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Proposed Skatepark Receives Big Boost

The New Car Dealers of WNY Charitable Foundation grants \$100,000 to project; named title sponsor



photo / @theskateparkproject

Advocates of the proposed Ellicottville Skatepark are excited to announce a major grant that puts the project within reach of its goal. The Niagara Frontier Automobile Dealers Association (NFADA), through its New Car Dealers of WNY Charitable Foundation, has awarded \$100,000 to the Ellicottville project. With financial commitments also from the Village and Town, as well as the Rotary Club of Ellicottville and many other businesses and individuals connected to the community, committee members are confident that they'll be able to secure the remaining funding needed through a few final events that are being planned for this fall.

Pictured: an aerial view of the proposed location of the Ellicottville Skatepark, in the Village/Town Park. Construction of the skatepark is anticipated to begin next spring.

... page 03

Town Board Notes: Ellicottville's animal control officer seeks shelter options

At the August meeting of the Ellicottville Town Board, animal control officer Paul Timkey expressed his interest in continuing his job but recommended the town look into contracting for placement services with the SPCA of Cattaraugus County.

Timkey told the board he responds to calls about stray dogs and sometimes has to issue tickets when dog owners want their dogs to run free. "They would rather pay than keep their dogs contained," he said. Occasionally he must place strays with the SPCA but the town is charged.

... page 08

ECS SHARES UPDATES ON REOPENING PLANS, CAPITAL PROJECT

Ellicottville Central School Superintendent Bob Miller sat down with *ellicottvilleNOW* to discuss the school's reopening plans and updates on the school's capital project as of Tuesday, August 24th, including the school's plan to operate five days a week for all students, and a more "normal" pattern for fall sports. Due to our publication's print deadline, we were not able to include the full reopening plan for this edition. Please head to www.ellicottvilleNOW.com later in the week for additional details on the school's reopening as they are released. The first day of the 2021-22 school year for students is Sept. 2nd ... page 04

The Buzz About Bees

Local beekeeper explains how honey bees help the whole world



photo / Trevor Brachmann

BY TREVOR BRACHMANN

They can hurt, they can heal, they bring us honey and they help bring forth fruits and flowers into this abundant world we live in. As a second generation beekeeper and an advocate for the natural, the more I learn about these miraculous critters the more I respect and revere them. Everything that honey bees do benefit something else. Even their stings hold medicinal benefits for those not allergic.

Did you know: Honey is an amazing topical for wounds - healing cuts or burns swiftly with virtually no scarring. And Royal Jelly, the food that bees feed to queen bees, is a major 'superfood' for humans. It is high in antioxidants and rich in nutrients and can help relieve stress.

... page 11



photo / Doug Sittler, @sittlerhq

A NEW SEASON OF NIGHT LIGHTS AT SCULPTURE PARK

The 425 acres of rolling hills and art are typically not open after dark. However, Doug Sittler works his talents each fall to illuminate Griffis Sculpture Park during the crisp, cool nighttime hours, showcasing the sculptures in a magically awe-inspiring way that you truly must experience for yourself to understand its full beauty. This year, NIGHT LIGHTS will introduce a new trail, along with special performance artists throughout the 25-night run ... page 07

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MENU

Publisher's PICK

Ellicottville Skatepark receives big boost; The New Car Dealers of WNY Charitable Foundation named title sponsor



Dave Smith, Foundation Chairman with Betty Murphy at NFADA's charity golf tournament held earlier this summer, at which time the New Car Dealers of WNY Charitable Foundation announced the grant to the Ellicottville Skatepark.

Advocates of the proposed Ellicottville Skatepark (SK8EVL) are excited to announce a major grant that puts the project within reach of its goal.

The Niagara Frontier Automobile Dealers Association (NFADA), through its New Car Dealers of WNY Charitable Foundation, has awarded \$100,000 to the Ellicottville project. Formed in 1999, NFADA's WNY Charitable Foundation has contributed more than \$2 million in grants to local organizations, including Wings Flights of Hope, Explore and More Children's Museum, and John R. Oishei Children's Hospital of Buffalo, among many others. Now, Ellicottville can be added to this list, propelling the proposed skatepark into the next phase of the project: design. With the \$100,000 grant, the New Car Dealers of Western New York will receive title sponsorship status for the skatepark.

To be named 'New Car Dealers of WNY Ellicottville Skatepark' upon completion, Betty Murphy, Executive Vice President of NFADA and the New Car Dealers of WNY Charitable Foundation, shared her enthusiasm for the proposed skatepark and the Foundation's desire to support the skatepark committee's mission. "New Car Dealers in Western New York have a long tradition of - both individually and collectively - supporting numerous initiatives to enhance the lives of those who live and work in Western New York," she said. "This skatepark project is particularly meaningful because the handicap accessible skatepark will provide wholesome entertainment for the youth of the Ellicottville community, as well as for the many visitors who explore Ellicottville annually. We are proud to share the new car dealers' commitment and support of Western New York families through this tremendous project."

The proposed Ellicottville Skatepark, spearheaded by a group of local skateboarders (SK8EVL) and backed by Ellicottville Mayor John Burrell and the Village Board, is the recipient of a special matching grant program through The Skatepark Project (TSP, formerly the Tony Hawk Foundation) called "Built to Play". Partnering with the Ralph C. Wilson Jr. Foundation, TSP's Built to Play grant offers up to \$250,000 in matching funds to apply towards the construction of an outdoor, permanent, concrete skatepark. The proposed skatepark, which will be available to the public at no charge, will be located in the Village Park and is expected to cost approximately \$550,000.

"We are over the moon to see how far this project has come since introducing it to the Village Board back in 2018," said Brenda Perks, SK8EVL's lead advocate. "Fundraising has not been easy through a pandemic, and this community and the businesses and organizations that have stepped up to the plate realize how important it is to provide opportunities for our youth that encourage them to get outdoors and be active. Skateboarding is a great form of exercise, and it brings people together."

