

Holiday Valley Reinvests \$2.9 Million

While resorts around the world deal with future uncertainties surrounding COVID-19, HV is forging ahead



By Spencer Timkey

Despite a worldwide pandemic forcing an early shutdown of the 2019-20 winter season, Holiday Valley Resort announced its plans to pour \$2.9 million across the resort for the upcoming year. Some of the funds, such as the construction of a first-time visitors kiosk and continued glade/tree work, have already been implemented. The rest of the improvements include additions to the snowmaking system, a new Pisten Bully 600 Grooming Tractor, new uniforms for the Snowsports School, and Phase II of the LED lighting project. If the improvements for this season garnered excitement, it was the stunning announcement of two new future chairlifts - one being a high-speed 6-pack on Mardi Gras that set the resort's social media pages ablaze.

... page 04

What's in a Name? The stories behind our local businesses

Ellicottville is a patchwork quilt of history, little story squares that meld to paint a picture of a place where lives have interwoven for generations. This year, as Ellicottville celebrates its bicentennial, ellicottvilleNOW delves into the stories behind the names of some of the town's favorite businesses, including The Purple Doorknob, Daff Dry Goods, The Tee Bar, Gado-Gado, Silver Fox Steakhouse, and Ashford Station Bistro. These are tales of family, fortune, and fate, rooted in the love of wintry hills and weekend trips that turned into forever. By Louisa Benatovich ... page 05

Ellicottville: Adapting and Thriving By Caitlin Croft ...

We all have read headline after headline of 'new normal', 'embrace the shift', 'pivot into a new way of living' ... it is cumbersome and only adds to the stress of everything. People by nature do not like change; it is messy and when you feel it is forced upon you, going with the flow becomes that much more difficult. Now let's throw in contradicting media views and polarized social media platforms, and you have a sure recipe for chaos and confusion. But not in Ellicottville. Our town seamlessly overnight adjusted their sails and continued forward.

... page 09

Travel: Kinzua Bridge State Park

The ANF Region of Pennsylvania is just a short drive away, where you can experience one of the 'Top 10 Most Scenic Skywalks in the World'



By Linda Devlin

With fall just around the corner, Mother Nature will soon be putting on her show of the year. The Kinzua Bridge State Park, home of the Kinzua Sky Walk, will be one of the first areas in the region to begin to show fall color due to its higher elevation. The Kinzua Sky Walk offers stunning views of the Kinzua Gorge year-round, but in the fall, the colors of the forest turn brilliant yellow, deep ruby red, and sparkling orange. Built on six of the historic towers of the Kinzua Viaduct - once the tallest and highest railroad viaduct in the world - the Kinzua Sky Walk features a walkway with a set of railroad tracks leading to the end of the overlook which has a partial glass floor. ... page 09

 Other

 Other

 Other

 Other

 Other

Ellicottville Greens: The Freshest Picks, Year 'Round Is it a storage unit? A train car? A dumpster? Actually, that large rectangular unit at the Woods at Bear Creek is a refurbished shipping container that Ellicottville Greens has outfitted as a hydroponic farm to grow micro greens, leafy greens and herbs all year long. By Mary Heyl ... page 04



32 W. WASHINGTON STREET · ELLICOTTVILLE, NY 716-699-2068 · ellicottvillesaltcave.com PUBLISHED BI-WEEKLY + AUGUST 27-SEPTEMBER 9, 2020 ... Page 03





Teamwork.

It separates the good from the great. It's communication, reliability, enthusiasm, support, unity ... Within our community, you'll find examples of teamwork around every corner. When you combine the hustle of local businesses with the heart of charitable organizations, it creates an unparalleled collaborative energy.

Plan a visit to the Nannen Arboretum any given day and discover the power of teamwork and volunteering. Our local master gardeners selflessly donate their time to ensure the tree park and its history remain a special place for residents and visitors. It is an 8-acre sanctuary for hundreds of trees, shrubs, perennial flowers and herbs. Enjoy a nature walk through its majestic collection, embrace the Japanese stone garden, then make your way to the far end of Lake Nipponica to the scenic Amano Hashidate Bridge. Along with its regular team of volunteers, the Nannen Arboretum Society periodically receives a helping hand from the outside. Case in point: Members of ERA Team VP Real Estate are organizing a volunteer day (scheduled for next week), when they'll put their painting skills to good use to apply a fresh coat on the picturesque bridge. It's this dynamic pairing of a working company coupled with team building that makes a difference within a community.

"Our team is continuously seeking ways to contribute to our community - big or small - so when the opportunity to help the arboretum came up, we jumped on it," Kaysie Griffith, ERA's Vacation Rental Manager & Communications Specialist told me. "We all have a love for the arboretum and are looking forward to helping enhance it for the community to enjoy for years to come."

The Alley Katz, a lovely group of avid gardeners (green thumbs are popular here in our Tree City USA, if you haven't noticed), volunteer every Tuesday morning - every summer - to keep Ellicottville's downtown business district beautiful. They certainly have done an amazing job with this year's flower barrels and hanging plants. These masters of potted perfection are dedicated to our town and maintain a commitment to our community out of pure enjoyment and passion to create one-of-a-kind floral masterpieces. And thanks to our Village DPW crew who ensure these beautiful pieces are watered regularly, our town is a showcase of colorful allurement.

Those who regularly find themselves on the mountain bike trails have the privilege of enjoying the sport thanks to the efforts of businesses and volunteers alike. Dennis Baldwin, owner of Bike & Bean, along with members of WNYMBA (Western New York Mountain Biking Association) host trail maintenance days throughout the season, inviting other avid bikers and community members to lend a helping hand in maintaining the public-use trails. The trail system stems from state land onto Holiday Valley and HoliMont property, with both resorts leading efforts to keep their share of quality trails in prime condition for the masses. It's a unique connection that attracts two-wheeled, dirt loving visitors from all over.

When businesses and volunteers come together, it becomes a powerhouse of amazing effort, producing positive results for not only those who reside here but those who come to visit us as well. Like they say: do good, feel good. It is astounding to see so many of our local businesses stepping outside the box to lend a helping hand in so many different ways.

Keep up the great work, Ellicottville!

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.





RESIDENTIAL • COMMERCIAL OUALITY PRODUCTS & PROFESSIONAL INSTALLATION

REMODELING • RADIANT HEAT FLOORING ALL SERVICE WORK • BOILER SERVICE & FURNACE REPAIRS

Dan Kandefer Cell: 716-583-2034 | Great Valley Office: 716-945-5848

WE SELL THE BEST AND FIX THE REST



dinas

BREAKFAST | LUNCH | DINNER

Upscale American Cuisine Made-to-Order Local, Fresh Ingredients Homemade Cookies, Pies and other Sweet Endings

Experience the comforting atmosphere of Dina's INDOOR AND OUTDOOR PATIO DINING.



