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Pumpkinville: The Definition of Fall

Local pumpkin patch opens for the season with “Pink Pumpkin Project” fundraiser, introduces Beer Garden



BY MARY HEYL

Few things say “fall” like a visit to the pumpkin patch, a fresh pumpkin donut, or a nice cold pumpkin ale, and now you can enjoy all of these autumn delights at Pumpkinville! For the 26th year, the Pawlowski family is excited to welcome visitors to their 200-acre farm for a brand new season of fun!

As any previous visitor knows, there’s so much more to Pumpkinville than, well, pumpkins, but no visit is complete without selecting a carvable gourd or two. The corn maze is a popular attraction (find an aerial view of this year’s maze inside), and Pumpkinville’s newest addition is a Beer Garden! Pumpkinville has teamed up with EBC and the Winery of Ellicottville to serve up select craft brews, wine slushies, a mulled wine, and hard cider.

... page 07

Ellicottville Lacrosse Festival invites athletes from across the region

Spanning over a three-day period (September 24th-26th), the celebration will see the region’s top players come together for the love of playing lacrosse.

The tournament-style competition is split up in three different skill categories, featuring youth boys in grades 5-8, high school boys for grades 9-12, along with a men’s division that ranges for those age 21 and over. Over 30 teams each will compete in Ellicottville this fall. The celebration stretches beyond on-field action however, as local families can take part in the festivities.

... page 04

MEATBALL STREET BRAWL: THE GLOVES COME OFF SEPT. 19TH

The contenders are set, location booked and rivalries high. What better way to usher in the change of season than with 1700 lbs. of ground beef turned into countless meatballs and our beloved Buffalo Bills on the big screen! The 5th annual Meatball Street Brawl will be held September 19th at Osteria 166. “We’re shutting down Mohawk Street and inviting the best meatball purveyors in town to put their meatballs where your mouth is,” said Nick Pitillo, owner of Osteria 166 and Ellicottville’s Villaggio. “The game will be on a large screen. The meatballs will be many. There will be beer and wine and bread and antacid.” ... page 07

Are You Ready to Rock?

Rock N’ Roll Weekend returns to Downtown EVL with Classic Car Show



BY DASH HEGEMAN

Music. Classic cars. Great food. Put them all together and you get your chance to close out summer in style at Ellicottville’s Rock N’ Roll Weekend, September 17th-19th. Over 15 of Western New York’s most entertaining bands will bring down the house at some of your favorite Ellicottville bars and restaurants. And the fact that it is all free of charge makes this a weekend you will not want to miss.

But music won’t be the only thing to enjoy that weekend. Over 275 classic cars of various vintages will line the streets on Sunday afternoon. If you have an appreciation for raw horsepower and meticulously maintained vehicles, you’re in for a treat because this is a scene unlike anything else!

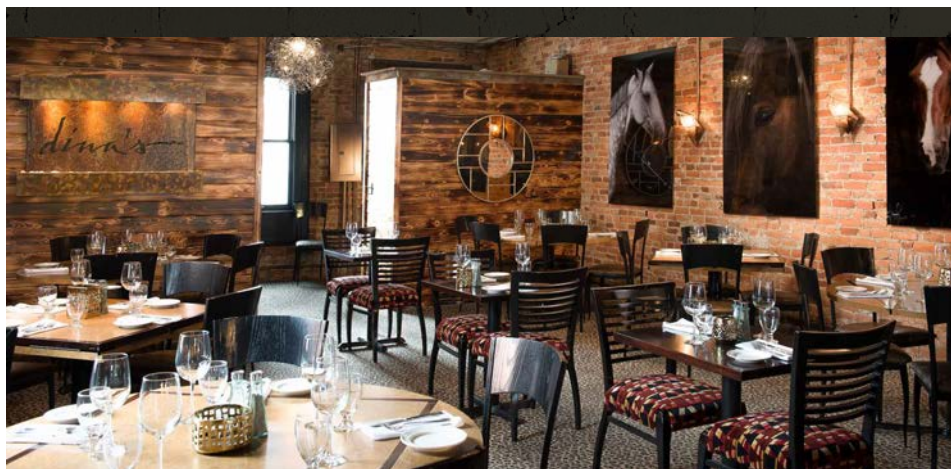
... page 04



@callie.rounds

TRAVEL: FROM ELLICOTTVILLE TO AFRICA

As August gives way to September, most 17-year-olds are gearing up for their final year of high school. Ellicottville native Callie Rounds is not like most 17-year-olds, however. Not only did Callie double up on high school courses in order to graduate at 16, but she’s also spent the past year and a half traveling the world full-time. This fall, she’s undertaking an impressive goal of fundraising in order to return to Tanzania, where she spent five and a half weeks volunteer teaching in one of the region’s most impoverished communities ... page 08



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NOW *this ...* by Brenda



BIG News! (Besides it being Pumpkin Season)

Don't judge, but in my world, every season is pumpkin season. Every season is also pineapple season, potato season, and pink lemonade season. But pumpkins are front and center right now. Pumpkin spiced lattes, pumpkin pie, pumpkin donuts, Hello Pumpkinville!, pumpkin soup, roasted pumpkin seeds ... is there such thing as pumpkin pancakes? If so, I'd be all for that, too.