With financial commitments from the Village and Town, as well as the Rotary Club of Ellicottville and many other businesses and individuals connected to the community - and now the New Car Dealers of WNY Charitable Foundation - committee members are confident that they'll be able to secure the remaining funding needed through a few final events that are being planned for this fall. Construction on the skatepark is anticipated to begin next spring.

"SK8EVL is committed to raising as much funding as possible, with the mission of building the best skatepark possible for the Ellicottville community," said Perks. "With its debut in this summer's Olympics, the sport of skateboarding will only continue to grow in popularity. It's an affordable way to stay active and healthy and connect with others."

"Ellicottville Skatepark" continued page 12

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LOCAL NEWS

SCHOOL REOPENING PLANS

ECS Superintendent Bob Miller provides updates on reopening and capital projects



The first day of the 2021-22 school year for students is Thursday, Sept. 2nd.

photo / Clara Kosinski, ellicottvilleNOW

BY SPENCER TIMKEY

This is an update on the school's reopening plans and capital project as of Tuesday, August 24th. Due to our publication's print deadline, we were not able to include the full reopening plan for this edition. Please head to www.ellicottvilleNOW.com later in the week as we will update the story there. Much like everything during the pandemic, the situation is fluid and things can change rapidly. Answers have been edited and condensed for clarity.

For a comprehensive overview of the school's capital project, head to www.ellicottvilleNOW.com or ellicottvillecentral.com.

eNOW: What's new since we last spoke?

ECS SUPERINTENDENT BOB MILLER: We're planning on all students attending class in-person — full days, every day. No hybrid learning models are being planned at this time. We'll be able to transport more students on each bus this year and therefore will return to just one run in the morning and one in the afternoon. All staff have been dedicated and working hard to ensure the success of our students. From curriculum planning to cleaning, maintenance on the bus fleet to work in the offices ... everyone is pitching in to provide the best education opportunities available to the students at ECS.

eNOW: How are the capital improvements coming? There's been quite the buzz of activity every day at the school.

MILLER: So far, these things have been completed: drainage on the fields, the bus garage roof and the high school roof is almost complete. The new sidewalks have been poured, plus the base layers of the parking lots and bus loop. The repair work on the elementary windows have been completed, as has the installation of the emergency generator, elementary gym floor and press box terrace.

eNOW: What are some of the things that need to be completed?

MILLER: We need to finish the top coating of the parking lots and bus loop, the drainage work by the playground, enhancements to the emergency notification systems within the building. The kitchen and dining room work will be completed by the start of the school year. Currently, we're waiting on additional security enhancements, the cooler/freezer and parking lot lights. Unfortunately, the global supply chain has our lights and cooler/freezer on backorder.

eNOW: Let's switch gears into sports. What's it look like there?

MILLER: We anticipate that fall sports will be back following a more "normal" schedule and allowance of spectators. Many of our teams have already started practice.

eNOW: Do you have guidelines for sports? Masks, buses, etc.?

MILLER: Sports, in general, will follow the same rules as classrooms and general transportation guidelines. The exception is, sometimes, student athletes are unable to tolerate a mask in which case they may remove their mask.

eNOW: It's been a tough go this past year. What are some positives heading forward?

MILLER: Getting all of our students back is huge. Several teachers have attended or will be attending trainings related to better addressing the social and emotional needs of students. The federal stimulus grants will provide additional opportunities for things like (not all inclusive): staff, additional PPE, acquisition of additional laptops, social emotional learning programs, expanded after-school learning opportunities and others.

"ECS Reopening" continued page 12

READERS VOTE: 'BEST OF 716'

Holiday Valley recognized by two WNY publications; progress continues on Yodeler



photo / Ashley Baron
@holidayvalley

BY DASH HEGEMAN

September is almost upon us. Let that sink in for a moment. Summer is flying by but there is still time to finish off that summer bucket list. Just don't put it off too much longer because before you know it, the leaves throughout Western New York will be falling off the trees and the ground will be awaiting the first snowfall of the winter.

To say that it's been a busy summer at Holiday Valley would be an understatement. Never one to rest on its laurels, Holiday Valley continues to reinvest in its infrastructure in order to provide skiers and riders with an even better experience than they had the season before. For those who follow Holiday Valley's social media channels, you know that the major project this summer has been disassembling the old Yodeler fixed-grip lift in order to install a new high-speed quad chairlift so that uphill capacity at the Yodeler area can be increased.

One of the very impressive things about how Holiday Valley does business is the amount of work that is able to be done in-house, which is a testament to the experience that the Mountain Operations team brings to the table. Led by Mountain Ops Manager, Jim Curtis, the team has made the most out of a fairly rainy summer in order to keep on schedule with the lift installation, while also taking care of a number of other smaller projects.

"The Yodeler project has had some setbacks, mainly from the weather," Curtis stated. "We have been in the mud a lot this summer and everything takes longer in the rain. In this line of work there is no such thing as a rain day off. But I don't have a lot of complaints from my guys. We all work through it together."

It is that emphasis on teamwork that has allowed the Operations crew to multitask its way through the summer; working on not only the Yodeler project but also helping to prepare for events like the Mudslide, updating slope lighting, building two new lift houses, moving the Warming Hut at the top of Champagne, conducting tree and stump removal, upgrading more of the snowmaking system, doing maintenance on ten other chairlifts throughout the resort and much more. The amount of work that goes into preparing for winter is extensive, to say the least.

"The best part for me is seeing all of the team work from my guys," stated Curtis. "Everyone is giving 110% every day. And personally, I've always liked building lifts and seeing the final product."

Curtis said that the estimated completion time for the Yodeler project (weather pending) is somewhere between the end of October and the first week of November.

Obviously, there is plenty going on throughout the resort to keep the staff busy. Off the mountain, we have reached the time of year where a lot of people start to think about their winter season passes and ski/snowboard programs.

"We have the pre-winter rates for Classic Passes and season-long coaching programs (Rangers, Eagles, Race, Freestyle, Snowboard Teams and Masters) available until September 15th, so it's time for one more big push on those," said Jane Eshbaugh, Holiday Valley's Director of Marketing.

