

Ellicottville **NOW**

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Amp Up Your Autumn with Amish Fall Crawl

Cattaraugus County Tourism Organizes One-Day Event Combining English and Amish Goods This Saturday, Sept. 9th



@emountains

BY MARY WEISER

If a peaceful day in the country perusing handmade wares, delicious baked goods, and beautiful views sounds like your kind of Saturday, then you won't want to miss the first-ever Amish Market & Fall Crawl September 9th. "This is a brand-new event and something we've talked about doing for a few years," said Samantha Hayes, tourism specialist for the Cattaraugus County Department of Economic Development, Planning & Tourism. "We've wanted to put an event together where both English and Amish products are available, and we're looking forward to it!"

The starting point and "market place" is Valley View Cheese. For over 60 years, Valley View has been a must-see stop for visitors, as their impressive selection of cheeses - many of which are made fresh in the cheese factory next door - includes something for everyone's taste. Valley View has also gained a reputation for carrying a large variety of Amish-made goods, and there will be plenty to choose from at Saturday's event. Hayes explained, "The back room is opened up with lots of beautiful quilts, polywood furniture, Malinda's candies, fresh pies, and more."

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ROCK CITY PARK GEM, MINERAL & FOSSIL SHOW

Over 130 years ago, area residents and visitors made their way up Rock City Hill by electric trolley. Along with the amenities at the fabulous Bon Air Hotel and the dance pavilion, they could enjoy a day on the merry-go-round and explore the nooks and crannies of this geological wonderland formed about 315 million years ago. Fast-forward: A local couple who love nature bought the park in 2001. Cindy and Dale Smith, successful businesspersons for many years in the local communities found themselves owning what some people call the Eighth Wonder of the World.

Realizing that many of their visitors were interested in rocks and fossils, they embarked on an endeavor known as their giant Gem-Mineral-Fossil Show, at the park of course. This year, the show is on September 30th and October 1st.

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PUMPKINVILLE READIES FOR 2023 OPENING WEEKEND SEPT. 16TH

September is here and just like that the festive flare of Fall takes over. Pumpkin spice fills the air, and you know that can mean only one thing... Pumpkinville will soon be reopening for its 2023 season! On Saturday, September 16th, the Pawlowski family will welcome guests of all ages to enjoy one of Western New York's favorite autumn traditions - a visit to Pumpkinville. Get ready to enjoy the harvest and every fall favorite that comes along with it! Just minutes away from Ellicottville, Pumpkinville has become a growing staple for the area as it continues to attract guests from all over the region and rightfully so. Pick your own pumpkins, grab some cider and donuts, hit the corn maze - there's activities for everyone! ... page 04

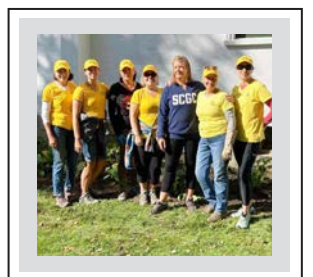
Core Performance: The Best Way to Exercise with Bad Knees

Recently, a friend of mine asked me to put together a list of leg exercises that he could do with bad knees. This friend is an avid skier and cyclist and is only in his 30's, but as he says, "has the knees of an 80-year-old." Many of my clients have bad knees. How they ended up with bad knees varies from overuse to excessive weight gain or even trauma due to an injury. But once your knee or knees are shot, what can you do? Many folks worry that working your legs will only cause your knees to hurt more. So, I put together a list and thought it would be a good idea to share this with others ... page 12

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Find the grid on page 15.



Holiday Valley 6-Pack Update

New Mardi Gras Lift on Schedule to Open in Time for Ellicottville's Fall Festival



@holidayvalley
photo / Ashley Baron

BY MARY WEISER

At 4,500 feet long with a capacity of 2,800 people per hour, Holiday Valley's new six-passenger chairlift is the first in the region, and soon it will be ready to hold its first passengers! Holiday Valley's biggest lift project, the lift has been under construction since the summer of 2022. Marketing Director Dash Hege-man said, "The Mountain Operations Team has been doing a great job and working very hard. The goal has always been to have the lift operational for Fall Fest weekend so that people can ride the new lift to the top of Mardi Gras."

The new lift is made by Doppelmayr, which is based in Salt Lake City but has its global headquarters in Austria. Compared to the original Mardi Gras lift, the new one has a capacity of 400 more people per hour.

... page 03



@griffissculpturepark

NIGHT LIGHTS AT SCULPTURE PARK OPENS THIS WEEKEND

Summer is over, school is back in session, and the leaves are beginning to change color. Is it a little sad? Yes, but it doesn't mean the fun has to end. It's Fall!!! Pumpkinville is opening, the Nightmare Hayrides are coming up, and Halloween is just around the corner. It also means the return of "Night Lights" at Griffis Sculpture Park, now going into its 11th year! A portion of the legendary park's Mill Valley Road landscape is transformed into a vibrant landscape that invites guests to venture on a self-guided tour where the trails and sculptures interact with creative lighting ... page 04

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Publisher's PICK

UPDATE: HOLIDAY VALLEY 6-PACK

New Mardi Gras Lift on Schedule to Open Fall Fest Weekend



@holidayvalley photos / Ashley Baron

BY MARY WEISER

At 4,500 feet long with a capacity of 2,800 people per hour, Holiday Valley's new six-passenger chairlift is the first in the region, and soon it will be ready to hold its first passengers! Holiday Valley's biggest lift project, the lift has been under construction since the summer of 2022. Marketing Director Dash Hegeman said, "The Mountain Operations Team has been doing a great job and working very hard. The goal has always been to have the lift operational for Fall Fest weekend so that people can ride the new lift to the top of Mardi Gras."

The decision to upgrade the Mardi Gras lift is well-aligned with the resort's goals. "Holiday Valley has a long history of reinvesting back into the infrastructure of the resort - from lodges to landscaping to lifts and everything in-between," Hegeman explained. "The experience of visiting Holiday Valley is a fantastic one for our guests and we want to ensure that vibe continues. Upgrading the Mardi Gras lift was something that the team here felt was important for our guests, especially those who visit us on busy weekends. We want people getting as much time and enjoyment on snow as possible and this new lift will help make that happen."



The new lift is made by Doppelmayr, which is based in Salt Lake City but has its global headquarters in Austria, according to Hegeman. Compared to the original Mardi Gras lift, the new one has a capacity of 400 more people per hour. "The towers and every component of this new lift are brand new and are a much larger gauge than the old lift," he added.