DINE-IN | TAKE-OUT CATERING

15 Washington Street Ellicottville, NY

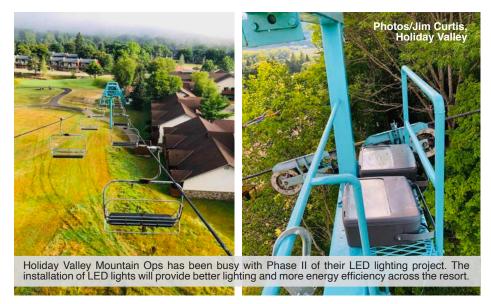
716.699.5330 www.dinas.com

ellicottvilleNOW

BUSINESS

HV CAPITAL IMPROVEMENTS

Holiday Valley reinvests with LED lighting, added snowmaking and new equipment



By Spencer Timkey

At Holiday Valley, reinvestment isn't celebrated as an achievement. It's executed as a policy.

Despite a worldwide pandemic forcing an early shutdown of the 2019-20 winter season, the resort announced on August 14th its plans to pour \$2.9 million across the resort for the upcoming year. Some of the funds, such as the construction of a first-time visitors kiosk and continued glade/tree work, have already been implemented. The rest of the improvements include additions to the snowmaking system, a new Pisten Bully 600 Grooming Tractor, new uniforms for the Snowsports School and Phase II of the LED lighting project.

While resorts around the world deal with the fallout - and future uncertainties - surrounding COVID-19, Holiday Valley chose to forge ahead with its capital improvement plan.

"We have a long range plan and are able to continue moving forward on resort projects. We are thinking positive about the future and plan to provide great skiing and riding for our customers while promoting cleanliness, safety and health of our guests and employees," Holiday Valley President and General Manager Dennis Eshbaugh said in a statement. "We hope that by continuing to invest in this community, it will help stimulate the economy and instill confidence in others to follow suit."

If the improvements for this season garnered excitement, it was the stunning announcement of two new future chairlifts that set the resort's social media pages ablaze. If all goes according to plan, the resort will realign and install a high-speed quad at Yodeler for the 2021-22 season and follow it with a high-speed 6-pack at Mardi Gras in 2022-23.

SNOWMAKING

As the climate becomes more uncertain, Holiday Valley continues to add to its already world-class HKD Snowmaking System. With over 700 guns in its arsenal - 50% of those being automated - the resort can cover 95% of its 300 skiable acres with manmade snow.

HKD's system allows the snowmaking crew to operate the guns remotely, harnessing information from on-hill weather centers to produce the best snow during ideal temperature and humidity windows.

Already beginning the work, the mountain operations crew will install 20 new automated guns. Mistletoe will be fully covered by automated guns, and lower Mardi Gras' have been replaced with HKD's most energy efficient guns to date. The crew will also replace 1,500 feet of underground air and water lines.

PISTENBULLY AND SNOWSAT

Holiday Valley's fleet of six PistenBully grooming tractors create a smooth surface for skiers and snowboarders. The 20,000+ pound machines, made in Germany, couple highend engineering with practicality and are the industry's most prevalent snowcats. The newest 600, on delivery for sometime in the fall, is PistenBully's most energy-efficient to date - becoming the first snowcat in the industry to pass the European Union's Stage V emissions-control requirements.

While even standing next to the machines leave you with a sense of wonder, it's the

"Holiday Valley" continued page 13

ELLICOTTVILLE GREENS

The freshest picks ... year 'round!



BY MARY HEYL

Is it a storage unit? A train car? A dumpster? Actually, that large rectangular unit at the Woods at Bear Creek is a refurbished shipping container that Ellicottville Greens has outfitted as a hydroponic farm to grow micro greens, leafy greens and herbs all year long.

In fact, there are currently two operational shipping containers, and owners Gabe Bialkowski and Sal LaTorre are in the process of refurbishing two more. "We're planning to have 25 in total," LaTorre explained. "We started out on the Castle Campus in Ellicott-ville, but we're now operating at the Woods at Bear Creek site in Franklinville. We're also serving the north towns of Buffalo with our container behind the Eastern Hills Mall in Williamsville."

Barely two years old, Ellicottville Greens has already become the largest sustainable vertical farm in western New York. What's more, the small company is the only one growing vertical produce west of New York City and Boston, Mass. "We're in a rural area," LaTorre pointed out. "Our produce selection isn't as good as what's available in larger cities. People really enjoy the aspect of getting herbs and lettuce from a farm 'year-round."

Ellicottville Greens grows some of the best-tasting and most sought-after lettuce and herbs in the region, all grown using organic processes and chemical-free compounds. The company serves local restaurants, but unlike many farms, Ellicottville Greens does the majority of its business directly with customers who simply want a regular supply of delicious greens and fresh-pressed juices. Products can be ordered through their website at ellicottvillegreens.com and delivered within 75 miles of Ellicottville, shipped across the United States or picked up.

Whether one wants fresh Bibb lettuce for a special gathering or a regular supply onhand for salads throughout the week, Ellicottville Greens has customizable ordering options to suit customers' needs. Remote farm subscriptions are available from both the Ellicottville and Williamsville locations and start at \$45. Half shares and full shares are available for one-month periods, or customers can order products a la carte online. A full share includes approximately five heads of lettuce per week and a variety pack of other herbs including basil, dill, cilantro and mint.

According to LaTorre, "We sell a lot of Bibb and Butterhead lettuce. Our most popular herb is basil, especially in the wintertime. We're growing 365 days a year, so we can produce crops during seasons when other farmers can't."

For LaTorre, his passion for indoor farming is a natural extension of his passion for the culinary arts, which was his background for several years. "I went to culinary school and was a chef for a time," he explained. "I didn't want to be in the kitchen anymore. I wanted to work with food on a deeper level, and I came across farming."

Approximately a year and a half ago, Bialkowski approached LaTorre about becoming part of Ellicottville Greens, which was founded in October of 2018. "I thought it was pretty innovative," LaTorre recalled. "I didn't hesitate!"

Since then, the now three-man company has been attracting customers throughout the region who share their appreciation for food that's grown responsibly and sustainably. The owners believe their business meets an important need and encourages consumers to reclaim their agency over where their food comes from and how it's grown. Accord-

"Ellicottville Greens" continued page 13

WHAT'S IN A NAME?

