

# ellicottville **NOW**



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## ECS will Reopen its Doors to Students this Fall

In a long-awaited announcement, Governor Cuomo says students can return to school; ECS submits reopening plan



photo/Ellicottville Central School

BY SPENCER TIMKEY

Citing consistently low COVID-19 infection rates, New York State Governor Andrew Cuomo announced on August 7th schools may reopen their doors to students for in-person instruction. In lieu of a massive, state-wide reopening plan, Cuomo put the onus on superintendents and local health departments to develop plans that would best fit their districts. At the timing of this publication, Ellicottville Central School students in Pre-K through 6th grade will attend in-person while students 7th - 12th will go off a hybrid learning model. Schools must also conduct three to five public meetings before August 21st. Ellicottville Central will offer three community meetings for students, parents and staff.

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### NYS delays fall sports; await guidance from Governor

The New York State Public High School Athletic Association (NYSPHSAA) Board of Directors chose to pause all fall sports until September 21st, citing continuing concerns with the COVID-19 pandemic and its potential effects on the upcoming scholastic year. Ellicottville Central School athletic director Dave McCann estimates that 60-70% of middle and high school students at ECS play some form of sport. If school sports begin, athletic directors will face a multitude of difficulties.

ECS Athletics  
... page 04

## CHALET VALET: The Future of Ellicottville Concierge Services

Leave it to Nick Pitillo, entrepreneur extraordinaire, to come up with the next amenity Ellicottville didn't know it was missing. Chalet Valet is an idea that Nick had kicked around for many years, but with the recent shift brought on by COVID-19, his thoughts quickly transitioned to "now is the time" to make this idea a reality. Fresh off his latest venture, stockthefreezer.com, Pitillo seems to have a good pulse on this shifting landscape. A restaurateur with two dining establishments - Osteria 166 and Villaggio - Pitillo is excited to bring this next venture to life. By Caitlin Croft ... page 07

## Ellicottville Aquatics

Not your typical fish store ... This one is way cooler!  
Frogs and hedgehogs, snakes and seahorses. Oh yes, and fish!



@evillaquatics

BY LOUISA BENATOVICH

It all started in a basement. The year was 2015 and Disney-Pixar's film Finding Nemo was taking the world by storm. Two friends, noticing the exponential growth in clownfish demand, had a crazy idea. 12 clownfish couples and 20 fish tanks later, the pair were overrun with Nemo babies. They scrambled to find their clownfish new homes, but the happy fish were reproducing at an alarming rate. After a brief stint selling their scaly friends to local saltwater fish stores in New York and Pennsylvania, the two decided to branch out on their own. Ellicottville Aquatics was born. But don't think for a minute that you'll only find underwater breathers in this pet store.

... page 07

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TOP TEN #getoutside & PLAY Bucket List ... Before Summer is Over!

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# NOW *this ...* by Brenda



Skatepark committee members at the Aug. 8th chicken BBQ fundraiser.

## We are Family.

Community. How sweet it is to live in one that doubles as a family. Full-time residents, part-time homeowners, business owners, our visitors. We are all connected. Thanks to this powerful bond, Ellicottville has the ability to produce big results when it comes to supporting one another.

Just. Like. Family.  
That is what makes our community so dynamic.

When the pandemic put its fearful grip on us and everything non-essential shut down, we put our thinking caps on to ensure our small businesses survived. Many of our retailers transitioned to online stores, personal trainers introduced at-home Zoom workouts, restaurants offered curbside pick-up ... and our community answered the call. We shopped, we cleared our living rooms for burpees, and we ordered take-out often.

Nick Pitillo, owner of Villaggio and Buffalo's Osteria 166, took the fight back to the pandemic and created something benefitting the entirety of western New York. His frozen food delivery service, stockthefreezer.com, allowed us to order our favorite Italian dishes while also providing an opportunity to donate a meal to those in need. These meals were delivered to our frontline healthcare workers, essential employees, community action centers and those in our community who had fallen on hard times. Since the launch, Stock the Freezer has donated an astounding 28,000 meals. That's the power of a community in action.

When the pandemic's effects began affecting PPE inventory of healthcare workers nationwide, the Timkey family — owners of The Boardroom Snowboard Shop — teamed up with the national organization, Goggles for Docs. Thanks to donations of new and used goggles from the ski & snowboard community, including a substantial donation from Mud, Sweat 'n Gears, the Timkeys delivered close to 200 pair of goggles to western New York healthcare workers.

Daff Dry Goods owner Laura Solly transformed her storefront window into a masterpiece of hope, inviting the community to draw, paint, and create rainbows that covered every square inch of glass. It quickly became the go-to photo opportunity spot for parents and their children — albeit, masked up — but portrayed the very thing that we are built on: community. It was truly inspirational.

And we can't say enough about our local Rotary Club, stepping up to the plate by partnering with local restaurants (Villaggio, Dina's and Katy's Cafe) to provide over 500 meals a week to families affected by the shutdown. Our Rotary continues to make a substantial difference year-round with assistance from our community through staple fundraising events, including Tuscan Moon and Irish Christmas. Although events this summer have seen a domino effect in cancellations, our community has taken other avenues to make sure that Rotary-sponsored programs do not suffer, by donating directly through www.ellicottvillerotary.com/donate. It's our community's way of maintaining a supportive channel to assist fellow community members when they need it most.

However, we don't need a pandemic to hit in order to showcase our strength in numbers. Our community continuously churns out good karma whenever a good deed presents itself.

Just this summer, our own Bradley Poole brought awareness to the public eye on Cystic  
"NOW this..." continued page 13



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# IN THE CLASSROOM

## ECS TO REOPEN ITS DOORS TO STUDENTS THIS FALL

In long-awaited announcement, Governor Andrew Cuomo says students can return to school; ECS submits reopening plan

BY SPENCER TIMKEY

Citing consistently low COVID-19 infection rates, New York State Governor Andrew Cuomo announced on August 7th schools may reopen their doors to students for in-person instruction. The announcement came after the state recorded its lowest levels of hospitalizations, positive results and deaths since the pandemic began in March.

Schools were required to submit reopening plans to the New York State Department of Health, which will be reviewed against stringent reopening guidelines. New York's 10 regions have achieved under a 1.0% positivity rate, putting it well below the 5% recommended reopening threshold set forward by the World Health Organization.

