

# Ellicottville NOW

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Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York

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FREE

## The Culinary Palate of Ellicottville

Indulge during this weekend's Taste of Ellicottville ... or anytime you're here!



@visitellicottville  
photo / @nadinesavianophoto

One of Ellicottville's most desired events is this weekend: The Taste! Eighteen of Ellicottville's restaurants are ready to serve up their signature dishes, giving guests the opportunity to sample a variety of flavors (without breaking the bank!) Find this year's Taste of Ellicottville map and menu inside!

Speaking of food, we've also compiled a list of Weekly Specials and restaurant spotlights to help you navigate any of those Ellicottville cravings you might have during the week.

Are you looking to kick back with the gang at an outdoor patio? There's plenty of time left for summer fun and plenty of patios right here in the 14731 that will keep you entertained and outside. Jessica Wallace from the Ellicottville Chamber of Commerce gives us an insider's guide to patio dining.

... page 04

### ThrIve Lounge: Hydration Therapy Comes to Ellicottville

IV Lounges, Medical Spas ... what are they? A fad? Trendy in the city and finally making its way to the rural areas? Not everyone understands IV therapy, leaving some skeptics. Having a couple treatments in Buffalo myself, I knew there was more to this type of treatment but the drive was always tough. Upon hearing that an IV Lounge in the Village of Ellicottville was opening, I knew instantly it would be a hit.

Not everyone is capable of fully absorbing nutrients even when diligently taking vitamins or eating "the right food". IV therapy ensures 100% absorption.

... page 18

## EXPLORE THE ENCHANTED MOUNTAINS OF WESTERN NEW YORK

If you love exploring the great outdoors, camping under the stars, walking around geological wonders, having a tree-top adventure, or learning about a different culture, then plan a trip to Cattaraugus County, the Enchanted Mountains of WNY! Pitch a tent or relax in a cabin at Allegany State Park, or plan a day of fishing or paddling with friends on 50 miles of the Allegheny River. Traverse the great wonders of the world at Rock City Park or check out Griffis Sculpture Park and get your dose of art and nature at the same time. Outdoor adventure awaits! ... page 17

## WNYMBA CAMPOUT WEEKEND

HoliMont to host event for the mountain biking community

photo / @ellicottvilleNOW



By RICH RUMFOLA

If you're already a member of the Western New York Mountain Bicycling Association, you've probably had August 12-14 circled on your calendar since the start of summer. If you're a mountain biking enthusiast of any skill level and you haven't heard about WNYMBA's upcoming Campout Weekend, you've got to be asking yourself, "Why am I not part of one of the great events of the year and how can I join this welcoming community of riders?"

Folks headed to the annual campout this year can look forward to a family-friendly 'festival atmosphere,' with campers, live bands, food/beverage vendors, a mobile service trailer & outdoor lifestyle-related vendors - all before you even get on your bike!

... page 03



### EAT LIKE A LOCAL IN THE ANF REGION

Where to eat? This is the question everyone asks themselves on a daily or weekly basis. In the Allegheny National Forest region of Pennsylvania (just a short drive from Ellicottville) there are those who can describe which mushrooms, plants, bugs, and berries will make a good meal. However, this article is for those who want to "forage" through Google to find a new restaurant to try. From Port Allegany to Smethport to Kane, we've listed the top restaurants that are worth the trip! Plan your culinary adventure. You won't be disappointed! ... page 14



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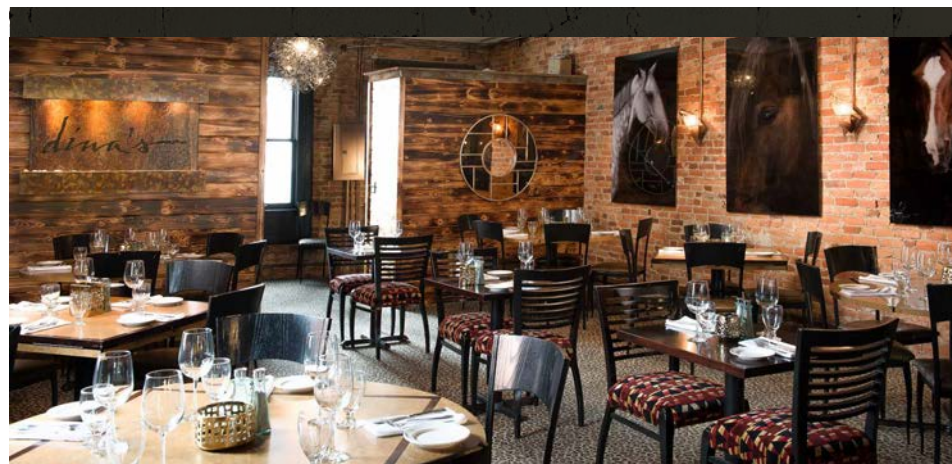
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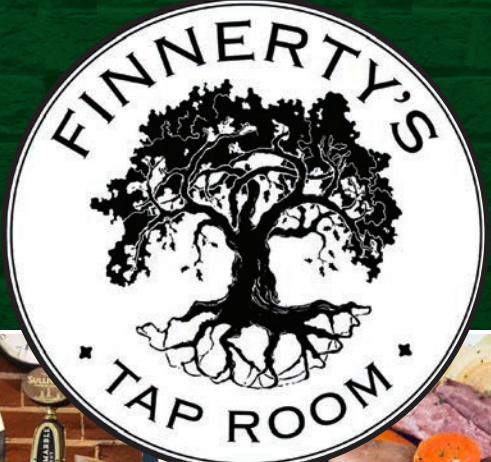


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# Publisher's PICK

## WNYMBA's Campout Weekend at HoliMont Promises a Truly Unique Adventure



photo / Rich Rumpfola

BY RICH RUMFOLA

If you're already a member of the Western New York Mountain Bicycling Association (WNYMBA), you've probably had August 12-14 circled on your calendar since the start of the summer. If you're a mountain biking enthusiast of any skill level and you haven't heard about WNYMBA's upcoming Campout Weekend, you've got to be asking yourself, "Why am I not part of one of the great events of the year and how can I join this welcoming community of riders?"

Folks headed to the organization's annual campout this year can look forward to a family-friendly 'festival atmosphere,' with campers, live bands, food and beverage vendors, a mobile service trailer and outdoor lifestyle-related vendors - all before you even get on your bike!

"We are really excited to have HoliMont take on the responsibility of offering us the unique experience of being able to ride traditional cross-country trails, and for the very first time, we will have access to lift-serviced downhill mountain biking in the same setting," said WNYMBA President Jacob Bodway. "With the emergence of HoliMont on the downhill mountain-biking scene, we're thrilled to be able to collaborate with them to provide a special atmosphere for everyone - no matter what their skill level may be."

With more than 30 miles of the best single-track mountain bicycling trails to be found anywhere, right here in the McCarty Hill and Little Rock City State Forests, there'll be plenty of cross-country riding options - but the true gem of the weekend's activities will undoubtedly center around HoliMont's new bike park and an experience you're unlikely to find without a 5-hour drive somewhere else - lift-serviced downhill mountain biking!

"We're thrilled to partner with WNYMBA for this event," said HoliMont's Snowsports Director Travis Widger. "We've had a link to the (cross country) trail system here for 20 years. We're happy that our bike park adds something to the scene."

The bottom of the Sunset Chairlift will provide the epicenter of the weekend's activities, as RVs and campers will park in the overflow lot and tents will pop up around the base of the lift. Live bands are scheduled to fill the evening air with music both Friday and Saturday nights, with The Dark Water Duo taking the stage Friday, Aug. 12 and Olmstead Dub System providing the entertainment on Saturday evening. Throughout the weekend, participants will find Carson's BBQ, Ellicottville's Bike & Bean, and 42 North Brewing's "Tap Trekker" mobile distribution center to provide alternate food and beverage options to the standard camping fare.

Also in the Sunset Chairlift area, campers and riders can stop in to the Loud Performance Bike & Board Shop's mobile repair and rental station, where owner Dee Dippel and his staff can fix what you broke, or get you on a different ride and right back on the trails!

"I'm really looking forward to the campout," Dippel said. "HoliMont's bike park is a fantastic addition to our area - there's really nothing like it in the region."

Dippel's Bemus Point location is a hub for mountain biking activity. His shop not only sells and services bikes (and snowboards in the winter), he also built 7 miles of his own mountain bike trails right behind the store! "We try to get everybody riding, from beginner all the way up," Dippel said. "That's the nice thing about our trails - they're not too steep, they're not too rocky. We really want people to feel comfortable going out into the woods on bikes."

"WNYMBA Campout" continued page 21

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# LOCAL EVENTS

## OUTDOOR PATIO SEASON

Kick back and relax at one of Ellicottville's many patios this summer



By JESSICA WALLACE, ELLICOTTVILLE CHAMBER OF COMMERCE

Are you looking to kick back with the gang at an outdoor patio? There's plenty of time left for summer fun and plenty of patios right here in Ellicottville, NY that will keep you entertained and outside. Let's break it down for you:

**1. KATY'S CAFE:** Breakfast on the patio anyone? Or are we thinking lunch! Katy's Café is where you'll find options suiting all flavor palates for both breakfast and lunch with a full-service semi-private patio area.

**2. WEST ROSE:** Wining and dining or second floor fun? One of the more recently talked about places - locally - would be the renovation of the upstairs at West Rose. They've transitioned the space into a more relaxed environment where you'll find a cozy, tucked away patio allowing you and your friends to enjoy a tasteful selection of beer, wine and frozen boozy drinks. POV: Casual, yet immaculate.

**3. ELLICOTTVILLE BREWING COMPANY:** The OG beer garden: Hitting every summer vibe, it's just an all-encompassing experience when visiting the Beer Garden at Ellicottville Brewing Company, where you can celebrate just about every occasion possible. Whether your group is there for flights of beer and shared plates or a sit-down meal with family from out of town, the environment makes it easy to unwind and the ambience will hit every summer vibe.