Even compared to Yodeler lift, the new six-passenger lift is larger in every way, including capacity and length, as it is 2,500 feet longer than Yodeler. "Yodeler was steeper terrain to work on and my guess is the Mountain Operations Team would say they had to manage a lot worse weather that year, but this project is definitely a massive one for the team and unlike any build they've done here at the resort," Hegeman explained. "Jim Curtis, the Mountain Operations Manager, has worked on 22 lift builds here at Holiday Valley, which is a really impressive accomplishment and speaks to one of the many reasons that his team is able to complete projects like this."



Construction began last summer with the installation of concrete foundations for 10 of the 11 lift towers. Starting early allowed the team to begin deconstructing the old Mardi Gras lift right after the end of ski season this past spring. The project has been progressing well this summer, and Hegeman is enthusiastic about completing the project in time for Ellicottville's Fall Festival. In addition to providing gorgeous fall views, the lift is sure to be a game changer come ski season. "On busy days, it's going to do a nice job of efficiently getting people out of the base area and to the top, where they can spread out across the resort, thus cutting down on wait time at the base of Mardi Gras," said Hegeman. "Less time waiting means more time skiing and riding, which is a win-win for everyone."

Anticipation is definitely building as the completion date draws near. This will be the first "six-pack" lift in the area, and Hegeman said Holiday Valley's social media channels have been buzzing with excitement. Keep up with the latest developments by following Holiday Valley on social media and visiting www.holidayvalley.com.

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AUTUMN ADVENTURES

PUMPKINVILLE

A Fall Family Tradition Prepares for 2023 Opening Weekend



By COLLEN EVANS

September is here and just like that the festive flare of Fall takes over. Pumpkin spice fills the air, and you know that can mean only one thing... Pumpkinville will soon be reopening for its 2023 season!

On Saturday, September 16th, the Pawlowski family will welcome guests of all ages to enjoy one of Western New York's favorite autumn traditions - a visit to Pumpkinville. Kicking off at 9:00am (rain or shine), get ready to enjoy the harvest and every fall favorite that comes along with it.

Where to start? Just minutes away from Ellicottville, Pumpkinville has become a growing staple for the area as it continues to attract guests from all over the region and rightfully so. The 200-acre farm has a harvest full of thousands of pumpkins to choose from! So if you're looking for a full farm experience, grab a wheelbarrow and wander through the 5-acre "pick your own" pumpkin patch. There, you can explore through the rows of different shapes and sizes to find your perfect pumpkin to take home. There's also a selection of pre-picked pumpkins available in the front farm market area to choose from. Grab one or a barrow full because we know you can never have too many pumpkins, right?

Pumpkins aside, there's still plenty of fall fun to check off your list. The front of the farm will, as previously, offer the Farm Market, shops, and food areas that you'll need to check out. Come hungry because you'll want to try every treat you pass - from the fresh fudge to the caramel and candy apples, and of course the homemade pies. You don't want to miss their famous pumpkin donuts made in-house daily, either. And hey let's not forget all the other pumpkin flavored goods too, like the muffins, cookies, and even ice cream. We've been waiting all year to get back to these!

Pumpkinville also offers sweet kettle corn (daily) and BBQ chicken (weekends only). But the real hit, to no surprise, comes from their antique cider press, which pumps out a sweet and crisp apple cider. Grab one warm or cold and a gallon to take home! For the true apple cider fans, swing by the ice cream stand for a Cider Slushie Swirl... you'll thank us later.

If you've missed the last few seasons over at Pumpkinville, you may be surprised to see The Beer Garden. The addition came in 2021 and offers a range of local craft beer, wine, and hard cider. You'll find some great selections from Ellicottville Brewing Company as well as the Winery of Ellicottville, who feature a mulled wine and wine slushie. The open aired space offers a great way for adults to cheers and celebrate the opening weekend with friends and family.

Keeping the whole family in mind, Pumpkinville still offers the many activities that have kids and adults coming back for more. Grab yourself a spot at the Apple Blaster - aim, and fire an apple out of the cannon to hit a target on the range. A few tries and you may even get it through the tire.

The return of other farm favorites includes Hayrides, the Happy Horse Carousel, Jump Pillow, Gem Mining, Pumpkinville Express Train, Fun Zone, a giant slide, and the kid's obstacle course. Keep in mind that the Jump Pillow is subject to closing if wet or raining. Also be sure to say hello to the animals on the farm this year, including the goats, who you can feed through the gate. Bring your quarters because they get hungry!

Another must-visit each year, and a great way to expand your day at Pumpkinville, is the 2023 corn "maize" sponsored by WGRZ Channel 2 News. The 6-acre maze is grown fresh with a new design to keep visitors guessing which way is which. No fall bucket list would be complete without completing the corn maze. So, whether you're taking the trip with family, friends or even on your own, find your way to Pumpkinville to jump start your fall festivities!

The 2023 season will run from September 16th-October 31st from 9:00am- 7:00pm daily except for Halloween, October 31st, when Pumpkinville will close at 5:00pm. Tickets for anyone ages 3 and up must be purchased to enter the back of the Barnyard Fun Activities Area. There will be a \$2 per person discount applied to tickets purchased online. Season tickets are also available.

There is no ticket requirement to enter the front Farm Market, retail space, and food areas. Ticket pricing can be found on the Pumpkinville website at Pumpkinville.com and check out their Facebook page for updates, promotions and charitable causes.

Pumpkinville is located at 4844 Sugartown Road, Great Valley, NY 14741, phone 716-699-2205.

NIGHT LIGHTS

New Additions Await the 2023 Season at Griffis Sculpture Park



By JESSICA SCHULTZ

Summer is over, school is back in session, and the leaves are beginning to change color. Is it a little sad? Yes, but it doesn't mean the fun has to end. It's Fall!! That means Pumpkinville is opening, the Nightmare Hayrides are coming up, and Halloween (my favorite "Howliday") is just around the corner. It also means the return of "Night Lights" at Griffis Sculpture Park, now going into its 11th year!

For those unfamiliar, Night Lights is an outdoor evening adventure unlike any other. A portion of the legendary park's Mill Valley Road landscape is transformed into a vibrant landscape that invites guests to venture on a self-guided tour where the trails and sculptures interact with creative lighting. It's a truly unique experience that producer Doug Sitler of SitlerHQ was happy to discuss.