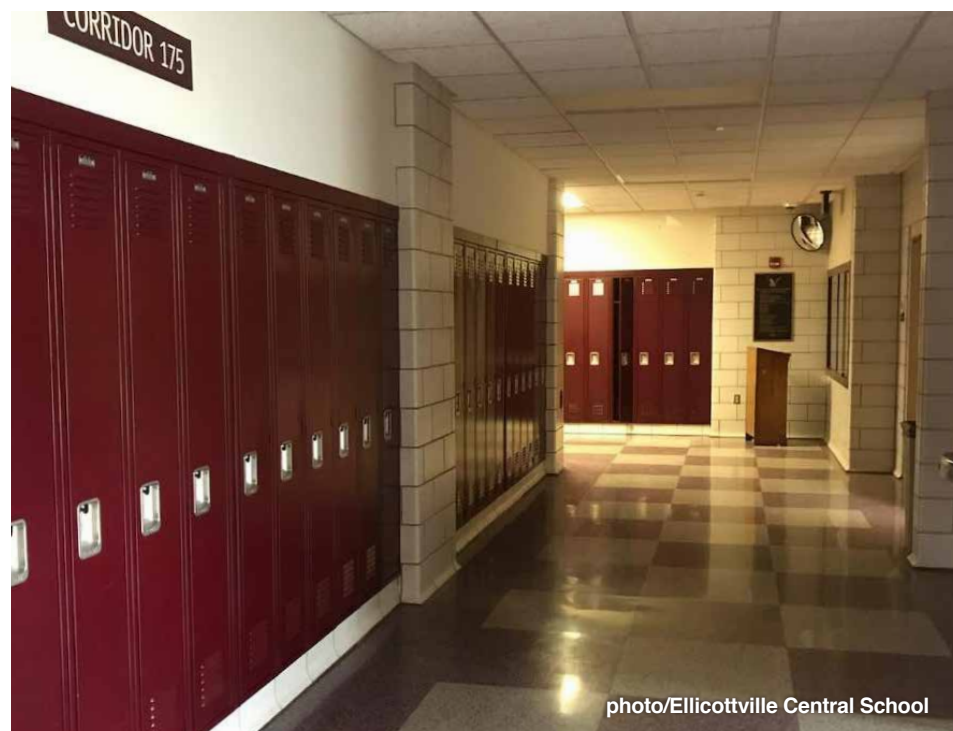
While COVID-19 continues its unprecedented warpath across major swaths of the United States, New York's ability to contain the virus is in stark contrast to the pandemic's onset, when New York City became the American epicenter. A combination of state-mandated procedures, such as strict economic reopening guidelines and limited out-of-state travel, have helped contain the virus' spread.

In lieu of a massive, statewide reopening plan, Cuomo put the onus on superintendents and local health departments to develop plans that would best fit their districts. Ellicottville Central, which hosts students from Pre-K through 12th grade, developed three separate models. At the timing of this publication, students in Pre-K through 6th grade will attend in-person while students 7th - 12th will go off a hybrid learning model.

Schools must also conduct three to five public meetings with parents before August 21st. Ellicottville Central will offer three community meetings for students, parents and staff. The meetings will be similar, so attending all three isn't necessary — but ECS superintendent Bob Miller stressed that everyone is welcome to do so. The meetings will take place on Monday, August 17th at 6:00pm, Tuesday, August 18th at 6:00pm and Wednesday, August 19th at 10:00am. All meetings will be streamed virtually and you can find the links on the District website.

"We received 70 staff surveys and over 200 parent/student surveys while developing these plans," Miller said. "We worked with committees to get down to the very specifics and get into as much detail as possible. My number one priority is the safety of our students, teachers and families."

Miller, who was Ellicottville's principal before this tenure as superintendent began, has



photo/Ellicottville Central School

"There are so many factors at play here," ECS superintendent Bob Miller said. "One emergency day in March turned into three months of no school. The parents have to feel comfortable with our plan before sending their children back to school. That is my number one job — keeping everyone safe."

never faced a crisis like the one presented in front of him. He joins the 749 school districts across New York tasked with developing — and implementing — an education plan no one ever dreamed of having to build.

Since the Governor's announcement, it has been all hands on deck for the school's staff. Ordering new COVID-19 related signage, barriers for desks and personal protective equipment will create the safest possible environment for students attending in the fall.

Teachers have been busy designing lessons and activities to deliver instruction in ways that are very different than what they have traditionally used.

The plans go as follows. Each elementary classroom will be designed with the utilization of

"ECS Reopening" continued page 10

## ECS ATHLETICS

New York State delays fall sports, await guidance from Governor

BY SPENCER TIMKEY

Awaiting guidance from state leadership, the New York State Public High School Athletic Association (NYSPHSAA) Board of Directors chose to pause all fall sports until September 21st, citing continuing concerns with the COVID-19 pandemic and its potential effects on the upcoming scholastic year.

On Friday, August 7th, New York State Governor Andrew Cuomo gave the green light for schools to open on time and students to return physically to classrooms. However, each district must submit a detailed plan that addresses a multitude of scenarios. At the time of this publication, the state has given no update on scholastic sports.

For Ellicottville Central School, fall sports include boys and girls soccer, boys football, girls volleyball, swimming and track & field.

"We're in a holding pattern right now," said ECS athletic director Dave McCann. "We're still waiting on some guidance from the Governor and Department of Health. A lot depends on what the numbers look like by the time we get to September 21st."

Since the pandemic began in March, ECS teams haven't had any team workouts and the school weight room has remained closed. If school sports begin, athletic directors will face a multitude of difficulties. Scheduling changes, transportation, officials, field time and attendance are all factors that need to be considered.

McCann and other athletic directors meet virtually once a month to discuss potential scenarios for the resumption of sports.

"After the state issues whatever guidance at the time, we talk about what we could potentially do," he said. "We're in one big wait and see right now."

With the uncertainty surrounding school sports, kids are still staying active by playing in travel soccer and baseball leagues (under strict guidelines), and participating in Brad Poole's kids bootcamp.

Originally geared for athletes in grades 7-12 at ECS, Poole has expanded on the program to offer it to all ECS students in those grade groups, plus some from Salamanca. In an effort to keep kids who aren't playing sports active, the 5-week program aims to help with physical fitness and mental health.

"I'm trying to keep these kids active and keep them away from video games," Poole said. "Plus, if sports do resume, they won't have as much trouble getting back into game shape."

Hosting hour-long sessions three times a week, Poole sets up socially-distant cones on the Village Park soccer field. To keep kids motivated, he brings a stereo and microphone to guide them through the workouts. Everyone wears a mask until they get to their station, where they stay for the entirety of the hour.

"We've got a little over 30 kids right now," Poole said. "I'm charging \$25 for the entire 5-week program. It's helping keep kids active and teaching them about the importance of staying fit."

It's difficult to underscore the importance of sports in the lives of schoolchildren. It provides exercise, structure, discipline and accountability. It teaches sacrifice and teamwork. McCann estimates that 60-70% of middle and high school students at ECS play some form of sport.

"We're hoping to get back to it in September, but right now we'll wait and see."