**4. BALLOONS:** Let the good times roll! Have fun with a game or two of cornhole and enjoy live music at Balloons! (They've got a full line-up for Taste weekend; check their website.) With weekday specials and a spacious outdoor area, it's always a good time!

**5. MADIGAN'S:** Who's down for Happy Hour on the patio? Catch rays in the sunshine and cool off with a refreshing cold one at Ellicottville's largest bar, aka The Green Bar.

**6. WINERY OF ELLICOTTVILLE:** That second story view: Looking for a tasting or a glass? You can go for both and better yet, you can do it upstairs on the deck! There's just something about the summer breeze and a glass of wine with a second story view.

**7. EBC'S TAQUERIA TAP + BOTTLE:** South of the border flare: It's a must-stop and check out kind of place because where else are you going to find another establishment like it? They are an authentically influenced taqueria inspired by Mexican al pastor dining as well as a combination brewpub and carryout bottle shop. Their latest takeover was the outdoor patio area which has been transformed into a refreshing escape nestled behind the building.

**8. THE CABANA BAR AT HOLIDAY VALLEY RESORT:** Poolside fun! All the outdoor fun can be had at Holiday Valley, and the Cabana Bar is there to tie in your favorite summertime snacks and drinks!

**9. STEELBOUND BREWERY AND DISTILLERY:** Brewed, distilled & chilled: Add Ellicottville's Steelbound to your itinerary for a wide variety of cocktails, ales, whiskeys, and flavorful food. You'll be greeted with an industrial ambience with the option of outdoor seating for those who love the fresh air!

For a complete list of dining establishments in Ellicottville, pick up a Mountain Resort Guide (available for free at many business locations) or head over to [ellicottvillenyc.com](http://ellicottvillenyc.com). Why not make your visit to Ellicottville an overnight stay? There are just as many lodging options for every budget! Find lodging in the guide and on the website as well!

## BEER AND WINE FESTIVAL

Holiday Valley looking ahead to its 18th annual celebration this November



**HOLIDAY VALLEY** - The 18th Annual Beer and Wine Festival returns to Holiday Valley on Saturday, November 12, 2022. Given the list of breweries, wineries and restaurants that typically take part, this experience is one that should be on the "must-do" list of any zythophile and oenophile (or anyone age 21+ who is looking to have a fun time in Ellicottville).

Two different three-hour sessions - one from 1:00-4:00pm and the second from 5:00-8:00pm, allow guests the option of attending the festival early and then making post-festival dinner plans, or guests can book the later session and just plan to fill up on the great food provided by Holiday Valley while they sample the array of beer and wine.

The arrival of the Beer and Wine Festival always acts as an unofficial precursor for the upcoming winter season, allowing attendees to close out summer and fall seasons in style while the cooler November temps get people excited about the prospects of lake effect snow, early morning first chair missions, carving fresh corduroy and all the other joys that come with spending your winters in Ellicottville.

Whether you're a fan of craft brewers, regional wine, distinctive hard ciders or small-batch spirits, chances are the Beer and Wine Festival has something that will cause your tastebuds to erupt with joy.

The vendor list is still being finalized, but many of last year's attendees will be coming back again. That lineup consisted of: Ellicottville Brewing Company, Empire Brewing Company, Southern Tier Brewing Company, Six Point Brewing, Victory Brewing, Big Ditch Brewing, Five & 20 Spirits and Brewing, Community Beer Works, Buffalo Brewpub, Belt Line Brewery, 12 Gates Brewing, Frequentem Brewing, Pressure Drop Brewing, Thin Man Brewing, Four Mile Brewing, BriteSmith Brewing, New York Beer Project, 42 North Brewing, East Aurora Brewery, Windy Brew, Froth Brewing, Hamburg Brewing, Steelbound Brewery & Distillery, 1911 Cider, Black Bird Cider Works, Ellicottville Distillery, Steelbound Brewery & Distillery, Lockhouse Distillery, Southern Tier Distillery, Clarksburg Cider, Winery of Ellicottville, Leonard Oakes Estate, FVP Wines, Victorianbour Wine Estate and Merritt Winery.

Go ahead and mark your calendars For Nov. 12. Gather your friends and plan your trip. To learn more or to book your tickets, visit [www.holidayvalley.com/brewfest](http://www.holidayvalley.com/brewfest)

## GAZEBO SERIES EXTENDED

**ELLICOTTVILLE, NY** - The Gazebo Series, presented by the Ellicottville Chamber of Commerce and sponsored by Niagara Label Company, will host the Alexander James Band on Thursday, August 11th from 7:00-9:00pm in the Village Square. "Thanks to the generous contribution of our Presenting Sponsor, Niagara Label, and the numerous requests from our audiences, we are able to offer this last encore performance," said Brian McFadden, Executive Director of the Chamber.

Alexander James is relatively new to the Ellicottville music scene, but not to the music venues in Buffalo and along the Lake Erie shoreline. His range of music is quite impressive, and he picks songs as he reads his audience, such as Show me the Way, Fortunate Son, Two Tickets to Paradise, 50 Ways to leave your Lover, and Crazy Little Thing Called Love. So come on out and enjoy the final Gazebo Show of 2022 Lawn chairs, picnic baskets, coolers and even the family pet are welcome!

# A Taste of Ellicottville



## AUGUST 13-14

12:00pm - 4:00pm

SAMPLE ELICOTTVILLE'S MANY FINE RESTAURANTS 'CAFE STYLE' ON OUR VILLAGE STREETS AND ENJOY LIVE MUSIC FEATURING SOME OF THE AREA'S BEST PERFORMERS!

### LEGEND

Taste of Ellicottville booths are open from noon-4pm each day

- ★ Ticket Sales Locations
- 🧼 Handwash Stations
- 🚻 Port-a-Johns
- GF Gluten Free

# of tickets

#### 1. THE TEE BAR

- Root Beer Float ..... 4
- Ice Cream Sandwich ..... 4
- Ice Cream Taco ..... 4

#### 2. EBC TAQUERIA TAP + BOTTLE

- Pork Belly ..... 6
- Al Pastor Tacos ..... 4
- Mushroom Pastor ..... 4
- Elote Dip with Chips ..... 4
- Churros ..... 4

#### 3. FINNERTY'S TAP ROOM

- GF General Tso's Chicken ..... 3
- GF Reuben Meatball ..... 2

#### 4. VILLAGGIO

- Pasta Bolognese ..... 6
- Panzerotti ..... 6
- Nani's Mini Meatballs ..... 5
- Risotto Bites ..... 4
- Caprese Salad ..... 4
- Water ..... 2

#### 5. SILVER FOX STEAKHOUSE

- Angus Beef Tenderloin Skewers with Rosemary Aioli ..... 6
- Asian Tuna ..... 5
- Sanpellegrino Water ..... 2

#### 6. JOHN HARVARD'S AT HOLIDAY VALLEY

- John Harvard's Pulled Pork Banh Mi ..... 6
- John Harvard's Fried Deviled Eggs ..... 5
- Starbuck's Strawberry Açai Refresher ..... 4
- Bottled Water ..... 2

#### 7. GIN MILL

- Mini Beef on Weck ..... 4
- Shrimp Corn Chowder ..... 4
- Fresh Cut Potato Chips ..... 2
- Old Fashioned Bottled Soda ..... 2

#### 8. MADIGAN'S

- GF Southwest Chicken Corn Chowder ..... 4
- Guinness Mac & Cheese ..... 4
- Add Candied Bacon ..... 1
- Dom's Butcher Block Beef Jerky: Choice of Hickory, Appalachian or Hillbilly ..... 4
- Water ..... 2

#### 9. KATY'S CAFE

- Jalapeño Popper Mac n' Cheese ..... 5
- Blue Mushroom Soup ..... 3
- Strawberry Shortcake ..... 1
- Water ..... 2

#### 10. BALLOONS

- Blackened Mahi Tacos ..... 6
- Pork Nachos ..... 5
- Smoked Turkey & Beet Salad ..... 5
- Creamsicle Float ..... 4

#### 11. CUPCAKED

- Cookie Dough Crusted Whipped Cheesecake ... 5
- GF Mini Macaron Packs ..... 4
- Fresh Fruit Pizza Bars ..... 4
- Apple Crisp Bars ..... 4
- GF Chocolate Raspberry Mousse Cups ..... 3

#### 12. ELICOTTVILLE BREWING COMPANY

- Mini Chicken Caprese on Naan ..... 4
- Pierogi w/ Peppers and Onions ..... 3
- Fresh Lemonade ..... 3
- Bottled Water ..... 2

#### 13. MONROE STREET BRICK & BREW

- Buffalo Chicken Pizza Slice ..... 5
- Pepperoni Pizza Slice ..... 5
- Garlic White Pizza Slice ..... 5
- Brick's Hawaiian Pizza Slice ..... 5
- Soda ..... 2
- Water ..... 2

# of tickets

#### 14. WATSON'S CHOCOLATES

- Rice Pudding ..... 5
- Sponge Candy ..... 5
- Sea Salt Caramels ..... 3
- Grandma's Baklava ..... 3
- "Everything" Patty ..... 3

#### 15. WEST ROSE

- Cumin Hummus w/ Sumac Chicken, Pickled Veggies, Focaccia Crisps ..... 4
- Tahini Blondie Ice Cream Sandwich w/ Blueberry Swirl ..... 3
- Bottled Water ..... 2

#### 16. DINA'S

- GF Seared Halibut w/ Cilantro Rice and Citrus Beurre Blanc ..... 5
- GF BBQ Baby Back Ribs (1-2 bone portion) ..... 5
- Sushi - Spicy Tuna Roll (3 pieces) ..... 5
- Short Rib Melt ..... 4
- GF Pear Gorgonzola Salad w/ Tomato Basil Vinaigrette ..... 4

#### 17. DINA'S AT THE MONT

- GF Tenderloin Tips, Potato Rissole, Demi-Glace ... 6
- Lobster Quesadilla with Cilantro/Lime Aioli ..... 5
- Lobster Ravioli in Pink Vodka Sauce ..... 5
- Homemade Mac & Cheese ..... 4
- Fresh Baked Cookies ..... 3

#### 18. THE BANQ

- Cold Smoked Tenderloin Slider ..... 6
- Shrimp and Caper Bruschetta ..... 5
- Southern Fried Chickpeas ..... 4
- Blueberry Lemonade ..... 4
- Watermelon Mojito Mocktail ..... 4

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# WEEKLY SPECIALS

## SHOWCASING OUR TOP FOOD & DRINK PICKS

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### THE "BEST OF ELLICOTTVILLE"

@ Dina's  
15 Washington Street • Ellicottville, NY  
716.699.5330 | dinas.com

Winner of last year's Taste of Ellicottville ("Best of Ellicottville" award), Dina's offers a unique dining experience with an innovative range of cuisines. With names like Huevos Rancheros eggs, Colorado Veggie Burger and Cowgirl Ribs, western flair meets east coast ski town. Extensive wine list, exquisite coffee bar, and divine desserts to boot! Dina's is open Tuesday-Sunday, so grab a partner and plan to indulge in any of Dina's specialties! Breakfast, lunch and dinner menus are posted on their website.