Of course, we had to start our conversation by asking if there was anything new coming to this year's event. "Night Lights has become an autumn tradition in Western New York. We are thrilled to welcome back visitors who return year after year," said Sitler. "This Fall we are happy to bring new additions to the festivities. The event will feature more music and performances from local artists than in years past. A new snack bar area is being installed that will offer hot chocolate, coffee, pastries, etc."

In addition, Sitler and his crew are working on some new lighting and trail improvements that will no doubt provide guests with an even better view of the nature-combined-with-art landscape. The entertainment doesn't stop there.

"We will feature an array of LED hoopers, musicians and artists this year. Hoopers Transcendence and Brandy Welch - Hooper Chick will be making return appearances. There will also be instrumentalists from local universities playing in the forests during Night Lights." Sitler teased that they have few other entertainment surprises in the works."

The creativity and setup required for an event of this magnitude is a tall order that many may not realize, so we were curious to learn from Sitler what it takes to get Night Lights up and running. "Setting up Night Lights is a daunting task," he said. "It takes 1.5 miles of power lines and two hundred LED light fixtures to illuminate the section of the park that hosts Night Lights. The whole process of building Night Lights takes about two weeks."

Despite all the work that goes into the event's creation, the goal is simple. "We want as many people as possible to come out to the Sculpture Park and experience it for themselves. Night Lights is a good way to showcase a part of our park and show people what we are all about. Hopefully, many of these folks will make a return visit or tell their family and friends about our wonderful park."

This is an event you don't want to miss! This year's schedule is as follows:

- Week 1: Friday, Sept. 8th through Saturday, Sept. 9th
- Week 2: Thursday, Sept. 14th through Saturday, Sept. 16th
- Week 3: Thursday, Sept. 21st through Saturday, Sept. 23rd
- Week 4: Thursday, Sept. 28th through Saturday, Sept. 30th
- Week 5: Thursday, Oct. 5th through Sunday, Oct. 8th
- Week 6: Thursday, Oct. 12th through Saturday, Oct. 14th

Admission to Night Lights is \$14 adults, \$9 for children ages 7-12, and free for kids 6 and under. Ticket info can be found at EventBrite.com. Please note that Night Lights can be canceled due to heavy rain. Information about the park itself can be found at griffis-sculpturepark.com.

"If you love Griffis Sculpture Park, bringing your family and friends out to Night Lights is a great way to support the park and ensure that this park is enjoyed by future generations," said Sitler. "We encourage visitors to make an evening of it; go shopping or have dinner in either Ellicottville or Springville before coming out to the Sculpture Park for Night Lights. It's a great autumn adventure!"



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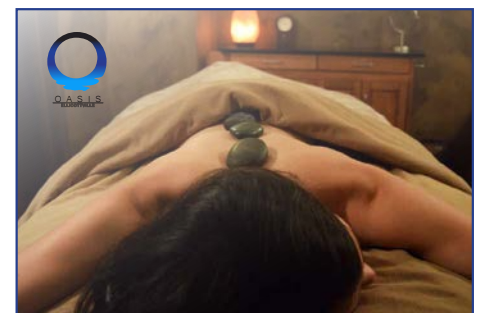


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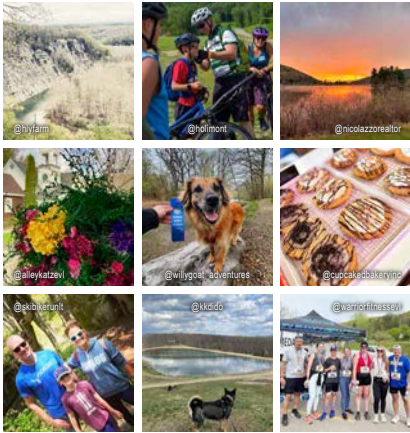
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FEAST ON FALL

A New Season Means New Menu Items

THERE ARE SO MANY FLAVORFUL OPTIONS TO CHOOSE FROM IN ELLICOTTVILLE ... WHAT ARE YOU HUNGRY FOR?

BURNT END BBQ

@ Ellicottville Brewing Company
28 Monroe St. • EVL
716.699.2537
ellicottvillebrewing.com



EBC Ellicottville's new Fall menu is up and running with some old favorites like Bavarian Soft Pretzels and Spicy African Peanut soup, but they are kicking it into high gear with new dishes like the New England Style Shrimp Roll and the Bison Burger of the Week. But one of the best new items has to be their Burnt Ends BBQ platter. Slow cooked beef brisket with a unique blueberry wheat bbq sauce, served with Dave's creamed corn and golden-brown hush puppies! BBQ and craft beer... sounds like a perfect combination!

OMG OSSO BUCCO

@ Villaggio
7 Monroe St. • EVL
716.699.2199
villaggioevl.com



Step into Villaggio and you'll enter a warmly lit oasis full of tantalizing scents of Italian staples like risotto, Nani's Meatballs and stuffed banana peppers. Known for their delicious focaccia bread and enormous tomahawk steak specials, they've got superb regular menu options as well. Lobster mac and cheese, traditional spaghetti and meatballs, but their Oso Bucco is one entree not to be missed. A braised pork shank with gremolata, roasted garlic mashed potatoes, daily veggie and a robust tomato demi-glace. This dish is the perfect mixture of decadent flavor and homey bliss.

THE SCARLET SNAPPER

@ John Harvard's Brew House
Tamarack Club • Holiday Valley Resort
716.699.5350
holidayvalley.com



The new Fall menu is coming soon to John Harvard's Brew House, located inside the Tamarack Club at Holiday Valley. With options for everyone to enjoy, including those with dietary restrictions, it offers beautiful views and tasty creations. From burgers to seafood, you can't make a wrong decision. You can still take advantage of the Scarlet Snapper from this summer's dinner menu - a delectable serving of 10oz. Snapper Fillet served on a bed of cilantro lime rice and topped with a house-made Jicama Slaw that adds the perfect amount of zest to the dish. It's also one of their gluten free menu options!

BLUEBERRY BOURBON

@ Silver Fox Steakhouse
23 Hughey Alley • EVL
716.699.4672
thesilverfoxrestaurant.com



The Silver Fox Steakhouse is Ellicottville's only steakhouse. If you like strip steaks, you should try the 12oz. NY Strip with blueberry bourbon sauce special. This steak is char-grilled to your preference, then finished with the Silver Fox's own Blueberry Bourbon Sauce. The flavors of the beef, blueberries and bourbon really complement each other, making each and every bite delicious. It is served à la carte and for a small fee you can add on a salad, vegetable or potato. Stop in for dinner Wednesday through Saturday and try this special or one of the other delicious entrees for yourself.