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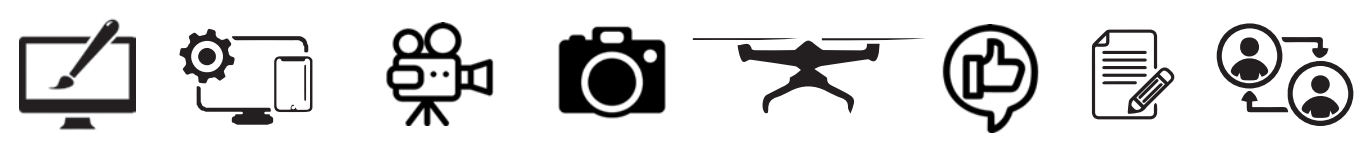
  
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# BUSINESS

## WELCOME TO CHALET VALET

The Future of Ellicottville Concierge Services



By CAITLIN CROFT

Leave it to Nick Pitillo, entrepreneur extraordinaire, to come up with the next amenity Ellicottville didn't know it was missing. Chalet Valet is an idea that Nick had kicked around for many years, but with the recent shift brought on by COVID-19, his thoughts quickly transitioned to "now is the time" to make this idea a reality. Fresh off his latest venture, stockthefreezer.com, Pitillo seems to have a good pulse on this shifting landscape. A restaurateur with two dining establishments - Osteria 166 and Villaggio - Pitillo is excited to bring this next venture to life.

"Knowing there is such a thriving rental business here and working with the local rental agencies, Air BnBs and VRBOs, why not make the renter's experience that much easier," Pitillo told me. After the idea struck him, he started collaborating with local vendors including Dom's Butcher Block, Cupcaked, Bike and Bean, and local favorite, Ellicottville Brewing Company.

"Why not have all of the things you need for the weekend delivered to your rental doorstep? Breakfast sausage from the local butcher, coffee from Ellicottville Coffee Company, and fresh scones direct from the baker make for a wonderful morning post a night on the town." There are so many great products available and just because you don't see it doesn't mean it cannot be procured. "Use the notes function on the order page if you don't see what you are looking for, and if we can make it happen, you better believe we will."

Pitillo hopes to add services such as private masseuses and yoga instructors one day. Currently they service a 10-mile radius around Villaggio, but do not let that deter you; give them a shout and they will work out how to best accommodate if you fall on the outskirts. "Really, this service is for anyone who doesn't want to go to the store these days."

Every day the services expand and they are available around the clock. Pitillo threw a lot of the credit on making this happen to the rental staff at ERA Team VP (Kaysie and Carrie), and the ladies at Holiday Valley Rental Management (Shanell and Katie). "Their input and help getting the word out to the renters was instrumental in making this venture a reality." Also, any local vendors that would like to be considered for the service can email Pitillo at [nick@osteriabuffalo.com](mailto:nick@osteriabuffalo.com).

As Ellicottville continues to evolve with the times, there will never be a shortage of ways to enjoy all this area offers with entrepreneurs like Pitillo at the helm. Check out their website [chaletvaletvl.com](http://chaletvaletvl.com) for everything you need on the next adventure you take in the Enchanted Mountains.

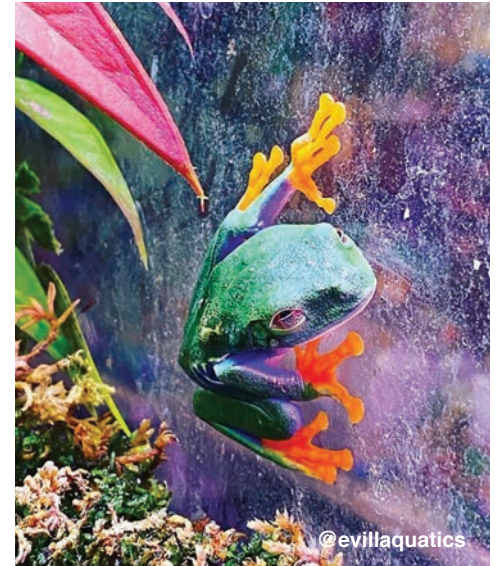
## CELEBRATION OF THE ARTS

Tri-County Arts Council's biggest fundraising event goes virtual

Buy a chance to win an original work of art and help support local arts at the same time! The Celebration of the Arts is the Tri-County Arts Council's major fundraiser of the year. Due to Covid-19, this year's event will take place online. Paintings by Jennifer Miller, Thomas Paquette, Sean Huntington and Mikel Wintermantel are up for grabs, as well as other beautiful art items and products donated by local artists. Raffle tickets are \$20, and the drawing will take place during the Arts Council's live-stream event Aug. 29th. Full details at [myartscouncil.net](http://myartscouncil.net). Search Tri-County Arts Council on Facebook.

## ELLICOTTVILLE AQUATICS

Not Your Typical Fish Store ... This One is Way Cooler!



By LOUISA BENATOVICH

Driving down the US-219 is a Western New York experience like no other. As guard rails and rest stops give way to flower stands and country stores, the colorful road signs proclaiming "Scenic Byway" assure you that you are headed in the right direction. Click off cruise control and keep going, past Ellicottville and its alluring storefronts. Beyond Holiday Valley, the golf course, the school. Head south and you will see it, nestled next to a sprawling antiques barn, tucked away, a pearl in an oyster. Let the greens and blues of the sign beckon you inside, the jaunty font inviting you to relax. This is a different world ... this is Ellicottville Aquatics.

It all started in a basement. The year was 2015 and Disney-Pixar's film Finding Nemo was taking the world by storm. Two friends, noticing the exponential growth in clownfish demand, had a crazy idea. 12 clownfish couples and 20 fish tanks later, the pair were overrun with Nemo babies. They scrambled to find their clownfish new homes, but the happy fish were reproducing at an alarming rate. After a brief stint selling their scaly friends to local saltwater fish stores in New York and Pennsylvania, the two decided to branch out on their own. Ellicottville Aquatics was born.

"We started with 6 saltwater tanks, 4 freshwater tanks, and only 200 gallons of water," says Skyler Martens, the store's founder and owner. "We had no idea what would come of everything. Today, we are at 5,000 gallons of water volume in the store, making us one of the largest fresh and saltwater shops in Western New York."

To put it in perspective, it takes 9 whole hours to fill a 5,000-gallon pool with a regular garden hose; that is almost 42,000 pounds of water. It is simply insane to comprehend, hard to believe that a shop containing such magnitude exists just down the street. Skyler Martens can hardly believe it himself. In fact, owning a business was never part of his game plan.

"I went right into the work force after graduation," says Skyler, a Great Valley native and Ellicottville Central School graduate. "I started operating heavy equipment for the Highway Rehab Corp. and paved roads on the East Coast for 6 years. But fish tanks were always my hobby," he admits. "I started out with freshwater aquariums, like most do, and moved on to saltwater a few years later. Fish and corals have been my passion for almost two decades now."