### TACO TUESDAY

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Who can resist tacos? Madigan's (aka The Green Bar), serves up tasty tacos each Tuesday from 2:00pm until gone. Price: \$2.00 ... tasty AND affordable! Stop in throughout the week for other Madigan's specials, including 2-for-1 PBR's on Mondays, Busch Light specials (2-for-\$5.00) on Wednesdays, and Free Pool Thursdays. Oh, and who could forget about Sunday Funday on the patio? It's the perfect location for a Madigan's slushie. It's still summer - seize the day! Stop in and enjoy any one of their creative slushie concoctions, made by your favorite Madigan's bartender.



### ASIAN NIGHT

@ Finnerty's Tap Room  
5 E. Washington Street • Ellicottville, NY  
716.699.1226 | finnertystaproom.com

Take a trip to the Far East without leaving Ellicottville! Finnerty's offers Asian cuisine every Monday night. Get your chopstick skills in check and enjoy some of the best Asian flavor around. Chef Freddie and his team have perfected general tso's wings, fresh poke bowls and fresh hand rolled sushi - just some of the many options to satisfy your exotic palate! Dinner starts at 5:00pm. Check their Facebook page for other weekly specials.



### THURSDAY DATE NIGHT

@ The Silver Fox Steakhouse  
23 Hughey Alley • Ellicottville, NY  
716.699.4516 | thesilverfoxrestaurant.com

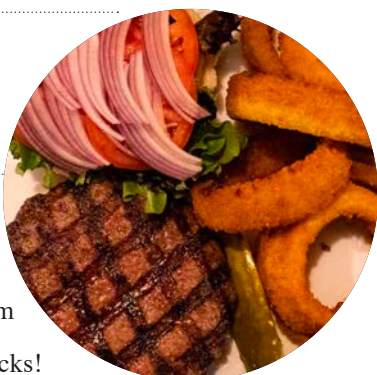
Thursday is Date Night at The Silver Fox. Two can dine for \$56 when ordering a shared meal off the Date Night menu. The meal begins with two glasses of wine (must be 21 years or older) and a large house salad to share. Next is one shared appetizer of Sautéed Wild Mushrooms, Spanish Mussels or Chicken Fingers. After that, a shared entree - choices include Chicken Gorgonzola, Bouillabaisse, Sea & Land or Rib-eye and Tuna. Finish off your meal with a delightful dessert to share. See the full Date Night menu on the Fox's website. (Regular menu also available on Thursdays.)



### BURGERS AND BREWS

@ Balloons  
20 Monroe Street • Ellicottville, NY  
716.699.4162 | balloonsrestaurant.com

Aside from their amazing live music line-up each week, Balloons is also notably known for their gourmet burgers, plant-based options, and the tastiest, crispiest chicken wings in town! Monday is chicken wing night - \$0.75 wings from 4:00-10:00pm (dine-in only, while supplies last), and Thursday is Burgers & Brews - any burger, any beer, just \$15 bucks! Balloons also boasts over 20 craft and domestic beers with two huge bars to serve you. Indoor and outdoor dining available.



### PIZZA, PIZZA, AND MORE PIZZA!

@ Monroe St. Brick & Brew  
21 Monroe Street • Ellicottville, NY  
716.699.1051 | monroestpizza.com

You don't need a special day of the week to eat pizza! Monroe St. Brick & Brew is a simple and delicious solution for easy meal planning. MSBB pizza is made with the freshest hand-prepared ingredients and cooked around 1,000 degrees ... then delivered to your table or doorstep! (Yes! They deliver on Fridays and Saturdays.) Whether you crave a simple cheese and pepperoni or are into more creative flavors - such as Pesto Tomato, Garlic White or Buffalo Chicken - there's a perfect pie for you!



# MEETING NOTES

## Village Board: Village Park a big topic; parking congestion, skatepark construction, pool discussed

By KATHLEEN KELLOGG

The busy Village Park was a key topic during the July 26th meeting of the Ellicottville Village Board.

Village Board members discussed a recent successful groundbreaking ceremony for the \$550,000 skatepark construction project, but officials noted numerous events have brought crowds, and along with them traffic problems and bottlenecks as recreationists park their vehicles on both sides of Parkside Drive.

After some discussion it was agreed to place signs prohibiting parking on the south side of Parkside Drive, from the park entrance to Fillmore Drive, to prevent traffic jams. Also, the perimeter fence will be moved back from Parkside Drive to make room for diagonal parking.

Possibilities for a pool or a splash pad on the site of the former ice rink were raised by Village Clerk Mary Klahn, who has fielded requests from residents. The idea of an expansion of park facilities and athletic fields nearby was brought up by Village Engineer Ben Slotman, to accommodate more participants. He suggested requesting proposals from design firms to have something in the works for future development.

Mayor John Burrell pointed out that support for a pool should come from the surrounding communities, whose residents use the park facilities and who must pay a \$10 fee for children to swim three hours at Holiday Valley. He asked the Board members to think about the pool concept for a month and in August a committee could be formed to study the issue.

The Board also discussed skatepark construction that is set to begin soon, anticipating the possibility of a “strong public response” when five large trees will be taken down. Village Engineer Ben Slotman said he is holding a pre-construction meeting with the contractors. He assured Board members that the trees are in poor condition and the removal cost is contained within the contractor’s fee.

The Taste of Ellicottville and the Jazz and Blues Festival special event applications were approved, but the Board refused to waive its open container law to allow two distilleries, a winery and a brewery - all holding farm licenses and partnering with food vendors - to offer tastings during afternoon hours of the Taste of Ellicottville, Aug. 13-14th. Officials said they were told the request was made because this had been done in the past.

Special Events Committee Chairman Doug Bush said Ellicottville is often compared with

East Aurora, where there is no open container law. However, after researching the legalities, he said it is clear that the Village can’t contradict its own open container law without an amendment procedure and permission from the State Liquor Authority. There isn’t enough time before the scheduled event.

“If we did it before, we did it wrong,” Burrell said, adding that the Town is currently the enforcement agency and would have to agree to send any amendments to the State.

Bush also updated the Board on funding options for the Mill Street parking lot property. He said the Cattaraugus County Legislature has found no grants to pay for construction of the parking lot, but the County may be able to fund it, along with reimbursing the Village for costs of preliminary drawings.

On another front, the Village has more than two years to provide the Cattaraugus County Health Department with an inventory of all water service lines containing lead, copper or galvanized pipes under new EPA regulations for community water systems. In announcing the new directive, Burrell expressed doubt that there are many lead, copper or galvanized pipes because most of the older homes in the village have been remodeled and those materials aren’t used in new construction.

Village Engineer Ben Slotman said some of the needed information is already recorded because his department has started taking notes while servicing the water lines. He suggested taking the inventory in winter when property owners are more likely to be in town, and doing needed inspections of aging meters at the same time. He added that the Town of Ellicottville’s \$7 million water system upgrade will soon be getting underway and is another opportunity to identify and remove service lines that are out of compliance with the new rules.

Burrell said at this stage he will not approve digging to find lead pipes, and the Health Department isn’t asking for a replacement plan yet. The inventory must be sent to the Health Department by Oct. 16, 2024.

The Board briefly discussed potholes and ongoing problems with the Mill Street railroad bridge underpass. On Aug. 22nd a contractor will be on-site with an excavator and will be placing new material beneath the underpass and on Mill Street. The County Public Works

“Village Board” continued page 21

## Cattaraugus County IDA: Ellicottville Greens Seeks Local Headquarters

By KATHLEEN KELLOGG

The Cattaraugus County Industrial Development Agency is poised to review an application for a state sales tax abatement and payment-in-lieu-of-tax deal (PILOT) for an intensive container-gardening project at a leased rural Ellicottville location. The company has been supplying the area and the region with food for the past four years.

Ellicottville Greens and Vertical Fresh Farms founder and CEO Gabriel Bialkowski, appearing in a Zoom connection during the IDA’s recent monthly meeting, told the CCIDA Board of Directors that Ellicottville Greens supplies the county’s schools, the Seneca Allegany Casino and area restaurants with leafy greens, microgreens and baby greens.

The company intends to place ten 40’x8’ shipping container “gardens,” along with a permanent steel barn for production, cold storage and packaging, on two leased acres at 6902 Simmons Road. It plans to spend \$720,000 setting up the new location as a first phase, he said, with intentions to make it a headquarters to showcase an eventual distribution hub to market, not only greens, but also to find future operators of container gardens under the Vertical Fresh Farms name.