Pumpkin is so versatile, I'm sure it can be included in just about any recipe for a burst of festive fall flavor. Plus, pumpkins are good for you! They're high in potassium and fiber which, since my leukemia battle in 2019, I now always make sure I add a little extra of each to my diet. Do you have a favorite pumpkin recipe? If so, send it my way! Email your recipes to brenda@ellicottvilleNOW.com so we can share them with our readers.

There are many reasons to enjoy pumpkin all year round. Just like there are many reasons to pick up a copy of this newspaper each time it hits stands. (Ok, I know that was a super lame lead-in. I couldn't help myself.)

Our team here at ellicottvilleNOW takes pride in providing our readers with a quality publication dedicated to Ellicottville and its surrounding communities. With an office right downtown, and many of us living and raising our families here, we stay pretty well connected with all that's happening within the community, the businesses, the school ... there are a lot of great things going on! So many that we can't ever seem to fit it all in our bi-weekly print version. Which is why we encourage you to visit our website regularly (ellicottvilleNOW.com), where you can read up on more news items and special stories as they come in.

However, the struggle is real. The challenge to fit all that great content into every other Thursday's print edition always ends in hard decisions of what to feature, what to cut, what can wait until the next rotation, and will it be old news by then? (These are the things that keep me up at night.) Thankfully, the struggle of having so much unprinted content will soon be a thing of the past.

With encouragement from fellow business owners and community members, we are excited to announce that come 2022, ellicottvilleNOW will publish weekly, allowing for fresh content to be featured in print EVERY. SINGLE. WEEK. Our faithful advertisers, our local readers, our visitors, and all those special relationships we've established over the past two decades (what?? really?? have I been in this industry for that long??) have helped to shape the publication into what it is today. Our paper is growing! Our staff is growing! Our excitement for what the future holds is growing! We've got some new features in the works and we can't wait to show you around!

But for now, please enjoy the articles and take your time browsing the advertisements within these pages (for it is our advertisers that allow this publication to exist). Enjoy the abundant shopping and dining and all the exciting activities available in this one-of-a-kind place that we have the privilege of calling home. Autumn is an invigorating time of year. Enjoy every crisp morning, every turn of color. Enjoy your pumpkin spiced lattes and sweet pumpkin rolls. Enjoy your Fall festivities of Rock 'N Roll and classic cars, the leaf peeping chairlift rides, and of course, those family adventures to Pumpkinville. Dig out those flannels, stack your firewood, and get your chili recipes ready (with or without pumpkin). Fall is on the way! Here's to a beautiful season ahead!

B-

Brenda Perks is the publisher/editor and designer of ellicottvilleNOW and owner of DesignPerks, a graphic design company affiliated with the local media/marketing agency, PaNdaGOAT Media. You can reach Brenda at brenda@ellicottvillenow.com.

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EVENTS

ARE YOU READY TO ROCK?

Rock N' Roll Weekend returns to Downtown Ellicottville with Classic Car Show



photo @visitellicottville

By DASH HEGEMAN

Music. Classic cars. Great food. Put them all together and you get your chance to close out summer in style at Ellicottville's Rock N' Roll Weekend, September 17th-19th. A local favorite for over 20 years, Rock N' Roll Weekend is an event for the entire family to enjoy.

Mid-September is the perfect time of year to visit Ellicottville. The leaves are changing to vibrant reds, yellows and oranges, making for a picturesque landscape that is impossible not to enjoy. The weather isn't too warm and you'll get a nice Fall chill in the evening, which always makes for a great way to finish your day. Plus, during Rock N' Roll Weekend, you'll have the added bonus of over 15 of Western New York's most entertaining bands bringing down the house at some of your favorite Ellicottville bars and restaurants. And the fact that it is all free of charge makes this a weekend you will not want to miss.

"Our Rock n' Roll weekend is so much fun for people of all ages," said Jessica Wallace, Ellicottville Chamber of Commerce Business Development Manager. "There will be live entertainment indoors and out throughout the village, and a car show displaying over 275 cars all of different makes and vintages lining the streets. It's a nice weekend to gather the family and enjoy the outdoors, great food, classic music, and of course the village of Ellicottville!"