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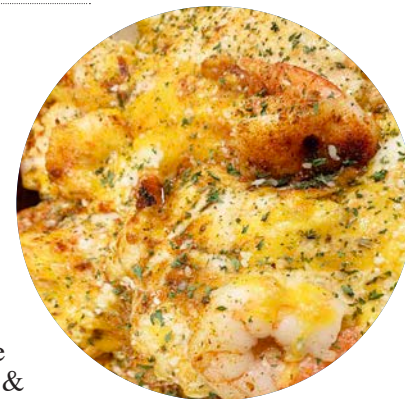
@ West Rose
23 Washington St. • EVL
716.699.9113
westrose.restaurant



Who loves pizza? Who loves spicy food? What if you want them both together? Then you should walk on over to West Rose and try their newest menu offering. The 7.0 is covered in tomato, mozzarella, pecorino, wood roasted eggplant, basil, 'nduja (a spicy spreadable pork sausage) and Calabrian chili brings the heat, all handheld on a crispy crust. This special is sure to warm you up on the upcoming crisp, Fall days. If you can't handle spicy, never fear - they've got a great selection of other options that are just as tasty!

SEAFOOD SATISFACTION

@ Katy's Fly-In
4836 Route 219 • Great Valley
716.265.2040



Are you looking for some comfort food? Katy's Fly-In, located in Great Valley, is open for all three daily meals - breakfast, lunch and dinner. Their menu is extensive and they're always livening it up with some pretty fantastic specials. Their Cajun Crab & Shrimp Mac n' Cheese is a super cheesy pasta in a creamy Cajun seasoned sauce with succulent bits of crab meat and plump shrimp. Or opt for their Jambalaya Pasta, bringing a little taste of the bayou to Ellicottville with shrimp, sausage, peppers and onions.

BONUS BURRITOS

@ Bike & Bean
11 Martha St. • EVL
716.699.2453



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CAPTIVATING COOKIES

@ Dina's Restaurant
15 Washington St. • EVL
716.699.5330
dinas.com



You already know that you can come into Dina's Restaurant any time of the day and get a delicious meal. Breakfast, lunch, or dinner, they have you covered. Their pizzas, like the meat fest that is the Big Al or the traditional margherita, to their entrees like the locally renowned panko crusted Chicken Cecilia are top of the line. But you can't forget that they also excel at the sweet treat that is the cookie. Offering a selection of savory delights in their case by the register, like peanut butter or triple chocolate chunk, you can enjoy one there or take a few for the road after your meal.

PHOTO REWIND

Ellicottville Fine Art & Craft Market Makes its Debut

Last weekend, September 2-3, the lawn of the 1887 Building was filled with amazing artisans for the inaugural Ellicottville Fine Art & Craft Market. The event was a partnership between the Tri-County Arts Council, Ellicottville Chamber of Commerce and the Rotary Club of Ellicottville. The juried show featured works from some of the region's best known artists, many of whom also have international reputations in galleries and art shows throughout the U.S. & abroad. It was a lovely opportunity to showcase amazing talent and to offer the public a chance to add to or begin their own art collection, purchase a one-of-a-kind gift, and meet the people behind the impressive pieces.

photos / @ellicottvilleNOW



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Wednesday, September 20, 2023

Master gardeners will discuss methods, tips and tricks to successfully grow garlic in our cold region.

Winterizing your Garden
Tuesday, September 26, 2023

Master Gardeners will provide best practices for prepping your garden for winter. This is an essential step to having a lush garden next spring.

Growing Herbs
Tuesday, October 24, 2023

National Herbal Medicine Week takes place in October. Master Gardeners will share information on herb uses and tips on how to successfully grow your own herb garden!

National Pickle Day
Tuesday, November 14, 2023

Does this pickle your fancy? In honor of National Pickle Day, Come learn the art of pickle making and how to pickle other products!





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REGIONAL EVENTS

A "GEM" RIGHT IN OUR BACKYARD

Rock Enthusiasts Prepare for 14th Annual Gem Show at Rock City Park



BY CAROL FISHER-LINN

Over 130 years ago, area residents and visitors made their way up Rock City Hill to Rock City Park by electric trolley. Along with the amenities at the fabulous Bon Air Hotel and the dance pavilion, they could enjoy a day on the merry-go-round and explore the nooks and crannies of this geological wonderland formed about 315 million years ago. The glaciers, which halted before Olean, stopped moving but continued to melt, bringing rocks and sediment to the area with the melting water. This action formed the Olean Conglomerate, so called because it left quartz imbedded in the sandy soil that used to be a seabed. Imagine this... today Rock City Park is located on top of Rock City Hill with an altitude of 2,348 feet above sea level. What a difference a few hundred million years makes! As a result, Rock City is now home to the world's largest exposure of quartz conglomerate. The world's! Imagine! It makes you want to run right up there to see it, doesn't it?

Back in time (1890), five local businessmen with a trolley company called Western NY and Traction Company were running electric trolleys in the Bradford/Olean area. Seeing an unusual opportunity, they bought the land that is now Rock City Park. It was these men who made it into an amusement park. Their vision was spot on. Thousands of visitors came in on their trolleys every day. Things were good for many years until other forms of entertainment took the interest of their visitors. Somehow, through multiple changes of hands, the park managed to remain viable, probably because there's not much damage that can be done to 315 million years old quartz conglomerate. Finally, a local couple who love nature and saw a great opportunity bought the park in 2001. (Can you imagine buying a park?) Cindy and Dale Smith, successful businesspersons for many years in the local communities (Worth W. Smith Hardware company) found themselves owning what some people call the Eighth Wonder of the World.

Fifteen years ago, realizing that many of their visitors were interested in rocks and fossils, they embarked on an endeavor known as their giant Gem-Mineral-Fossil Show, at the park of course. This year, the show is on September 30th (10:00am-5:00pm) and October 1st (10:00am-4:00pm). Adults \$6, kids under 12 are free. Parking near the building is also free. The admission fee includes not only the show and vendors but access to the trails, photo opportunities only the Southern Tier can offer in fall, and the museum. The usual vendors will be there along with some new ones, owner Cindy Smith tells us. You will find a large selection of minerals, rocks and gems, brilliant geodes, artisan made handmade jewelry pieces, even prehistoric bone pieces, and of course, goodies from the two truck food vendors. Owner Dale Smith will be on-hand to join the fun, hand-churning freshly squeezed apple cider and doling out samples.