The company’s slogan is “Locally Grown Everywhere” and aims to set up satellite operations in other locations to grow and supply it with more produce. Bialkowski said it will be the management partner with a financing entity which will bring the real estate and capital. Any of the Western New York sites, however, will be owned and remotely monitored directly by the company, he added.

Ellicottville Greens spent its first year in research and development on leased property nearby on Witch Hollow Road, then moved several containers to a temporary location on steep recreational property on Bear Creek Road in Machias, before settling on its current location in Clarence for six garden containers at the Transit Road spot behind the Eastern Hills Mall.

“Now we are looking to officially launch in Ellicottville and we have had site preparation and a showcase to investors and partners,” said Bialkowski.

The facility will team with the proposed 5 megawatt Simmons Road solar farm planning

to lease another portion of the same 91-acre parcel. According to Cattaraugus County’s real property records, the hilltop site is vacant farmland near Bryant Hill Road and has been owned by John C. Metz of West Palm Beach since 2017.

The solar project, if approved, would be the town’s first and was the topic of discussions in 2021 at Town Planning Board meetings as Borrego Solar. Developers withdrew the application and in June submitted a new request for a special use permit and site plan review for “less than 25 megawatts of energy” under a different case number that, according to drafted meeting minutes, was deemed incomplete.

At that time Borrego’s consultant, Marathon Engineering, stated the project will be sold after approval, the firm had not completed glare and line-of-sight studies and indicated the site contains a federal wetland. The town requested a third-party bonds, escrow deposit and decommissioning arrangements.

The matter was listed as a discussion item on the Planning Board’s July 25th agenda and earlier in the month Town officials said they were working with legal consultants to finalize the Host Community Agreement. Marathon said the project is third in line to be connected to the electric grid, a necessary step for operations. The current status of the project could not be confirmed by press time, however.

“Electric is our second biggest cost besides labor,” said Bialkowski, who suggested some funding may be available for solar farm partnerships from RechargeNY.

CCIDA Director Corey Wiktor said he expects the Town Planning Board review to be final in three weeks and that the Town Board is generally agreeable. He added that he planned to schedule a public hearing on the CCIDA application within several days. Borrego developers had requested a Planning Board public hearing in August and the project may be referred to the Cattaraugus County Planning Board after that. Wiktor said he does not anticipate the need for an environmental review.

“CCIDA Meeting” continued page 21



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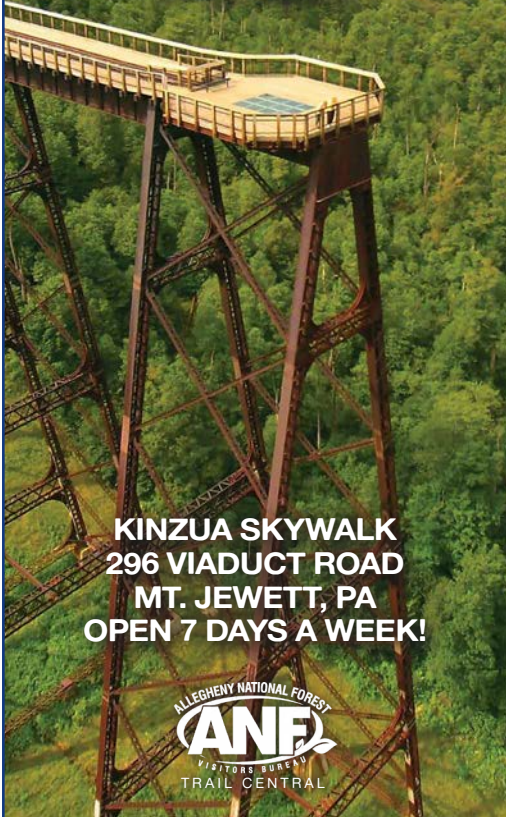
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### AUGUST 13

10:30 AM - 8:00 PM @ OLEAN, NY  
716-372-4433 www.oleanny.com



GOACC and the former Rally in the Valley Committee are bringing a dice run to the August StrOlean, in memory of two businessmen from the Rally Event Committee, Dennis Jones and Wayne Johnston. The dice will be 'shaken and rolled' for the inaugural DW Memorial Dice Run, with start/finish in Downtown Olean. Proceeds will benefit area youth in the county through scholarships at Olean City Schools and Archbishop Walsh through the Cattaraugus Region Community Foundation.

### AUGUST 21

1:00 - 6:00 PM @ GRIFFIS SCULPTURE PARK  
www.griffissculpturepark.org



It's a day filled with music, creativity, exploration and more! Bring your blankets, chairs, coolers and the whole family for performances on the outdoor stage by Jim Donovan & Sun King Warriors (Rusted Root), PA Line, Sly Boots Circus, Isaac Spaeth & Company, Ruby and Mikee Strongman. The event will also feature a local artisans vendor village, kids craft area, beer and

wine garden and so much more. And of course, everyone is encouraged to explore the park! This event not only celebrates the local, creative community, but it helps with funding to keep the park open. Tickets are \$20 each through EventBrite; children 12 and under are free.

### AUGUST 21

12:00 - 4:00 PM @ 5067 TOWNLINE RD., DELEVAN, NY  
716-942-6835 www.gooseneckhillwaterfowlfarm.com



Enjoy food and music and free guided bird tours at where you can see 700 ducks, geese and swans from all over the world. Gooseneck Hill Waterfowl Sanctuary is home to two of the largest covered aviaries in the United States, with more than 78 different species and 700 endangered and protected ducks, geese, and swans. There will be country music from the Rustic Ramblers and food served by Lili's Deli. Bring your own lawn chairs. Tents will be provided in case it rains. Admission is \$10 for adults, kids under 12 are \$5.

### SEPT. 9 - OCT. 15

7:00 - 10:00 PM @ 6GRIFFIS SCULPTURE PARK  
www.griffissculpturepark.com



Experience Griffis Sculpture Park at night! Every Thursday through Saturday starting Sept. 9, NIGHT LIGHTS invites guests to venture the park's trails to experience the interaction between lights, nature and art. Additions that have been made include a new trail, new lighting concepts, soundscapes, performance artists, video projections, vendors and events. It is a truly unique experience the whole family will enjoy! You can purchase tickets at eventbrite.com. Bring a flashlight for a few of the darker sections of the trail, and be sure to dress for the weather. The event can be canceled due to heavy rain. Updates are provided on the park's website.

### SEPTEMBER 16-18

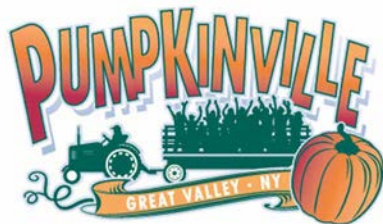
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There's no better way to spend a September weekend than listening to live music and strolling through a collection of cool automobiles. Rock N' Roll Weekend will do just that! Enjoy live performances in all the local hot spots all weekend long. On Sunday, the Classic Car Show will return for its 23rd year, consuming the village streets with over 250 cars and trucks on display for your viewing pleasure. Various classes will be judged by a panel of experienced car enthusiasts. Enter your car by contacting the Ellicottville Chamber of Commerce.

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716-699-2205 www.pumpkinville.com



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### SEPTEMBER 23-25

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Rhino Lacrosse and the Ellicottville Chamber of Commerce are getting the wheels turning for the 2022 EVL Lacrosse Festival. "Ellicottville is the most desirable area in all of New York - an area that many refer to as the Aspen of the East" - Laxified. This tournament is a celebration for athletes of all ages and skill levels spanning over the course of three days, stretching for beyond the boundaries of the field. It's an unmatched lacrosse experience you won't want to miss!

### SEPT. 30 - OCT. 2

11:00 AM - 8:00 PM @ SALAMANCA, NY  
716-945-3110



Join in the 44th annual Salamanca-Seneca Falling Leaves Festival with events all weekend long! Experience Seneca Culture and Heritage and enjoy the beautiful fall foliage. This event started as a way to promote the culture of the Seneca Nation of Indians, as well as the relationship between the nation and the City of Salamanca. The celebration will have a cultural aspect with demonstrations of Seneca arts, food and entertainment. Admission to the Festival is free! There will be carnival rides all three days, and other family-friendly activities like bounce houses, a petting zoo, face painting, dunk tank, and balloon animals. Food and craft/art vendors will be set up all weekend as well.

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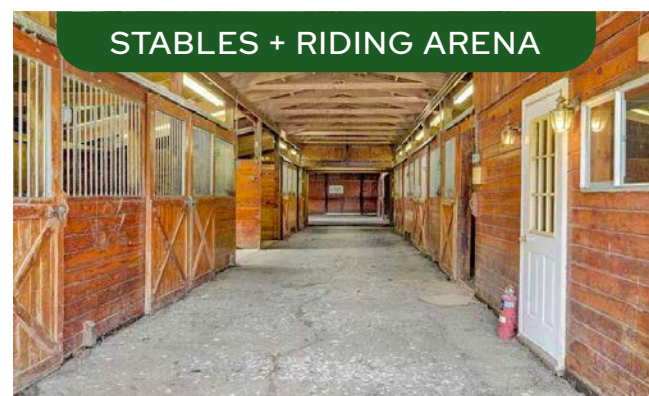
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Step outside to the back patio and in-ground pool with a rock waterfall. Fenced pastures are accessible by the 12-stall barn with a tack room and indoor riding arena. The barn is serviced with water and electricity. There is also a 4,000 square foot metal outbuilding which is ideal for toys and equipment.