BY LOUISA BENATOVICH

Ellicottville is a patchwork quilt of history, little story squares that meld to paint a picture of a place where lives have interwoven for generations. This year, as Ellicottville celebrates its bicentennial, ellicottvilleNOW delves into the stories behind the names of the town's favorite businesses. These are tales of family, fortune and fate, rooted in the love of wintry hills and weekend trips that turned into forever.

ASHFORD STATION BISTRO 5386 Depot St., West Valley, NY 716-942-3040

Tucked away on Depot Street in West Valley, there lies a little juncture of paradise. Cozy yet elegant, The Ashford Station Bistro, nicknamed "The Station," was once, you guessed it, a railway station. It was, in fact, one of the first railway stations in the town of West Valley, a waystation for cargo and passengers from across the East Coast. After the derailment of the station in the late 60s, the Ehman family purchased the building. The main owner, with four derails

with founder Emily Tingue, transformed the derelict old building just over a year ago. Both lovers of historic trains and locomotives, the founder-owner duo decked the restaurant in fun, train-themed paraphernalia. Highlights include a 1920s carnival train, vintage railroad signage, and black-and-white photos of locomotives and steam engines from Pittsburgh to Buffalo. Kicking it up another notch, Emily themed the restaurant's dishes after important train-related moments in history. Some of her favorite delicacies and aperitifs include Crazy Train Tacos, the Wabash Bomb, The Wig-Wag Sandwich, and the Orange Blossom. "It isn't just great food," Emily explains, "it's also an educational experience for all ages." Railfan, trainspotter, ferroequinologist, or newbie, all are welcome at The Station.

THE TEE BAR ... WITH A TWIST 8 Washington St., Ellicottville, NY 716-699-9079

Before the aerial chairlifts that now grace Ellicottville's ski slopes, there was the T-bar lift. First implemented in the United States in the 1940s, the new lift was considered a vast improvement to its tricky predecessor: the rope tow. Categorized as a "surface ski lift," a T-bar allows its rider to keep their skis on the ground as they ascend the slope. One can also exit the lift before it reaches the summit, a fun perk entirely impossible with

today's chairlifts. Dina Dipasquale, owner of Dina's Restaurant, had this history in mind when she co-opened The Tee Bar with Kim Reading, owner of Mud, Sweat n' Gears. With layers upon layers of clever wordplay, The Tee Bar with a Twist serves hard ice cream and soft custard, alongside trendy Ellicottville-themed garb. Perfectly coinciding with the new "bar" business trend (Drybar and Beauty Bar come to mind), The Tee Bar is a colorful and joyous place to savor one last summer cone.

THE PURPLE DOORKNOB 11 Washington St., Ellicottville, NY 716-699-2084 purpledoorknob.com

Comfy and cozy in its new location on Washington Street, The Purple Doorknob's siren call is irresistible. Once a Monroe Street sensation, the store's big move catapulted it to true stardom: the largest sock shop in WNY. "The original store was an antique store called The Purple Doorknob," Rachel Northrup, the current owner explains. "The former owner came up with that name because the original property had a purple doorknob on the garage. It

was that simple. When Rachel purchased the property in 2015, she kept the name. "It's really a great trojan horse because people ask, 'What the heck is that?" she laughs, referencing the unique name. "It invites them in. I like to call the store The Purple Vortex. When I was offered to buy the original location, when I went in myself, I got sucked in. It was a major energetic force of color, magic, fabrics, and expression. Just a fun, colorful place that I wanted to recreate." One step inside the current store is enough to know that Rachel continued the legacy. Today's Purple Doorknob celebrates the vast and beautiful rainbow of humanity's diversity. Anyone and everyone can find a pair of woven cotton joy to suit their fancy.



DAFF DRY GOODS 17 Washington St., Ellicottville, NY 716-699-2293 daffevl.com

In 1992, Arleen Solly moved to Ellicottville. Finding a kindred spirit in local legend Dina Dipasquale, the two businesswomen became close friends. Each week, they would meet for a light lunch to gab amiably and discuss seriously. At the end of each meal, one would say jokingly, "I gotta go, I have fish to fry." When the two decided to go into business together, they had the perfect name: DAFF, or "Dina and Arleen Fry Fish." Laura Sol-



ly, Arleen's daughter, migrated to Ellicottville in 2000 to start managing the business. Soon, she bought out Dina's share. After the sale, Arleen would tease, "Now, it's **D**aughter and **A**rleen **F**ry Fish." When Laura eventually bought her mother's share, too, she considered changing the name. "I was never a huge fan of it," she admits. "I just wasn't sure if visitors would understand." Arleen, who owns Kazoo II right next door, laughed: "I told Laura, 'Everybody knows the name, you'd be crazy to change it." So the name stuck. Stepping inside, a quick perusal will gift you high quality men's and women's apparel, shoes, and accessories. With sidewalk chalk in the summer and cozy Patagonia in the winter, DAFF is a business built on 30 years of friendship and family.

GADO-GADO 26 Monroe St., Ellicottville, NY 716-699-2128 gadogadoellicottville.com

More than two decades ago, Suzanne Roberts, an Ellicottville native, accepted a position in Japan. The job opened doors to a universe beyond her wildest dreams. Fueled by curiosity, Suzanne hopped around Southeast Asia's island countries. Once she ventured to the "magical archipelago" of Indonesia, there was no turning back. Settling in Bali, she remembers, "I was hooked on travel. Life was officially on another roadmap." Indonesian, with its words



ly on another roadmap." Indonesian, with its words borrowed from English and Dutch, is a complicated language to learn. 'Gado-Gado,' a term meaning a "mixed grouping of items", stuck out during her conversations with locals. When she came home to start her business in Ellicottville, exporting handicrafts, clothing, and other products from Indonesia, she knew that Gado-Gado was the perfect name. Gado-Gado specializes in women's clothing and accessories. At its core, the shop showcases one-of-a-kind pieces for lifelong wear. That is the Gado-Gado guarantee.

SILVER FOX STEAKHOUSE 23 Hughey Alley, Ellicottville, NY 716-699-4672 thesilverfoxrestaurant.com

In 1958, Gerry Nickolson started skiing at Holiday Valley and eventually got involved with the ski school to share the joy with others. At the time, John Northrup was the school's director. The two men became fast friends. Indeed, it was John who coined the term, "The Silver Fox." And just like that, Gerry's new nickname stuck. Ten years later, Gerry, who owned a concrete construction business, purchased a building in Ellicottville. The property served as busi-

ness headquarters, but it was clear that the locale had potential for something more. Gerry and his son, Michael, toyed with the idea of turning the building into an antique shop. After some thought, the family settled on a restaurant. In 1974, The Silver Fox began to take form. After some research, it was discovered that the building had once been a fur trading hub, well-known for drying and selling animal pelts. "It really was pre-ordained," says Michael Nickolson, the current owner. Today, The Silver Fox Steakhouse stands in Gerry's memory. It is famed for its Dry-Aged Rib-eye steaks, Porterhouse, and decadent Wagyu steaks. With fish, chicken, and pork options galore, it is the quintessential late-summer-in-Ellicottville dinner treat.