As for why people, year-in and year-out, continue to flock to Holiday Valley, the resort was recently recognized by two local publications with two prominent awards. Buffalo Spree named Holiday Valley the winner of its reader-voted Best Family Fun (winter) award,

"Holiday Valley" continued page 12



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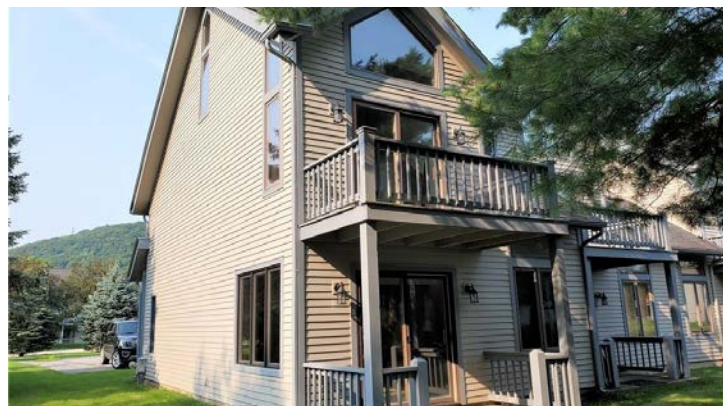


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EVENTS

COACHES vs. CANCER

716 Golf Classic rallies St. Bonaventure legends around a great cause



BY MARY HEYL

On Monday, some of the biggest names in college basketball are coming together in the spirit of determination, competition, and camaraderie - but not on the court. Olean's Bartlett Country Club is hosting the American Cancer Society's 2021 Coaches vs. Cancer 716 Golf Classic on August 30th. Beginning with a shotgun start at 11:00am, area golfers and numerous members of the basketball community will come together for a great afternoon on the greens to raise money for the American Cancer Society (ACS), the largest private, not-for-profit funder of cancer research in the United States.

An annual event, the 716 Golf Classic has been bringing golfers together for many years and has continued uninterrupted during the pandemic. According to Joe LaVare, senior development manager for the ACS' Northeast Region, the event takes place at a different course in western New York each year and is part of a much larger national organization.

"Coaches vs. Cancer began in 1993 and is the result of a collaboration with the National Association of Basketball Coaches and the ACS," LaVare explained. "High school and college basketball coaches all over the country participate in Coaches vs. Cancer, and to date, this organization has raised over \$130 billion for cancer research."

The Coaches vs. Cancer Council is comprised of 40 college and high school basketball coaches across the country, including all the Big Four schools. St. Bonaventure University's Men's Basketball Head Coach Mark Schmidt and former St. Bonaventure and current University of Buffalo Men's Basketball Head Coach Jim Whitesell are members of the council. As members, the two are committed to rallying western New York around this great cause, and hosting the 716 Classic is an instrumental part of raising awareness and money for Coaches vs. Cancer. Schmidt serves as the 716 Classic honorary chairperson and is hosting the tournament with organizers Frank Higgins, Joe Guenther, Anita Schmidt, Dwayne Randall, Alysha Giarra, and Matt Pappano.

Although foursomes are filling up fast, LaVare said there are still a few spots left. There is also time to purchase tickets for the 5:30pm dinner and awards ceremony, which will be emceed by Buffalo Bills sideline reporter Sal Capaccio. A trophy will be awarded to the champion foursome, as well as awards for different contests such as closest to the pin, longest drive, hole-in-one, and more. LaVare anticipates appearances from legendary St. Bonaventure coaches Jim Baron, Jim Satalin, and Larry Weise, as well as coaches and former coaches from around the northeast including Whitesell from UB and Greg Paulus from Niagara University. Satalin will be presenting his Jim Satalin Inspiration Award to Baron, who has been involved with Coaches vs. Cancer for many years and supported the annual national tournaments, contributing to fundraising both personally and for the schools he represented.

ESPN's Adrian Wojnarowski and Chris LaPlaca will also be in attendance, and this year's keynote speaker is former St. Bonaventure athlete Rayna Banks, who is now a senior manager for features in ESPN's Investigative Unit. Banks supported her father as he battled the most aggressive form of brain cancer, glioblastoma, which he fought courageously for 22 months until he passed away at the age of 67.

Speaking of the purpose of the 716 Classic and Coaches vs. Cancer, LaVare said raising awareness about cancer, specifically early detection, is more crucial than ever given the circumstances of the pandemic. "In June 2020, three out of four cancer patients reported a disruption to their care," LaVare explained. "And 50% of men and women put off or canceled preventive screenings." These delays can result in cancer diagnoses at later stages and

"Coaches vs. Cancer" continued page 12

A FIELD OF NEON ART

Griffis Sculpture Park opening a new trail for the 2021 Night Lights season



photo / Doug Sitler, @sitlerhq

BY CAITLIN CROFT

There is something about the woods at night ... murkiness shrouds and moonlight dampens every nook and cranny. The trees seemingly reach for the night sky while nocturnal critters and creatures awaken from a day of slumber. Once per year, Griffis Sculpture Park (GSP) which typically is only open during the day, allows Doug Sitler and his team to light up the larger than life pieces of art into a field of neon dreams.

"NIGHT LIGHTS started at The Heron property over in Sherman, NY in 2009," Sitler told me. "We created a concept where people would walk through a landscape consumed in colorful lighting." Thinking back to my one and only experience at the Heron Campgrounds made the picture of what he told me dance to life ... imagining GSP with Sitler's finesse, it must be extraordinary. "We additionally brought NIGHT LIGHTS to the Buffalo Botanical Gardens with much success."

Sitler also organized NIGHT LIGHTS at the Nannen Arboretum one springtime. It was a challenging show for him to host due to weather, "however, it created a nice working relationship with several Ellicottville organizations." If you walk the village streets anytime in the winter months, the beautifully lit trees you see are another one of Sitler's handiwork.

