signage, and lots of opportunities for people to be apart from others."

### GET TICKETS

Presale gate admission tickets for this summer's fair are on sale now at various outlets in Cattaraugus, Chautauqua and Erie counties. Gate admission is pay-one-price, \$12 (ages two and over). Admission includes unlimited Powers & Thomas Amusements midway rides and the grandstand shows on Sunday and Tuesday evenings. Purchase tickets prior to the start of the fair and save \$4 on each ticket. Advanced sale gate tickets are \$8 and are available through the end of the day on Saturday, July 31st. As always, parking is free and available behind the grandstand.

Tickets can be purchased at the fair office at 501 Erie St., Little Valley, all Cattaraugus County Bank (CCB) locations (Springville, Dunkirk, Little Valley, Randolph, Jamestown, Salamanca and Randolph), Cattaraugus County Credit Union in Little Valley, South Dayton Super Duper, Community Bank, N.A. locations in North Collins, Gowanda, Orchard Park and Olean, or online at etix.com or www.cattarauguscofair.com.

Tickets will be required for all grandstand shows, including free shows. Visitors who prefer a particular grandstand section or seat or who simply do not want to wait in line can go on the ETIX.com website and reserve seats by following the simple prompts. Tickets can be printed or shown at the gate on a cell phone. Tickets can also be purchased on the day of the show, pending availability. Grandstand events include Broken B Rodeo on Sunday, Aug. 1st, the Demolition Derby on Monday, Aug. 2nd, the Freebird concert (Lynrd Skynrd tribute band) on Tuesday, Aug. 3rd, Jordan Davis / Jake Hoot country music concert on Wednesday, Aug. 4th, Justin Moore / Hootz country music concert on Thursday, Aug. 5th, the Monster Truck Rally on Friday, Aug. 6th, and the Monster Truck Rally and Big Rig Truck Pull on Saturday, Aug. 7th. For more information on this year's Cattaraugus County Fair, visit cattarauguscofair.com





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# REGIONAL

## EAST AURORA TO ELLICOTTVILLE

42-Mile charity road ride to end at HV, benefit the Erie Cattaraugus Rail Trail



**EAST AURORA** - The Erie Cattaraugus Rail Trail (ECRT) will host a 42-mile charity bike ride from East Aurora to Ellicottville on Saturday, October 2nd. The EA2EVL Fondo, presented by West Herr, will raise funds to continue to build the 27-mile rail trail that runs along the former Buffalo & Pittsburgh rail line from Orchard Park to Ashford, NY.

According to Deborah Fenn, Board President of ECRT, "We are thrilled to announce the first-ever EA2EVL Fondo. We encourage riders of every skill level to join in the fun, and help us continue to build this magnificent rail trail."

The bike event will start in East Aurora at 42 North Brewery and travel south down scenic Route 240, riding on the road parallel to the ECRT trail from West Falls into Concord. With plenty of water stops along the way, the course will continue south to Route 242 through the fall foliage and rolling hills of Western New York, where it heads west into the town of Ellicottville. The event ends at a finish line party at Holiday Valley, open to the public, featuring food, drinks, live music, and raffles. Transportation will be offered to bring riders back to East Aurora, or riders can opt to take advantage of special rates for lodging at Holiday Valley.

Registration is open now at [www.ea2evlfondo.com](http://www.ea2evlfondo.com) for an early bird discount rate of \$59. All riders will receive a commemorative shirt and access to the post-event party. Participants are also asked to raise a minimum of \$100 in donations for ECRT, with additional prizes for all \$250, \$500 donors, and a special "yellow jersey" for the top fundraiser.

In addition to presenting sponsor West Herr, National Fuel, Tom's Pro Bikes, and 42 North Brewery are associate-level sponsors of this inaugural event. Tom's Pro Bikes will also provide tech support to riders on the course. Learn more about ECRT at [www.ecatrail.org](http://www.ecatrail.org).