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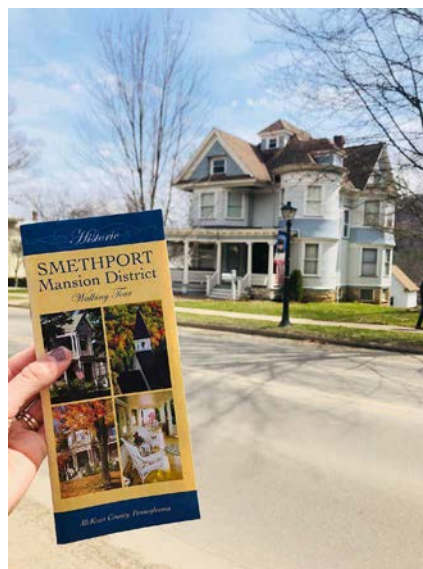


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# TRAVEL

Explore the Allegheny National Forest: Foraging for Food ... Where to Eat Like a Local

BY LINDA DEVLIN, ANF VISITORS BUREAU



Where to eat? This is the question everyone asks themselves on a daily or weekly basis. Of course, here in the Allegheny National Forest there are those who can describe which mushrooms, plants, bugs, and berries will make a meal. This article is for those who want to “forage” through Google listings to find a new restaurant to try. This article will provide great ideas of nearby Pennsylvania restaurants which are worth the trip!

## PORT ALLEGANY, PENNSYLVANIA

Port Allegany is a small community located along the Allegheny River in Pennsylvania. It is known for its creative Serenity Glass Park, summer concerts on the town square, and Lynn Hall - a beautifully restored example of American Modernism architecture.

Eddie's on Main offers a regular lunch and dinner menu with many specials plus theme night dinners. Chef Ed Vicic really enjoys cooking food, talking about food, and being creative with food. Currently, Thursday is Rib Night starting at 4:00pm. Order their “finger licking and bone sucking good” pork ribs cooked St. Louis style with a dry rub. A full rack of ribs with corn bread and two sides is only \$27.99, with a ½ side dinner only \$19.99. Daily menu items include clam strip po'boy, beef blossom, and chicken in the club. Watch their menu calendar for specials like their Low Country Shrimp Broil, PEI mussels, Littleneck Clams and Maryland Style Crab Cakes. Not your style? How about their \$7 Dolla Make Me Holla Pizza Night on Tuesday, or for those looking for a cool refreshing salad, their Beak & Berry Salad? Theme night dinners are amazing - each has a full menu and table decorations based on the evening's theme!

Eddie's on Main is located at 212 N. Main Street, Port Allegany, PA, phone 814-642-5115. Follow them on Facebook and Instagram (@eddiesonmain). Want to stay over? Book ahead for an evening or plan a mid-week or weekend getaway at Lynn Hall - the Architects Suite or the Cottage are both equally beautiful. Check availability and book via Airbnb.

## SMETHPORT, PENNSYLVANIA

Smethport, Pennsylvania is the county seat for McKean County. Built by the Lumber Barons of days gone by in the 1880s, Smethport's Main Street is lined with a series of architectural gems including over 30 mansions from the late 1800s and early 1900s. A self-guided walking tour brochure may be picked up at the kiosk in front of the Courthouse. Nearby, Hamlin Lake offers fishing, kayaking, and canoeing. The Sheffield Trail System is an easy walking/biking trail which goes past farm fields and the original county Poor House.

After seeing the sites, head to Old Time Smethport to shop their General Store, America's First Christmas Store, and view artifacts including a historic, full-size stagecoach and Civil War Canon.

Dine at their Cottage House Restaurant & Winery, open for both lunch and dinner. Have dessert first! No one will tell! Delicious desserts are just some of the menu items you can enjoy. For lunch have a glass of wine with an iceberg wedge salad or chow down with a beer and a hearty burger. Lunch is an assortment of local favorites including Buffalo chicken wraps and Philly Steak sandwiches. Dinner entrees may include Medallions with sauteed mushrooms, Filet Mignon, Ham Steak, Haddock Filet and Chicken Alfredo. Ask about their daily specials.

The Cottage House Restaurant & Winery is located at 113 W. Water Street, just a few blocks from PA Route 6 (Main Street) in Smethport. It is recommended that you call ahead for reservations: 814-568-2091. Want to stay over? Two of the mansions are open as B&Bs: the Mansion District Inn (814-598-7403) and the Blackberry Inn (612-940-4014).

## KANE, PENNSYLVANIA

Kane, Pennsylvania is where you will find three wineries: Flickerwood Wine Cellars & Cocktail Lounge, Twisted Vine Winery, and Bear Creek Wines. Log Yard Brewery, the first craft distillery in Pennsylvania, and CJ Spirits are also located in Kane. All offer delicious menus along with wine tastings, beer flights and specialty cocktails.

Sites to visit in Kane include the McCleery Wolf Center which tells the interesting tale of how Dr. McCleery saved the Lobo wolves from extinction. Artworks on the Summit is a multi-artisan co-op full of handcrafted treasures. A fun selection of shops such as The Keystoned Café & Natural Shop, Field Street Boots, and Homespun Treasures offer a variety of must-haves. Be sure to bring your hiking shoes or bike, as the Knox & Kane Rail Trail runs from downtown Kane to Lamont, an 8-mile linear trail. The Allegheny National Forest and the Allegheny Reservoir with its famous overlooks and mountain biking trails are just minutes away.

Texas Hot Lunch 4 Sons has been a local favorite restaurant run by the Bechakas family since 1914. Try the always popular Souvlaki Dinner with Greek Salad, Pita Pleasers and Gyros. Or order the all-time favorite of the locals - a Texas Hot, a plump, juicy hot dog with a squirt of mustard, sprinkled with onions and smothered with their famous sauce. A family recipe from 1914 that predates the restaurant! Texas Hot Lunch 4 Sons is located at 24 Field Street, Kane, PA, phone 814-837-8122. For their full menu visit [texashotlunch.com](http://texashotlunch.com).

Table 105 is Farm to Table, Table to Soul. They offer fresh and delicious steak and seafood entrees from locally sourced, sustainably harvested, quality ingredients. Owner Rikiya “Riki” Tanaka has a passion for food and the gift of hospitality. Riki explains, “Our goal is to have the freshest seafood, the most flavorful steaks, and a specialty bacon which will sear its flavor into your food memory.”

Serving lunch and dinner, a favorite entree to try is the Peanut Butter Burger with Applewood Smoked Bacon, Cheddar, Fried Onions, and their special Peanut Butter Honey Spread. This ½ lb. burger is served with fries and house chips on a butter brioche roll.

Enjoy Crabby Monday - 1 lb. of delicious snow crab legs with choice of potato, vegetable and side salad. Sake & Sushi Wednesday offers up the absolute best Sushi. It is served from 4:00-9:00pm every Wednesday. Friday Fish Fry, a favorite with locals, features Blue Moon Battered Haddock with a choice of potato, vegetable, and side salad. Delicious appetizers include Tuna Tartare - ahi tuna, mango, avocado, cucumber, and sesame ginger dressing, Shrimp Egg Rolls, and Havarti Dill Flatbread - garlic butter base wild mushroom blend with Havarti cheese.

Be sure to save room for dessert and a signature cocktail. Check their Facebook page for changing specials, current dessert list and featured cocktails. Table 105 is located at 150 N. Fraley Street, Kane, PA. For additional information call 814-561-1515 or visit their website at [table105kane.com](http://table105kane.com).

Want to stay over? The historic Kane Manor Inn offers the history of General Kane's family along with a delicious breakfast, comfy beds and a lovely veranda on which to relax and enjoy the rural scenery. Flats on Fraley (on Fraley Street - Kane's Main Street), may be booked via Airbnb.

For additional information on what to see and do in the Allegheny National Forest Region of northwestern Pennsylvania, go to [VisitANF.com](http://VisitANF.com) or call 1-800-473-9370. Plan your culinary adventure and overnight stay ... you won't be disappointed!



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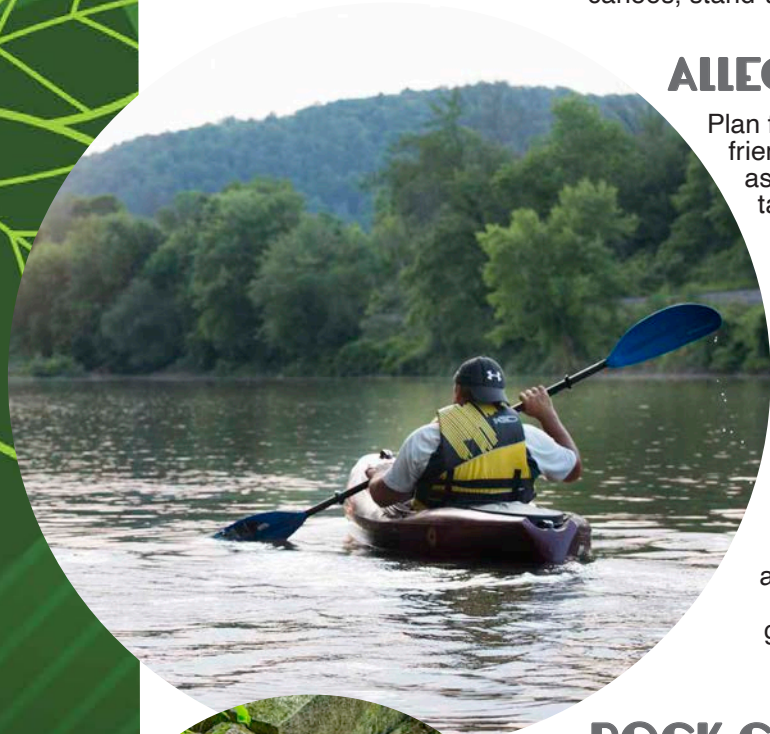
## ALLEGANY STATE PARK

We have plenty of places to park the RV, pitch a tent, or relax in a cabin. Allegany State Park, NY's largest State Park, consists of 65,000 acres, making it the perfect place to spread out but still have a great time. It offers everything from rustic camping to cabins where you only have to bring the food! Enjoy hiking, biking, swimming, kayaking, fishing, or even horseback riding. The Art Roscoe Trail System has some of the finest double track trails in WNY for mountain bikers. Consisting of interconnecting loops, the trail totals approximately 24 miles. Quaker Lake and Red House Lake both have beaches and swimming available, as well as rentals of kayaks, canoes, stand-up paddleboards, and paddle boats.