Sitler was a long-time volunteer at Griffis Sculpture Park and after turning down a few invitations, he and his team decided to take on bringing NIGHT LIGHTS to the sculpture park in 2013. This was groundbreaking, in my opinion. Typically, the 425-acres of rolling hills and art were not open after dark. Since then the show has only mushroomed into this beautiful event that lights up the night sky of GSP in the early fall.

"NIGHT LIGHTS illuminates the lower third of the Mill Valley Road section of the park and the trails are mostly smooth," which means easier access for people of all ages. "We had record-breaking attendance in 2020" due to regular demand and the fact that they were able to safely host this outdoor event.

This year, they are opening a NEW 200-yard trail at NIGHT LIGHTS. "One of our volunteers discovered an old trail in the woods, back from when Larry Griffis, Jr. ran the park." The discovery of the new trail has given Sitler the opportunity for more lighting and entertainment possibilities. NIGHT LIGHTS is also booking special performance artists throughout the 25-night run; check in regularly to their FB / IG pages for updates.

Last year's new feature was the "Disco Ball Forest" which people really gravitated to. "It was an installation that combined a disco ball placed high in the trees, with some high-energy music from the local music group, Dotsun Moon." This year they are adding to it and making it the "Super Disco Ball Forest."

NIGHT LIGHTS takes a few weeks of intense work to install. They will eventually place about 1.5 miles of power lines and over 200 lighting fixtures. The event is 10% energy-efficient LED lighting as it will be delicately entwined with mother nature, something you surely will not want to miss.

NIGHT LIGHTS at Griffis Sculpture Park will run Wednesday through Saturday, September 8th-October 16th plus Sunday, October 10th. Working with the setting sun, NIGHT LIGHTS starts at 8:00pm week one and each week the opening time is 10 minutes earlier.

The NIGHT LIGHTS location is at the Mill Valley Road section of the park, 6902 Mill Valley Road, East Otto, NY. Tickets are \$12.50 adults, \$7.00 children 7-12 years old, and free for 6 and under. Purchase your tickets on Eventbrite.

MEETING NOTES

Village Board: Ellicottville Looks to Attract More Full-Time Residents & Workers

By KATHLEEN KELLOGG

A move to repopulate Ellicottville with full-time residents is becoming a key issue in the discussions surrounding the Downtown Revitalization Initiative project. Mayor John Burrell told Village Board members at the monthly meeting Tuesday, August 17th that the effort is getting focused on bringing in year-round residents who work in the community and serve on committees and boards.

He said the village had 1200 residents in 1950 but today the village's permanent population is only 400. Workers must commute to Ellicottville, spending a lot of time and money on gas and childcare.

"Our workers are spread too thin," said Trustee Caitlin Croft.

Trustee Sean Lowes said he's recently met newcomer homebuyers who are settling in not as vacation homeowners but as full-time residents, sometimes because they see the community's possibilities and have been priced out of real estate deals in upscale communities in other states. Some of them have careers that allow them to work from home.

The Mayor said some revitalization ideas being tossed around by the planning committee include redevelopment of the 1887 Building to include a first-floor community arts center, and shared housing units upstairs, and a new street leading into the former Signore manufacturing site for new commercial properties, and market rate housing for residents who live and work in the community.

As the result of a citizen complaint, Village Attorney Richard Stanton promised to look into a due process issue related to a local law freezing permits for short-term rentals.

Village resident M.J. Brown claimed the wording of the local law was changed - before its passage at the June Board meeting - to cover short-term rentals in the entire village and not just the residential use zones mentioned in a public hearing notice.

Brown applied for a permit in April to convert her former retail unit to a 700 square foot accessory apartment at 1 Monroe St., and the application was tabled by the Village Planning Board due to the pandemic-related moratorium on new accessory apartments. She said she was "disturbed that one thing was announced and another passed" and that she had been trying to get "a straight answer" since the public hearing.

Village Planner Gary Palumbo told the Board that he is preparing to present a draft of a zoning amendment addressing accessory apartments in a week and stated, "the local law did not change" after the public hearing. He added that Brown's application is in line for approval after passage of an amendment.

Stanton told Brown that her complaint involves a due process issue that he has already

begun to research. He said he will be looking to see if there was a difference between the notice and the scope of the law and will report his findings in writing in a few days.

Resident Kevin Lester, who spoke in support of Brown, said she paid a \$500 permit fee in April and applied for a permit, then blocked off reservation dates for the apartment, but has lost income because of the moratorium.

"She's following the rules but there are others who are renting but haven't applied for a permit and who don't advertise," said Lester, pointing to a lack of enforcement because the building inspector's activities are complaint-driven.

Mayor Burrell said the Village is addressing the problem through rental advertising and violators are being caught and warned and later issued a summons.

In response to a complaint by resident Carl Kirchner, the Mayor and Trustee Caitlin Croft offered to call businesses when there is trash and litter around the dumpster area.

Kirchner said most business owners do a good job maintaining their dumpsters but he asked passers-by to "be a good neighbor and ask the businesses to clean up before their name ends up in the paper."

In other matters, Mayor Burrell introduced Zach Carlson, the new assistant engineer for the Ellicottville Engineering Department. Carlson recently received his Bachelors Degree in civil engineering at the University of Buffalo.

He also announced that the Ellicottville Fire Company may be asked to join in a contract to provide fire protection for the town of Mansfield due to a lack of manpower, adding portions of Mansfield are already covered by Ellicottville and Little Valley.

Trustee Sean Lowes outlined a plan that is being drafted with Mansfield Town Supervisor Robert Keis to cover a specified area with the Ellicottville ambulance, a service that would be billed to Mansfield residents. Mansfield would be represented by a representative on the Fire Commission and the fire hall could eventually become a substation for the Ellicottville Fire Company.

Trustee Doug Bush announced all involved agencies will attend a Fall Festival planning meeting on Aug. 25th. He said planners intend to eliminate carnival rides and reduce the number of vendors for this year's event by 50. He presented a list of upcoming Ellicottville Chamber-sponsored events for approval, including Rock N' Roll Weekend (Sept. 17-19), Lacrosse tournament (Sept. 24-26), Fall Festival (Oct. 9-10), and Christmas Stroll (Nov. 26-28), which were all granted approval in a Board vote. Bush abstained from voting on the Oct. 23rd Ellicottville Half and 5K Marathon approval because he is an organizer of the event.

