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Eat, Shop, Support Local Causes

August brings a variety of flavors and fundraisers to EVL, including the annual Taste and the Rotary's Tuscan Moon















By Brenda Perks

Do yourself a favor ... take advantage of what's left of this summer and #GetOutside! The season will soon start to wind down; fall is literally just around the corner! If you're looking for a variety of excitement, August is packed with options.

The Taste of Ellicottville, produced by the Ellicottville Chamber of Commerce, provides the opportunity to sample so many restaurants all in one afternoon. The Rotary Club's Tuscan Moon event at the end of the month is an evening of food and live/silent auctions, raising much needed funding for the youth of our community. Throw in a cool music festival, endless shopping at our local boutiques, hiking, biking and paddling, and you've got the remainder of your summer booked! Flip through these pages and start planning your end-of-summer celebrations.

it their mission to bring awareness to retired K9s across America. It is now responsible for the care of over 200 ex-military and law enforcement dogs across 17 states.

As the COVID-19 outbreak began to take shape in 2020, non-profits like Paws of Honor were forced to adjust their goal strategy. Teaming up with the Working Dog Coffee Co., they found a way to continue their efforts.

... page 07

The Poverty Hill WMA is open to public access and joins the Ellicottville area's long list of outdoor recreation attractions. The vast 946-acre tract is wild and wooded, brushy and overgrown. Some traces remain of the almost-mythical Poverty Hill Ski Resort and the private Concord Ski Club if you know where to look. The land was acquired by the State Department of Environmental Conservation this past March and will be managed by the Division of Fish and Wildlife. The Poverty Hill WMA addition to state lands is expected to preserve and protect natural resources and boost tourism and the local economy ... page 10

Mushrooming in Ellicottville

The Fungus Goddess takes us on a hike through the world of shrooms



By Caitlin Croft

Just when you thought your "hobbies basket" was full, here comes mushrooming. Commonly associated with rot and decay, local mycology enthusiast Quincey Widger (aka the Fungus Goddess) carved out some time to set the record straight. "Mushrooms shape the world around us and offer lessons for how to live in it," Widger said.

As a highly suspicious person who was more concerned about fashioning the ideal "mushrooming outfit," this seemed a little outside my grasp. I recently met up with Widger to go foraging. As we entered the woods, Widger advised me to "start looking for orange on the trees." Charged with this new focus, it was as if I was seeing Little Rock City for the first time.

... page 07



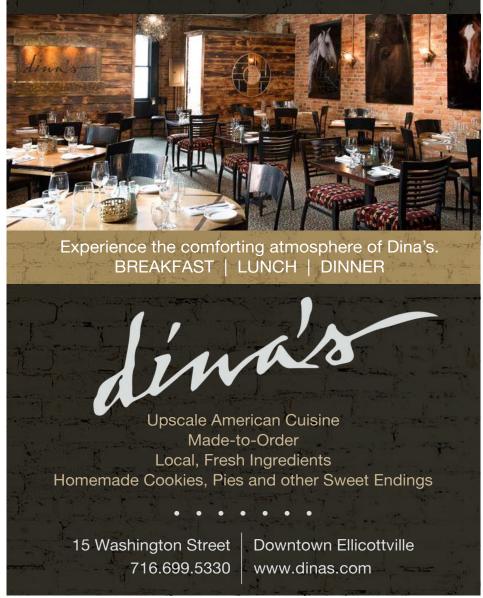
NEW ART GALLERY OPENS IN BRADFORD

First, there was the mural of famous Woodstock performing artists on the side of the large red brick building along Main Street. Then, the excitement and chatter started ... what is this about? Two professional local artists, muralists, and artistic thinkers, Rick Minard (pictured above) and Greg Souchik created the mural to bring public art into the City of Bradford. Now, another dream has materialized with the opening of the Allegheny Mountain Arts Gallery ... page 19









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NOW this ... by Brenda



What's a few extra calories?

Do yourself a favor ... take advantage of what's left of summer and #GetOutside! The season will soon start to wind down and fall is literally just around the corner. Soak up that sun while you can! If you're looking for outdoor events, August is packed with options. Here are two of my top picks, and both are happening this weekend!

THE FLAVORS OF ELLICOTTVILLE

What better way to sample all the flavors of our town than at the annual Taste of Ellicottville? And when I say all, I mean 19 different restaurants! Our town has such a diverse selection of flavors - from American cuisine and gourmet pizza to Irish fare, authentic Italian and al pastor tacos that taste like they came straight out of Mexico City ... not to mention all the sweet treats! Each of our restaurants are excited to dish out their signature creations for your tasting pleasure this weekend, Aug. 14th-15th.

Think you can hit all 19 stations? (Hmm... Is that a challenge?) In total, there are close to 60 menu items and certainly something for everyone. I'll be hitting the sidewalks early on Saturday, feeding my sweet tooth with any and every dessert available, as I've been asked to be the official "Sweetest Sweet" judge. I'm looking forward to indulging in the good stuff ... Yep, it's a tough job, but someone's gotta do it!

For more on the Taste of Ellicottville, read Elijah's feature article on page 04. To view this year's Taste Map and Menu, open up to the centerspread and start planning your course of attack.

MUSIC AND ART COMBINE

If you're hitting up the Taste on Sunday, opt to make it a double header. Fill your belly, then head out to Griffis Sculpture Park (a 15-minute drive north of Ellicottville) where you can easily work off all those extra calories by hiking, climbing and dancing at their 8th annual Summer Music Festival. (Oh yeah, there will be a food truck there, too, in case you're still hungry, or you get hungry again.)

Mom Said No is headlining this year's stage with their alternative power-pop sound. Did you know? They were voted Buffalo's Best Original Rock Band by Buffalo Night-Life Magazine. And ... the group recorded their debut album, Welcome To The Loser's Club, at Goo Goo Dolls bassist Robby Takac's GCR Audio Studio in Buffalo with Takac himself producing the album. Pretty cool, right?!!

Other bands on the ticket for Aug. 15th include a Japanese drum group called JGB Shibu-ki, Qwister (known for their "Rustbelt Reggae" sound), multi-instrumentalists Lucawilla, and Isaac Spaeth (he'll be performing on top of the "Castle Tower" sculpture). You'll want to bring your blankets or chairs and stay awhile. There's a lot of great music to look forward to!

Catch the Griffis Sculpture Park Summer Music Festival August 15th from 1:00-6:00pm. As event organizers describe it, "It's a day filled with music, creativity, exploration and much more. The event not only celebrates our local creative community, but it helps fund keeping the park open."

Tickets are \$20; Children 12 and under are FREE. There will also be craft vendors, a kids craft area and other surprises. What a great way to spend a Sunday afternoon - eating good food, listening to good tunes and exploring one of the coolest outdoor parks in our area! See you this weekend!



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EVENTS

TASTE OF ELLICOTTVILLE

Loosen up those belt buckles and sample all that the village has to offer



By Elijah George

Ellicottville is an area of Western New York known for so many things. The extravagant vacation homes of a rare collection of celebrities, the famed ski slopes, the plethora of unique shops and restaurants, the spas, the hiking, biking, and all-around outdoor adventure ... the list goes on and on. This weekend, the downtown village will shift its focus to the tasteful flavors of its restaurants.

There are 19 participating restaurants in this year's Taste of Ellicottville, all very eager to please. The Taste is a big deal, make no mistake. With the late 2019-present COVID pandemic, the fate of this almost ancient local tradition was uncertain, just as many other events within the past two odd years.

However, the show must go on. Ellicottville Chamber of Commerce Executive Director Brian McFadden informs us that the 2021 Taste of Ellicottville is following all CDC guidelines regarding COVID-19. Just as New Yorkers get their slices and take a bite out of the Big Apple, residents as well as tourists of Ellicottville alike get to have a taste of Ellicottville. The streets and sidewalks of the downtown village will be lined with booths manned by staff from their respective restaurants, fully prepared to offer samples of new menu items and rally in potential customers.