*About Erie Cattaraugus Rail Trail Inc.: Erie Cattaraugus Rail Trail, Inc. is a 501(c)(3) non-profit organization that serves as trail manager for a 27-mile recreational trail on the Buffalo Pittsburgh Railroad rail line. In 2018, ECRT, Inc. and BPRR signed a long-term rail banking agreement to allow for trail use and improvements. In Orchard Park a 2-mile section of the trail is cleared and open, but unfinished, from Ellicott Road to Jewett Holmwood Road. Additionally, a 1.7-mile Pop Warner section in Springville is open, along with another 3.5 miles of unimproved trail in East Concord. ECRT, Inc. has over 6,500 friends and community supporters. Find more information at [www.ecatrail.org](http://www.ecatrail.org).*

## ROVER MAKEOVERS

cont. from page 07

will be found and you know to treat or to reach out to a veterinarian. Their own four legged family consists of Calla's three dogs, Martha May, Pumpkin, and the aptly named Titan, and Teresa's Pekingese/Shih Tzu mix Timmy. If you frequent the village, you've likely seen Timmy on one of their daily strolls, carrying his little stuffed lamb.

Rover Makeovers accommodates all size dogs and does it all - standard breed cuts, shave downs, comb outs, and specialty cuts. One of their clients has a Beetle haircut with a goatee, another has a mohawk punker look! All groomings include nail clipping and ear cleaning. If you would like to schedule an appointment with the best in the biz, please don't hesitate to give them a call at their NEW number, 716-364-2302.

## ARTISTS ON DISPLAY

Two local contemporary painters exhibiting at Tri-County Arts Council



**OLEAN** - The Tri-County Arts Council will exhibit provocative and visionary paintings by two modern artists beginning Friday, August 6th through Saturday, September 4th in the gallery, 110 W. State St., Olean. Gallery hours are noon-6:00pm Tuesday-Friday and noon-5:00pm Saturday, or by appointment at 716-372-7455.

A public reception for the two exhibits, *Same Inside* by Karle Norman, and *Ruminations Rising* by Michelle Capizzi, will be held from 7:00-9:00pm on Friday, Aug. 20th in the gallery.

In *Same Inside*, Buffalo based artist Norman explores the relationship of humanity's shared experiences to their physical differences. In this series, which depict colorful abstracted skeletons inside portraits, he shows that despite outward appearances, we are all literally the same inside.

"The *Same Inside* pieces ask the viewer to look past the external differences that can set us apart from one another. Our anatomy is trying to show us how much we have in common," Norman said.

A painting from Norman's *Same Inside* series was included in the "Works from Home" mural and he is currently working on another mural in Buffalo's Cobblestone District. Both murals were sponsored by the Albright Knox Art Museum. Norman also has lived and worked in Ellicottville for years.

Similarly, Michelle Capizzi's paintings ignite deep conversations.

"Every piece tells a story, has its own energy, and is deeply layered," she said, adding, "In *Ruminations Rising*, the conversation centers on the uplifting energy of renewal while reflecting on the rhythm that emerges when connecting to the inner muse that sets us free."

"I infuse those moments of joy into layers of paint, hues of positivity, and shapes that stimulate movement in body, mind, and spirit," Capizzi, a mixed media abstract painter said, describing her paintings' effects on the viewer. "I am fascinated by the dialogue among shapes, color, and texture, all interwoven with music."

Capizzi, who maintains a studio in Great Valley, NY and splits her time between Buffalo and Ellicottville, will be included in this year's prestigious Buffalo Show House. She returned to her first love of painting following a busy period in her life raising three sons, working as an art director, graphic designer, fashion stylist, and art gallery volunteer. She feels her past established a fertile base for exploration and trust in her artistic process.

"The work of both these artists are about what we all share as people," Sean Huntington, Tri-County Arts Council Exhibition Coordinator said, adding, "Michelle evokes feelings we all have through her use of color and movement, and Karle reminds us that our differences are only skin deep. Both artists use beautiful color palettes, so these pieces are visually appealing as well as thought provoking."

The Tri-County Arts Council is honored to exhibit the works of these two up-and-coming artists with local connections.

The public is invited to experience the work of both artists in the Tri-County Arts Council's Art Gallery, and meet the artists August 20th during their reception. For more information about these exhibits or to learn more about the Tri-County Arts Council, workshops and upcoming events, go to [www.myartscouncil.net/gallery](http://www.myartscouncil.net/gallery) or call 716-372-7455. The Arts Council Gallery is located at 110 W. State St., Olean, NY.