Town Board: Ellicottville's Animal Control Officer Seeks Shelter Options

Animal Control Officer Paul Timkey wants to continue in his job but recommended the town contract for placement services with the SPCA of Cattaraugus County, describing it as a "good deal for the town."

The Ellicottville Town Board, during its monthly meeting held Wednesday, August 18th, talked to Timkey about his experiences and said they would review terms of an SPCA contract with Town Attorney Kathleen Moriarty.

Timkey told the board he responds to calls about stray dogs and sometimes has to issue tickets when dog owners want their dogs to run free. "They would rather pay than keep their dogs contained," he said.

Most owners claim their dogs within a few hours, but it's unusual when nobody comes and those have likely been dumped, Timkey said. He has a small kennel to house a couple dogs but it's difficult to find long term arrangements for them. He said he gets little help from the foster programs because they are stretched too thin. Occasionally he must place strays with the SPCA but the town is charged. Without a contract, the fees can be steep, like the \$1,600 billed for two stray pregnant dogs that gave birth to 14 pups. "I wish they were all happy endings," he added.

In other business, Supervisor Matthew J. McAndrew reported on several grant opportunities. "Ellicottville is one of three priority projects" to obtain \$5 million in funding for completion of the EVGV Trail, he said.

He said the Southern Tier Trail Association is working with the state Department of Transportation to obtain the federal TAP (Transportation Alternatives Set-Aside Program) grant and the Ralph Wilson Foundation is providing 20% in matching funds. The effort could connect to a proposed 80-mile bike trail between Buffalo, Salamanca, Olean and Hinsdale. The project will begin at the cemetery, Steelbound Brewery and Distillery, the Town Center, along Elizabeth Street and beyond to Holiday Valley.

"There's a good chance we are going to get this because the match is there," said Supervisor McAndrew.

The Board voted in favor of a supporting resolution, with Councilman Kenneth D. Hinman abstaining from the vote.

Supervisor McAndrew then reported that a planning team will hold its third meeting next week to draft the Downtown Revitalization Initiative grant application, due Sept. 15th, with a good chance that one of two \$10 million awards could come to Ellicottville.

In other matters, Town Planner Gary Palumbo reported he will begin at the start of 2022 to draft several zoning updates. The list includes a reduction of the 100-foot buffer in the Conservation District, such as near the Routes 242 and 219, some limited development in the Agricultural-Residential District, regulations for cannabis for retail dispensaries and on-site use, and an amendment for local regulation of microcell telecommunications.

"We have a really good section in our Zoning Ordinance for telecommunications towers, but now they're putting up small cell antennae to improve the quality of the signal," Palumbo said, noting the federal Telecommunications Act allows limited town regulation of microcell placement.

He said Verizon has installed eight small cell antennae without problems and has been willing to work with the town. A zoning update can be handled in-house. He recommended against entertaining an out-of-town law firm's recent proposal to update the town's zoning for telecommunications.

Palumbo said the Planning Board has completed the Elk Creek Subdivision review and is awaiting approval of the final engineering plans. In a related matter of business, the Board

"Town Board Notes" continued page 12



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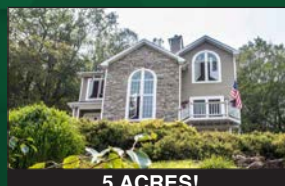
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HEALTH & FITNESS

The Buzz About Bees: How Honey Bees Provide For Us and Help the Whole World

By **TREVOR BRACHMANN**

They can hurt, they can heal, they bring us honey and they help bring forth fruits and flowers into this abundant world we live in. As a second generation beekeeper and an advocate for the natural, the more I learn about these miraculous critters the more I respect and revere them. Everything that honey bees do benefit something else. Even their stings hold medicinal benefits for those that are not allergic.

Honey bees get their food foraging from flowers within approximately a 6-mile radius. They harvest nectar and pollen from select plants, and through doing this they pollinate these plants so that they may procreate. The honey that they make by processing the nectar is a natural sugar that is lower on the glycemic index than sugar and a great replacement for cane sugar in anything from your coffee or tea to baking. Honey is also an amazing topical for wounds - healing cuts or burns swiftly with virtually no scarring. It is also used as an additive to many beauty products, sometimes used straight up for facials or added to baths and soaks. The pollen is an incredible source of diverse proteins, containing all 22 amino acids that humans need to survive. The energy support I've felt when including bee pollen in my diet is noticeably strong. As long as you are getting product from around your area, honey and pollen can help people desensitize their plant based allergies.

Beeswax, the bee's structural compound from which they build their storage and home for their young, is also used in beauty products, salves, lotions, chapsticks and more. It can provide light (or a special touch in an altar or for a romantic dinner) through candles. Another compound you will find inside their home is propolis. Propolis is a sealant or glue for the bees. It is harvested by tending to plants and trees that have been damaged and harvesting the sap from them. This substance is antibiotic, antibacterial, and anti fungal. It is great for healing wounds and excellent for dental issues and dental health in general. It also contains minerals such as magnesium, calcium, potassium, sodium, copper, zinc, manganese, and iron and vitamins C, E, and B vitamin that can be absorbed by taking it internally.



You can find Brachmann and his dog, Tanka, selling their Country Honey every Friday from 4:00-7:00pm at the Ellicottville Farmers Market.

As a beekeeper, you are taught by the bees through their behavior that there is a time to work with them, and a certain attitude or 'vibe' to hold when doing so. If you're angry, irritated or impatient and aren't wearing the right protective equipment, you'll likely catch a sting or two. I personally choose to work with the bees without wearing gloves because it's easier to move and grip what I need to, as well as reminding me to move

"The Buzz About Bees" continued page 12

Core Performance: Do We Really Fall Apart After Turning 40?