Nick Pitillo, owner of Villaggio, says that the 2021 Taste event is about "returning to a semblance of new normal." ... "We all started to take our festivals for granted until we didn't have them," he said.

Agreeing wholeheartedly, it is often said that we do not fully appreciate or know what we have until we've lost it. The previous two years have been unforgiving; perhaps now is the time that we'll see things come up our way. Here's a sneak peek at what Villaggio and a few others have to offer in terms of this year's event.

"I think we are lucky to have a wonderful culinary scene in town," Pitillo said. "All of the chefs work hard to have unique items. But our meatballs, risotto bites and porchetta speak for themselves."

Villaggio is stacked, but so is the friendly competition. This year we'll also see Madigan's serving up their famous Guinness Mac & Cheese; Balloons with a plant-based meatball slider; and EBC is preparing a chicken pita packed with a slew of wholesome ingredients.

The Tee Bar is another one of the many participating restaurants from previous years. On behalf of the establishment, co-owner Kimberly Reading exclaims, "We're looking forward to seeing lots of hungry people! We have a delicious selection of ice cream items for the weekend, including ice cream tacos, chocolate chip ice cream sandwiches and creamy root beer floats!"

These are just a select few restaurants out of the 19 total who will be participating. In the words of Mr. McFadden, "This is one of the largest Taste events in Western New York!" An entire smorgasbord of unique foods awaits the consumer this weekend!

When in Rome, do as the Romans do. When in Ellicottville this weekend, do your fair share of sampling. From Villaggio to EBC to The Tee Bar and all the others. "The main goal is, was and should always be to reconnect with old friends and make new ones," concluded Pitillo. "Having our team out there engaging with guests is how we've always tried to build our business; we're ready."

TUSCAN MOON

Gourmet dinner fundraiser helps support Rotary's endeavors all year long



By Spencer Timkey

On Saturday, August 28th, the Rotary Club of Ellicottville invites you to an evening of food, fun and good vibes with its annual Tuscan Moon event. Taking place at Holiday Valley's Cabana Bar, Tuscan Moon is a dynamite way to send off summer while providing the necessary fundraising the Rotary relies on for the admirable things it does all year long.

"It's paramount to our mission of serving the youth of the Ellicottville community," Rotary President Doug Anderson said. "The fundraiser helps in our efforts to support scholarships, the Ellicottville Memorial Library, the Ellicottville Food Pantry, amongst many other things. It goes a long way to support all of our community endeavors."

The event will feature a wide array of dishes from Ellicottville's restaurants. Katy's Cafe, John Harvard's Brew House and others will provide hors d'oeuvres as you arrive, while music from local WNY pair Kody & Herrin will play in the background. A gourmet dinner spread will follow, including an antipasti table by Monroe St. Brick & Brew, Oso Bucco from Dina's, and special Italian dishes from Villaggio. Chefs from other restaurants will be set up to provide other outstanding treats, and students from Ellicottville Central School will provide waitstaff service. As always, Watson's Chocolates and Cupcaked will set up an amazing dessert table. (Make sure you save room!)

"ECS students really are the backbone of this event," Anderson said. "They supply the manpower to serve. Without them, we wouldn't be able to host this fundraiser. Our volunteers are so important."

The Rotary is looking for more ECS students to sign up to volunteer at this year's Tuscan Moon. Each student will receive a shirt, hat and apron for the evening, and will be trained on-site the day of the event, supervised by ECS graduate Jonas Hulburt.

"Jonas previously volunteered as a student and now, as manager of Cupcaked, Jonas has stepped up to recruit and supervise the student volunteers," said Anderson.

Brooks LeFeber, auctioneer extraordinaire, will host this year's live auction - featuring prizes like tickets to the Buffalo Bills home opener (the hottest ticket in town!), Cutco knives as well as many other great additions. The silent auction will be packed with a wide array of prizes from local businesses.

It can't be understated how important the work the Rotary does is to the local community. Anderson, a 25-year Rotary veteran (with four coming into Ellicottville), said the work they did over the past year was even more important.

"During the pandemic, the Rotary - in conjunction with Villaggio, Katy's and Dina's - provided over 500 meals a week to the ECS community. The kids were provided lunch through the school system, but the Rotary started providing dinners as well. It was a community initiative that really highlighted how important the work we do is."

The Rotary also awarded multiple \$500 scholarships to ECS seniors, as well as a \$5,000 scholarship that was focused on a student pursuing a trade-school or technical education.

Tickets to Tuscan Moon are \$85 each and can be purchased through the Rotary website at www.ellicottvillerotary.com. If you'd like to donate a prize for the raffle or if you are a student that would like to volunteer, please reach out to Doug 716-474-7832 or any other member of Rotary.

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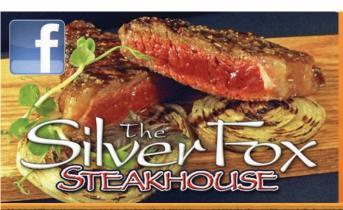
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BUSINESS

PAWS OF HONOR

'Hero Coffee' coming to Ellicottville; supports our nation's four-legged soldiers



By Panos Argitis

There are thousands of men and women who have previously served or are currently serving in military and police forces across the U.S. Just like their human partners, service dogs sacrifice the majority of their lifetime to protect and better our nation. Under the guidance of doglovers, more of these four-legged soldiers find new purpose in their post-duty life everyday.

In more cases than one, working class dogs that have since retired from service embark on a special mission to find a forever home. Due to their genetic traits however, veteran dogs require special care and often struggle due to injuries or sickness, which makes the process of rescue difficult.

Once retired from their branch of service, most dogs have reached the age of 10 and require critical attention that not everyone can afford. The majority are either cared for by their former handler or end up in adoption centers spread across the country. Despite their rescue counterpart, service dogs need specialized help to live healthy and happy lives.

PAWS OF HONOR + THE WORKING DOG COFFEE CO.

Since 2015, Paws of Honor - a national organization that believes in accessible, high-quality veterinary care and products for all canines - has made it their mission to bring awareness to retired K9s across America. It is now responsible for the care of over 200 ex-military and law enforcement dogs across 17 states.

As the COVID-19 outbreak began to take shape in 2020, non-profit organizations like Paws of Honor were forced to adjust their goal strategy. While working as Director of Development and Relations for Paws of Honor, Carla Cook looked for a way to raise funds for underprivileged dogs and stumbled upon the Working Dog Coffee Company.

"I was trying to think outside the box," Cook said. "I searched for a few months and lo and behold, I came across the Working Dog Coffee Co. It's a small company then based in Pennsylvania, and they had just started and then COVID-19 hit, so I thought this is perfect, like it was meant to be."

The Working Dog Coffee Co. was launched in April of last year by a family of animal and dog lovers who adopted a retired sheepdog named Emma from a rescue farm. From there on, they felt it was their permanent duty to help service dogs have a better life.

Through direct donation from the sale of roast-to-order, premium coffee and other goods, the company supports more than nine different organizations nationwide that specialize in the rehabilitation and re-homing of veteran dogs.

'Work hard. Play often. Love always,' is the motto of Misti Pike, founder of the Working Dog Coffee Co. For her, collaborating with Paws of Honor was a no-brainer.

"During the pandemic people couldn't adopt because you couldn't even get into a rescue to adopt," Pike said. "Carla reached out wanting to know if there was anything that we could do and we said, hey, let's just do a fundraiser. We ran an online fundraiser where people could buy a bag of coffee for themselves, and then we donated the money towards Paws of Honor or to a handler in their program."