# HEALTH & FITNESS

## Core Performance: Bad Knees? Try These Leg Exercises

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

Recently, a friend of mine asked me to put together a list of leg exercises that he could do with bad knees. This friend is an avid skier and cyclist and is only in his 30's, but as he says, "has the knees of an 80-year-old." So, I put together a list and thought it would be a good idea to share this with others.

Many of my clients have bad knees. How they ended up with bad knees varies from overuse to excessive weight gain or even trauma due to an injury. But, once your knee or knees are shot, what can you do? Many folks worry that working your legs will only cause your knees to hurt more. Not true says Willibald Nagler, MD chairman of rehabilitation medicine at the New York Hospital-Cornell Medical Center in New York City.

"Exercise may be the best medicine for chronic achy knees," he says. "Strengthening the muscles around the joint protects you from injury by decreasing stress on the knee." But you must use good form and technique when doing exercises for knee pain.

**The First Commandment:** Be sure to never bend your legs to a point where your knees stick out past your toes. That puts a lot of pressure under the kneecap. This not only applies to the following exercises for knee pain but also when you're stretching or doing aerobic activities. The following are the best exercises to do:

**Partial Squats:** Stand about 12 inches away from the front of a chair with your feet about hip-width apart and your toes forward. Bending at the hips, slowly lower yourself halfway down to the chair. Keep your abs tight, and check that your knees stay behind your toes.

**Step-ups:** Using an aerobic step bench or a staircase, step up onto the step with your right foot. Tap your left foot on the top of the step, and then lower. As you step up, your knee should be directly over your ankle. Repeat with your left foot.

**Side-Lying Leg Lifts:** Wearing ankle weights above the knee, lie on your left side, legs straight and together, with your left arm supporting your head. Keeping your right foot flexed and your body straight, slowly lift your right leg to about shoulder height, then slowly lower. Repeat with your left leg.

**Inner-Thigh Leg Lifts:** Wearing ankle weights above the knee, lie on your left side, slightly back on your butt. Bend your right leg and place it behind your left leg with your right foot flat on the floor and your left leg straight. Support your head with your left arm. Slowly lift your left leg about 3 to 5 inches, then lower. Repeat with your right leg.

**Calf Raises:** Using a chair or wall for balance, stand with your feet about hip-width apart, and toes straight ahead. Slowly lift your heels off the floor, rising up onto your toes. Hold, and then slowly lower.

**Straight-Leg Raises:** Sit with your back against a wall, left leg straight and right leg bent with your foot flat on the floor. Slowly raise your left leg straight up about 12 inches off



the floor. Hold, and then slowly lower. Repeat with your right leg.

**Short-Arc Knee Extensions:** In the same starting position as the straight-leg raises, put a ball (about the size of a basketball) under your left knee so that your leg is bent. Slowly straighten your leg. Hold, and then slowly lower. Repeat with your right leg.

**Hamstring Stretch:** Lie on your back with your left leg flat on the floor. Loop a towel or rope around your right foot and pull your leg as far as comfortable toward your chest, while keeping a slight bend at the knee. Keep your back pressed to the floor throughout the stretch. Hold for 10 to 30 seconds and then release. Repeat three or four times with each leg. Do this stretch five or six times a week.

And lastly, here are some of the worst exercises. Avoid These! A few of the following exercises can be done safely if you have chronic knee problems - they're on this list because they're more likely to be done improperly. The exercises above are safer, while still giving you similar results: full-arc knee extensions, lunges, deep squats, hurdler's stretches.

*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](http://www.coreperformancefitness.com). Kim can be reached at 716-698-1198.*

## ECS CAPITAL IMPROVEMENTS

cont. from page 04

The Ellicottville BOCES has housed the school's summer programs, like Driver's Education and Summer Reading. It's similar in a sense - there's a classroom aspect, but Chris Mendell (the elementary physical education and driver's education teacher) has tasked parents with driving time, because kids can't be in a car together.

Administration at the school chose the state's "summer camp rules," which goes as follows: staff has to prove vaccination or wear a mask, while vaccinated students don't have to wear one. If students are unvaccinated, they're strongly encouraged to mask up but it's not required. Everyone involved needs to provide information for contact tracing in the instance of an outbreak - which, Miller says, hasn't happened yet.