Yep, it's that time of year. Dale reminds guests that some of their vendors are experts in their fields, so if you have a mineral or vintage gem you wonder about, bring it along and you might be able to have a little help identifying it from the experts. (Kind of like Antique Road Show).

Do be sure to step outside to enjoy the expansive view from the flat stones surrounding the building, at the same time pondering that the spot you are standing on was underwater 315 million years ago. Grab a map if you plan to explore the trails (NOT handicap accessible), head down the steel stairway and think "Flintstones" as you gaze at the amazing rock formations as tall as skyscrapers, some looking as tipsy as a drunken sailor. Give yourself a bonus if you can identify "The Old Man," and always watch over your shoulder for Sasquatch!

Contact the park for information not covered here. Leashed dogs are allowed but bear in mind that between 1,100-1,200 people pass through the doors in that two-day affair. Always carry your baggies for waste cleanup. Handicapped, gender-neutral bathrooms are available indoors as well as porta-potties outside. The park season will end October 31st with the park reopening on May 1st for the 2024 season.

For more details visit rockcitypark.com. Rock City Park is located at 505 Route 16 S., Allegany, NY, phone 716-373-7790.



AMISH MARKET & FALL CRAWL

Catt. County Tourism Organizes New Event Combining English and Amish Goods



BY MARY WEISER

If a peaceful day in the country perusing handmade wares, delicious baked goods, and beautiful views sounds like your kind of Saturday, then you won't want to miss the first-ever Amish Market & Fall Crawl this Saturday, September 9th from 10 :00am-4:00pm. "This is a brand-new event and something we've talked about doing for a few years," said Samantha Hayes, tourism specialist for the Cattaraugus County Department of Economic Development, Planning & Tourism. "We've wanted to put an event together where both English and Amish products are available, and we're looking forward to it!"

The starting point and "market place" is Valley View Cheese, located at 6028 Route 62 in Conewango Valley. For over 60 years, Valley View has been a must-see stop for visitors, as their impressive selection of cheeses - many of which are made fresh in the cheese factory next door - includes something for everyone's taste. Valley View has also gained a reputation for carrying a large variety of Amish-made goods, and there will be plenty to choose from at Saturday's event. Hayes explained, "The back room of Valley View is opened up with lots of beautiful quilts on display. There will be polywood furniture, Malinda's candies, fresh pies, and lots more."



While Hayes hopes that participating Amish vendors will be there in person to sell their wares, some may not be able to attend, due to time-sensitive work at home. However, there will be plenty of Amish-made products to shop, as well as items from "English" (non-Amish) vendors who will be in attendance. Vendors include "If Unique is What you Seek" (recycled and repurposed items made into wind chimes, yo-yos, jewelry, home and garden décor); Borden Street Bakery (barnwood home décor items and delicious cookies); Herbal Expressions (dip, soup, and slushie mixes, knitted and crocheted items, soaps, and more); and Peaceful Intentions (aura readings, genuine crystal bracelets, wire-wrapped necklaces, and rings).

While there is plenty to choose from at Valley View, there's even more in store for those who participate in the "crawl" aspect of the event. "Valley View will have a little bit of what you'll find if you get out and explore the Amish Trail," said Hayes. "We plan to hand out Amish Trail brochures, which include a map of other businesses. There are hundreds of Amish shops for people to get out and about and explore!"

The other element of the "crawl" includes the participating museums. Hayes explained, "The Leon Historical Society (62 Main Street, Leon) will have Amish women there presenting on the process of quilting. They'll be there from 10:00am-4:00pm to show the different stages of quilting and answer questions. The LHS will have other exhibits for visitors to explore, too." South Dayton's Depot Movie & Rail Museum at 108 W. Railroad Street (famous for appearing in "The Natural" and "Planes, Trains & Automobiles") will be open to visitors. There, former Mayor Larry Zollinger will discuss how the railroad affected the community of South Dayton after 1875. The American Museum of Cutlery at 9 N. Main Street in Cattaraugus will be open from 1:00-4:00pm. Known as the first railroad "boom town", Cattaraugus was once home to several different cutlery companies in the 19th and 20th centuries, and this museum is the place to see examples of knives, swords, and other edged tools and weapons that were made locally.

Hayes has some important reminders for those who plan on enjoying the Amish Market & Fall Crawl. "We recommend taking your time, going slow, and watching for buggies," she said. Due to Amish religious beliefs, "NO photographs of the people, but they're usually okay with photos of the landscape and buggies." Remember to bring cash, as Amish shops do not have electricity to accept credit cards. For more information about the Amish Trail, including participating businesses, tours, a map and more, visit www.amishtrail.com.

HEALTH & FITNESS

Core Performance: The Best Way to Exercise with Bad Knees

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

Recently, a friend of mine asked me to put together a list of leg exercises that he could do with bad knees. This friend is an avid skier and cyclist and is only in his 30's, but as he says, "has the knees of an 80-year-old." So, I put together a list and thought it would be a good idea to share this with others.

Many of my clients have bad knees. How they ended up with bad knees varies from overuse to excessive weight gain or even trauma due to an injury. But once your knee or knees are shot, what can you do? Many folks worry that working your legs will only cause your knees to hurt more. Not true, says Willibald Nagler, MD chairman of rehabilitation medicine at the New York Hospital-Cornell Medical Center in New York City.

"Exercise may be the best medicine for chronic achy knees. Strengthening the muscles around the joint protects you from injury by decreasing stress on the knee." But you must use good form and technique when doing exercises for knee pain.

The First Commandment: Be sure to never bend your legs to a point where your knees stick out past your toes. That puts a lot of pressure under the kneecap. This not only applies to the following exercises for knee pain but also when you're stretching or doing aerobic activities.

THE BEST EXERCISES

Partial Squats: Stand about 12 inches away from the front of a chair with your feet about hip width apart and your toes forward. Bending at the hips, slowly lower yourself halfway down to the chair. Keep your abs tight, and check that your knees stay behind your toes.

Step-ups: Using an aerobic step bench or a staircase, step up onto the step with your right foot. Tap your left foot on the top of the step, and then lower. As you step up, your knee should be directly over your ankle. Repeat with your left foot.