ENTERTAINMENT

HOLIDAY VALLEY MUDSLIDE OBSTACLE RUN

September 19th: A rip roarin' slippery slidin' obstacle jumpin' trail runnin' event!

ELLICOTTVILLE - Holiday Valley Resort will host the ninth annual Mudslide Obstacle Race on Saturday, September 19th. This off-road run takes place on the Holiday Valley ski trails where up to 500 runners must navigate eleven obstacles along the very muddy 3.5-mile or 5.4-mile courses. The number one goal of the event is to have fun, and people of all ages and varying fitness levels are encouraged to join in. A portion of the proceeds will be donated to Jim Kelly's Hunter's Hope Foundation, a non-profit organization committed to giving hope through education and awareness, research, and family care for Krabbe, Leukodystrophies, and Newborn Screening.

This year's Mudslide event schedule will be slightly different from years past, to comply with COVID-19 restrictions. Packet pickup and the start of the race will occur over a period of time to prevent congregating. Racers will not have to wear masks while running, but masks will be required before and after the race. Hand sanitizing stations will be available at each obstacle. Upon completion of the race, competitors can pick up their medals, goody bags and snacks and then will be encouraged to exit the finish area.

The first racers will start at 10:00am at Spruce Lake at the top of Holiday Valley's mountain. A ride to the start on the Spruce Lake chairlift is included in the entry fee. The 3.5mile course travels across the cross country trails on the top of the mountain, then down the ski slopes to finish in front of the Mountain Sports Center. The short course elevation has a downhill drop of 600 feet. Eleven obstacles will be placed along the trail including a maze, a balance beam over a giant mud puddle, "lily pads" in Spruce Lake and the final challenge is a giant mudslide down lower Yodeler. The 5.4-mile course adds a loop that includes a challenging uphill and a few more obstacles.

Medals will be awarded to all finishers. Prizes will be awarded to the overall three fastest males and females in both the short and long courses. The City Garage of Ellicottville will supply a pair of women's and men's Salomon trail running shoes for the top male and



female runners in the long course. In addition to the City Garage, several businesses have signed on as sponsors including Intense Milk, Adventure Bound onthefly, John Harvard's Brew House, Villaggio, EVL Half Marathon and Ellicottville Oasis Spa.

Online registration can be completed at www.holidayvalley.com/mudslide for \$55 until September 7th, and \$65 until September 18th. Race day registration is not available.

Special lodging packages including Mudslide entry fees are available at the Inn at Holiday Valley and the Tamarack Club. For further information, head to the website listed above or call 716-699-2345.







M • E • D • I • A graphic design • website development video production • photography • aerial imagery social media marketing • copywriting strategic branding • business coaching





meet your team at www.pandagoatmedia.com

9 W. Washington Street | Ellicottville, NY 14731 | 716-699-9816

TRAVEL

ADAPTING & THRIVING

Visitors to Ellicottville can be assured our town is clean and calm



BY CAITLIN CROFT

We all have read headline after headline of 'new normal', 'embrace the shift', 'pivot into a new way of living'... it is cumbersome and only adds to the stress of everything. People by nature do not like change; it is messy and when you feel it is forced upon you, going with the flow becomes that much more difficult. Now let's throw in contradicting media views and polarized social media platforms, and you have a sure recipe for chaos and confusion.

But not in Ellicottville.

Ellicottville seamlessly overnight adjusted their sails and continued forward. As a tourist community, you need to be malleable while still protecting your workforce, community, business owners and visitors. Really, not much has changed, due in large part to the rural setting and recreational lifestyle already championed by many in this area. There is no shortage of lush, picturesque nature to explore and discover in Cattaraugus County.

This transition was shuffled in by a strong Chamber of Commerce working closely with the State and its businesses to provide real time information. This allowed for wellinformed decisions to be made. Because of this, everything seems relatively 'normal' here. Yes, there are masks, partitions and an extra awareness of physical spacing, but otherwise everyone is calm and enjoying that "je ne sais quoi" people flock to Ellicottville for.

"I was in town from the Silver Creek area with my mother to shop and have lunch at Katy's Cafe; the atmosphere surprised me the most," said William Newman, a visitor who had not been to Ellicottville for years. "We felt comfortable and most importantly so did everyone around us." This took Newman by surprise due to the fact that other places he'd visited still seemed on edge.

Digging further into why it was so different here, I caught up with Brian McFadden, Executive Director of the Ellicottville Chamber of Commerce. As an Ellicottville resident myself, I had not realized that there was such a stark contrast between Ellicottville and other areas.

McFadden told me about how the first few months the Chamber website homepage was solely about COVID-19 with links to all necessary information. "More recently, we closely monitor Federal, State and Local websites looking for guidance, executive orders and other pertinent guidelines as they are published. A lot of guidance is hidden in the question and answer sections of websites like the state liquor authority (SLA) and unless you are continually monitoring these sites, they can be missed."

The needs of the businesses vary depending on the industry and McFadden has members in a database that is separated by industry type. "Sometimes a State Executive Order, SLA, CDC, or County directive pertains to licensed establishments only, so that is who would receive the notice. The same holds true with retail and lodging members." By doing extensive database work, the Chamber was able to disseminate information to those who needed it as quickly as really one could hope for.

Chamber Project Development Manager, Barb Pump, was an integral part of branding how we expect not only businesses to act but visitors as well. In an idea she saw another community use, the EVL Pledge was developed.

"EVL Adapting and Thriving" continued page 10

WELCOME TO PENNSYLVANIA

Escape to nature in the Allegheny National Forest, just a short drive from Ellicottville



BY LINDA DEVLIN, ANF VISITORS BUREAU

Pennsylvania is your friendly southern neighbor. As you enter Pennsylvania, you will see a sign welcoming you to "Trail Central." With 513,000 acres of free access public lands, the Allegheny National Forest - with cabins, camping, boating, fishing and over 600 miles of multi-use, multi-season trails - is a haven for anyone seeking to get out-doors and enjoy nature. The area features not only the traditional hiking/biking, mountain biking, ATV, backpacking and in-season snowmobiling and cross-country skiing trails, but also History Trails, Scenic Driving Trails, and Food & Spirit Trails.