## ALLEGHENY RIVER

Plan for a day of fishing or paddling with friends on 50 miles of the Allegheny River as it winds through the Enchanted Mountains. Our 'Paddle the Allegheny River Rack Card' lists the launch points that flow along the river from Portville to the Allegheny Reservoir including distances! Some of the boat launches are even handicap accessible. Request your rack card ahead of time so you can plan your river adventure. Visit [EMFun.us/Paddle](http://EMFun.us/Paddle) for more information.



## GRIFFIS SCULPTURE PARK

Griffis Sculpture Park combines art with nature. Hike the trails to come upon huge steel sculptures that are warmed by the sun. Approximately 250 sculptures can be found scattered through the woods, in the fields, and alongside the lake. Not only are they beautiful and look amazing set aside the landscape, but some are climbable! Laugh as you take turns getting your photo on a steel praying mantis or riding the back of a giant snake! Visit [GriffisSculpturePark.org](http://GriffisSculpturePark.org) for more information.

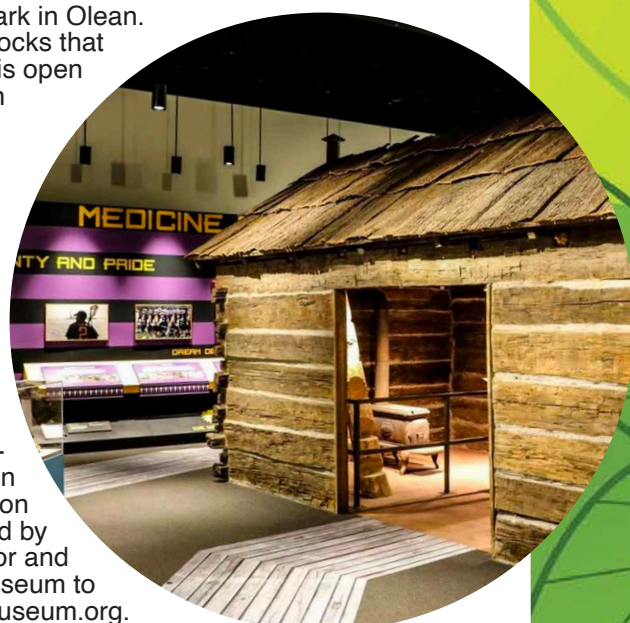
## ROCK CITY PARK

Explore great wonders of the world at Rock City Park in Olean. Walk on, around, under and sometimes through rocks that are as large as three stories tall! Rock City Park is open through October 31st. Begin your adventure with a spectacular view of the Enchanted Mountains from "Signal Rock." Then make your way down to ground level and follow the paved path to discover the rocks from a different perspective. Visit [RockCityPark.com](http://RockCityPark.com) for more details.



## ONÖHSAGWĒ:DE CULTURAL CENTER

Explore the history and culture of the Seneca Nation of Indians at the expansive Onöhsagwë:dé Cultural Center in Salamanca. Encompassing the Seneca-Iroquois National Museum, a gift shop, a classroom, a 3D printing lab, and an amphitheater outback, the 33,000 square-foot building has hundreds of items on display that are regularly updated. The facility is truly a sight to behold, inspired by Native lore and images, and including Seneca symbols throughout the interior and exterior. It is designed to immerse visitors throughout; not just a museum to walk through, but an experience. Start your journey at [SenecaMuseum.org](http://SenecaMuseum.org).



Request your Enchanted Mountains Activities Guide, and be sure to follow Enchanted Mountains on Facebook for upcoming events!

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# HEALTH & FITNESS

## Core Performance: Add Sea Salt for Hydration + More Benefits

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

During the hot and humid days of summer, I have found that drinking water alone has not been able to quench my thirst. Sports drinks are designed to replenish sodium and potassium for athletes who do a moderate to high intensity workout of 60 minutes or longer each day. Unfortunately, sports energy drinks are also high in sugar and food dyes and drinking more than 1 serving a day can increase the risk of diabetes and other health conditions. According to the Gatorade website, a 20-ounce serving of Gatorade contains 140 calories and 36 grams of carbohydrates, with 34 grams of carbohydrates coming straight from sugar. One serving size is 8 oz. of Gatorade (the smallest bottle sold).

So I started researching ways to stay hydrated and discovered numerous articles about the benefits of adding sea salt to your water. Did you know that high-quality sea salt has 84 trace minerals that nourish and strengthen our body? We used to be able to get enough minerals from the food we eat. However, with monocropping and improper farming methods, our soil has been depleted of these essential minerals and doesn't provide the nutrients to our food like it used to.

So, what's the difference between sea salt and table salt? Sea salt comes from ocean water or saltwater lakes, full of healthy minerals, and is made with little processing. Table salt, on the other hand, comes from underground salt and is heavily processed to remove healthy minerals.

While there are many different varieties, these are the two most common types of salt that's unrefined and minimally processed:

- Celtic sea salt is gray, and sometimes purplish. It has a high percentage of magnesium than other sea salts, in addition to 34 trace minerals.
- Pink in color, Himalayan sea salt is rich in iron and can have as many as 84 trace minerals. It's mined by extracting natural salt deposits from the mountains.

Because of these essential nutrients, here are some of the top sea salt health benefits:

**1. Keeps you hydrated:** Contrary to popular belief, sea salt is extremely beneficial in keeping us hydrated. The amount of nutrients in sea salt also satisfies our thirst for a longer period of time and keeps us holding on to the fluids for longer. Table salt, on the other hand, dehydrates us and actually leeches essential minerals from the body. It also makes us crave it more because our bodies are in need of nutrients that it wants in natural sea salt that cannot be satisfied by processed table salt. This is why you usually

need to watch your sodium intake if you are only consuming table salt.

**2. Reduces fluid retention:** Some people think that salty food makes you bloat or retain water, and yes, this happens when you consume white table salt and refined salt used in processed foods. I remember the days I would wake up feeling groggy and bloated after a late-night pizza binge with friends. However, with real sea salt, the opposite happens because of its balanced ratio of minerals - especially potassium and sodium - which help release retained water. Eating real food and salting your own food with sea salt will help eliminate bloat and water retention.

**3. Balances electrolytes:** Because of its amazing mineral content, electrolytes in salt include magnesium, calcium, potassium, and sodium. These electrolytes are vital for muscle, brain and heart health because of its critical role in the nervous system. Instead of the typical sugar-filled electrolyte drinks you can find at the supermarket, try adding sea salt to water with a squeeze of lemon juice.

**4. Prevents muscle cramps:** When your electrolytes are low, you can experience muscle soreness, cramps, charley horse, and even restless leg syndrome. The lack of minerals keeps the muscles from relaxing and causes contractions that are out of your control. This is why Epsom sea salt baths are recommended for any kind of muscle fatigue. The magnesium in Epsom salt plays a huge role in loosening and calming the muscles and your entire body. If you know you'll be doing a strenuous activity, make sure to add sea salt to your water before and after to replenish your body with the minerals that it loses during the exercise. Sea salt baths can also help with muscle cramps!

**5. Great for skin health:** Because of its potent mineral content, sea salt has anti-inflammatory properties that are beneficial for skin health. There are many beauty products that use sea salt because it has the power to detoxify the skin while exfoliating, increasing circulation, and providing the skin with nutrients. Sea salt has been shown to be especially beneficial for acne, psoriasis, eczema, and anti-aging.

**6. Improves digestion:** Sea salt is necessary in the role of digestion, and it starts in the mouth. The salivary amylase, an enzyme which helps break down carbohydrates in the saliva, is activated by the flavor of salt. Also, salt plays a huge role in the making of hydro-

"Core Performance" continued page 21

## Thrive with IV Therapy; It's More than Just a Fad

BY CAITLIN CROFT



ever-growing community. Don't forget the numerous bachelorette and wedding parties filling our village nearly year-round. So it only makes sense an IV lounge offering IV Therapy & Intramuscular Injections would not only be a good idea but a service to our recreational, visitor-based community.

When I first walked into the space, the aesthetic hit me - it was crisp yet calming. While signing the necessary paperwork, my nurse walked me through the types of treatments available. I told her how I had been feeling and what my activity and energy levels typically were, and we decided to go with an energizing, immune boosting "cocktail". Next, she led me to my space for treatment. Each area features a TV and a recliner with side table so you can pick the best way to enjoy your treatment. IVs and injections can be a bit intimidating, but all of the clinicians are NYS licensed, Registered Nurses overseen by a board certified Nurse Practitioner (NP). As someone who is poked and prodded fairly

IV Lounges, Medical Spas, ... what are they? A fad? Trendy in the city and finally making its way to the rural areas? Not everyone understands IV therapy, leaving some skeptics. Having a couple treatments in Buffalo myself, I knew there was more to this type of treatment but the drive was always tough. Upon hearing that an IV Lounge in the Village of Ellicottville was opening, I knew instantly it would be a hit.

Ellicottville post-pandemic is a picturesque blend of mountain bikers, skiers, skaters and outdoor enthusiasts who all bring their own style to our

often for remission care, my nurse was a complete pro.

Not everyone is capable of fully absorbing nutrients even when diligently taking vitamins or eating "the right food". IV therapy ensures 100% absorption. To me this was something intriguing to consider. Is the state of the modern food, nutrition and health system a factor in why such things as IV lounges are needed and popping up across the country? I can see how off-the-cuff it could come across as a bandaids solution, but there are benefits for such a wide variety of people - someone who might suffer from an autoimmune disease or chronic illness, an athlete preparing for performance or recovering, or a person who just wants a boost of antioxidants to slow cellular decay and prevent illness can all benefit. My nurse was sure to explain, "This is not a miracle, and it should not be depended on," but it can supplement your lifestyle, help with illness or just snap you out of that hangover you didn't mean to get the first night of vacation.