In the last couple of years, Ellicottville Aquatics has branched out beyond aquariums and fish-related fodder. Now, it is a full-line pet store and bait/tackle shop. Browsing inside, you will see small animals, reptiles, dog and cat food, treats, toys, worms, live minnows, crayfish, and so much more. Ellicottville Aquatics is a one-stop-shop for pet-lovers everywhere.

"We have lots of inventory," says Skyler. "Everything you need to get your salt or freshwater tank up and going for years to come. It's the same with our small animals and reptiles," he adds. "And we source our products and accessories from all the leading companies. We have everything from aquariums to terrariums."

Ellicottville Aquatics also has a longstanding commitment to staying as local as possible. When it comes to small animals, like hedgehogs and chinchillas, Skyler deals only with New York State's most reputable breeders. With global resources for animal wellbeing, the shop works only with happy, healthy creatures.

"Ellicottville Aquatics" continued page 13

# TRAVEL



## TOP TEN #getoutside & PLAY Bucket List ... Before Summer Ends!

With plenty of summer still on the table, NOW is the time to fill your cup with adventure. We have a great menu of outdoor destinations to choose from. Explore as many as you can before the days run short - from treetop obstacle courses to larger-than-life rock formations, from a plethora of hiking trails to the thrill of a hawk walk, from awe-inspiring views to the much simpler experiences. Pack a picnic for the park or head to the waters for a cool-down. However you choose to spend your final days of summer, take time to explore the great outdoors and reconnect with nature.

Cattaraugus County, also known as the Enchanted Mountains, boasts a number of unique destinations to keep your summer in check. Plan a family vacation that is packed with fun, not with dollar signs. How many of these adventures have you already conquered? Find more ways to explore by requesting a free Cattaraugus County Travel Guide, 800-331-0543 or download a guide at:

[enchantedmountains.com](http://enchantedmountains.com)



01

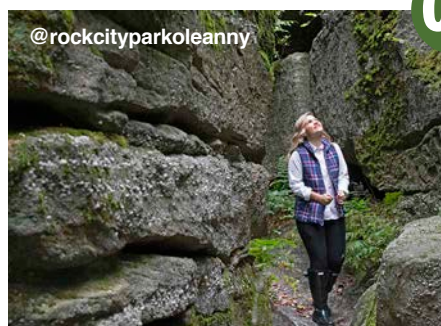


@holidayvalley

### SKY HIGH ADVENTURE PARK

@Holiday Valley, Ellicottville | 716-699-2345 | [holidayvalley.com/skyhigh](http://holidayvalley.com/skyhigh)

The largest in New York State and 3rd largest in the U.S., Sky High's Aerial Park is a series of platforms, bridges, and ziplines built in a 4-acre section of the woods. There are 13 courses with varying levels of difficulty, so no worries, even the kids (ages 7 and up) will have plenty of action to play on. And we can attest that it is SAFE. At Sky High, everyone wears a harness with a special locking lanyard that safeguards you from falling if you slip or let go. Sky High also boasts a Climbing Forest (also kid friendly, ages 5 and up), and a super fun Mountain Coaster that zigs, zags and spirals down the mountain through the trees. Oh, and while you're there, hop on a chairlift ride and enjoy the view to the top of Spruce Lake, available Saturdays and Sundays through mid-October.



@rockcityparkoleanny

02



@bperksey

### ROCK CITY PARK

505 Route 16, Olean, NY | 866-404-ROCK | [rockcitypark.com](http://rockcitypark.com)

Explore the world's largest exposure of quartz conglomerate as you meander through rocks that are bigger than a house! Once a prehistoric ocean floor, this gigantic 'Rock City' towers many stories high. An attraction since 1980, Rock City Park first operated as a local rail system which welcomed thousands of visitors by trolley. Famous for its beautiful Bon Air Hotel and dance pavilion, guests enjoyed its amusement park with merry-go-round, box ball alleys, and many other forms of entertainment. Today visitors come to enjoy the natural beauty of the rock formations. The hiking trail is family friendly and takes about 45 minutes to complete. Most of the rock formations have special names based on their appearance. Keep your eye out for "Balancing Rock", "Old Man" and "1/2 Sphinx Head."



03

@emountains

### ALLEGANY STATE PARK

Salamanca, NY | 800-456-2267 | [EMFun.us/ASP](http://EMFun.us/ASP)

With 65,000 acres, Allegany State Park is the largest State Park in New York and offers fun and excitement year round. There are two sections of the Park - Red House and Quaker - both offer nature and adventure tourism for those seeking to explore the great outdoors with miles of trails. Take to any of the trail systems for hiking, biking, and horseback riding, or head to the lakes for great paddling! Favorite hiking trails of ellicottvilleNOW staff include Black Snake Mountain and Three Sisters. Check out the bear caves, too! (on Bear Cave Trail) on the Quaker side of the park when visiting. The park also offers group-style camping, cabins, tent and RV sites. In winter, Allegany State Park is a popular destination for cross-country skiers, snowshoers, and snowmobilers.



04

@emountains

### STONE TOWER

@Allegany State Park | 800-456-2267 | [EMFun.us/ASP](http://EMFun.us/ASP)

During your visit to Allegany State Park, be sure to add the Stone Tower to your must-see list. In June of 1933, Company 249 of the Civilian Conservation Corps (part of FDR's New Deal) arrived at the park to construct a stone observation tower on the summit of a hill. The men commenced the Stone Tower in October 1933. Their campsite of World War I surplus tents was located just below where the tower now stands. Stone Tower includes a winding staircase leading up to the top deck. The stone used to build the octagonal shaped tower was all collected and cut in the park. It stands at an elevation of 2,250 feet and overlooks Salamanca to the North and Red House Lake to the South. A carving of an arrow pointing north was etched in the center of its upper deck. The Stone Tower was completed in the spring of 1934. It is a unique and beautiful site to visit.



05



## GRIFFIS SCULPTURE PARK

6902 Mill Valley Rd., East Otto, NY | 716-667-2808 | griffispark.org

Griffis Sculpture Park is a hidden gem in Cattaraugus County. It matches art with nature as guests walk through, climb on, and stroll around over 250 enormous multi-dimensional sculptures set on Mother Nature's canvas. Since the early 60's, these steel sculptures created by Larry Griffis, Jr. and other international artists have been residing in the woods, fields, and even ponds of the park. Each sculpture was placed with the natural setting in mind, creating a truly unique experience between art and nature. Located just eight miles outside of Ellicottville, Griffis Sculpture Park draws visitors from far and wide as it has the distinction of being America's largest and oldest sculpture park. Pack a picnic and explore at your own pace.