By **KIM DUKE, CERTIFIED PERSONAL TRAINER**

One of my favorite things to do in Ellicottville is to hike the many beautiful hills that surround us. However, this past spring I felt something pop in my knee as I was descending a steep and ungraded portion of HoliMont. I had done this route many times and sometimes felt a twinge but could recover and proceed as normal. But, this time, I could no longer bend my knee at all and hobbled to the bottom. After going for an MRI it was decided that I had a tear in my meniscus; luckily it was not bad enough that I required surgery, however, it certainly did slow me down on my routine of working out at the level I was used to. Plus, it seemed to take much longer for my knee to feel "normal".

That being said, hasn't the thought crossed your mind? Haven't you noticed that you maybe don't recover as quickly as you used to? There are reasons for that. Read on to see what the heck is happening to us after 40 and how we can continue to be the go-so-hard athletes we were not that long ago.

The Merck Manual defines three concepts of age:

- Chronologic – Our actual age in years.
- Biologic – Our body's age based on wear and tear, lifestyle and body maintenance.
- Physiologic – Our age based on how we act and feel. Our mindset.

Note to self: There is a lot of truth to the adage, "You are only as old as you FEEL". It is so important to keep in mind that we have a lot of control over how we age. Starting now.

JOINTS: As we age, our cartilage wears down which means joints don't slide as well as they used to. Joints also become stiffer and lose range of motion due to ligaments and tendons becoming more rigid and brittle. This is all due to loss of hydration within the joints and eventually leads to osteoarthritis. Unfortunately, the fix is not as simple as drinking more water. The best thing you can do to promote hydrated joints are:

- Move your joints through a full range of motion daily (i.e. arm circles, hip circles, ankle and wrist circles, etc.)
- Compress your joints under load often (i.e. squats, pushups).
- Avoid activities that cause your joints to swell or cause pain.
- Decrease dairy and sugar in your diet.
- Increase fish, oils, and cherries in your diet.

MUSCLES: Starting around age 30, we begin to lose muscle (don't worry, it is gradual). The number of muscle fibers as well as the size of muscle fibers progressively decreases. This loss of muscle strength actually puts more strain on certain joints including the knee, which also increases the risk of arthritis and falling. The good news is that we can slow down this process by continuing to build muscle! The best ways to build muscle are:

- Strength and Resistance Training – Make it difficult; if it is too easy it is likely not mak-

ing enough of a change.

- Increase protein in your diet (organic meats, chicken and eggs).

ENDURANCE: Endurance and stamina also decrease over the age of 40. The best way to maintain your endurance and even improve is with regular cardiovascular exercise:

- Rowing, biking and swimming will provide the maximum benefit to your heart and lungs.
- While walking is lower impact, it is also lower benefit. If you are able to walk fast and get your heart rate up, you can maximize the benefits of walking.
- Running is great for your heart and lungs and can be good for your joints. If you have a history of knee or hip pain that worsens with running, it may not be a good choice for you.

RECOVERY: Now that you have set yourself up to slow down the degenerative process of your body, it is important to pay attention to how often you are implementing your fitness and what you are doing on rest days. Athletes in their 20s and 30s can easily work out 6-7 days/week and even include two workouts/day in some cases! That is not a great idea for most of us over 40. Here are a few recommendations, see what fits you best:

- Work out every other day
- Alternate weight training days with cardio days
- Two days on / one day off

Body work should not be ignored! Paying attention to your joints, muscles and nervous system is invaluable to decreasing the effects of aging. I can't say this enough – invest in your body, it is the only one you have!

A WORD ABOUT INJURY: You are only as old as you feel! Until you get injured. There is no reason to anticipate injury, however, it is statistically more likely to happen over 40. If you feel a muscle pull or a joint ache that isn't resolving within a week, back off your fitness until it heals! Seek evaluation and treatment from your sports chiropractor, physical therapist or orthopedist before returning to fitness. They can also put you on a modified program to help you heal before returning to your favorite sports/activities.

Do we really fall apart after 40? Yes. Our body slowly, incrementally and decidedly degenerates around age 40 and there is no way to stop it. Hopefully, you now realize that with the right mindset, fitness plan, nutrition and body work you can drastically slow down the process. The good news – all of that makes life more fun anyway.

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training located at 55 Bristol Lane, Ellicottville, NY. For more information about her studio visit her Facebook page or www.coreperformancefitness.com, or call 716-698-1198.

ELLCOTTVILLE SKATEPARK

cont. from page 03

It's a great way to make new friends! And thanks to the New Car Dealers of WNY Charitable Foundation's commitment to supporting our youth, their \$100,000 grant, when matched by The Skatepark Project/Ralph C. Wilson Jr. Foundation, automatically turns into \$200,000 for the Ellicottville Skatepark!"

To learn more about the Ellicottville Skatepark and how you can contribute, follow @sk8evl on FB/IG or go to sk8evl.com. Direct donations to the Ellicottville Skatepark can be made through a secure fund at the Cattaraugus Region Community Foundation, 301 N. Union St., Olean, NY 14760, phone 716-301-2723 or cattfoundation.org. To learn more about the Niagara Frontier Automobile Dealers Association and its charitable foundation, go to nfada.com.

HOLIDAY VALLEY

cont. from page 04

which is the 5th time the resort has won the award. And the Buffalo News voters gave the resort the Best of 716 Best Ski Resort in Western New York. Holiday Valley would like to thank the readers and voters of both publications for the recognition. "It's great because it is our actual skiers and snowboarders who vote, giving credibility to the awards," said Eshbaugh.

Family fun is something that Holiday Valley has really emphasized over the years. In an industry where many resorts struggle to walk a fine line of catering to core skiers and snowboarders, while also creating a safe and inclusive atmosphere for people new to the sports, Holiday Valley has put a priority on doing its best to have something for everyone. It's dedicated Snowsports Staff has a long history of introducing people to the sports while also having the skillset on staff to coach high end skiers and riders. And part of the success they have had is the emphasis they put on having fun!