Travel a mere 26 miles south on Route 219 from Ellicottville and you will arrive at the National Historic District of Downtown Bradford, where you can shop, dine, have a brew or two, and stay in a historic or quirky B&B. To explore additional nearby sites, drive 41 miles southeast on Route 219 and Route 346 to Willow Bay, situated along the shorelines of the Allegheny Reservoir - the largest developed recreation area in the Allegheny National Forest. Travel only 47 miles via Route 219 and Route 6 to enjoy an amazing architectural and scenic marvel: the Kinzua Sky Walk, "One of the top 10 Most Scenic Skywalks in the World."

With fall just around the corner, Mother Nature will soon be putting on her show of the year. Leaf color begins to change late September, with prime color usually the first two weeks of October. The Allegheny National Forest (ANF) is an upland hardwood forest. Joshua Hanson, District Silviculturist with the ANF explains, "There are approximately 80 tree species found in the Allegheny National Forest. Four major forest types dominate the ANF - upland hardwoods, Allegheny hardwoods, oak types, and northern hardwoods - which together comprise 93% (over 432,000 acres) of forested vegetation in the ANF. Together, upland and Allegheny hardwoods occupy over 60% of the ANF. Timing and quality of fall color varies by species. Maples reach peak color earlier in the season and are more vibrant than oaks. Folks can expect to see more color, and earlier color as they travel away from the Allegheny Reservoir and the major river corridors (Allegheny, Clarion, and Tionesta) where oak species tend to be more abundant."

The Kinzua Bridge State Park, home of the Kinzua Sky Walk, will be one of the first areas in the region to begin to show fall color due to its higher elevation. The Kinzua Sky Walk offers stunning views of the Kinzua Gorge year-round, but in the fall, the colors of the forest turn brilliant yellow, deep ruby red, and sparkling orange.

The Kinzua Sky Walk extends out 624 feet into the Kinzua Gorge, offering panoramic views of the Kinzua Gorge hillsides covered by a fall foliage quilt of many colors. The skywalk, which is built on six of the historic towers of the Kinzua Viaduct - once the tallest and highest railroad viaduct in the world - features a walkway with a set of railroad tracks leading to the end of the overlook which has a partial glass floor. At a stunning height of 225 feet above the valley floor, visiting the Kinzua Sky Walk is an exciting opportunity to "Walk the Tracks across the Sky." Be sure to bring your camera!

The Kinzua Bridge State Park is located at 296 Viaduct Road, Mt. Jewett, PA. It is a day use park with three hiking trails, picnic areas, a Visitors Center, and a food truck. The hike down the side of the gorge is a challenging hike. The Knox & Kane Rail Trail is perfect for hiking/biking and for family groups of all ages. The General Kane Trail is an easy 1-mile loop trail. The Kinzua Bridge Visitors Center, with interpretive displays is open from 10:00am-6:00pm. The park and the skywalk are open from 8:00am-dusk. Admission is free.

To help plan your nearby adventure into "Trail Central," head over to www.visitANF. com/attractions or call 800-473-9370 for personalized assistance.

HEALTH & FITNESS

Tempo training: Slow down and let your muscles do the work.

BY KIM DUKE, CERTIFIED PERSONAL TRAINER, CORE PERFORMANCE

One of the many things I stress as a professional personal trainer is the speed or tempo at which you perform an exercise. Very often I need to tell clients to slow down, stop jerking and to feel the movement. This cannot happen when your pace is basically momentum with no regard for muscle development.

Tempo is definitely one of the most often ignored parts of a workout routine. Many lifters are more concerned with how MUCH they are lifting rather than HOW they are lifting. When you slow down and focus on your tempo, you will not be able to lift as much weight as you would if you utilized momentum. Weightlifting at a quicker tempo builds speed, strength, and power, but produces less muscle tension overall so your muscle size won't increase as dramatically. At a slower tempo, there is higher tension in the muscle, which is key to building bigger muscle size (hypertrophy).

While researching for this article, I found it fascinating at the variety and scope of tempos created by professional trainers and other experts in the fitness arena. During a workout, it can be argued that tempo training can be included for literally every exercise. It might not be necessary, but it can play a role.

There are many reasons to use tempo training. Here's just a brief list:

- Improved body awareness.
- Improved control of lifts.
- Development of connective tissue strength.
- Improved stability.
- Focus on muscular elements versus tendinous elements (a slow, controlled motion is going to place more stress on the muscles, whereas a bouncy or ballistic motion will place more stress on the tendons, etc.).

Without getting too technical, the most important thing to remember with regards to tempo is that you never want to train at a rate that does not allow you to lift with a smooth and controlled motion. This smooth and controlled motion is critical to your weight training success. Lifting too fast will force momentum to become a major player and will not sufficiently work the muscles. But, most importantly, lifting too fast will lead to jerky motions that can lead to injuries. It is important to note that tempo is not the only major factor that can derail form; lifting at a slower rate but at a weight that is too heavy can also lead to bad motion and bad injuries.

Controlling your tempo will help you improve control, create hypertrophy and help you push past strength plateaus. So next time you're in the gym, slow down, breathe and feel the muscles working with you. Remember, you workout because you love your body, not because you hate it.

EVL ADAPTING AND THRIVING

cont. from page 09

"Our Members Pledge to You: We will follow, enforce, and adhere to the health and safety guidelines as outlined by the Centers for Disease Control and Prevention, the New York Department of Health and industry-specific governing bodies including:

- 1. Cleaning and sanitizing all surfaces throughout the day.
- 2. Implementing health checks on employees daily.
- Mandating that employees who have any signs of illness stay home.
 Implement and enforce social distancing and follow recommended capacity guidelines.
- 5. Immediately report employee or customer infections to enable contact tracing.
- 6. Require that employees wear protective gear, such as face masks.
- 7. Train employees on COVID-19 safety procedures and clearly communicate
- expectations regarding customers wearing face masks. 8.Complete the NY forward reopening plan and attest to same with the State of New York.

Really when you boil it all down, "This was pretty straightforward," said McFadden. "Follow the guidance, let the community and visitors know we are all serious about it and keep pushing everyone to be on top of the issues." The Chamber purchased TV ads letting visitors know that our businesses were being strict about the Federal and State issued mandates and we expected visitors to be as well.

The Chamber and local business owners chose to band together and weather the economic impact of this pandemic. There is an old French Proverb, "Mieux vaut plier que rompre" with a literal meaning of "better to bend than break". At its core it means Adapt & Survive, but I would argue Ellicottville is Adapting and Thriving.



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. Reach Kim at kduke65@gmail.com.