06



## KINZUA SKYWALK



296 Viaduct Rd., Mt. Jewett, PA | 800-473-9370 | visitANF.com

If you have not yet experienced the Kinzua Sky Walk, put this at the TOP of your list this summer! Located about an hour drive south of Ellicottville, the Kinzua Sky Walk is built on six remaining towers of the Kinzua Viaduct, which was at one time the highest and longest railroad bridge in the world. Partially destroyed by a tornado in 2003, the viaduct was reinvented in 2011 as a tourist destination. Walk out onto the Sky Walk, which juts out more than 600 feet and features a partial glass floor at the very end. You may get the jitters as you take that step onto the glass floor; it surely is an invigorating experience! After you've showcased your brave side, hike down the Kinzua Trail, which winds down the side of the gorge, and view the fallen towers from below. Open dawn to dusk; admission is FREE!

07



## HAWK WALKS & OWL ENCOUNTERS

Book Your Experience | 716-949-9221 | americanhawkeye.com

If you're a nature enthusiast, bird nerd, photographer, hunter, or just love doing cool things, Jonathan Clarkson of American Hawkeye has the perfect experience for you! As a master falconer, Jonathan has been working with birds of prey most of his life, and he is proud to share the amazing world of falconry with the public. He offers guided nature hikes and demonstrations with his raptors for individuals and groups. Two of his most popular experiences are the night time "Owl Encounters" and daytime "Hawk Walks." Jonathan recently added a new experience to his falconry school at a discounted rate just for families. As he stated, "Now more than ever, people need to be outdoors to reconnect with nature. We want families to experience nature together with our amazing birds of prey and build unforgettable memories."

08



## ALLEGHENY ADVENTURES

210 Green St., Olean, NY | 585-933-0006

Paddle your worries away on the Allegheny River with kayak and canoe rentals from Allegheny Adventures. You can pick up your rental and launch from Steam Valley Launch in Portville, where you can float downstream and end up right back at Allegheny Adventures. Then you can grab a bite to eat from Four Mile Brewing (right next door) if you choose. In addition to the gorgeous views, it is also common to see wildlife such as beavers, bald eagles, or deer as you paddle your way down the river. Life jackets are included with rentals.

09



## PFEIFFER NATURE CENTER

Portville, NY | 716-933-0187 | pfeiffernaturecenter.com

Pfeiffer Nature Center is home to approximately 650 acres of natural beauty and is split into two properties: Lillibridge and Eshelman. Both properties offer breathtaking views and miles of hiking trails. The Lillibridge Property is also known for its rustic, American Chestnut log cabin listed on the National & State Registers of Historic Places. The nature center is open daily from dawn to dusk and offers fun, self-led activities throughout the summer. This month's activity is "Fitness Fun for Kids at Pfeiffer." Find the route posted at the kiosk of the Lillibridge property, then follow the self-guided walking trail through the old growth forest. The fitness trail contains 12 stations, each with a fun fitness activity to carry out. Perfect for all ages. Be sure to wear comfortable exercise shoes and bring plenty of water to drink.

10



## BLUEBERRY PICKING

Farms throughout Cattaraugus County | www.enchantedmountains.com

Often labeled as Mother Nature's Superfood, blueberries are not only a tasty treat, they are incredibly good for you too! Low in calories and high in nutrients, blueberries are packed with fiber, vitamins C and K, and manganese. They are known for their antioxidant properties, and are heart-friendly too. Spend an afternoon in the sun, picking fresh blueberries at any one of Cattaraugus County's local berry patches. It's a favored past-time for so many families. Burdick Blueberries, 8267 Thompson Rd., Cattaraugus, offers both pick-your-own and already picked blueberries. The Great Valley Berry Patch, 5608 Humphrey Rd., Great Valley, offers blueberries, strawberries, and a variety of other freshly picked fruits and vegetables, as well as sunflowers. For a complete list of berry patches in our county, visit enchantedmountains.com and search Events.

# HEALTH & FITNESS

## Strength Training 101: Where Do I Start?

By **KIM DUKE, CERTIFIED PERSONAL TRAINER, CORE PERFORMANCE**

You know that strength training will help you meet your goals, no matter what they are. And you know a strong body is a healthy body. But, starting the whole new workout routine can be daunting, especially since most gyms are closed due to Covid-19. However, there are other options for strength training that do not require a gym setting, like starting weight free with bodyweight training to using dumbbells and barbells.

The first option is bodyweight training. With bodyweight training you need minimal equipment (or none at all), and you can train anywhere as long as you have space to move around. Some of the exercises included in bodyweight training are squats, lunges, push-ups and pull-ups. The one downside to bodyweight training is that you need to keep modifying the exercise's difficulty in order to ensure you are leveling up and progressing.

A second option for strength training is using dumbbells. Dumbbells are a great way to start out with weighted strength training for a few reasons. First, most gyms will have a good set of dumbbells, even if it's a basic gym. If your only option is to train at home, dumbbells have been a staple of home gyms and are now becoming readily available to purchase. Dumbbells provide an added stabilization challenge and point out muscle imbalances pretty easily.

A third option is the barbell workout. Because a barbell is incredibly stable (using two hands instead of just one with a dumbbell), barbells allow you to progress clearly and quickly, allowing you to add small increments of weight each week. It is easier to go heavier using barbells, especially for lower body movements like the squat and the deadlift.

When it comes to movements like squats, deadlifts, pull-ups, bench press, etc. - your form is crucial. Until you are confident with the exercise, use a broomstick (or PVC Pipe).

So what is the best form of strength training? All of the above ... The following are some sample workouts:

**BODYWEIGHT** ~ complete 1 set of each exercise and then move directly onto the next.

- 1) 20 prisoner squats
  - 2) 10 push-ups
  - 3) 20 walking lunges
  - 4) 10 triceps dip
  - 5) 15 second plank
  - 6) 30 jumping jacks
- Repeat 2-3x through.

**DUMBELL** ~ complete each exercise in a controlled manner.

Start with 5-10 lb. dumbbells

- 1) 10 goblet squats
  - 2) 10 hammer curls to shoulder press
  - 3) 10 sumo squats with biceps curl
  - 4) 10 triceps kickback
  - 5) 10 star jumps
- Repeat 2-3x through.

So which one is better? Either! The routine that best fits your fitness level and fitness needs is the one that is right for you. With either plan, make sure the difficulty increases over time. Doing 2-5 more squats, lifting 5 more pounds or adding a second set of heart pumping cardio could do this. The main goal should be to always do better than you did the last time; this will ensure you are continuously getting stronger and faster.

Honestly though? How you eat will account for 80-90% of your success or failure. SO, with a quality diet you will lose fat and build strength EITHER way.

*Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training located at 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio visit her Facebook page or [www.coreperformancefitness.com](http://www.coreperformancefitness.com). Reach Kim at [kduke65@gmail.com](mailto:kduke65@gmail.com).*

## ECS REOPENING

cont. from page 04

clear plastic barriers. Middle and High School students must follow strict 6-foot social distancing guidelines, while all students will be required to wear masks all day — including while on the bus. Mask breaks will be provided throughout the day.

Students in Pre-K through 6th grade will go off of the in-person plan. Busses will stagger pickup and drop-off times: Group 1 arrives at 8:00am and departs at 1:45pm, while Group 2 arrives at 9:00am and departs at 2:45pm.

“Remote learning is hard for little kids, so this puts them all here,” Miller said. “They get to see their teachers.”

Teachers or staff will instruct children learning remotely, utilizing virtual instruction whenever possible.

Students in grades 7-12 will adopt a hybrid learning model, separated into two groups: A & B. The A cohort will attend on Mondays and Tuesdays, while B will attend Thursdays and Fridays. On Wednesdays, most students in grades 7-12 will engage in remote learning; some students will attend in-person classes for additional, individualized assistance as needed. A block scheduling model will be adopted to limit the number of potential interactions between students.

“Students will be able to upload and download assignments on their computers,” Miller said, citing the 1-to-1 technology program that issues every student in grades 7-12 a personal laptop computer. “That way, they’ll have work to do on their days at home.”

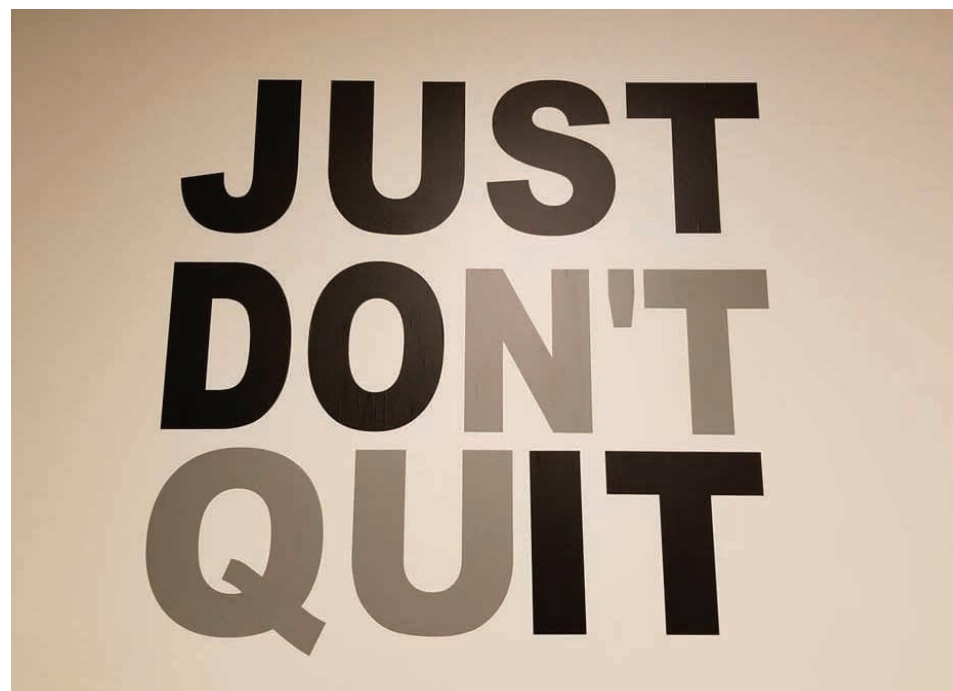
Teachers may be asked to prerecord instructional videos, hold 1-on-1 video conferencing lessons or other forms of remote learning while students remain home. For those who don't have Internet access, they will have the opportunity to pull into the bus loop in front of the school to utilize the District's Wi-Fi, which is strong enough to reach vehicles. In addition, part of the remote learning plan allows for the use of thumb-drives with assignments pre-loaded.

Staggered bus runs — two in the morning, two in the afternoon — gets kids spread out and to the school safely, without having to worry about coming close to each other. High school students will stay in the same classroom for two hour blocks with a lunch break in the middle. Each room will be disinfected before a new group of students can use it. Depending on arrival time, each student will have an advisory period at the beginning or end of their instructional day; these advisory periods will allow staff to help students with organization of work, time to upload/download assignments and an opportunity to ask a trusted adult for assistance.

At this time, all extracurricular activities and sports are being postponed. Tentatively, the NYSPHSAA has notified schools it anticipates fall sports may resume on September 21st; however, this decision isn't final and can change at any time.

“There are so many factors at play here,” Miller said. “One emergency day in March turned into three months of no school until the end of the year was adjusted. The parents have to feel comfortable with our plan before sending their children back to school. That is my number one job — keeping everyone safe.”

For more information and the full Ellicottville Central School reopening plan, including updates as they are made available, visit [ellicottvillecentral.com](http://ellicottvillecentral.com).



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# MEETING NOTES

## VILLAGE PLANNING BOARD

New Build on Elizabeth Street Spurs Discussion re: Village Design Standards

By CAITLIN CROFT

The August meeting of the Ellicottville Village Planning Board opened with discussion regarding a Special Meeting held July 28th - a Public Hearing for a Special Use Permit (SUP) for Liquor Sales at Adventure Bound/Ellicottville Coffee Company. The SUP was approved.

Next, there was discussion regarding a new build to be located at 13 Elizabeth Street. This is a Single Family Home with two applications before the Board, Site Plan Review and Architectural Design Review. Regarding the Site Plan, all standards are met in height, setbacks and dimensions. It is the Architectural Design that has left continued questions from the Board. During the August work session, the applicant was asked to change a handful of design elements. Some of these are included but not limited to windows, roof pitch, materials and door changes. From the revised plans, the sliding front door now shows divides to simulate double hung windows. The size of the stone chimney was reduced, the stone privacy wall in the front was reduced in size, mullions were added to some upper windows. The pitch of the roof was increased but not enough to meet the intent of the architectural

design guidelines of this area. The board commented that the pitch change was critical to blend in with the other homes and character of the neighborhood, but it really looked to have no significant change since the work session. The asymmetrical pitches do not fit the character of the neighborhood. The applicant expressed her frustration that she wants to build a beautiful home and be a good resident of the village, but does not understand why there are rules to dictate design when there were no rules on design when the homes were built. To this she was advised that the reasoning for creating and implementing the design standards was to protect and keep that character of the early 1900s homes. One Board member, Sean Cornelius, advised that a lot of these homes have been redone recently and everyone was held to the same design standard, even himself. The applicant pointed out other homes built in the modern era. However, according to the Board, because these homes were built prior to the architectural design guidelines, they aren't all compatible with the historic character of the village residential neighborhoods. The Board made suggestions to the applicant of a few residences that the applicant should look to for a more "modern" take on the design standards the village requires. The applicant is going to take these into consideration and will work with her architect to make changes before the next submittal deadline.