The school will have more information in the coming weeks on two federal grants totaling around \$940,000 - the Coronavirus Response and Relief Supplemental Appropriations Act (CRRSAA) and American Rescue Plan (ARP). The funds can be used for things like payroll, cleaning equipment, additional counselors, teachers, and supplies. While CRRSAA is a one-time payment, the money from ARP will be spread out over three years. The government will allow the school to use the CRSSA funds to help recoup what was spent out of the annual budget during the pandemic.

After last year, administration and staff have a ballpark idea of how to operate if things go back to the way they were. If not, the work is being done to ensure a safe but effective learning environment for students of all ages. "We don't want to get too far ahead of ourselves because things could change," Miller said. "But the clock is ticking."

For more on the ECS Capital Improvement Project, head to [ellicottvillecentralschool.com](http://ellicottvillecentralschool.com). To learn more on CRRSAA and ARP and how it affects school funding, go to [www.ed.gov](http://www.ed.gov).

## VILLAGE BOARD NOTES

cont. from page 07

tion. The sculpture has been on a 30-day loan from Griffis Sculpture Park, and has received a favorable reaction from passers-by, prompting the Board members to extend the loan and plan future installations near the gazebo.

Mayor John Burrell announced several awards which will boost some projects underway around the community. The Village received \$86,354.14 as a share of the Town of Ellicottville's partial reimbursement under the New York State Engineering Grant. And roughly \$40,000 - or \$100 per resident - is expected this month from the federal American Recovery Plan, to be used to help pay for the joint Village/Town water district project totaling \$5.3 million. A \$100,000 grant from the Niagara Frontier Automobile Dealers Association will assist the Skatepark fundraising effort, which has scheduled three more fundraisers to meet its target for construction costs.

Special Events Committee representative Doug Bush said applications for events are picking up and some adjustments are being made to streamline the process for permits. The Taste of Ellicottville, Aug. 14th-15th, will necessitate overnight closure of Washington and Monroe Streets between Hughey Alley to Martha Street. Also, three parking spaces in front of the 1887 building will be reserved from 2:00pm each Friday for Farmers Market vendor safety in unloading. The market runs from 4:00-7:00pm in conjunction with Stroll the Streets.

Lastly, trustees congratulated Village Planner Gary Palumbo on completing code enforcement officer training, before heading into executive session. The Village Board will next meet at 6:00pm on Aug. 17th in the Village/Town Hall. For additional information, contact Mary Klahn, Village Clerk, at 716-699-4636 or email her at [maryklahn699@gmail.com](mailto:maryklahn699@gmail.com).



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**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](mailto: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](mailto:gmnickolson@aol.com)

## BLOOD DRIVE

**A COMMUNITY BLOOD DRIVE** is scheduled for Friday, August 6th at St. Paul's Lutheran Church in Ellicottville, NY from 1:00-6:00pm. Call 1-800-RED CROSS or visit [www.redcrossblood.org](http://www.redcrossblood.org) to schedule your appointment.

## SERVICES

**ROVER MAKEOVERS:** Professional pet grooming. Owned and operated locally by mother & daughter, Teresa Mercer and Calla Wagner. Call 716-364-2302 for an appointment. 16 Elizabeth St., Ellicottville. "YOUR DOG IS OUR DOG." Pet collars and other accessories for sale.

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

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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.now.com](mailto:info@ellicottville.now.com), or stop by our office at 9 W. Washington St., downtown.

## REAL ESTATE

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## RENTALS

**ERA TEAM VP REAL ESTATE & VACATION RENTALS** offers over 200 privately owned and professionally managed vacation rental homes and condominiums in Ellicottville, Chautauqua Lake and Chautauqua Institution. View all of our rentals at [MyTeamVP.com](http://MyTeamVP.com) or call 800-344-2198 to speak with a seasoned reservationist.