While the fundraiser was launched for Veteran's Day, the mission behind the coffee laid the

MUSHROOMING IN ELLICOTTVILLE

The Fungus Goddess takes us on a hike through the world of mushrooms



By Caitlin Croft

Just when you thought your "hobbies basket" was full, here comes mushrooming. Commonly associated with rot and decay, local mycology enthusiast Quincey Widger (aka the Fungus Goddess) carved out some time to set the record straight. "Mushrooms shape the world around us and offer lessons for how to live in it," Widger said.

Now as a highly suspicious person who was more concerned about fashioning the ideal "mushrooming outfit," this seemed a little outside my grasp. I recently met up with Widger and together we sped up the access trail of Little Rock City in Little Valley. Widger advised me to "start looking for orange on the trees." Okay I thought to myself, the hunt begins. I'm not going to lie ... it was sort of exhilarating! We pulled off near one of my favorite hiking trails. Charged with this new focus, it was as if I was seeing Little Rock City for the first time.

It. Was. Magical.

The first mushroom was spotted and from there it didn't stop. With two other mushroom aficionados in our company, sometimes the conversation went over my head ... spores, mycelium, spawning ... there was so much to learn. Nature in my mind has always been a giant museum, and it occurred to me mushrooms were its oldest antiquity. Widger led us through brambles and spiderwebs alike while the group happily charged along.

There was one mushroom that looked like a cluster of black pipes called moose antler fungus. When you touched them, they let off 'smoke' - but in reality it was their way of procreating and spreading its spores. Just like in life, not all things are guaranteed on a mushroom hike. We unfortunately didn't find any edible species but saw over 10 types of fungi and soaked in the knowledge the Fungus Goddess gave us. My favorites were the turkey tails, dead man's fingers, Indian pipes, puffballs and jackolanterns. (Jackolanterns get their name because they are orange and look fleshy like a pumpkin.) "These are commonly confused with chanterelles," Widger told us. And they sure did fool me a few times in the woods.

After our hike, Widger filled me in with details of her next venture, Enchanted Mountain Mushrooms. This is a mushroom farm Widger and her mom have started, to supply clients with fresh toadstools to purchase, even if they don't come across any edible varieties on their hike. At this outdoor mushroom farm, she let's "Mother Nature" do her thing. "The mushrooms were prepped last fall and we are waiting patiently for the first batch," Widger said.

Aside from the lessons gained being in and examining nature, "post-hike I want my clients to feel like they are walking away with something in hand." Having a steady supply of mushrooms year round will remedy this. Widger hopes to have enough to supply local restaurants as well.

Foraging in the wild is currently how Widger supplies what she offers at the Ellicottville Farmers' Market. There are also tinctures she makes that allow you to get the benefits of the mushrooms in a shelf stable product. The Farmers' Market takes place every Friday from 4:00-7:00pm on the lawn of the 1887 Building.

My biggest takeaway: look, don't touch. These little ecosystems naturally meander under nearly all of the earth's surfaces. They symbolize growth and expansion. Mushrooming

"The Fungus Goddess" continued page 22

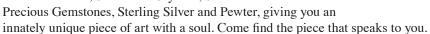
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"Certified Black Angus" steaks are highly marbled, which is the main contributor of the beef's juiciness, flavor and tenderness. Highly marbled beef can be cooked at a higher temperature to develop a great sear, helping to retain juiciness. "Certified Angus Beef" brand selects only "A" maturity - the

most desired beef classification. This is reason to dine at the Silver Fox Steakhouse; in its 48th year serving great steaks and seafoods for Ellicottville's guests!



SOREL BOOTS

Mud, Sweat n' Gears 18 Monroe St. • EVL 716.699.8300 www.mudsweatgears.com

MSG is BACK!!! Both Ellicottville and East Aurora locations are open for the season! It's all systems go Wednesday through Sunday, 11:00am-5:00pm. Stop in and browse the new selection of fashionable boots by Sorel, just in time to close out summer and welcome the crisp, cool temps of fall. MSG is also carry-



ing an adorable selection of baby size hooded fleeces and onesies in a variety of colors and patterns including camo and floral. So cute! Come see what else is new!

BOOGIE TOES SOCKS

The Purple Doorknob 11 Washington St. • EVL 716.699.2084 www.purpledoorknob.com

Boogie Toe socks are so much more than just the cutest rattle socks out there! Babies love to have their animal buddy go wherever they go. Each little creature on the toe of the socks has a rattle within it so these socks also double as a fun toy (perfect for when your little one inevitably pulls them right

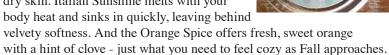


off their feet). With more than 70 styles, there is always something fun and new for our little angels! Fully stocked in-store and at the purpledoorknob.com.

AVITAL'S APIARIES ORGANIC BODY BUTTERS

Nature's Remedy 26 Monroe St. • EVL 716.699.4372 www.naturesremedyny.com

These ultra rich body butters are made from organic shea and cocoa butters, vitamin-rich avocado oil, a touch of beeswax, and essential oils (in scented versions). The Hope Springs adds calendula extract for extra healing of dry skin. Italian Sunshine melts with your body heat and sinks in quickly, leaving behind





SAMBUCA CALAMARI

John Harvard's Brew House 6447 Holiday Valley Rd. • EVL 716.699.5350

John Harvard's will be featuring their Sambuca Calamari for the Taste of Ellicottville. Tender calamari are lightly breaded and tossed in a pesto sauce made with Sambuca, finished with lively cherry tomatoes and banana peppers. You can sample this appetizer and enjoy the best view

in town at John Harvard's Brew House at the Tamarack Club at Holiday Valley, open daily for lunch and dinner.



HERBAL BATH SALTS

Sunshine Health & Wellness 1465 Foote Avenue • Jamestown, NY 716.484.0477

Taking care of yourself shouldn't be a challenge, but after a long day it can be hard to fit in one more thing — even if it's good for you. Herbal baths are a simple and relaxing way to support your well-being while winding down. Using the power of organic botanicals (lavender, chamomille, and rose nourishing



salts - pink himalayan, dead sea, epsom) and the soothing of warm water, you can absorb supportive plant constituents through the largest organ in your body - your skin!

LA VIE EST BELLE!

Ava Grace Fashions 23 Jefferson St. • EVL 716.699.1105 avagracefashions.com

Life is beautiful and expressing yourself has gotten easier with fun Graphic Tees! With the move to their new location at 23 Jefferson Street, Ava Grace Fashions' T-Shirt Room is overflowing with all the things you want to say! Come in and let their sales associates help you express yourself. Or hit up



the search bar on avagracefashions.com to have something shipped to you!

PATAGONIA PULLOVERS

Daff 17 Washington St. • EVL 716.699.2293 www.daffevl.com

Patagonia for Fall has arrived! Snuggle up in this cozy pullover with a cup of coffee or hot coca for those fall days ahead. Made of warm, midweight 100% recycled polyester fleece dyed with a low-impact process that significantly reduces the use of dyestuffs, energy and water compared to conventional



dyeing methods. Features quarter-length front zipper with wind flap and kissing-welt closure, plus zippered security pocket on the sleeve.

HIMALAYAN SALT NECKLACES

Ellicottville Salt Cave 32 W. Washington St. • EVL 716.699.2068 www.ellicottvillesaltcave.com

Looking for a unique gift for yourself or someone special? These natural Himalayan salt necklaces are adjustable and fit any occasion. This pure pink salt is free from toxins and is valued for clearing one's energy and driving out negativity. Stop in and check out locally made jewelry including chakra



necklaces, gem stone and mineral pendants. The Salt Cave also carries a variety of salt lamps, salt cooking slabs, salt shot glasses, candles, bath salts and more!

ELLICOTTVILLE HATS

The Tee Bar 8 Washington St. • EVL 716.699.9079

The Tee Bar is your one stop shop for all things ice cream - soft serve, cakes, shakes, sundaes, novelties, homemade waffle cones, slushies, and Pierres's Premium Ice Cream. The Tee Bar also has the area's largest selection of Ellicottville logo wear and Ellicottville branded gifts! Looking for a new lid?