Eshbaugh sums it up by saying, "The sports of skiing and snowboarding are fun, and it doesn't matter how good you are ... you can have fun from your very first day on the slopes. But it's also fun to improve your skills because you can explore more of the resort (we have 60 trails!), go faster and feel more of the freedom. By freedom, I mean that when you're sliding down the slopes making rhythmical turns, it's just such a great feeling, kind of like swinging meets sledding. Skiing and snowboarding are also very social sports that appeal to all demographics. You can talk to people as you ride up the chairlift; there are lots of stories about how couples met each other on the slopes. And it's a great sport for families because all ages can participate together. At Holiday Valley every lift has an easy way down so a family or friends of varying abilities can ride up together then meet back at the bottom. Fun features of Holiday Valley include terrain parks, glades, tree trails, easy moguls for beginners and challenging moguls for more skilled, the secret fort in the woods of Tannenbaum, lean-to's on the mountain for family picnics, slopeside lodging with heated outdoor year round pools for lodging guests, and of course several bars!"

So as summer starts to make way for fall, there's still plenty to do at the resort. In addition to Fall Festival there will be Fall Foliage weekends on October 2nd-3rd and October 16th-17th where both the Mardi Gras and Spruce Lake chairlifts will run for leaf peeping. Then (weather permitting) the Spruce Lake lift is open on weekends through October 31st.

For more information on everything from the Yodeler Lift updates to season passes and programs, please visit www.holidayvalley.com and follow the resort on Instagram, Twitter and Facebook.

COACHES vs. CANCER

cont. from page 07

ultimately lead to more negative outcomes. "In addition to Coaches vs. Cancer, the ACS also has a large campaign with the Buffalo Bills called Crucial Catch, which encourages screenings," LaVare added. "Colonoscopies can detect 98% of cancers, and even at-home screenings, like Cologuard, can detect up to 92%." Although not exactly comfortable or easy to discuss, LaVare said conversations about early screenings such as these are worth it because they can and do save lives.

Concern regarding the spread of the virus, as well as the shut-down of several services, prevented many individuals from receiving vital care and screenings over the past 18 months, LaVare pointed out. "Programs like the Hope Lodge in Rochester, which provides a free home away from home for cancer patients and caregivers, temporarily closed. Road to Recovery, which to me is one of our best programs, is a volunteer-run program to give people rides to their cancer treatment that was paused because of the pandemic."

LaVare is happy to report that many of these programs will soon reopen, and in-person fundraising events, such as the 716 Classic, are making a comeback. In addition to funding cancer research, the ACS has designated funding for studies in health equity, as many social structures and practices can limit a person's access to health care. It is the goal of the ACS to reduce such disparities in cancer risk and survival through changing or adding new evidence-based public health policies at the local, state, and federal levels.

LaVare is excited for the 716 Classic to contribute to this mission and is hopeful that the nearly sold-out tournament will gross \$75,000. "Putting something like this together is always a lot of work, but once golfers are here and on the course, it's worth every bit of work and it's just a great time," he said. For more information, including registration, dinner tickets, and sponsorship opportunities, visit <http://bit.ly/716GolfClassic>.

ECS REOPENING

cont. from page 04

eNOW: How about challenges?

MILLER: The "ever changing" nature of COVID prevents us from completely settling on protocols or plans. We have to constantly remain flexible. While we can do this, it could mean several changes throughout the year.

eNOW: What are you looking forward to the most?

MILLER: This is an easy question. What I'm looking forward to the most is all students and staff returning to school in September for in-person learning.

Editor's Note: Additional details about Ellicottville Central School's reopening guidelines will be posted on our website at ellicottvilleNOW.com as soon as they are released. You can also access information at ellicottvillecentral.com.

TOWN BOARD NOTES

cont. from page 08

approved a resolution for an abandonment of a small section of the project's sewer, storm drainage, curbing and sanitary manhole to accommodate a cul-de-sac.

The Board also approved a motion for an assistant engineer position with the expense to be shared with the village. The position requires passage of the Civil Service exam administered by Cattaraugus County.

Zachary Carlson, an Olean native who recently earned his civil engineering degree from the University at Buffalo, was hired to fill the position and began work Monday. He was introduced by Supervisor McAndrew.

Carlson was expected to assist in the upcoming \$5.3 million water system overhaul, which was to get underway in October).

"They have decided not to go forward ... they will be taken off that project," Supervisor McAndrew told the Board.

Board members expressed regrets that the HoliHuts homeowners would not be connecting to the community's water system expansion. HOA officials had expressed hope to board members in July that they hoped to reverse their members' opposition to the hookup.

Palumbo said he recently received questions from HOA officials about fire protection and Councilman Steve Crowley commented that the crowded subdivision should have more fire hydrants and municipal water, but the town can't help if they won't grant an easement for the lines.

Supervisor McAndrew reported bids will be sought for partial asbestos abatement in the Town Center, to include the Engineering Department and several other areas. Also, the town will share the cost of remediating a portion of the building shared with the Cornell Cooperative Extension, including the conference room and new hallway. An earlier \$40,000 bid was received for remediation of the entire Town Center.

The Board approved the Ellicottville Chamber of Commerce's request for use of the town soccer field for a Lacrosse tournament Sept. 24-26. The tournament will also take place in the Fireman's field and the Village Park.

THE BUZZ ABOUT BEES

cont. from page 11

mindfully when I am inviting myself into their home. As for the medical benefits of a bee sting, it comes from your immune system getting triggered and sending white blood cells to the localized area of the sting. Bee venom therapy, a form of apitherapy, is used to help in treatment of arthritis, multiple sclerosis (M.S.), Parkinson's, and Alzheimer's. It is a method that must be approached carefully considering the potential side effects. Some have questioned whether the bee's stinger was the first acupuncture needle. Even the bee's hum or 'buzz' has therapeutic qualities - there are beekeepers in Eastern Europe who build 'beehive bed boxes' in which they actually sleep above the hives and report that they sleep better and glean health benefits for their immune and neurological systems through doing so.