## NOTICE OF PUBLIC HEARING

### PLANNING BOARD, VILLAGE OF ELLICOTTVILLE, NEW YORK

Pursuant to NYS Village Law Section 7-725-b and Section 5.5 of the Village of Ellicottville Zoning Local Law, a Public Hearing before the Village of Ellicottville Planning Board will be held on Tuesday, August 10, 2021 at 5:30 P.M. to consider:

VPB-2021-093, an application by Brad Hurley (operator) on behalf of Ellicott Development (owner) for a Special Use Permit to establish a new approximately 3,945 s.f. cigar lounge and bar. The site is located at 5 East Washington St., identified as tax map parcel 55.036-1-21.

The Planning Board will hear all interested persons at the public hearing. Persons wishing to do so may submit written comments prior to the public hearing. Application materials are available for review at the Ellicottville Village Office, 1 West Washington Street, P.O. Box 475, Ellicottville, NY 14731 from 9:00 A.M. to 4:00 P.M. Monday through Friday or on the Village website: <http://www.evlengineering.com/>

## Historical Walking Tour of Ellicottville Planned for July 31st

ELLICOTTVILLE - The Ellicottville Historical Society will be offering a Historical Walking Tour around the village on Saturday, July 31st. Those interested in joining should meet at the Gazebo in front of Town/Village Hall at 1:00pm. The tour will offer interesting facts about some of the founding fathers and the houses they lived in.

The cost of the tour is \$10 (cash or check) and is expected to last about one hour. If you would like more information about the Tour, please contact Ellen Frank, Vice-President of the Ellicottville Historical Society at 716-699-2276 or 716-474-8528.

The Ellicottville Historical Society's next meeting will take place on Wednesday, August 11th at 7:00pm at the Ellicottville Memorial Library, 6499 Maples Road, Ellicottville, NY. The guest speaker will be Ellicottville's own Mayor John Burrell. Mr. Burrell will present "His Family History in Ellicottville." The meeting is free to everyone!

## NOW THIS, BY CAITLIN

cont. from page 03

Why is it that after these stunning trips out East and West that Ellicottville was still my favorite place for recreation? There have been dreamy deserts, hidden lakes, grassy flatlands and grey rock mountains that have all but taken my breath away. Despite all of this, there is still nothing more beautiful to me than the rolling foothills Ellicottville is tucked in.

It then occurred to me that Ellicottville is always worth the squeeze. What I had been ruminating on for months between meetings, appointments, hikes, walks, runs and workouts boiled down to something I'd known for years. You barely have to put any input into your recreation around Cattaraugus County, but the reward ... it's next level. Within 30 minutes you can be in a sculpture park, on a river, in a state park, on a ski hill, on a bike trail, hiking and so much more.

Plus, all of the terrain is challenging enough but won't scare away beginners. Now this article is supposed to highlight all of the fantastic hiking this area provides, but what fun is that? Why don't you start exploring your own adventure algorithm? Get up, get outside and find out what your minimum input for maximum output is!

Here is a link to my favorite hiking app: @hikingproject. It attaches you to GPS over cell towers. My favorite hikes are the trails at HoliMont, Little Rock City, Valentine's Trail at Zoar Valley and Griffis Sculpture Park. Be sure to tag us on all of your adventures in and around @ellicottvilleNOW #evlnow. Happy adventuring!

## Letter: A Special Thank You to All Who Helped Celebrate Ellicottville's Bicentennial

It takes a whole community to put something like this together including individuals, businesses, local government and other civic organizations such as the American Legion. It's heartening to have witnessed all the many people willing to do so. We not only commemorated and honored Ellicottville's history but continue to make it a great place to live. History is a strong foundation and efforts like this from engaged citizens help build a community, making it a strong and vital place to live and work.

One of the bicentennial committee members, Bill O'Brien, noted that according to his rain gauge, we had four inches of rain over the July 16th-18th weekend. Bill felt it was a test of the tenacity of those who chose to celebrate the bicentennial no matter what and believes the early pioneers of the town would be well-pleased. Similar sentiments were echoed on social media: "I love the fact that a little rain is not going to keep this community from celebrating." "Great to see everyone come together to make it happen." "Great job of planning such a historic event ... with the COVID pause last year the group worked together to keep the momentum going for 2 years." "Super job organizing the fabulous Celebration Event conducted very well under difficult conditions."