Side-Lying Leg Lifts: Wearing ankle weights above the knee, lie on your left side, legs straight and together, with your left arm supporting your head. Keeping your right foot flexed and your body straight, slowly lift your right leg to about shoulder height, then slowly lower. Repeat with your left leg.

Inner-Thigh Leg Lifts: Wearing ankle weights above the knee, lie on your left side, slightly back on your butt. Bend your right leg and place it behind your left leg with your right foot flat on the floor and your left leg straight. Support your head with your left arm. Slowly lift your left leg about 3 to 5 inches, then lower. Repeat with your right leg.

Calf Raises: Using a chair or wall for balance, stand with your feet about hip width apart, and toes straight ahead. Slowly lift your heels off the floor, rising up onto your toes. Hold, and then slowly lower.

Straight-Leg Raises: Sit with your back against a wall, left leg straight and right leg bent with your foot flat on the floor. Slowly raise your left leg straight up about 12 inches off the floor. Hold, and then slowly lower. Repeat with your right leg.

Short-Arc Knee Extensions: In the same starting position as the straight-leg raises, put



a ball (about the size of a basketball) under your left knee so that your leg is bent. Slowly straighten your leg. Hold, and then slowly lower. Repeat with your right leg.

Hamstring Stretch: Lie on your back with your left leg flat on the floor. Loop a towel or rope around your right foot and pull your leg as far as comfortable toward your chest, while keeping a slight bend at the knee. Keep your back pressed to the floor throughout the stretch. Hold for 10 to 30 seconds and then release. Repeat three or four times with each leg. Do this stretch five or six times a week.

EXERCISES TO AVOID

A few of the following exercises can be done safely if you have chronic knee problems - they're on this list because they're more likely to be done improperly. The exercises above are safer, while still giving you similar results.

- Full-arc knee extensions
- Lunges
- Deep squats
- Hurdler's stretches

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, go to www.coreperformancefitness.com or call her directly at 716-698-1198.

Hospitals Donate Backpacks to Area Schools

OLEAN / BRADFORD - Employees of Upper Allegheny Health System (UAHS), parent company of Bradford Regional Medical Center (BRMC) and Olean General Hospital (OGH), packed 500 backpacks with a variety of school supplies which will benefit area elementary students for this school year.

The donated backpacks were distributed to students who might otherwise go without necessary school supplies. The program is celebrating its 13th year, which benefits students in George G. Blaisdell, School Street, and Bradford Area Christian Academy schools in Bradford, Smethport, and Otto-Eldred schools in Pennsylvania; East View and Washington West schools in Olean, as well as Cuba-Rushford, Delevan, Friendship, Hinsdale, and Salamanca schools in New York. Students receiving the backpacks will find items such as pencils, erasers, scissors, paper, crayons, rulers, glue sticks, and folders to start the school year. All items were donated by UAHS employees.

The backpack program is part of the hospitals' community connections initiative, a program where employees volunteer their time to educate the community on a variety of health and wellness issues to promote healthier lifestyles and address community health, safety, and social needs in the hospitals' service areas.



FREE FISHING DAY

NYS DEC Offers Opportunity to Fish Without a License

The NYS Dept. of Environmental Conservation is hosting a FREE fishing day on September 23rd. No fishing license is required on that day for the fresh or marine waters of New York State, making it the opportune time for people of all ages to learn and enjoy the sport of fishing. Those with more experience are encouraged to bring along the young people in your life to show them the value of patience, the anticipation of the bite and the exhilaration of the catch!

Places to fish in the Enchanted Mountains include Red House and Quaker Lakes in Allegany State Park, Case Lake, Harwood Lake, New Albion Lake, and Lime Lake. Stream and creek fishing are found in the Cattaraugus, Clear, Eschua and Mansfield Creek. Read more about fishing in the Enchanted Mountains at Emfun.us/Fishing. For more information on Free NYS Fishing Day visit <http://www.dec.ny.gov/>.

FALL ART WORKSHOPS

Spots Filling Up Fast for Tri-County Arts Council September Classes

OLEAN - The Tri-County Arts Council, 110 W. State Street, Olean, has a number of art classes and workshops scheduled for September and October. These workshops are open to members and the public. To learn more about any of the following workshops, call 716-372-7455 or go to tricountyartscouncil.org.

BOOKBINDING: September 9, 2023 (Saturday) with Susan Doran, only 12 seats available, Time: 1:00-4:00pm, Cost: \$50 Artisan Members & Above and \$60 Family Members & Non-Members, Age Group: 14+. In the Bookbinding Workshop we will work on a variety of binding techniques. Students can choose from perfect bound, pamphlet stitch and accordion bindings with a variety of soft or board covers. Tools and basic paper supplies will be provided, or you can work with the handmade paper or marbled paper you have created in a previous class. Work on your own projects in the company of other artists in a friendly and supportive environment. Participants can work on the highlighted project or get guidance with other skills and bookbinding gadgets. Ideas and questions are always encouraged.

CREATIVE CLAY: Spooky Luminaries - September 14 & 28, 2023 (Thursday), Instructor: Abigail Zickefoose, Time: 6:00-8:00pm, only 8 seats, Cost: \$40 Artisan Members & Above and \$50 Basic/Family Members & Non-Members, Age: 16+. Creative Clay Classes are project specific, beginner hand building classes. We will be making some spooky themed ghost, cat or bat luminaries to light up your space this Halloween season! We will hand build in one class and decorate it in the next class.

CALLIGRAPHY: September 23, 2023 (Saturday) with Betsy Afton, only 8 seats available, Time: 1:00-4:00pm, Cost: \$45 Artisan Members & Above and \$55 Basic/Family Members & Non-Members, Material Supply Fee: \$3, Age Group: 12+. Learn the art of calligraphy, literally, "beautiful writing," from professional calligrapher Betsy Afton, who has over 40 years' worth of experience in this artform and has been both using it and teaching it for that long. Three different styles - Italics, Gothic and Celtic - will be presented and taught in a relaxed, informative, and accessible way that anyone with any level of art background or even no previous art background will find stimulates and inspires their creative flow. Calligraphy can be done as a stand-alone art form or combined with everything from collage to illustrations, painting, photography, scrapbooking, invitations, gifts, etc. As handy and quick as computer-generated graphics are, hand-written calligraphy surpasses them all in uniquely evoking one's personal artistic expression. Good handwriting is NOT a requirement to learn this art form that has stood the test of time and continues to intrigue and delight modern-day enthusiasts.