Despite changes that should be made, this is still a complete application and there was a motion to set the Public Hearing for September 8, 2020 at 5:30pm; a second and ayes carried. Contact the Ellicottville Village Clerk at 716-669-4636 for instructions on how to join the meeting virtually.

## NOW this...

cont. from page 03

Fibrosis, which Brad was diagnosed with at a very young age. His crusade to help find a cure for every CF warrior led him to run 266 miles (!) throughout Cattaraugus County, raising more than \$60,000 for the Cystic Fibrosis Foundation-Western New York Chapter.

Bill Finnerty, owner of Finnerty's Tap Room, set a goal to walk 100 miles with his proud canine companion — a St. Bernard named Finn — in honor of his late mother and in the name of MSA (multiple system atrophy). The celebration will culminate with moms eating free at Finnerty's on August 28th. You can donate to Bill and Finn's cause by searching #FinnFightsMSA on Facebook.

How about the Ellicottville-Great Valley Trail? With a dedicated committee, their mission to create a multi-use trail system connecting the two communities continues to make headway. Last year, the committee cleared the first section of the trail between the Town Center (Arboretum) and Tim Horton's on Route 219. But there is much work left to be done — you can donate at [www.evgytrail.org](http://www.evgytrail.org).

And just last weekend, the community again stepped to the plate. Residents and visitors

alike came together to show their support for the Ellicottville Skatepark Project. As a lead advocate, I am overwhelmed with the generosity that poured out on the lawn of Town Hall in one afternoon. Our committee, SK8EVL, teamed up with Carson's BBQ & Catering to dish out close to 300 delicious chicken dinners. Altogether, we raised \$4,200. What's even better: every dollar raised is doubled by the Tony Hawk Foundation/Ralph C. Wilson Jr. Foundation through the "Built to Play" matching grant, bringing the day's total to \$8,400 to apply towards the construction of a permanent, concrete skatepark in Ellicottville's Village Park. We are almost a third of the way to our \$250,000 goal. Learn more about the skatepark project and how you can help at [www.sk8evl.com](http://www.sk8evl.com).

From raising money for family support, health organizations, and recreational projects, our community can always count on one another to make a difference. We are a driving force in making things happen.

We are Community. We are Family. We are all in this together.

*Brenda Perks is the owner, editor and designer of ellicottvilleNOW and owner of Design Perks, a graphic design company affiliated with the local media/marketing agency, PandaGoat Media. You can reach Brenda at [brenda@ellicottvillenow.com](mailto:brenda@ellicottvillenow.com).*

## ELLICOTTVILLE AQUATICS

cont. from page 07

"Our best-selling fish are the clownfish, of course," says Skyler, "and the freshwater GloFish. We also love our stingrays and seahorses."

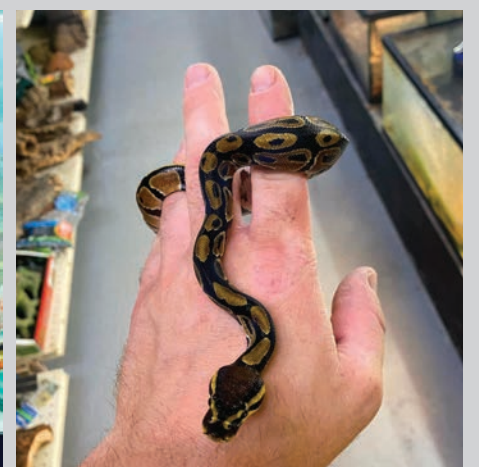
Clownfish are interesting not only for their color, but for their ability to transition between male and female, depending on the demographics of their environment. GloFish, strangely enough, are genetically engineered to glow in the dark. You can purchase them in trademarked colors like Electric Green and Galactic Purple. With the fun quirks of freshwater stingrays and the pure beauty of seahorses, these are some of the most unique aquarium dwellers you could ever own.

"If you're new to the hobby, we are here to make it as easy and fun for you as humanly possible," assures Skyler. "It is a hobby for all ages and budget-flexible! The best thing I tell everyone is to be patient and don't rush the aquarium. Remember that it's a little ecosystem that you're trying to replicate."

Ellicottville Aquatics also sponsors the Tropical and Saltwater Fish Club of Cattaraugus County. "On top of that, we rescue fish and animals all the time and find them good homes," he says. "It's hard to say no, so we take them in and make them feel right at home."

"My favorite part about owning a pet store is honestly everything," Skyler gushes. "From meeting newbie pet owners to veterans, it is work but not work. If you enjoy your job, you will never work a day in your life."

The most complicated part of running a pet store, as you can imagine, is being on pace with the next, newest, coolest thing. In keeping with this, Ellicottville Aquatics now has ball pythons and hedgehogs in need of good homes. As Skyler explains, the snakes are really fascinating and are super friendly. Though they are great pets, snakes are not for everyone. It took Skyler several years of store owning to overcome his fear of snakes, also called ophidiophobia. Hedgehogs are absolute sweethearts, as well. Did you know that they can have between 5,000 and 7,000 quills?



Looking at the fish tank in my mother's living room, its contents lovingly purchased from Ellicottville Aquatics, I think about the joy that the tiny ecosystem gives her and my family every day. Every time a new batch of babies is born, the fish are fed in the morning, or the pleco (suckermouth fish) does a majestic belly flop at the top of the tank, a tiny bit of magic escapes in the bubbles. From the aquarium's unfortunate snail infestation to a broken water heater, Skyler has answered all questions, providing unending support.

So next time, when you are racing down the all-too-familiar southbound highway of Western New York, perhaps you will take a moment to stop and smell the proverbial fish-scented roses. Take the plunge, if you will, into the watery realm of Ellicottville Aquatics and discover the wonders of the deep.

Ellicottville Aquatics is located at 4343 South Whalen Rd. off the 219 in Great Valley, NY. Follow the store on Facebook for the newest inhabitants available for sale, as well as special offers, care tips and more. You can contact Skyler directly at 716-244-1008 or email [evillaquatics@yahoo.com](mailto:evillaquatics@yahoo.com).

# CLASSIFIEDS

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## EMPLOYMENT

**WINGATE BY WYNDHAM** in Ellicottville is looking for reliable housekeepers. We offer benefits to employees working 25+ hours a week. Weekends availability is a must. Apply in person at 11 Mill St. or email Awalsh@ellicottvillenow.com.