The hat rack has plenty of cool choices for your dome, in various colors and styles. It may be hard to choose just one!



MONTHLY SAMPLE BOX

Mad Crazy Batter Bakery 4915 Route 219 • Great Valley, NY 716.265.8585

Each month, the Mad Crazy Batter girls box up 10 new desserts for people to sample. You can sign up for only \$12 a month! Desserts range from cupcakes, fudge, cookies, breads and more. "We have been doing sample boxes for a year now and we love trying out new dessert recipes for all the



seasons for everyone to try." Check out Mad Crazy Batter Bakery's Facebook page or stop in the store to see the new flavors each month and place your box order.

REGIONAL NEWS

POVERTY HILL WILDLIFE MANAGEMENT AREA

DEC acquires land in Ellicottville/Mansfield area to expand and protect wildlife habitat; offers public recreational access for hunters and hikers

By Kathleen Kellogg









Left to right: FLT sign off Poverty Hill Road; Hinman Road access; nature view from Hinman Road access; the old Concord Ski Club sign. photos / Kathleen Kellogg

Hunters and trappers, hikers and birders, the Poverty Hill Wildlife Management Area is open to public access and joins the Ellicottville area's long list of outdoor recreation attractions

The vast 946-acre tract is wild and wooded, brushy and overgrown. Some traces remain of the almost-mythical Poverty Hill Ski Resort and the private Concord Ski Club if you know where to look. The ski areas were an important part of the area's colorful history, but since their heyday, it has been managed for private purposes by owner-stewards who have held onto it since the 1960's. Some logging has occurred and it was rented to a hunting club in recent years.

The place was acquired from the Dattner Family Associates, LP, in March by the State Department of Environmental Conservation. It will be managed by the Division of Fish and Wildlife for conservation and wildlife-associated recreation.

In an announcement released around July 1, 2021 by Lieutenant Governor Kathy Hochul, the Poverty Hill WMA addition to state lands is expected to preserve and protect natural resources and boost tourism and the local economy. The area's "diverse natural habitat" supports upland birds, like wild turkey, ruffed grouse, woodcock, big game like white-tailed deer and black bear, along with beaver, muskrat, raccoon, fisher, red and gray fox, wood ducks and mallards.

Critical resting and feeding areas like Poverty Hill WMA foster migratory waterfowl and songbirds, and other wildlife that are rare, threatened or endangered. The management of the wildlife habitat for survival will also support the wildlife-dependent recreation and the public-use goals of the area, she said.

"Folks will have an opportunity to enjoy that property for wildlife," said Emilio Rende, the biologist in charge of the DEC's land management program, who is supervising field work on the WMA that stretches across contiguous lands in the towns of Ellicottville and Mansfield to the north.

"We had noticed that it was up for sale, we contacted the family and they said they would be interested in selling to the state," said Rende, who is enthusiastic about the WMA. He credited the Dattner family for having patience during the couple of years it has taken the DEC to obtain an appraisal, establish a fair market value and complete the acquisition process, complicated by reduced staffing during the pandemic.

"We started the paperwork to get the property appraised and when it came time to make an offer, they accepted," he said.

According to a DEC source, the State of New York, following its official open space plan, acquired it for \$1,827,131. Cattaraugus County records show the deal was being assembled as early as 2019. The \$16,468 annual tax bill for the Dattner's seven parcels was up to date and their assessed value was listed at \$1,039,300. That assessment was at or near a 100 percent equalization rate value and the properties were classed as vacant rural, residential, and commercial at the time of the sale. It is expected that after a review by the state's Office of Real Property Services, the DEC will continue to pay taxes on the property.

The DEC simultaneously announced the purchase of the new 310-acre Genesee River Wildlife Management Area, also earmarked primarily for hunting and trapping on mature forest, brushlands and open fields. That WMA is located in the town of Willing in Allegany County.

Both purchases totaled \$2,122,131. A portion of that came from the federal Wildlife and Sportfish Restoration Program's Pittman-Robertson Act revenues. Manufacturers of firearms, ammunition, archery equipment and other products pay an excise tax that is dedicated to wildlife conservation under the Act. Another portion of the money came from the state's Environmental Protection Fund.

Rende said hunting will be the main activity, and just a few of the property's existing trails are getting some minimal development, but there will be no cleared and marked paths, or groomed ski trails. He urged the public to be patient as crews continue the work on the property.

Three designated parking areas will be developed for use by October 31st, when hunting season gets underway. Hiking and birding will be allowed as secondary activities as long as they don't interfere with wildlife management.

"WMAs are managed differently from what people associate with state forest land," said Rende, adding that those areas "promote a different kind of recreation" than the type managed at Poverty Hill WMA.

Currently, parking areas and trailheads are still under construction, though boundaries are marked with small state land signs that can be seen from the road and adjacent private lands. A large wooden sign will be erected by Spring 2022, said Rende, designating the acreage between Maples Road and Poverty Hill Road and stretching north to Hinman Hollow Road.

The area is part of the DEC's Wildlife Management Unit 9M and will provide increased access to hunters. In other seasons, it will invite public activities compatible with the management of the lands, which were owned since the 1960's by the Dattner family. The pioneering clan's Poverty Hill Development Corporation's ski resort, and later the Concord Ski Club played a brief role in the local ski industry that was already dominated by Holiday Valley and HoliMont. It was a time when the love of skiing, a lot of hard work and nature's abundant resources could be combined to create an enterprise.

According to local lore and especially the 2002 book by skiing pioneers Edna Northrup and Lillian Congdon, "For the Love of Skiing, Our Story of Skiing in Ellicottville," some of the Dattner's Poverty Hill Ski Area property was owned in part by William Nannen, Ellicottville's former mayor. This probably gave it a boost, along with an opening skiing exhibition by Stein Erickson to kick off the debut. Unfortunately, lots of vertical terrain, several legendary ski school instructors and two T-bar lifts, with scenic vistas and great natural snow wasn't quite enough to keep the fledgling resort from bankruptcy. The next decade saw a reopening with added slopes and an updated chairlift under the banner of the private Concord Ski Club, and links to Kissing Bridge Corporation, before ultimate closure around 1990.

Since then, the Dattner family's stewardship and land-holding tenacity has paid off by bringing the property forward for public use and conservation.

Rende said the DEC has no plans to established manicured or groomed trails, but will make some improvements to the rougher trails that crews have found on the property.

The densely vegetated WMA's higher elevations and steep terrain reach beyond 2100 feet where there should be prominent views into the Ellicottville landscape. The north-facing bowls and cresting topography, broken by streamlets and wetlands, should not only be a

"DEC Wildlife Management Area" continued page 22





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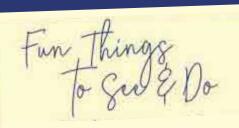


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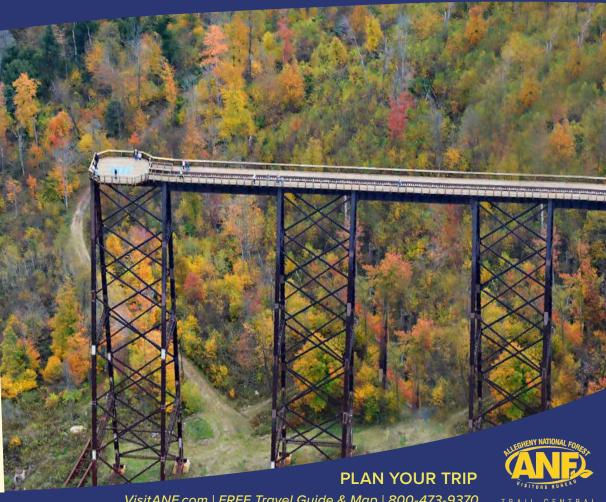
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of tickets 1. THE TEE BAR Root Beer Float 4 Ice Cream Cookie Sandwich 4 Ice Cream Taco 4 2. EBC TAQUERIA Al Pastor Tacos 4 Small Creamed Elote Dip with chips 3 Mexican Style Ensalada De Frutus with Lime Sauce 3 Bottled Water 1 3. ELLICOTTVILLE DISTILLERY The Blues Cocktail with a Pulled Pork Slider 5 The Shine On with a Slider with Coleslaw 5 The Float with a Lemon Cookie 5 **All Spirits are Gluten Free 4. VILLAGGIO Risotto Bites 5 Porchetta Sliders 5