"Art Workshops" continued page 14



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WNY PRISM Walk and Talks

Enjoy nature and learn about **INVASIVE SPECIES!**

Join a walk with WNY PRISM in one of our region's natural areas and learn about invasive species, ecology, spread prevention, native plants and more. We will be visiting several beautiful places in western New York this summer!

Pfeiffer Nature Center's Eshelman Property - Saturday, June 3; 10 am - Noon
-1420 Yubadam Rd, Portville, NY 14770-

Genesee County Park and Forest - Wednesday, July 26; 6 - 7:30 pm
-Co-hosted by Genesee County Park and Forest and the ACORNS-
-11095 Bethany Center Road, East Bethany, NY 14054-

Cassadaga Lakes Nature Park - Saturday, August 5; 10 am - Noon
-Co-hosted by the Chautauqua Watershed Conservancy-
-8115 NY-60, Cassadaga, NY 14718-

Holley Falls (Canal Park) - Saturday, September 9; 10 am - Noon
1 Holley Falls Park Rd, Holley, NY 14470

Please register using the QR code or by visiting the website below.
<https://form.jotform.com/wnyprism8/2023-walk-and-talks>

Cassadaga Lakes Nature Park. Photo Credits: Twan Leenders, Chautauqua Watershed Conservancy.

Genesee County Park and Forest. Photo Credits Left to Right: Jerome Gentry, ACORNS President and WNY PRISM.

Funding for WNY PRISM is provided by the Environmental Protection Fund through a contract with the NYS Department of Environmental Conservation. WNY PRISM is a sponsored program of the Research Foundation for SUNY Buffalo State University and is hosted by the Great Lakes Center.

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CLASSIFIEDS

EMPLOYMENT

THE SILVER FOX STEAKHOUSE: Looking for experienced servers, a bartender and a dishwasher. Mail resume to P.O. Box 146, Ellicottville, NY 14731 or email silverfoxville@aol.com.

LINE COOK WANTED: Looking for a part-time experienced line cook to join our team, skilled in safe food and knife handling. Must have high attention to detail and creativity. Job requires a fast paced work effort and the ability to stay calm under pressure during high volume, while also being a team player with good communication. Full-time position is available if performance meets criteria. Send resume to andrea@villaggio-evl.com or call Villaggio at 716-699-2199.

SEEKING TOWN HISTORIAN: The Town of Ellicottville is seeking to fill the part-time position of Town Historian. The applicant would be responsible for research and preparation of records on past events and the recording of present happenings. A full job description can be seen at the Town of Ellicottville website <http://www.ellicottvillegov.com/>. Letters of interest including a resume explaining experience and qualifications will be received until 4 PM September 14th at the Office of the Town Clerk, 1 W. Washington St., PO Box 600, Ellicottville, NY 14731.

EMPLOYMENT

HELP WANTED: BAKERY STAFF

Ellicottville Bake Shop is looking for talented bakers, pastry chefs, cooks, managers, and bakery staff to join our team as we open our doors to the community. Full-time and part-time positions are available. Whether you're an expert in the field or eager to learn, we would like to meet you and discover how you could be a valuable addition to our team. We will have walk-in interviews on September 14th from 9 am-1 pm at 6133 Route 219 S., Ellicottville, NY (Tiveron Law Office) as the bakery is under construction. Please apply with your resume and references in advance to hello@ellicottvillebakeshop.com. For more information visit www.ellicottvillebakeshop.com.

ELLICOTTVILLE - Help the Ellicottville Memorial Library promote arts in the community by submitting your book title ideas! We are pleased to partner with the Elisa B. Hughey Fund for the Arts to design and implement a painting (mural) on the fence at the edge of our parking lot. Our design, similar to this one seen here from Springville Library, will include various book spines.



Here is where the community comes in. We are looking for book suggestions to include in our mural. If you have a title you would like to recommend, please email it to info@elliottvillelibrary.org or stop in the library by September 10th and let us know your ideas. We will try and include as many suggestions as we can. Stay tuned for more ways you can help with this fun project!

AMISH COUNTRY RUNNING FESTIVAL

Experience the Rolling hills of Amish Country... on Foot

RANDOLPH - Are you ready to run? You should be, because there is a 1 mile, 5K, 10K, Half Marathon, and Marathon set in the peaceful, rolling hills of Amish Country in Randolph, NY coming your way on September 23rd from 8:00-10:00am.

Did we mention that this course is hilly? Train for the hills. The course is on paved roads the entire way! Enjoy this course as it rolls through the largest Old Order Amish Community in the U.S. You will witness breathtaking views from vistas that you won't get anywhere else. You will see working Amish farms, clothes lines full of crisp, clean laundry, the colors of autumn and you'll be greeted by waving Amish families as you run past their homes. Finisher medals, gender specific race t-shirts, fire pit, plenty of food, fun and more make this a great event for all ages. For more information or to register, go to coachmarkwilson.com.

A grassroots company, Wilson Endurance Sports strives to create fun, exciting race experiences for athletes of all ages and abilities. Our events are designed to give athletes the opportunity to accomplish their individual fitness goals and our races have no cut-off times. This gives athletes at any level the opportunity to challenge themselves and compete in a non-threatening atmosphere. Race Directors, Mark and Tonia Wilson take pride in their hands-on approach to communication. They maintain direct contact with each athlete from start to finish. The Wilsons are readily available for questions and all pre-race correspondence is answered the same day.

PUBLIC NOTICE

NOTICE: The Mill Street parking lot project located at 23 Mill Street, Ellicottville, will begin construction mid-September of 2023.

EMPLOYMENT

LEAD CARPENTER: Must have at least 5 years experience. Apply to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: gmnickolson@aol.com.

EXPERIENCED CARPENTERS: Apply to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: gmnickolson@aol.com.

HELP WANTED: Kazoo II is looking for HELP! Part time, year round. Looking for an energetic, responsible, self motivated sales individual! If interested, apply in person or call 716-699-4484.

NOW HIRING: The Gado-Gado team is looking for a hardworking and motivated individual to join our team! Must be available on weekends and festivals. Please email resume and a brief introduction to gadogado98@hotmail.com. This is a yearly position, not seasonal.

LLC NOTICE

NOTICE OF FORMATION of Courtney Ingham LLC. Arts. of Org. filed with the SSNY on 06/21/23. Office: Catt County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 4457 Pumpkin Hollow Rd., Great Valley, NY 14741. Purpose: Any lawful purpose.