MSBB is cooking up fresh BRICK-OVEN baked PIZZA, WINGS & more!! Come enjoy our hand crafted experience with a selection of CRAFT BREWS and WINE!! **If** CO PUBLISHED BI-WEEKLY + AUGUST 27-SEPTEMBER 9, 2020 ... Page 11



Sean D. Cornelius, President An Independent Insurance Agency Licensed in NY, PA and OH

WEED ROSS GROUP ELLICOTTVILLE'S INSURANCE AGENCY

HOME. AUTO. BUSINESS. LIFE.

Western New York's most trusted insurance agency with over 60 years experience. We also offer seasonal home and air bnb coverage.

Offices in: ELLICOTTVILLE | ORCHARD PARK | BATAVIA | RANDOLPH 4 Monroe St. | PO Box 1708 | Ellicottville, NY | Phone: 716-699-2388 | Fax: 716-699-5358

weedross.com





While in town, experience exceptional attractions & lodging in Olean, NY, you will save by staying in the Olean area.

Choose from: Best Western * Holiday Inn Express BRADFORD • Best Western * Fairfield Inn & Suites • Holiday Inn * Microtel Inn & Suites • New Lantern Motel • Old Library Inn • Riverhurst Park Campground OLEAN • Seneca Allegany Casino & Hotel SALAMANCA • and Holiday Valley Resort * Wingate ELLICOTTVILLE. For more info, please visit enchantedmountains.com • facebook.com/OleanNYChamber or call 716-372-4433 • 800-331-0543 • Greater Olean Area Chamber of Commerce



MEETING NOTES

VILLAGE BOARD

Board discusses dumpster concerns, outside dining permits, Fall events, and more

By CAITLIN CROFT

The August meeting of the Village Board opened with Good News, as the Annual Financial Report Update had been filed on time with the state. There was a motion to approve the July minutes with two minor corrections; a second and ayes carried.

Planning Report: There was a motion to approve the report; a second and ayes carried. Mayor John Burrell asked if the Board had anything for the Village Planner, Gary Palumbo, and concerns regarding the dumpster for the new EBC location on Washington Street were brought up. Specifically as to whether they were sharing one or storing garbage within. Currently there is a dumpster located on Adventure Bound property that already services Ellicottville Coffee Company, The Ratchet Hatchet and Villaggio. Village Trustee Patra Lowes spoke to the lack of maintenance currently of the dumpster with Trustee Doug Bush speaking to complaints he had personally received. Palumbo advised that with minimal space, the Village should encourage dumpster sharing but they must be in compliance with the updated refuse law. This means standards of tidiness must be met and the trash must be picked up frequently enough. Palumbo advised he would look back at the approval letter to see how the garbage at the new EBC location is being handled.

Engineering Report: There was a motion to approve the Engineering Report; a second and ayes carried. There is one interview left to complete for the Engineer position before an offer letter is sent for approval by the Town as this is a shared position between the Town and Village. Mark Chudy provided a DPW update regarding the Mill Street Sidewalk Extension. He asked if there could be a meeting to discuss the projects that need to be completed for the sidewalks to be completed. The Mayor advised this was on the budget for 2020 and would like for it to be accomplished. Chudy and Burrell will meet with the soon-to-be former Engineer, Niles Pierson, to discuss and formulate a plan. Chudy also received a request for a 'No Outlet' sign to be installed on VanBuren Place as there has been an increased volume of traffic back there recently. Bush feels they should bring a petition to the Board with signatures from owners on that street before the Board consid-

HOLIDAY VALLEY

cont. from page 04

inside that packs the real punch. Holiday Valley, realizing efficiency is paramount, recently embraced technology and armed some of its snowcats with SNOWSat, a GPS-powered grooming tool.

SNOWSat provides unparalleled information for the mountain operations crew. By reading the depth of the snow, snowmakers can visually see which runs need more coverage, while groomers - and their on-board screens with real-time information - can push surpluses to areas that need it. In total, four of the PistenBully 600s at Holiday Valley are equipped with SNOWsat technology.

LED LIGHTING, SNOWSPORTS, GLADES

Other resorts may take the advantage when it comes to elevation, but it's Holiday Val-

ers anything. There were also questions that arose due to the nature of the increased traffic and it seems to stem from Short Term Rentals. Although STRs are permitted on VanBuren Place with a Special Use Permit, there are none that have been issued. Given the current moratorium on short term rental permits until 12/31/2020, any rentals back there at this time would be deemed illegal.

Parks: The tennis courts at the park were to be resurfaced, however, the project will be put on pause until Spring 2021 to coincide with the new skatepark construction. In addition, it will be more cost effective to use the milling machine that the Village rents every spring to do the work rather than bring in an outside contractor. This way the tennis court specialists will only be sealing and lining. Trustee Greg Cappelli asked for investigation into a yearly maintenance plan as resurfacing every four years will not be cost effective. The Mayor agreed.

Special Events: Bush, who runs the EVL Half & 5k event each October, spoke to changes that are being made to comply with all State regulations in his modified 2020 plan. There will be roughly half the number of entries, and instead of putting 2,000 people through the course in three hours, the event will be spread over 6-7 hours. The only thing that could prevent the event from happening, according to Bush, is the plan for traffic and pedestrian control as it is a longer day and will require more man/woman hours from law enforcement. There was a motion to approve the modified plan, Bush recused himself; a second and ayes carried. Next, there was discussion regarding the weekend that would have been the Fall Festival and a push for this "Not Fest". The Board advised that no outside vendors would be coming and erecting tents for vending. With this they would like to work closely with those village businesses that have the room, on their private property, to safely and effectively follow NYS and State Liquor Authority Guidelines, expand their footprint. Similarly, the Cafe Permit that allows outside dining on Village property ends October 1, 2020. A decision needs to be made as to whether it will be extended. There are concerns with more people in town that it is not possible to social distance with tables on the sidewalk. The Board is going to gather more information and discuss so a decision on these matters can be made at the September meeting.

There was a motion to adjourn the meeting; a second and ayes carried. The next meeting of the Ellicottville Village Board will be held virtually on Tuesday, September 15, 2020 at 6:00pm. Please contact the Village Clerk's office at 716-699-4636 for access instructions.

ley's night capabilities that help it consistently rank with the best of them. With over half of the resort rideable at night, visitors can take turns from sunrise to way past sunset. Execution of Phase II of the LED lighting project adds more energy efficient LED lighting around the resort, replacing halide lights. Over 100 new lights will be installed.

Iconic with their bright red uniforms, the Snowsports School will receive new Marmot clothing embroidered with the snowsports logo. A bright blue colorway will match the resort's branding, with over 200 on the way.