Royal Jelly, the food that bees feed to queen bees is another major 'superfood' from the hive. Royal jelly is high in antioxidants and is rich in nutrients. It can help with stress, increase your drive, and has neurological benefits. It can help with cancer treatment side effects, menopausal symptoms, and overall help support and build your immune system. Every time I work with bees I learn something new and am so grateful to be in a position to further my education and the bees' procreation. I truly feel that they are one of the most karmically sound living beings. They make everything in surplus (as long as the hive is healthy and it's a good year!)

Trevor and his father, Robert Brachmann, are the owners of Country Honey, a small apiary that provides delicious local raw honey of the highest quality. They pride themselves on keeping their process as natural as possible, using natural rhythms and seasonal changes to set the tone for their work schedule. You can find their honey in Ellicottville at Dom's Butcher Block, Ellicottville Coffee Company, and at the Ellicottville Farmers Market (with candles and propolis tinctures as well) each Friday from 4:00-7:00pm.

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Letter to the Publisher:

In response to 'Poverty Hill Wildlife Management' article, published in ellicottvilleNOW, Aug. 12, 2021

I'd like to comment on the Poverty Hill Wildlife Management article. First off, thank you so much for the excellent information and history regarding what's going on.

Secondly, did anyone else (nature enthusiasts, animal lovers, people with integrity, consciousness, heart) get offended by it? I mean, shouldn't they just call it a Hunting Park? The purchases of these state owned "wildlife management" lands are supported by "the manufacturers of firearms, ammunition, archery equipment and other products" that pay a tax that is "dedicated" to keep them in business, I mean, "to wildlife conservation."

This is the new Ellicottville? The place where historically the most free spirited migrated and cultivated big dreams in harmony with nature and beauty, where pioneers of skiing and the outdoor life were enjoyed freely but now a hunting park?

And with all of the building going on, houses going up, land being developed left and right, where on earth are the wildlife to go? Into parks for hunting?

It's upsetting (to say the least) and a true poverty for Poverty Hill.

- Julie Sergel

Holiday Valley Pro Am brings in \$4,000 for the Ellicottville Library

ELLICOTTVILLE - Holiday Valley Resort hosted the 18th annual Ellicottville Library Pro Am on August 9th with a field of 84 players competing, including 21 Western New York PGA Professionals and 63 local amateur players. Major tournament sponsors were Weed Ross Agency and CPL Architecture, Engineering and Planning. Many additional local and regional businesses contributed as tee and green sponsors. A very popular raffle with prizes for Ellicottville restaurants, golf equipment and local golf courses and attractions added to the fundraising.



The Ellicottville Library received a check for \$4,000 from the proceeds from the event to assist in their ongoing expenses. Over the past 18 years, the Pro Am has generated over \$90,000 for the Ellicottville Memorial Library. Pictured above is Steve Carney, Holiday Valley's Director of Golf, presenting a check to Laura Flanagan, Director of the Ellicottville Memorial Library.

The players enjoyed a beautiful day on the Double Black Diamond Golf course and the Library appreciates the great community support. (For a list of tournament winners, go to ellicottvilleNOW.com.)

'Float the Allegheny' Voucher

OLEAN - The Greater Olean Area Chamber of Commerce (GOACC) encourages more people to "Float the Allegheny", then have some food once they are finished! This special promotion includes a single kayak trip rental and meal option - all for \$30 total. Those interested in renting a kayak from Allegheny Adventures can come into the GOACC office and purchase a Float the Allegheny certificate for \$30. The certificate is good for a single kayak trip in the Olean area with meal option at a local member restaurant. While you are at the GOACC office, pick up a Mileage on Waterways brochure. Created by GOACC, the brochure will give you an idea of how far you can paddle and allows you to decide the most suitable location to enter and exit the river.

Once you have your certificate, visit Allegheny Adventure to schedule your rental and trip. Participating GOACC dining members include: Woodside Tavern on Range, El Sombrero, Four Mile Brewing Co., Angee's Restaurant, and Third Base Bar & Grill in Olean, and Rizzo's Pizza in Franklinville.

For more information, contact the Greater Olean Area Chamber of Commerce at 716-372-4433 or email info@oleanny.com. Information can also be found on the Chamber's website, www.oleanny.com and Facebook page.

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OFFICE
9 W. Washington St.
Ellicottville, NY 14731
716-699-9816

PUBLISHER / EDITOR,
LEAD DESIGNER
Brenda Perks,
DesignPerks of Ellicottville
designperks@gmail.com
brenda@ellicottvillenow.com

ASSISTANT DESIGNER,
WEBSITE CONTENT MANAGER
Meaghan Lucarelli
info@ellicottvillenow.com
info.designperks@gmail.com

DISTRIBUTION MANAGER
Allen Miller

ADVERTISING SALES ASSOCIATES
Brenda Perks
Direct: 716-244-7573
brenda@ellicottvillenow.com
Evan Evans
Direct: 716-474-6812
evane716@aol.com

TEAM WRITERS / PHOTOGRAPHERS
Caitlin Croft
Mary Heyl
Panos Argitis
Kathleen Kellogg
Elijah George
Anjanette Nicolazzo
Spencer Timkey
Dash Hegeman
Louisa Benatovich
Kim Duke
Laura Widger
Trevor Brachmann
Ashley Baron
Jaimie Woodarek
Clara Kosinski

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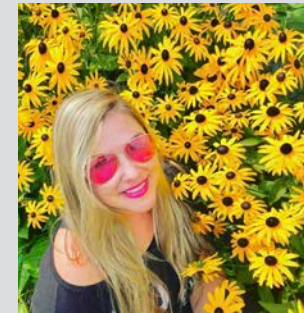
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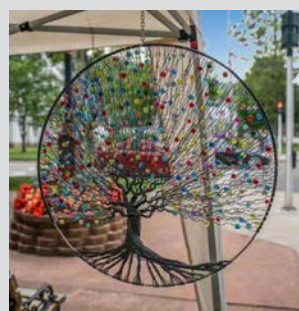
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