NOTICE OF FORMATION of Maple Ridge Bounce LLC. Arts. of Org. filed with the SSNY on 04/22/23. Office: Catt County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 8269 Route 16, Franklinville, NY, 14737. Purpose: Any lawful purpose.

NOTICE OF FORMATION of Maple Ridge Bounce LLC. Arts. of Org. filed with the SSNY on 04/22/23. Office: Catt County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail copy of process to the LLC, 8269 Route 16, Franklinville, NY, 14737. Purpose: Any lawful purpose.

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FURNITURE REPAIR: Cosmetic and structural repairs for wood, upholstery and mechanisms. On-site or in-shop. Pumpkin Hollow Furniture. 716-604-6426. Find us on FB for before and after pictures.

CATTARAUGUS GIVES

Non-profits Participating in Fundraising Event Invited to 'Link & Learn' Seminar

OLEAN - The Cattaraugus Region Community Foundation will hold its final Non-profit Link and Learn Seminar of the year, "Cattaraugus Gives by the Numbers," led by Cattaraugus Gives coordinator and CRCF Executive Director Kirk Windus on Friday, September 22nd. The session will help nonprofit professionals and volunteers learn more about how to get the most out of their fundraising efforts during this year's Cattaraugus Gives program through an analysis of fundraising data from the 2022 Cattaraugus Gives event.

Attendees will learn how to make data-informed decisions to plan best marketing and fundraising practices for this year's Cattaraugus Gives event, a day of giving for the Cattaraugus County region, presented by CRCF since 2017.

The session will be held on September 22nd from noon-1:00pm at the Laine Place building, 301 North Union Street in the third-floor Carney Training Room.

Cattaraugus Gives is set to take place on Tuesday, November 28, 2023. Led by CRCF, Cattaraugus Gives is a 24-hour online fundraising event joining nonprofits from across the Cattaraugus County community in both competition and collaboration. In 2022, Cattaraugus Gives eclipsed the milestone of raising over \$1 million for area nonprofits since 2019. Eighty-eight participating nonprofits together raised over \$275,000 last year.

Windus has led Cattaraugus Gives since its infancy, increasing annual nonprofit participation by nearly triple since the program's first year. Windus has spoken in a number of workshops and seminars on Giving Days, advising and encouraging other Giving Day leaders. He has also been featured on podcasts in order to share tips and guidance with aspiring Giving Day leaders.

"It is always exciting to talk about Cattaraugus Gives, which has been my joy to lead through my time at CRCF," said Windus. "For CRCF, Cattaraugus Gives has become an important part of our work in philanthropy in this community, and it has had such an incredible impact. I encourage any interested nonprofit to attend and learn more about how Cattaraugus Gives can help take their organization's fundraising to the next level."

A registration link is available at cattfoundation.org/nonprofit-link-and-learn-series. The workshop will be held in-person only. Organizations can also register for Cattaraugus Gives today at cattaraugusgives.org.

The Cattaraugus Region Community Foundation is the area's supportive, responsive and trusted community foundation. Established in 1994, CRCF is growing good by connecting donors to the causes they care about most in the region. Grants from the foundation support many areas, including education, scholarships, health care, the arts, community development, human service, and youth development. To learn more, call 716-301-CRCF (2723), email foundation@cattfoundation.org, or visit online at www.cattfoundation.org. CRCF is also on Facebook ([facebook.com/cattfoundation](https://www.facebook.com/cattfoundation)) and Twitter ([@CattFoundation](https://twitter.com/CattFoundation)).

ART WORKSHOPS

cont. from page 12

THROWING: September 26 & October 3, 10, 17 & 24, 2023 (Tuesday), Instructor: Kaitlyn Heins, Time: 6:00-8:00pm, Cost: \$120 Artisan Members & Above and \$ 140 Basic/Family Members & Non-Members, Seats: 8 (THIS CLASS FILLS UP QUICKLY), Age: 12+, The goal of the Wheel Throwing class is to provide students with a general understanding of basic beginner level throwing techniques such as: centering, pulling walls, trimming, and glazing. Participants of the class will gain a broader understanding of wheel throwing and the stages of making a pot. Skill levels can include someone who has been working with clay for 30 years to someone who has never touched clay. We all have something to learn! If desired, bring your own aprons and hand towels. Sign up for classes online at: <https://www.tricountyartscouncil.org/classes/>.

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alleykatzevi: Alley Katz taking over the garden alongside the Episcopal church. #alleykatz #evlnow #forabeautifullicottville #ellicottvilleny



team_pritchard: "Praying" summer lasts a bit longer. Especially for outdoor concerts #evlnow



ellicottvillenow: Chocolatey mint goodness #katyscafe



npitillo35: Hanging with my bff! #familytime #bestfriendsforever



thelittleblueranch: Tis the season @pumpkinville! #fallishere #pumpkinlife #donutsareback #applecider



boardroomville: Open for the season! Place is loaded! #evlnow



dailycitytrain.skate: Friday nights at DCT! #sk8evl #skatelife



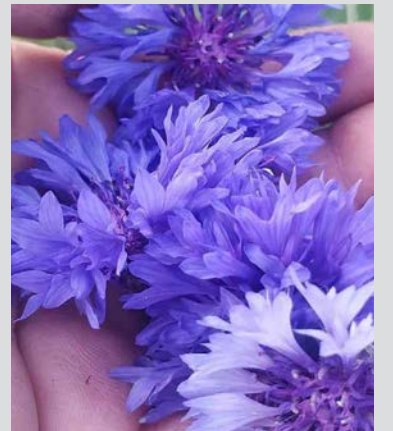
wineryofevl: These boys had some fun at the HV Ski Patrol Golf Tournament fundraiser. #drinklocal #ellicottvilleny



ellicottvilleNOW: Fans of #evlnow #locallyowned #ellicottvillesnewspaper @visitellicottville



holidayvalley: Today is the perfect day for some outdoor adventures. Photo @baroness_abcinema. #evlnow



luckydayhomestead: Viking themed Fall Harvest Feast coming soon! #evlnow

DURING ROCKIN OLDIES WEEKEND

EVGV ELLCOTTVILLE-GREAT VALLEY TRAIL COOKOUT

FEATURING SMITH'S HOT DOGS

near
Town
Hall

09/17/23
12P-4P