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**House Salad	4
Zeppole	4
Bottled Water	
5. SILVER FOX STEAKHOUSE	
Angus Beef Tenderloin Skewers with	

Nani's Mini Meatballs 5

Rosemary Aioli 5 **Asian Tuna 5

Sanpellegrino Water 2

6. WINERY OF ELLICOTTVILLE

Blackberry Bacon Tartlets with Gorgonzola & Cream Cheese Paired with Wine 5 Chocolate Covered Pretzels Paired with Wine ... 3 Natalie's Lemonade 3 Sparkling Water 3 Bottled Water 2

7.	JOHN	HA	RVA	RD'S	AT	HOL	.ID	AY	VAL	LEY

John Harvard's	Sambuca Calamari	_
John Harvard's	Brewhouse Nachos	4
Starbuck's Kiwi	Refresher	2

8. MADIGAN'S

Pretzel Chicken Skewer with Choice of our	
Famous Sweet & Spicy Sauce or Thai	
Peanut Sauce	. 5
Soft Pretzel Bites with sides of Honey Mustard a	nd
Guinness Cheese Sauce	. 4
Guinness Mac & Cheese	. 4
**Dom's Butcher Block Beef Sticks	. 2
Water	. 2

9. KATY'S CAFE

Cajun Shrimp and Crab Mac & Cheese	5
Blue Mushroom Soup	3
Bottled Water	1

10. FINNERTY'S TAP ROOM

11. BALLOONS		
**Reuben Meatball	•••••	

Chicken Wing Soup 3 Pork Nachos 4 Plant Based Meatball Slider 5

Creamsicle Float 3

12. CUPCAKED

Oleo Modsse Cup	┰
Fruit Bars	4
Cake Bars	3
**Macaron Sampler	
**Drawnia Ditas	2

13. ELLICOTTVILLE BREWING COMPANY	
Chicken Pita - Green Apple, Baby Greens,	
Artichoke Hearts, Walnuts, Cotija served with a	
Homemade Mustard Seed Vinaigrette 5	5
Pretzel Bites with Beer Cheese	3
Bottled Water 1	ļ

of tickets

15. MONROE STREET BRICK & BREW	
Agua Fresca	. :
the contract of the contract o	
**3 Bean & Corn Salad with Cotija and Lime	:
Mangonada Sundae with Churro Bits	. 4
Made Arepa	L
Citrus Braised Pork with Corn Salsa and House	

Port-a-Johns

** Gluten Free

of tickets

Buffalo Chicken Pizza Slice 5

Pepperoni Pizza Slice	5
Garlic White Pizza Slice	5
Margherita Pizza Slice	5
Soda	
Water	2

16. STEELBOUND BREWERY Pulled Pork Sliders

17 WATSON'S CHOCOLATES	
Beets and Greens Salad	3

Sponge Candy	5
Baklava	3
Rice Pudding	4
Sea Salt Caramels	
Pretzel Rods	3

18. DINA'S	
Crab Cake with Chipotle Aioli	5
Cedar Plank Salmon with Teriyaki Glaze and	
Mango Salsa	4
**BBQ Baby Back Ribs (1-2 bone portion)	4
Fried Calamari	4
**Butternut Squash Bisque	3

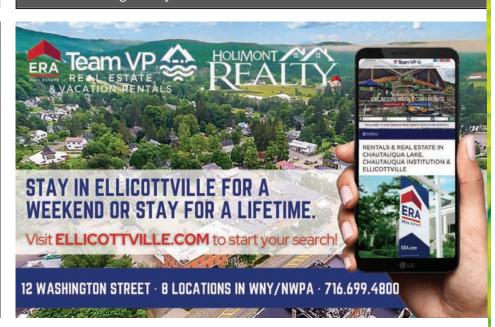
19. DINA'S AT THE MONT

**Tenderloin Tips, Potato Rissole, Demi-Glace	. !
Lobster Quesadilla with Cilantro/Lime Aioli	
Homemade Mac & Cheese	
Fresh Baked Cookies	
Carrot Cake Cupcakes	









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The Enchanted Mountains

Make the Most of Your Trip to the Enchanted Mountains of Western New York

Sometimes life goes faster than we hope. You look up, summer's almost gone, and you haven't spent any time doing the things you enjoy with the people you love! Luckily, right now is the perfect time of year to explore the Enchanted Mountains of Cattaraugus County, New York and there is still plenty of time to do just that!

DISCOVER NEW YORK'S AMISH TRAIL

Enjoy the changing of seasons from summer to fall along NY's Amish Trail. Adventure from one small shop to the next to find unique handiworks and learn about the culture of these people, who live separate from the modern world. You will find yourself relaxed and renewed as your cares seem to disappear to views of farmlands, open spaces, and charming backdrops filled with sunshine. You will see horsedrawn buggies and meticulous gardens. Look for freshly made baked goods, birdhouses to decorate your yard with or plants from their greenhouses. Follow handpainted signs down the side roads to the Amish businesses where you can purchase a wide variety of goods, each made with incomparable hand craftsmanship.



While you're in the area, make impromptu stops at an Alpaca Farm including Cardinal Acres Alpacas, or Simply Natural Alpaca Gift Shop to experience these lovely animals who are extra playful in the summertime. Grab a footlong and curly fries - with Loganberry of course - at Racer's Restaurant in South Dayton, or enjoy a delicious meal at Zollinger's Restaurant, known for their prime rib. If you're not hungry enough for a full meal, South Dayton Supermarket has quick snacks and gas (try the amazing Duper Donuts)!

LEARN ABOUT THE SENECA CULTURE

Explore Seneca Nation culture at the Seneca-Iroquois National Museum which is now part of the stunning Onöhsagwë:dé Cultural Center in Salamanca. Learn about the history through the exhibitions, view antler carvings and ornate beadwork in their collections, and shop their store for original art.

GO FOR A HIKE!

Spend a delightful summer day with your family exploring the great outdoors and the beautiful scenery at Allegany State Park. Look for iconic spots like the Stone Tower, the Thomas L. Kelly covered bridge, or the picturesque Administration building. Try a different family hike each year or kayak and swim in one of the two lakes. Kayak, canoe, stand-up paddleboards, and bike rentals are all available. Don't forget to pack a picnic lunch!

Rock City Park in Olean offers scenic views as you hike over, under and through rocks several stories tall! There is a paved one-mile-long path to follow with plenty of places to rest (either on a rock or a bench) and visit with each other. Be sure to grab a souvenir at the gift shop.

Griffis Sculpture Park has been welcoming families back year after year since the 1960s! Dotting the hills, valleys, and woods are huge steel sculptures. Kids love this place because you can climb on the sculptures. Adults love it because it has art and beauty like few other places. Laugh as you take turns getting your photo on a steel praying mantis or riding the back of a giant snake! Then head to the quaint village of Ellicottville for a delicious meal at any of their delicious restaurants.

DADDIC THE WATER

Plan for a day of fishing or paddling with friends on 50 miles of the Allegheny River as it winds through the Enchanted Mountains. Launch points and mileages are mapped out for you.

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DESTINATION: FUN!