Last season, work began on clearing tree and glade runs, creating safer, more fun tree skiing and riding. Work will continue throughout the fall on clearing more brush.

Holiday Valley has shown that they are committed to providing the best possible experience for its guests, and new procedures will be implemented to enhance safety around the resort in light of the pandemic. The target #OpeningDayHV is November 27th, and all passes are now on sale at www.holidayvalley.com.

ELLICOTTVILLE GREENS

cont. from page 04

ing to LaTorre, most supermarket lettuce, greens and herbs sit for three to four weeks before a customer places them in his or her shopping cart. At Ellicottville Greens, the owners wait as long as possible to harvest— as close to the shipping or delivery date as possible. "I think we've been conditioned to not ask questions about where our food comes from," said LaTorre. "I don't think it's a priority for most to think about how long it's been since their food was harvested. We obviously asked ourselves that question!"

In fact, freshness is what makes Ellicottville Greens' products so delicious and nutrient dense. LaTorre explained, "You lose two things when you buy in the grocery store: nutrients and shelf life. Our greens typically maintain three to four weeks of freshness in the refrigerator because they're harvested so late."

Ellicottville Greens is more than fresh lettuce, though. Other popular products include their fresh raw juices, such as the popular detox juice and microgreen lemonade. On the herb side, customers are clamoring for all different varieties of basil. "We grow a lot of Thai basil, and our Red Reuben basil, which is a deep purple and has a sweet nutty flavor, is really popular," said LaTorre. "We also grow an Asian variety of spinach, which is smoother and creamier than most."

LaTorre said the overall response to Ellicottville Greens has been overwhelmingly posi-



tive. "People absolutely love it!" he said. "I don't think anyone has ever experienced the freshness we're providing. We're definitely shaking things up a little bit!"

To learn more about Ellicottville Greens, find them on the web at ellicottvillegreens.com or on Facebook and Instagram. For questions, message Ellicottville Greens on their social media pages or email ellicottvillegreens@gmail.com.

CLASSIFIEDS

RENTALS

STAYCATION AT HOLIDAY VAL-LEY. Why not? Experience the fun that all our out of town guests enjoy...Golf course-side lodging, pools, special rates on Sky High, golf, mountain coaster, chairlift rides to Spruce Lake. Hike, bike and just relax. Weekday and weekend rates at the Inn, Tamarack and Rental Properties. Call 716-699-2345 for reservations.

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

SERVICES

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

ROVER MAKEOVERS. Professional pet grooming. Owned and operated locally by mother and daughter, Teresa Mercer and Calla Wagner. Call 716-699-8345 for an appointment. 16 Elizabeth St., Ellicott-ville. "YOUR DOG IS OUR DOG."

EMPLOYMENT

GOLF COURSE CREW. Part-time seasonal job working outdoors on golf course maintenance. Apply online at www.holiday valley.com/jobs.

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

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@ellicotthotels.com.

HELP WANTED

ELLICOTTVILLE CENTRAL SCHOOL DISTRICT FULL-TIME **CLEANERS NEEDED -IMMEDIATELY**

Ellicottville Central School is now hiring cleaners. These positions are Full-Time (40 hours/week).

In addition to a competitive salary, this position has many other benefits: • Paid holidays each year

- · Paid sick days
- Paid Personal days
- Paid Vacation time

• New York State Retirement System • Health Insurance

New York State Education Department Fingerprint Clearance Required.

The District is also looking for substitute teachers (both certified and noncertified), teacher aides, cleaners, bus drivers and cafeteria workers

Applications are available on the district website: www.ellicottvillecentral.com or by phoning 716-699-2368 (ext. 1300) between the hours of 7:30am – 3:00pm. Interested applicants should submit a letter of intent and application to:

Ellicottville Central School ATTN: Melissa Sawicki, District Clerk 5873 Route 219 Ellicottville, NY 14731

CUSTOMER SERVICE DAY SUPER-VISOR. 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.

ELECTION NOTICE

Take notice, that for the general election to be held in the Village of Ellicottville, NY on September 15th, 2020,

1. The polling place for the sole election district of said Village shall be the Ellicot-tville Town Center, 28 Parkside Drive, Ellicottville, NY 716-699-4636. 2. The polls shall be open for voting from 12 noon to 9:00 PM.

ELECTION NOTICE

Be it Resolved, by the Board of Trustees of the Village of Ellicottville, NY that is designate the following offices, and terms to be filled at the next general election to be held on Tuesday, September 15th, 2020:

Mayor – 4 Year Term Trustee – 4 Year Term Trustee – 4 Year Term

Ellicottville Vote for One

Encottville vote for One			
Mayor 4 Year	Republican	John A. Burrell	31 Mechanic St.
Mayor 4 Year	New Village	John A. Burrell	31 Mechanic St.
Mayor 4 Year	Village Strong	William S. Coolidge	12 Rockwell Ave.
Ellicottville Vote for Two			
Trustee 4 Year	Republican	Douglas S. Bush	24 Elizabeth St.
Trustee 4 Year	Republican	Edward J. Imhoff	13 Rockwell Ave.
Ellicottville Vote for Two			
Trustee 4 Year	New Village	Douglas S. Bush	24 Elizabeth St.
Trustee 4 Year	New Village	Edward J. Imhoff	13 Rockwell Ave.
Village of Ellicottville.			

Mary J. Klahn

NOTICE OF PUBLIC HEARING

PLANNING BOARD, VILLAGE OF ELLICOTTVILLE, NEW YORK: Pursuant to NYS Village Law Section 7-725-b and Sections 6-3.Cand 10-16 of the Village of Ellicott-ville Zoning Local Law, a Public Hearing before the Village of Ellicottville Planning Board will be held on Tuesday, September 8, 2020at 5:30 PM in the Ellicottville Town Hall, 1 West Washington Street, Ellicottville, New York, to consider: PB-2016-04, an application by Lisa Feinberg-Duckett (Michael Anderson - Architect) for Site Plan Review and Architectural Design Review in order to construct a single family residence at 13 Elizabeth Street, identified as part of tax map parcel 55.027-2-6.24. The Planning Board will hear all interested persons at the public hearing. Persons wishing to do so may submit written comments prior to the public hearing. Application materials are available for review at the Ellicottville Town Hall, West Washington Street, P.O. Box 475, Ellicottville, NY 14731 from 9:00 AM to 4:00 PM Monday through Friday. Prior to the meeting, meeting materials will be made available to the public on the Village website: http://www.evlengineering.com/. Under Governor Cuomo's Executive Orders related to the current Covid-19, this meeting will only be held in an electronic forum held live and available to the board members, applicants and public. Accessibility is either via internet link: https://teams.microsoft.com/l/meetup-join/19%3ameeting_ODQ1M jEzNjItNDk3Ni00NmQ2LWE5YjQtMDZhZmM0MTU1ZmU3%40thread.v2/0?contex t = %7b%22Tid%22%3a%2216ed5ab4-2b59-4e40-806d-8a30bdc9cf26%22%2c%22Oid%22%3a%2297b01207-ccfe-4e71-b9c5-176cc377637d\%22\%7d or by phone, using the following sign-in information: (877) 286-5733 (Conference ID: 837 553 552#)

ellicottvilleNOV = LOCALLY OWNED AND PUBLISHED

Ellicottville's newspaper, published bi-weekly in print & on-demand online

ellicottvilleNOW.com

ellicottvilleNOW is distributed in Ellicottville and select locations throughout Cattaraugus County and Chautauqua County, NY. Sign up for FREE updates at ellicottvilleNOW.com/subscribe.