All of this is a true testament to the dedication, hard work and can-do attitude of everyone involved. The project was a much longer time commitment than anyone initially anticipated and many things happened beyond our control. Whatever time you were able to give, whatever part you were able to play, please know how grateful I am for each of you. Despite the weather, everyone who participated in the weekend's events had a marvelous time. Witnessing that warmed the heart. Every celebration like this reflects the unique spirit of the community itself and Ellicottville has a spirit like no other!

**Dawn Westfall,**  
*Ellicottville Bicentennial Committee*

## Olean Macker Registration Deadline

OLEAN - Entries for the Gus Macker 3-on-3 basketball tournament, to be played August 20th-22nd in downtown Olean, NY will be accepted until July 30th via U.S. mail and August 2nd for online. The Greater Olean Area Chamber of Commerce and its 45 corporate sponsors are co-sponsoring this 3-on-3 basketball tournament to Olean. To register online, go to [www.macker.com](http://www.macker.com). Entry fee must accompany the team application and paid by credit card. For information including costs, sponsorships and volunteer opportunities, contact the Greater Olean Area Chamber of Commerce at 716-372-4433 or email [info@oleanny.com](mailto:info@oleanny.com).

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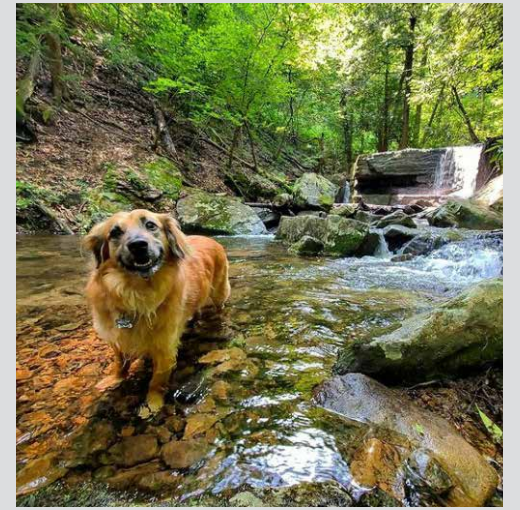
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dash\_913: I was out riding on a Friday when in all reality I should be working. So that was nice. #evlnow



team\_pritchard: A Bicentennial Parade in Ellicottville #thisisellicottville #placetolove #evlnow



willygoat\_adventures: Motorcycle tours and swimming in waterfall holes are my favorite. #evlnow



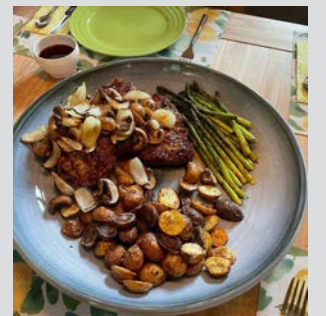
homegrownpediatrics: Mud puddles make summer soccer even more fun! #evlnow #ellicottvilleny #embracehemist #inbetweenstorms



ginasardo: Homies go camping #evlnow @ellicottvillnow



bperksey: #griffissculpturepark #familyadventure #evlnow



debbiegeorges: Steak dinner on a @hornhillpottery platter #evlnow



picklesandpepto: #peachseason #ellicottvillenow #roadsidestand



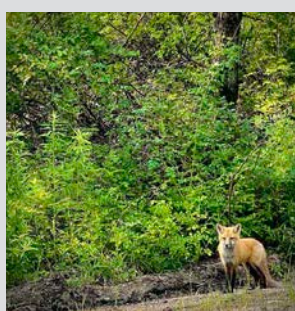
riseandshine\_suzie: Field trips are an adult thing too. AND I've always been a huge fan of organizing them! @hornhillpottery #evlnow



ellicottvillenow: Jazz & Blues Weekend @visitellicottville



thecharlesbchamberlain: Ripe raspberries! #yummy #evlnow



dash\_913: #fox #ellicottvillenow #evlnow #foxy #nature



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 10049 McLaughlin Road, West Valley. \$329,000  
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5 Sundance \$549,000  
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 5 bdrm 3 bath 2,376 sq ft



5629 Dublin Road \$409,000  
 Gorgeous home! Country feel. Lots of wide open space!  
 6 bdrm 3 bath 2,388 sq ft



6850 Niles \$749,000  
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