Summer in the 14731 ... A Full Season of Outdoor Entertainment

THROUGH SEPTEMBER 3 • 4:00 - 7:00 PM @ DOWNTOWN ELLICOTTVILLE

Following a distantly mellow 2020 season, Stroll the Streets has returned to the downtown area with a full slate of entertainment! Enjoy FREE family oriented activities in the village each Friday through summer. Rotating features may include everything from face painting and balloon twisting to henna tattoos, chalk art and more. Plus, live musical acts on the sidewalks in front of the shops and restaurants - SUPER! Search 'Stroll the Streets in Ellicottville' on Facebook and keep up with all the activities planned.

THROUGH SEPTEMBER 24 • 4:00 - 7:00 PM @ DOWNTOWN ELLICOTTVILLE **EVERY FRIDAY**

To compliment Stroll the Streets, Ellicott-ville's Farmers Market sets up on the lawn of the 1887 Building, offering a variety of fresh produce, baked goods, artisan crafts and more from locally owned businesses. It's your one-stop shop for organically grown fruits and vegetables, farm fresh eggs, locally produced maple syrup, organic soap, specialty treats and more. You'll want to stop by each week to see what's new, as different vendors are added to the market through the season.

12:00 - 4:00 PM @ DOWNTOWN ELLICOTTVILLE 800-349-9099 www.ellicottvilleny.com AUGUSI



Loosen those belts a couple notches and sample the best of Ellicottville's amazing and diverse restaurants as they set up "Cafe Style" on the streets. From entrees to desserts and everything in between (plus gluten free options), you're sure to discover a new flavor or two. Do you have room for all 19 participating restaurants? Tickets are \$1 each with food items ranging from \$1-\$5. Look for the ticket booths at the event; all major credit cards accepted.

AUGUST 15 2:00 - 7:00 PM @ ELLICOTTVILLE DISTILLERY 716-597-6121 www.ellicottvilledistillery.com



After you've exhausted your tastebuds and filled your belly at the Taste of Ellicottville on Sunday, head over to Ellicottville Distillery for their 2nd annual outdoor music festival. It's FREE to attend! Multiple bands will perform outside on the distillery grounds, including Kody & Herren, Grace Stumberg Band, and this year's headliner, Grosh! Local crafters and vendors will be on-site, along with food trucks (for those with high metabolisms), and the official beer sponsor, 12 Gates Brewing Co.

AUGUST 15 1:00 - 6:00 PM @ 6902 MILL VALLEY RD., EAT OTTO, NY

www.griffissculpturepark.org



It's a day filled with music, creativity, exploration and more! Bring your blankets and chair and the whole family for performances on the outdoor stage by Mom Said No, JGB Shibuki, Owister, Ruby, and Isaac Speath (who will play a 20-minute set on the "Castle Tower" sculpture - how cool is that?!?!) The event will also feature craft vendors

and kids craft area, plus a food truck and other surprises. 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

DELAWARE AVE. @ DOWNTOWN OLEAN, NY 716-372-4433 oleanny.com **AUGUST 20-22**



As the only location in New York State, the nationally played Gus Macker tournament invites all ages and skill levels to a fun weekend of friendly 3-on-3 competition. Players will be placed in divisions where they will be most evenly matched, and every player is guaranteed at least three games, so no matter how you fare the first time on the court, you're not out by any means! If you missed the Aug. 9th registration deadline, organizers encourage you to come out anyways! Spectating is just as fun!

6:00 PM @ JOHN HARVARD'S POOL COMPLEX HOLIDAY VALLEY www.ellicottvillerotary.com

Gourmet Dinner Party fundraiser

Ellicottville's favorite upscale end-of-thesummer dinner event sponsored by the Rotary Club of Ellicottville and presented by Peters & Moriarty is a "must-attend" party! This year's menu is over the top with many culinary surprises to treat those in attendance. Enjoy live music, live and silent auctions, all while supporting the Rotary Foundation for Youth and Family Support Center. Purchase tickets through the Rotary's website.

@ DOWNTOWN ELLICOTTVILLE 17-1 SEPTEMBER



800-349-9099 www.ellicottvilleny.com



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.

OCTOBER 9-10

DOWNTOWN ELLICOTTVILLE & HOLIDAY VALLEY RESORT 800-349-9099 www.ellicottvilleny.com



Ellicottville's oldest and largest festival takes place when the foliage of the surrounding hills are ablaze with color! Come out for a lively weekend of unique foods, fine arts and crafts, live entertainment and more. Fall Festival is a family-friendly way to kick off the autumnal fun here in Ellicottville. In addition to the vendors and the excitement downtown, Fall Fest extends to Holiday Valley with a 5K run and chairlift rides. What better vantage point to see the leaves change throughout the valley! The fun continues into the evening as local venues bring in some of the best entertainment the area has to offer.





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Hi! I'm Smokey. I am a sweet, friendly and an oh-so adorable little guy. I am just a few weeks old and am looking for a home of my own. I keep myself busy with the usual kitten activities. I love playing, napping and exploring my surroundings. I would be good in a home with other cats, dogs and children. I am hoping to find the perfect family and get my new life started very soon! FIND ME AT EMPIRERESCUE.ORG empirerescue@gmail.com



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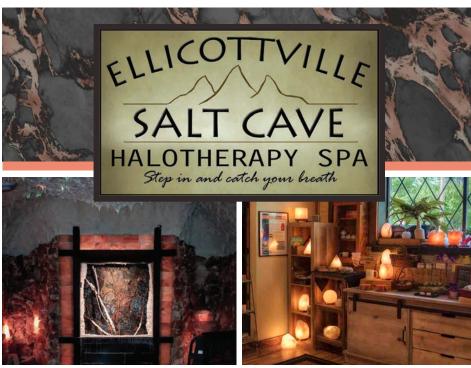
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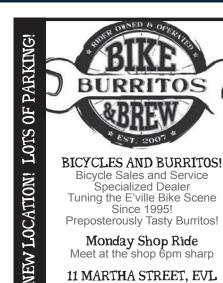
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EXPLORE PA

CREATING ART: ALLEGHENY MOUNTAIN ARTS GALLERY

Two professional local artists join forces to open new gallery in Bradford, offering original artwork and handcrafted items for sale, plus art workshops

By Linda Devlin, ANF Visitors Bureau





Artist Greg Souchik explains, "All of our art is original. This painting is of the train which used to cross the historic Kinzua Viaduct."

First, there was the mural of famous Woodstock performing artists on the side of the large red brick building used by the Bovaird Company founded in 1895. This building stands along Main Street at the entrance to the National Historic District in Bradford, Pennsylvania

The excitement and chatter started ... what is this about? Two professional local artists, muralists, and artistic thinkers, Rick Minard and Greg Souchik, created the mural to bring public art into the City of Bradford. They are hopeful this first mural will be followed by many others.

Now, another dream has materialized with the opening of the Allegheny Mountain Arts Gallery. The sign out front - "Original Art, Curios, and Gifts" - is an accurate description of what you will discover when you enter the gallery. The gallery professionally displays the original artwork of both artists. The scope and style of the art offers a wonderful selection of visual arts. Choose from an industrial rendition of the train which crossed the historic Kinzua Viaduct, painted landscapes, portraits of famous musicians including the boys from Liverpool, and a selection of striking modern art which plays with colors and shapes.

Greg Souchik explains, "We offer only original artwork, handmade and handcrafted items along with a fun selection of curated collectibles and curios, nothing made in China. Prices start as low as \$2.00 up to \$1,000."

The gallery highlights the professional level of their talent along with their sense of fun. When you look to the right upon entering, there is a white t-hhirt emblazoned "I was at Woodstock" in large print, with the small print underneath adding the words, The Mural. This shirt is a handmade clothing item, signed by the artist, and it retails for only \$19.95 + tax.