Some benefits include immediate hydration, an increase in energy, decrease in pain, faster performance recovery, immune support and more. With IV infusions you are able to feel the effects quickly and enjoy the benefits longer. In the days post-treatment, I found energy to tackle projects that had been lingering in the "someday" column. For this active writer, realtor, coach, trustee and market coordinator, this treatment was the perfect mid-summer pick-me-up.

Frequency of IVs and injections depend on your needs. Some continue monthly or weekly visits and some visit when needed a few times a year. This is a great thing to do with a group of friends and the visit typically takes 60-90 minutes so it will give you great bonding time. Therapy rooms are individually private, or the Thrive team can open up the curtains for groups. For me it was nice to chat with my nurse but also have some alone time to relax and let the IV do its thing.

Open seven days a week, walk-ins are welcome, or you can book an appointment on their website at [thriveivloungewny.com](http://thriveivloungewny.com). After your infusion session, pose under their custom neon hashtag sign, #igotpokedinEVL and don't forget to share the fun online. Be sure to follow Thrive IV Lounge on Facebook and Instagram @thriveivloungewny. Definitely more than a fad ... but don't believe me, check it out for yourself!"

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## WNYMBA CAMPOUT

cont. from page 03

Loud Performance also sponsors regular group rides (including kids' rides) and is the site for a bicycle instructor certification program.

While amongst the vendors' tents, campers looking for a unique memento of the event would do well to seek out the friendly, flaming hot chicken wing logo of Greg Culver's Hot Wings Designs tent, where they'll find the artist's creative and humorous original illustrations of rock and roll icons, local sports heroes and the fiery chicken wing on Culver's line of apparel, fun stickers and accessories.

For smaller events, Culver says he has the capability of producing on-demand, custom-designed t-shirts featuring his artwork. "People love sitting and watching you make their shirts - I think it adds to the experience of the event," Culver said.

A lifelong member of the mountain biking community in WNY, Culver applauded the return of the annual WNYMBA Campout to the HoliMont Ski Club saying, "The event first started at HoliMont and yes, it's a campout, but it's really exciting to see there will be that 'festival atmosphere' again."

Event organizers "strongly advise" pre-registration for the campout. If you're interested, go to [booking.holimont.com](http://booking.holimont.com). If you are not already a member of the WNYMBA community, the cost for the entire weekend of camping will be \$100. For non-members who are unable to commit to the entire weekend of camping, a day pass is available at the cost of \$50 for one night of camping and lift access. The cost for the entire weekend of camping and lift-access is \$80 for IMBA members. Day passes for members cost \$40 for one night of camping and lift-access. Children under the age of 18 can camp for free with a parent/guardian who has purchased a camping pass; however, they still have to purchase a lift ticket if they want to ride.

The 30-year-old WNYMBA organization is comprised of more than 350 mountain bikers and hikers who form a community of all skill levels and ages, and are dedicated to working together to create and maintain trails in the Western New York region. Regular trail maintenance work days get scheduled and group members turn out to leaf blow, rake, tamp and clear debris from trails - this is the fairly visible function WNYMBA members perform.

Bodway explained the importance of the association's other main function - a slightly less-visible role WNYMBA members play - that of securing riding access to some of the most beautiful terrain this region has to offer.

"We work hard with land managers and other stakeholders to create and maintain our trail systems," Bodway said. "It's truly a community-building effort (and hard work) to form the long-term relationships necessary for securing trail access into the future. We think Western New York is on the cusp of creating something special and the mountain bike community is in the vanguard of the movement."

Loud Performance's Dippel describes membership in the organization in this way: "We're the ones going out there building bridges, maintaining trails, building new trails and getting access to the places you want to ride."

Certainly, you don't have to ride a bike to realize that a well-maintained trail through the woods is your easiest path and fastest track to all the glory of being outside in a beautiful natural setting. But no matter what skill level you currently find yourself at, if you like riding a mountain bike, it's easy to see how you'd want to be a part of the WNYMBA community.

## CORE PERFORMANCE

cont. from page 18

chloric acid, which is secreted in the stomach for the breakdown of food, especially protein. Most people are insufficient in hydrochloric acid, and this can cause numerous digestive issues like bloating, gas, heartburn, indigestion, and can eventually lead to leaky gut and chronic disease.

**7. Nourishes the adrenal glands:** Adrenal fatigue of varying degrees is extremely common today, resulting from stress and poor diet. With adrenal insufficiency, one of the main symptoms is salt cravings. This is because the body is craving the nutrients it needs from sea salt. Among their numerous demanding functions, our adrenal glands release hormones that regulate sodium and potassium in the body. So in order to make this particular job easier, the adrenals need a balance of these minerals through high quality sea salt. This is especially important when they are already tired from the stress we put through them every day.

**8. Regulates blood pressure:** Yes, high quality sea salt is greatly beneficial for regulating blood pressure. High blood pressure is the result of inflammation in the body, which is primarily caused by a high sugar, processed food diet, which also includes white table salt that's devoid of most nutrients.

So how much sea salt should you consume each day? Most experts agree that adding ¼ teaspoon of Celtic or Himalayan Pink Sea Salt per quart of water (4-5 glasses) is best. These salts are readily available locally at Ellicottville Salt Cave. I recommend drinking this water prior to eating and after to support the digestive process.

*Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, located at 55 Bristol Lane, Ellicottville, NY. For more information about her studio visit [www.coreperformancefitness.com](http://www.coreperformancefitness.com) or reach Kim directly at 716-698-1198.*

## VILLAGE BOARD MEETING

cont. from page 08

crews will follow up with binder.

Slotman told the Board work is being done to try to address drainage problems in the underpass and on the adjacent hill. He said it was discovered that a culvert and a railroad ditch had been filled in long ago. Also, an outlet to an "underdrain" can't be located. Mayor Burrell commented that the railroad is not doing a good job maintaining its drainage.

In a related matter, Burrell said the Village Clerk received a complaint from Brent Martin, who asked for reimbursement in repairing a leaf spring he claimed was broken on July 24th when he drove through a pothole in the area of the Mill Street underpass. In an email dated July 26th, Martin said the Village should be responsible because Mill Street's conditions have remained poor and in need of permanent repair for a length of time. Burrell stated Martin then must have known of the road condition, adding the Village attorney advised the Village that they don't make these kinds of reparations.

Village Trustee Ed Imhoff attended his final meeting. He has resigned his post because he is moving out of the Village and is no longer eligible to serve. "I'm leaving reluctantly," said Imhoff as the meeting was adjourned and Board members thanked him for his service. "It's been a pleasure," he added. Mayor Burrell introduced Imhoff's appointed successor, Jolie Newpher, who was in attendance.

In other business:

- Burrell said he attended the Village Ambulance Board of Directors meeting July 6th, where he learned that a new ambulance will be delivered before winter, but there is still a need for volunteers.
- The village will prepare an application for a NY Forward public/private program grant, with preliminary applications due Aug. 10th.
- A single auto dealer, West Herr, submitted bids July 1st for 2022 trucks, with the half-ton extended cab in stock and the 3500 regular cab dump truck and plow which would have to be ordered.

The Board will next meet at 6:00pm on Tuesday, September 6, 2022. For more information, contact Village Clerk Mary Klahn at 716-699-4636 or go to [ellicottvillegov.com](http://ellicottvillegov.com).

## CCIDA MEETING

cont. from page 08

Wiktor told the Board vertical container farming is "power-intensive" and the location is a "unique spot" for a solar project "not readily seen from the road." He added that the solar energy would be fed into the National Grid substation about five miles east in Franklinville and the site would be the kind chosen if the Town designates a solar development zone.

Ellicottville Greens presents a "unique opportunity" and by 2023 will be farming at additional locations," Wiktor added.

"We look at this as a great location, we love the green space, and the restaurants, and the customers buying from us for many years," said Bialkowski. "We love the solar field to showcase what is possible down there, and with startups and innovations (solar energy) will kick it off further."

According to Ellicottville Greens' application, construction could start as early as September 1st, ending one year later. Occupancy will begin in December. Once underway, the Simmons Road project will add 8 full-time and 2 part-time positions, for a \$87,500 payroll at an hourly rate of \$15-22. Twice-weekly deliveries of fresh greens will be carried from Simmons Road in cargo vans.

In another matter, Wiktor updated the Board on his research into commercial solar projects to determine true local benefits before a six-month moratorium can be lifted. He said energy savings from the Olean-area solar arrays have been tallied at \$80,000 to \$100,000 (as opposed to the \$90,000 to \$120,000 promised before approval) for the hosts of DQ Energy, Solean and Solean West, as well as the city of Olean and St. Bonaventure hosts. One of the projects was higher, he said.

Wiktor was asked by the Board to collect figures on the total usage the plants are producing to compare the benefits. In addition, he said, West Valley Solar puts out 10 megawatts and was built by DQ Energy through NYSERDA on the former Nuclear Fuels Reprocessing Center site. He added that NYSERDA is advertising another request for proposals for a 20 megawatt facility on the property.

He said he has learned that it's difficult to realize the promised 10% savings on community based solar projects because the public is not signing up to cut energy bills by \$8 a month. This results in a lower obligation by the solar purveyor. Some communities insist projects be placed on brownfields only and there are policy options to require labor and suppliers come from the local area.

Board member Ginger Schroeder commented that community solar benefits are divided differently. Tax exemptions are only realized when taxing authorities opt out, but if they don't opt out, it's tax free (to the developer). She said local officials think that if they don't opt out they are not giving up power to the county. She pressed for education of host communities because they think the PILOT will be higher and because agreements are binding even if the project isn't built for many years.

The CCIDA Board will next meet at 11:15am on Thursday, Sept. 8, 2022.