@ellicottvillenow ... FOLLOW US! Join our InstaNOW photo gallery. Upload your photos using #evlnow / tag us.

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

PUBLISHER, LEAD DESIGNER, SALES MANAGER Brenda Perks, DesignPerks of Ellicottville brenda@ellicottvillenow.com

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

DISTRIBUTION MANAGER Ioshua Good

ADVERTISING SALES ASSOCIATES Evan Evans Direct: 716-474-6812 evane716@aol.com Caitlin Croft Direct: 716-440-7933 caitlin.h.croft@gmail.com

Joshua Good Direct: 716-307-8312 joshuagood1313@gmail.com

TEAM WRITERS / PHOTOGRAPHERS Spencer Timkey 'Caitlin Croft Mary Heyl Louisa Benatovich Anjanette Nicolazzo Kim Duke Jaimie Woodarek Ashley Baron Clara Kosinski

Article/Photo Contributions Contributions are always welcome. Submit your articles and photos or story ideas to our publisher: brenda@ellicottvillenow.com

Advertising Rates

Available upon request Deadline for print, digital & classifieds: Monday prior to publication release. Please contact one of our sales reps for a release schedule, rates and additional information.

e or i from De

ellicottvilleNOW is a publication produced by DesignPerks of Ellicottville, member of PaNDaGOAT Media

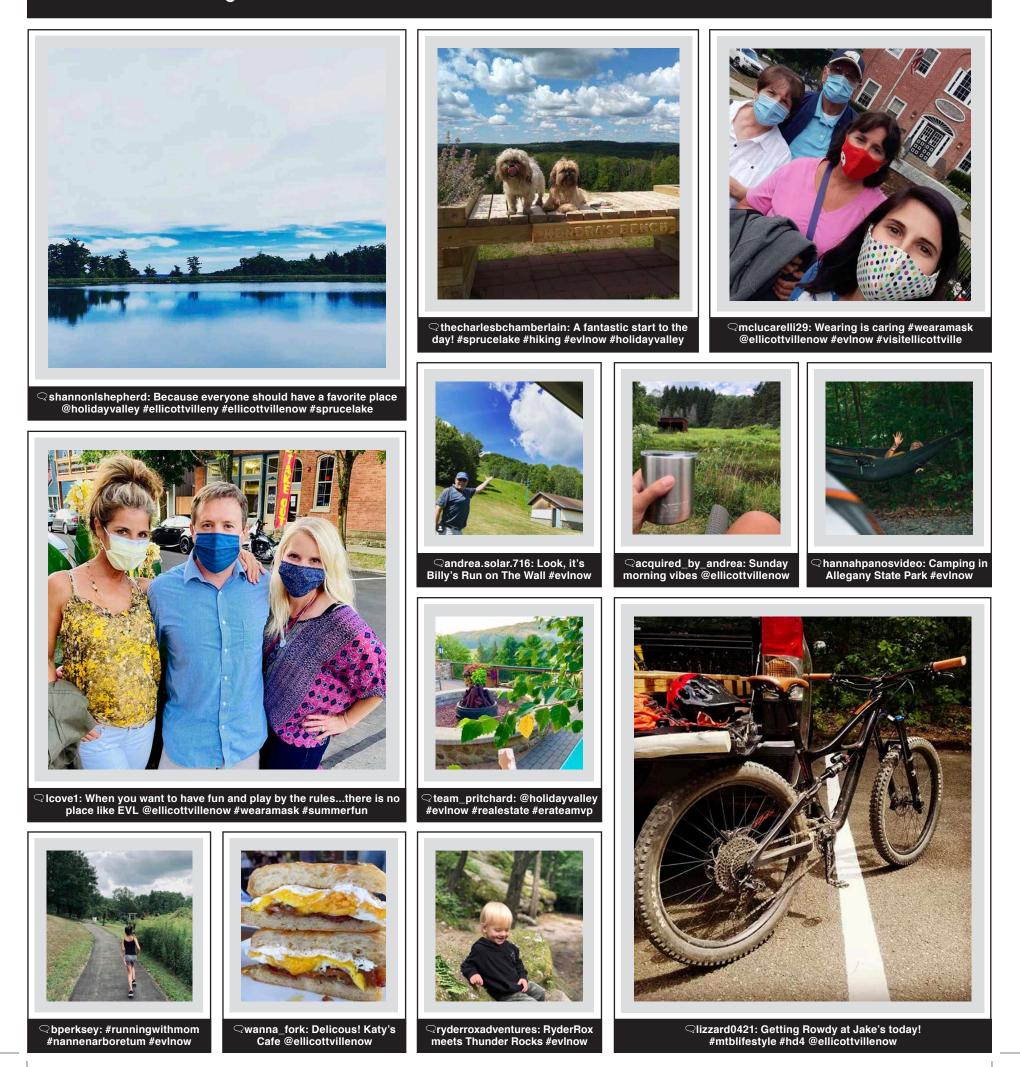
Installow Follow us on Instagram @ellicottvillenow

Share your photos with us and see them in our InstaNOW Photo Gallery!

O

Upload your photos using #evlnow / tag us. It's THAT easy!

Tagged images serve as granted permission for use by ellicottvilleNOW for promotional purposes of any kind in print • online • and on social media platforms.





ALLEGHENY NATIONAL FOREST KINZUA SKY WALK

Escape to the Forest!

Plan your getaway now to enjoy scenic views from the amazing Kinzua Sky Walk, picturesque byways, colorful fall foliage, hiking & biking trails.

Taste & tour wine, brews & spirits and stay in a delightful cabin in the woods, vacation home, B & B, hotel or grand lodge!

FREE Guide & Map 800-473-9370 VisitANF.com