Exploring the curio and collectible items, one will find a varied selection of unique items. Handmade pottery, an 18th century cannon, a free-standing metal sculpture, heartwood baskets, an antique radio, and a set of walking canes. The selection of collectibles and curios will be ever-changing, so it is important to check back regularly to see what is available.

Minard and Souchik will also be hosting a series of art workshops at the gallery location. The first two workshops are for adults; future plans include offering classes for both young adults and children.

On September 3, 2021, the on-staff art instructors will be conducting their first two painting workshops for novice painters - one in the afternoon, the second in the evening. The workshops will be taught by Professor Rick Minard and Greg Souchik.

The first workshop will be a pouring program where you will learn the techniques to create your own unique abstract art painting. There is no prior experience required and all the materials are provided for this two-hour program. This workshop will start at 3:00pm.

The second two-hour workshop will feature basic acrylic painting technique, including under-painting, shadow, and depth. Participants will end up with a painting they will be proud to hang on their wall and to claim they are the artist. This still-life workshop will begin at 5:30pm.

The fee for either of the programs is \$35 which includes all the supplies. Programs are limited to 12 adult students which allows the instructors to provide personal attention to each participant.

Reservations need to be made in advance. To reserve your seat at either of the workshops please email GSouchik@yahoo.com.

The Allegheny Mountain Gallery is open Tuesday through Sunday from noon-6:00pm or by appointment. It is located at 181 Main Street, Bradford, PA 16701. For those traveling from outside the area, they can ship your purchase upon request. They do accept credit cards. For additional information go to www.facebook.com/Allegheny-Mountain-Arts

For a list of things to see and do, go to VisitANF.com. Or call 800-473-9370 to receive a free Travel Guide for the Allegheny National Forest Region in Pennsylvania.

GOACC Unveils 2021 Santa Claus Lane Ornament; Now Available

OLEAN - The Greater Olean Area Chamber of Commerce has unveiled its newest Santa Claus Lane ornament, a depiction of the Olean Public Library. Through the ornament sales, holiday lights are funded and can be lit in Olean from November to early January. The ornament, in a series created by artist Kathleen McDonald, is \$25.00.

"Each year, GOACC has an online voting on what should be the next ornament for Santa Claus Lane," stated Meme K. Yanetsko, GOACC COO. More than 60 buildings/parks were on the slate with these four frontrunners: Sprague's Maple Farms, Cutco Kabar Visitor Center, Portville Pioneer Park and the Olean Public Library.

"The four competitors all received many votes, but the library came through with more votes as they are celebrating their 150th anniversary in 2021," added Yanetsko. Included with each of the ornaments is a brief history ...

Every year, the Santa Claus Lane committee chooses the landmarks to be designed on the

3-1/2 inch circular resin ornament. The artist sketches the layout from photos provided by Chamber officials and a prototype is created. Once the prototype is approved, work begins with the process of pouring and hand-painting each piece. The ornaments arrive in Olean, individually boxed, with a brief description of the ornament.

"Hestia (Massachusetts) is the company who creates/manufactures these ornaments for many companies. They are precise in details of the building, taken from photos/brochures that we send out to them," reported Lisa Carpenter, GOACC Administrative Assistant.

The new ornaments are available online at shop.oleanny.com and at the Chamber office at 301 North Union Street. They can also be purchased at the Olean Public Library, Laurens Street, Olean. Ornaments can also be shipped outside Olean for an additional \$6 for shipping/handling charges per ornament. For more information on the ornament or GOACC activities, please call GOACC at 716-372-4433, stop in the office, or email santa@oleanny.com.

HEALTH & FITNESS

Core Performance: Delayed Onset Muscle Soreness

By Kim Duke, Certified Personal Trainer

We all know that daily exercise is invaluable to keeping our bodies strong and functional. The old saying, "If you don't use it, you'll lose it" ... well, turns out that saying is completely true. You may not feel this way in your youth, but as you age, the less you do physically will play a detrimental role in how you age.

This being said, starting an exercise program can be challenging. Making the time to exercise, creating a balanced routine, and setting goals are hard enough, but add to that the muscle soreness that comes with adapting to that regimen, and it may be difficult to stay on track.

After participating in some kind of strenuous physical activity, particularly something new to your body, it is common to experience muscle soreness, according to the experts. "Muscles go through quite a bit of physical stress when we exercise," says Rick Sharp, professor of exercise physiology at Iowa State University in Ames. "Mild soreness is just a natural outcome of any kind of physical activity. And they're most prevalent in beginning stages of a program."

Exercise physiologists refer to the gradually increasing discomfort that occurs between 24 and 48 hours after activity as 'delayed onset muscle soreness' (DOMS), and it is perfectly normal. "Delayed onset muscle soreness (DOMS) is a common result of physical activity that stresses the muscle tissue beyond what it is accustomed to," says David O. Draper, professor and director of the graduate program in sports medicine/athletic training at Brigham Young University in Provo, Utah.

No one is immune to muscle soreness. Exercise fanatics and body builders alike experience delayed onset muscle soreness. But for the deconditioned person starting out, this can be intimidating.

So what can you do to alleviate the pain? "Exercise physiologists and athletic trainers have not yet discovered a solution for DOMS," says Draper, "however, several remedies such as ice, rest, anti-inflammatory meds, massages, and stretching after your workout have been reported as helpful in the process of recovery."

"People don't stretch enough," he continues. "Stretching helps break the cycle," which goes from soreness to muscle spasm to contraction and tightness. However, with the appropriate



rest and repair time, your muscles will adapt to the increased load and lead to improved strength and fitness. Plus, just as your muscles adjust and get stronger with each workout, your body's ability to modulate soreness/inflammation within appropriate levels also gets better. This means you can work out harder over time and recover faster.

Your goal should always be to train hard enough to stimulate gains in your fitness level and then to back off and let your body adapt to the gains.

Remember: Where there is no struggle, there is no strength. You will NEVER REGRET WORKING HARD!

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

Inner Peace and Strength: What Do The Icons Say About Mental Health?

By Laura Widger, LCSW



As technology advancements, medical breakthroughs, global expansions, and industry growths occur, so does mental health awareness. The spotlight is on mental health and wellness as the narrative shifts to "ending the stigma - you are not alone." These past years so many people have just struggled with their mental health and wellness - whether that be periods of depression, panic attacks, wild

mood shifts, nightmares, debilitating fear, anxiety, or just stress. One of the important lessons to learn during this time in history is the body and mind or physical and mental health are one interconnected unit in need of our attention.

As the 2021 Summer Olympics becomes a reflection of the past, the interwoven message from several athletes about mental health need not be. Iconic gymnast, Simone Biles stated, "Put mental health first, because if you don't, then you're not going to enjoy your sport and you're not going to succeed as much as you want to. So it's ok sometimes to even sit out the big competitions to focus on yourself, because it shows how strong of a competitor that you really are, rather than just battle through it. I do hope that people can relate and understand that it's ok to not be ok; and it's ok to talk about it. There are people that can help, and there is usually light at the end of any tunnel."

In an NBC interview, Michael Phelps adds to the mental wellness dialogue. "The biggest thing is understanding and accepting," he said. "For me, I feel like I'm alone sometimes, that I'm the only one who can go through something like this. But that's not the case. There are millions of people out here going through the same thing. I've gone through it or Simone is going through it. People are standing up and talking about it left and right.

And that's what we need."

Gymnast Sam Mikulak, swimmer Simone Manuel, tennis player Naomi Osaka, weightlifter Kate Nye, boxer Virginia "Ginny" Fuchs, long jump runner Brittney Reese, shot putter Raven Saunders, swimmer Alison Schmitt, beach volleyball player April Ross, sprinter Noah Lyles, among so many other athletes have spoken out publicly about their mental health struggles, as well as their paths to wellness and recovery. The underlying message again is: "You are not alone."