**TIM & BONNIE'S.** All locations hiring: Springville, Gowanda, Ellicottville. Come inside, apply, and interview on the spot! Or check us out online at timandbonnies.com for an application.

**CUSTOMER SERVICE DAY SUPERVISOR.** Full-time seasonal position starting in September. Supervises and oversees Holiday Valley Customer Service office and staff during the ski season. Responsible for scheduling, hiring, and training and day-to-day operations. Provides guest information and assistance, facilitates sales, and also responsible for resolving complaints and issues. Strong phone and people skills necessary. Basic computer knowledge and cash handling experience required. Must be available to work weekends and holidays. Apply online at www.holidayvalley.com/jobs or by contacting Customer Service at 716-699-2345.

**HOLIDAY VALLEY CHILDREN'S LEARNING CENTER** is hiring for on-call substitute childcare staff positions. Requirements are: minimum of 18 years old and enjoy working with children. High school diploma or equivalent. Experience

preferred. Applicant must be dependable and available Monday - Friday between 7am - 6pm. Must be willing to work with any age group, infant through 12 years old. Position requires CPR/first aid certification, State criminal background check, fingerprints, medical/TB test, child abuse clearances and the ability to meet OCFS Child Care regulations and requirements. Apply online at www.holidayvalley.com/jobs.

**GOLF CART ASSISTANT.** The Holiday Valley Golf Shop is in need of 2 to 3 cart people to assist with customer service. The employee will be transporting golf carts, carrying golf bags, and doing various jobs at the driving range. Previous golf knowledge is good but not necessary. This full or part-time position is open through the end of October. Apply online at www.holidayvalley.com/jobs or by contacting Customer Service at 716-699-2345.

**GOLF COURSE CREW.** Part-time seasonal job working outdoors on golf course maintenance. Apply online at www.holidayvalley.com/jobs or by contacting Customer Service at 716-699-2345.

## COMMUNITY BULLETIN

### ECS Alumni Banquet Cancelled

Donate online to ensure student scholarships can continue to be offered

BY CAITLIN CROFT

Commonly dismissed as a small rural school, many are not aware of the caliber of students produced by Ellicottville. Every year students move on to compete in college athletics, attend Ivy League Colleges and Universities, step into the world of large agricultural production, Military and so much more.

The reason for producing such diverse students without being a "mega school" is their commitment to developing the student and their interests first. At Ellicottville Central School, you get a private school education for the cost of a public one. A large factor is class size; students get the attention and time dedicated to growing their values, interests and talents. This breeds a nurturing environment where they can grow into a contributing member of society. They do this without trying to change who the student is at their core. So much of the education system today wants everyone to fit into a few neatly packaged boxes, and at ECS, their faculty, board and tax base understand that each student is different.

As these students move on from Ellicottville Central School, there hasn't ever been an outlet to keep Alumni connected. The Alumni Association decided it was time to develop a website where graduates could keep up with each other. This past spring, the Alumni Association launched its first-ever website, designed by PandaGoat Media, in hopes to serve as a resource for alumni to share their successes post-graduation. By no small feat, the website also has every single ECS Yearbook available digitally for alumni and parents to browse. In addition to the new website (ellicottvillealumni.com) there is also a Facebook Page and a yearly Banquet open to all classes.

That yearly banquet was cancelled for 2020, like many other events this year. This banquet is extremely important in raising funds for two \$1,000 scholarships, given yearly to graduating seniors. Thanks to their new website, ECS Alumni and the general public can now make direct donations online, ensuring that these scholarships continue to be offered. Show your support. Go to www.ellicottvillealumni.com and donate.

### Lace Up! The Dirty Dozen/Happy Half

An improvised take on running races in Ellicottville

BY ANJANETTE NICOLAZZO

Thanks to Doug Bush of Endurancefactor Events, that once bleak outcome now has a bright solution for those who run in Ellicottville. "We're trying to find intelligent ways to keep people motivated by giving them goals to work toward," Bush said. Although there are limits to holding races on state roads, large gatherings, etc., Bush is committed to keep runners moving forward - no pun intended.

**HAPPY HALF MARATHON/5K:** Although the original event in May was cancelled, anyone who signed up for the Happy Half Marathon or 5K now has the virtual option to run on their own. Race times can be submitted from tracking devices like Run Keeper, Apple Watch, etc. Runners still receive their race bib, finisher's medal, t-shirt, and face cover buff. Since having FUN while running is iconic to this event, costumes are still encouraged (post your photo to the Endurancefactor FB page.) For info and to sign up, visit happyhalfmarathon.com/virtual/. All race materials will ship the week of August 19th.

**NEW! THE DIRTY DOZEN:** When Bush was approached by the leadership team at Holiday Valley to help coordinate a race on resort property, he quickly obliged. This Sunday, August 16th, get your running fix in at the Dirty Dozen Off-Road Run. The course offers both a 4- and 8-mile off-road option, and is a fundraiser for the local food pantries. To keep large groups at a minimum, various waves with a maximum of 50 runners will be held every 20 minutes over the course of an hour. Chip timing will be in effect, and runners can expect the same Endurancefactor race perks, like a signature t-shirt and finisher's medal. Due to spacing requirements, entries are limited.

**FALL RACES:** As for other popular races this season like the 4 for 44 Team Relay in September and the EVL Half Marathon/5K in October, Bush says they are playing by ear. "Information from the state varies day-by-day, and we still need to seek approvals from the town, village, and county. I foresee them being held similarly to the Dirty Dozen, with timed, dispersed waves of runners to minimize crowds without an after-party."

For more information on any of the above events, visit endurancefactor.com/races or visit their Facebook page.

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willygoat\_adventures: Had a splendid picnic pawty with my pals Rossi & Milly at the lake #dogparty #holidayvalley #evlnow #sprucelake



ellicottvillenow: The Legacy Restaurant dished up 350 dinners in honor of Bradley Poole #evlnow



team\_pritchard: We see you #evlnow, great new local paper! @ellicottvillenow @visitellicottville



thecharlesbchamberlain: Some early morning reading about the local area. Congratulations on the new endeavor @ellicottvillenow



robert\_kuechle: Summer @holimont #evlnow #sunnyday



careyannwelch: Levitating at the Arboretum #evlnow



perry\_ester01: Nice day at Kinzua Bridge #evlnow



baroness\_abcinema: Free birds #bikerbabes #motodog #evlnow



sk8evl: Our 100th chicken dinner. Oh, and what do you think of our new stickers? #fundraiser #chickenbbq #letsbuildskatepark #evlnow



ellicottvillenow: #getoutside #evlnow #nannearboretum



sdfasi: Ellicottville Brewing Co. & more beautiful flowers #evlnow



team\_pritchard: Summer isn't over but look what we found #evlnow

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— by VILLAGGIO —

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