# CLASSIFIEDS

## COMMUNITY

**EAST OTTO HISTORICAL MUSEUM:** Open from 1:00-3:00pm every Sunday during the month of August. Appointments for other days can also be arranged with Michelle Gogel, Historian, at 716-257-0654. Items in the museum tell the story of people and businesses that were once a part of East Otto. They include pictures of people and houses, small farm tools, in the kitchen, old obituary clippings, wooden voting booths, and much more. The museum is housed in one of the oldest buildings in town, originally built in 1834 as a Baptist church east of town. Later it was moved to the Corners, which is now considered the center of town. A larger church replaced it and the town purchased and moved the building to its present location. It became the town's first Town Hall. In 1972, after the Town Hall relocated to its present location on East Otto Springville Rd., the E.O. Historical Group was given permission to use it as a museum. The Cattaraugus County Historian believes it could be the oldest building in Cattaraugus County. The museum is located next to the Fire Hall in the center of town at 8982 Reed Hill Rd., East Otto.

## EMPLOYMENT

**ELEMENTARY TEACHER:** The Ellicottville Central School District is seeking candidates for a full-time, 4-year probationary Elementary Teacher with an anticipated start date of September 1, 2022. Candidates need to be certified in Elementary Education (1-6) or Special Education (1-6). Candidates are invited to apply at: <https://ellicottvillecentral.recruit-front.com/JobOpportunities> or call 716-699-2368 (ext. 1300) between the hours of 7:30am - 3:00pm for an application. Application deadline is Wednesday, August 17, 2022. Questions may be directed to Ellicottville Central School, ATTN: Melissa Sawicki, District Clerk, 5873 Route 219, Ellicottville, New York 14731. EOE.

**WANTED: EXPERIENCED CARPENTERS:** Apply to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: [gmnickolson@aol.com](mailto:gmnickolson@aol.com).

**LEAD CARPENTER:** Must have at least 5 years experience. Apply in person to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: [gmnickolson@aol.com](mailto:gmnickolson@aol.com).

## RENTALS

**VILLAGE APARTMENT FOR RENT:** Upstairs 1-Bedroom available September 1st with porch overlooking Washington St. No smoking. References and security deposit required. \$725/month plus utilities. 716-969-3946.

**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 today.

## SERVICES

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

**DAN KANDEFER PLUMBING & HEATING:** Radiant heat flooring, all service work, boiler service and furnace repairs. 60 years of experience! r 716-945-5848.

## SERVICES

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

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

**DEEP FREEZE CLEANING:** Carefully cleaning in WNY since 2017! We are licensed, insured, and have stellar references. Please contact Jen for your home or office cleaning needs at 716-257-0722.

**PLACE YOUR AD:** Classified ads appear in print and online! \$10 per issue up to 40 words, 25¢ each additional word. 716-699-9816 or [info@ellicottvilleNOW.com](mailto:info@ellicottvilleNOW.com)

## PUBLIC NOTICE

**PSA - CONSTRUCTION AND DEMOLITION DEBRIS (C&D):** Please take notice that effective July 1, 2022 the only County owned/operated Transfer station that will be accepting Construction and Demolition (C&D) debris will be the Salamanca Transfer Station. After research on the costs of maintaining and repairing equipment damaged by this type of waste, along with an inability to accurately assess the weight of a load without the use of a truck scale and after careful consideration to minimize taxpayer costs, it was determined that limiting collection to this site was in the best interest of the residents of the County.

The materials Salamanca can accept are: shingles, wood waste, drywall, insulation, vinyl siding, and fixtures (doors/windows). Salamanca cannot accept concrete, gravel, soil, pavers, millings, asphalt, or asbestos. All loads will be checked for contamination and/or excluded materials by a transfer station operator. All loads will be required to travel over to the scale to accurately weigh the load before off-loading. Once the deposit is complete the empty vehicle will return to the scale to weigh out and the tipping fee will be based on the net weight of the load.

For your convenience or option, Casella (Olean); L&R Roll-Off, Inc. (Freedom) and County Line Recovery (Ashford) may also accept construction and demolition debris.

The NYSDEC website also provides a listing of alternate Material Recovery Facilities that will accept concrete, gravel, soil, pavers, millings and asphalt.

For more information on solid waste management in Cattaraugus County, please contact Mark Shaw, Waste Management Coordinator, at 716-938-2486 or email [meshaw@cattco.org](mailto:meshaw@cattco.org).

# OBITUARIES

## Douglas James Baldwin • June 14, 1947 - July 30, 2022



Douglas James Baldwin, 75, of Mansfield, passed on a sunny afternoon, the 30th of July, 2022. Doug was born June 14, 1947 in Salamanca, the son of the late James and Esther Baldwin of Ellicottville, NY.

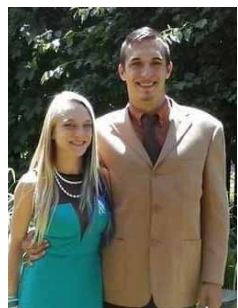
In Doug's younger life he worked at the local auto garage in Ellicottville. He was drafted in to "Uncle Sam's Army" shortly after high school. From there he drove truck for Otis Steel before starting his career for Cattaraugus County. He started out as a truck driver hauling waste, and later retired as the Waste Management Coordinator. While at the county he worked part-time driving a milk truck. After retirement, he taught commercial driving at BTTI, hauled stone for Boehmer Trucking, and ended his working career delivering auto parts at Emerlings.

Besides his hard work, Douglas enjoyed time with his children and their families, fixing anything, daily tinkering with projects, and heckling his family and friends, including his famous one-liners such as, "Use your head for something other than a hatrack."

Douglas is survived by his loving and loyal wife Linda Baldwin, son Douglas Baldwin (Rosemary), daughter Michelle Jennings (Mike), and son Dennis Baldwin (Shelley), their mother and previous spouse Charlene Baldwin, grandchildren Emily (Marvin) Shantler, Erin Baldwin, Caleb Jennings, Katryna Jennings and Cassie Bartz. In addition to his beloved parents, Doug is predeceased by his brother, Dale Baldwin.

A Celebration of Life party will be held at the Ellicottville American Legion on Sunday, August 14th from 3:00-6:00pm. As Doug would say, "Don't miss work to be there!" Arrangements are under the direction of Mentley Funeral Home Inc., 411 Rock City St., Little Valley, NY.

## EVL Chef Ryan Monroe • August 15, 1990 - July 30, 2022



Ryan Stuart Monroe, 31, Little Valley, NY, formerly of Great Valley, passed away on Saturday, July 30, 2022. Born August 15, 1990 at Olean General Hospital, he was the son of Leonard J. Monroe and Lowry Ann (Quinn) Raecher.

Ryan was a 2008 graduate of Ellicottville Central School and Ellicottville BOCES. On May 14, 2021 he proposed to the love of his life, Calla Lee Wagner. A July 8, 2023 wedding was planned. For the past 13 years, the two have shared a passion for the outdoors, kayaking, music festivals and camping with friends.

Ryan was a diehard Buffalo Bills fan. Football games were spent with family and friends shouting at the TV screen, with good food and much laughter. Ryan, a talented chef, was employed at The Bear Brick in Little Valley. His previous chef positions include EBC, Tips Up, Villaggio, Dina's, Springville Country Club and

St. Bonaventure University. Most recently he began training to become a dog groomer at Rover Makeovers with future plans of taking over the family-owned business with Calla.

He is survived by his fiancé, Calla Lee Wagner and their fur children Titan, Punkin, and Martha; father, Leonard (Sharon) Monroe; mother, Lowry Ann Quinn (Jack) Raecher; siblings, Brock (Rochelle) Monroe, Allison Raecher, Kayla (Brandon) Maynard, Kaysie (Eddie) Griffith; Joshua Stacey; and Ryan Stacey. He is additionally survived by his paternal grandmother, Joan Wright Hale (the late George); maternal grandparents, Linda (Lafferty) Quinn and Robert Quinn; uncles, Lee (Kimmy) Monroe and BJ (Nichole) Quinn; aunts, Lynne (John) Quinn and Christina (Scott) Grant; and several nieces and nephews. He was preceded in death by his uncle, Michael Monroe.

A Celebration of Life, organized by Ryan's best friend and mentor chef Thomas Kneeland, will be held on Monday, Aug. 22, 2022 at Dina's Banq, 9 E. Washington St. in Ellicottville beginning at 2:00pm. Memorials, if desired, may be sent to the Humane Society, 2825 Strunk Road, Jamestown, NY 14701 or E.A.R.S., P.O. Box 445, Salamanca, NY 14779.

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mrsski815: Great season U12! So much progress as a team and friendships for years! @ellicottville\_youth\_soccer @ellicottvillenow



holimont\_parks: It's been hot but that hasn't stopped the HoliMont Dirt Cruë #evlnow #trailbuilder



homegrownpediatrics: Fun at Little Rock City! #summerdays #evlnow #familytime #littlerockcity



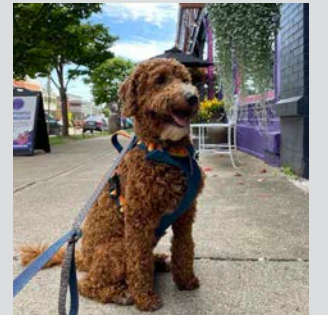
pumpkinville: Just a little sneak peek at some of the awesome new additions we've been working on this summer #evlnow #pumpkinfarm



ellicottvillebrewinglocal: #evlnow #patioseason #latesummerflowers



716flyfishing: Still having fun in the summer heat! #evlnow



river\_shemanda\_devito: baby boy checking it all out! #evlnow



willygoat\_adventures: #evlnow #bikerdog #kuryakyn #rescuedog



christycarus: Holiday Valley Eagles Ski annual summer reunion. Friendship and fun at Holiday Valley! #skitheeast #ellicottvillenow



picklesandpepto: #portlandia #pickling #homesteading #evlnow



thecharlesbchamberlain: #nature #serenity #hikingtrails #evlnow



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