In moving into the celebrity world, this year in itself has almost given permission for celebs to use their status and voice to influence "reaching out." The Rock (aka Dwayne Johnson) shared, "I found that, with depression, one of the most important things you can realize is that you're not alone. You're not the first to go through it. You're not going to be the last to go through it. I wish I had someone at that time who could just pull me aside and say, 'Hey, it's going to be ok. It'll be ok."

An outspoken advocate for mental health awareness, Demi Lovato is open about her battles with bi-polar disorder, bulimia, and addiction. She stated, "It's very important we create conversations, we take away the stigma, and we stand up for ourselves if we're dealing with the symptoms of a mental illness. It is possible to live well and thrive with a mental illness."

Ryan Reynolds shares about coping with his anxiety. Emma Stone discloses her path to wellness in therapy for anxiety. Lady Gaga reveals her struggle with PTSD and the time, effort, and work she puts into her healing. The list of individuals in the spotlight who report symptoms of mental health struggles or diagnoses is endless. However, the messages represent uniformity. "Talk about it. You are not alone. End the stigma of mental health. It is ok to not be ok. Make your mental health a priority."

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







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DEC WILDLIFE MANAGEMENT AREA

cont. from page 10

haven for wildlife but, could prove to be a rewarding and challenging destination for both summer hikers and more intrepid winter back-country Nordic-style skiers, once those activities receive the official go-ahead. The surrounding residential neighborhood too, is dotted with mountain-style homes and vacant rural lots, and appears to have benefited from the Dattner family's generational safekeeping.

To get information about Poverty Hill WMA, go to https://www.dec.ny.gov/outdoor/123210. html or call Region 9 Wildlife Management office in Allegany at 716-372-0645. Follow the web page links to obtain a simple PDF map of the Poverty Hill WMA.

The coordinates for future parking areas are also listed on the web page, but check with the DEC to be sure the parking areas are completed. Be warned that all three parking area links don't really give driving directions but direct readers to the same spot on the map along Poverty Hill Road, 1500 feet south of Dickey Road, where there is no parking area. Rende said some of these details are being finalized administratively and the area will have its own official large wooden sign by the spring of 2022.

EllicottvilleNOW visited the three planned parking areas. On Hinman Hollow Road, the North parking area is marked with a "State Land" sign hanging from a cable blocking the entrance. Rende said this leads to a logging landing that is being developed for public parking. On Maples Road, the West parking area will sit on a bench that has also served as a logging landing. It is possible to park a couple of cars at each of these spots, but the future East parking area is not yet deemed accessible. It is on the right side of Poverty Hill traveling north, in an area where a small portion of the property acquisition has not yet been completed due to problems with the deed.

It's important to note that the Finger Lakes Trail parking area on the west side of Poverty Hill Road is not part of the WMA, but instead leads into the official segment of the FLTC trail that is well maintained by the Finger Lakes Trail Conference. It skirts the edge of the south boundary of the new WMA.

Here are the coordinates for the future Poverty Hill WMA parking areas: West parking area on Maples Road, or County Road 13 (42.300616° N, -78.706268° W); East Parking area on Poverty Hill Road at coordinates (42.322434° N, -78.690980° W); North parking area on Hinman Hollow Road (42.328352° N, -78.708167° W)

Fires are not permitted at the Poverty Hill WMA. Also prohibited are motorized vehicles, swimming or bathing, horseback riding, mountain biking, target shooting, camping, metal detecting or removing historic or cultural artifacts without a permit; damaging or removing gates, fences, signs, or other property, cutting, removing, or damaging living vegetation, construction of permanent blinds or tree stands, littering, and storing personal property. Visitors should obey "no trespassing" signs.

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WANTED

VOLUNTEERS NEEDED: The Rotary Club of Ellicottville is looking for student volunteers to help with their Tuscan Moon dinner & auction fundraising event on Saturday, August 28th from 3:30-9:00pm at Holiday Valley. If interested, contact ECS graduate Jonash Hurlburt at 716-257-0020 or email hurlburtjonas1@gmail.com.

PAWS OF HONOR

cont. from page 07







groundwork for the partnership's ongoing success. 'Hero Coffee' is roasted-to-order with notes of chocolate, berry and citrus and is still available for online purchase today. 75% of proceeds from its sale go directly to Paws of Honor.

AVAILABLE AT SHE SHED HE SHED

Serving as the first carrier in New York State, Ellicottville shop She Shed He Shed will soon leave a mark in the cause by offering the limited edition 'Hero Coffee,' whose sales help support ex-military and law enforcement K9s.

Along with the sale of the purpose-made coffee, the store will also provide at least 10 books from Paws of Honor's children book series. Created as an educational tool, the books are meant to show the differences between domestic and working class dogs as it explores their quest to find a role in life. The books are also shared with several foster care homes to provide a smile for children across the nation.

Once she heard about the impact of the 'Hero Coffee' line, Susan Baryza, owner of She Shed He Shed, immediately knew she had to share the coffee with Ellicottville.

"In my mind, I can honestly say that anything that has to do with helping out dogs is totally worth it," Baryza said. "The mission behind it is exactly what sold me. Some of these dogs can't come home and live a normal life, just like human veterans, so they need to be taken care of."

In the years past, service dogs were thought of as equipment and even tattooed, almost like part numbers. The reality is these dogs did their jobs and protected their country, just like the soldiers they are. When they retire, similar to their human counterparts, they deserve the same care, the same couch to cuddle up on that anybody else needs.

"What we do is not about me, it's not about my husband, we do it for the dogs. It's about dogs. Everything that we do is for the love of the dogs," Pike said. "When people buy this coffee, they can walk away and know that they are actually doing something good for a greater cause. They are going to get good coffee and they are also doing a good deed at the same time."

The 'Hero Coffee' is set to be available for purchase at She Shed He Shed soon. For fast, fresh coffee beans made of love delivered at your door, the coffee can also be bought online at workingdogcoffeecompany.com.

THE FUNGUS GODDESS

cont. from page 07

provided me a quiet escape to sip in the views and pay attention to things I'd commonly overlooked. What a world there is if we take the time to look closer.

As always, I like to leave you with a funny quip. Here is my mushroom joke: "Did you hear the joke about the fungus? I could tell it to you, but it might need time to grow on you." — (stolen from the internet, August 2021)

Be sure to follow Widger on social (@fungusgoddess) to keep up-to-date on the farm and all things mushrooming, and book your own personal experience with the Fungus Goddess!

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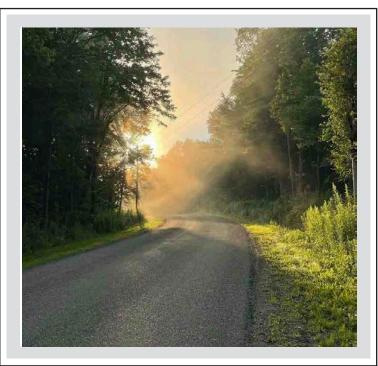
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⊂michelle_capizzi: Talk about good morning vibes @elicottvillenow #contemporaryart #artgallery



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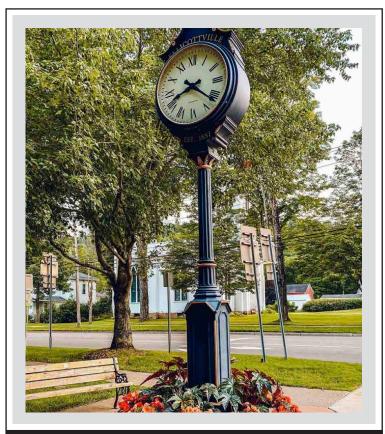
please, mom?! #icecream #evlnow



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⊋330mamalife: I haven't been everywhere, but it's on my list. We loved exploring all the little shops #wanderlust #timetotravel #evlnow





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