This year, musical act The Strangers return to Ellicottville by popular demand. Voted Buffalo's Best Party Rock Band, they will be rocking Monroe Street on Saturday from 1:00-4:00pm on the Winery of Ellicottville's outdoor main stage. Playing together since 2004, the band has been voted the Top Classic Rock Band of Western New York two times. They bring energy, soul and a tremendous amount of fun to every one of their performances and are always a local fan favorite when they are in town. Get out your dancing shoes!

"On Sunday, Terry Buchwald, WNY's Elvis Tribute artist, will be performing at the Village Gazebo from 2:00-5:00pm, and he sure knows how to make an entrance," Wallace stated. "Terry's been inducted into the Buffalo Music Hall of Fame and has been named one of the top tribute artist in the United States by the Los Angeles Times!"

But music won't be the only thing to enjoy that weekend. Over 275 classic cars of various vintages will line the streets on Sunday afternoon. If you have an appreciation for raw horsepower and meticulously maintained vehicles, you're in for a treat because this is a scene unlike anything else. As you walk through the village, you can bask in the sights and sounds of some of the finest cars you'll ever see.

"I've lived here my whole life and have always enjoyed the camaraderie of our village during an event weekend," said Wallace. "But with this specific event, it's the causal environment, the Fall season, and classic music that wins me over every single time!"

Brian McFadden, Executive Director of the Chamber, couldn't agree more. "The fabulous Fall season is a great time to visit Ellicottville. Enjoy chairlift rides up the mountain on weekends, great golf or great hiking or biking on our many trails."

Check out the schedule at ellicottvilleny.com for all of Ellicottville's upcoming events and to book your overnight accommodations. For updates on Rock N' Roll Weekend and features on our shops and restaurants, follow the Ellicottville Chamber of Commerce on Facebook and IG (@visitellicottville).

LACROSSE FESTIVAL

Athletes from across the region to showcase their skills in friendly competition



photo @visitellicottville

By PANOS ARGITIS

For its fifth year running, athletes of all skill levels and ages will huddle up in Ellicottville for the 2021 Lacrosse Festival. Spanning over a three-day period (September 24th-26th) across two venues, the celebration will see the region's top players come together for the love of playing lacrosse.

Rhino Lacrosse is an instructional program founded in 2005 by Ryan Powell who captained Team USA to a Gold medal in the FIL World Lacrosse Championship. From there on, Rhino's reach expanded across North America, coaching and inspiring the next wave of lacrosse pros.

The organization saw Ellicottville join its tournament calendar thanks to Mike Riorden, who partnered with Powell to launch what is now known as the Ellicottville Lacrosse Festival. "I saw downtown back in the day and thought, 'what a great place to have a tournament at.' It brewed over my head for 11 years," Riorden said. "The village and its chamber along with Holiday Valley have done a fantastic job at making this happen."

As participating players tighten up their lacrosse stick strings and gather their game balls, Ellicottville has been working to further beautify downtown with posters and street displays to welcome festival goers.

Village Park and Chamber Fields at Holiday Valley will host this year's games. The tournament-style competition is split up in three different skill categories, featuring youth boys in grades 5-8, high school boys for grades 9-12, along with a men's division that ranges for those age 21 and over. Over 30 teams with 20 players each will compete in Ellicottville this fall. The celebration stretches beyond on-field action however, as local families can take part in the festivities.

"We love this event! The town loves when we have sports and kids team festivities," said Brian McFadden, Executive Director of the Ellicottville Chamber of Commerce. "A lot of folks come to enjoy it. It's a spectacle no matter if you like lacrosse or not."

While still competitive at heart, Ellicottville's Lacrosse Festival is built to have players enjoy the sport for its pure form of beauty rather than stress about impressing a scout watching. And those who travel to the village to participate in the annual celebration don't just come to play lacrosse.

"It's much bigger than that," Riorden said. "They don't say I can't wait to get back and play lacrosse, they say I can't wait to get back to Ellicottville and play lacrosse."

Although Ellicottville's school district does not support an official lacrosse team, some local athletes have played a role in previous festivals.

According to Riorden, the festival unofficially begins with a welcome party at Finnerty's Tap Room in Ellicottville where players and staff kickoff the weekend-long activities. After having played for Hobart College's lacrosse team, Freddie Pawlikowski who co-owns the local pub, 'came out of retirement' and led his team to victory during the 2019 festival.

The 'Opening Ceremony' of this year's tournament is set to take place Friday, Sept. 24th with games beginning Saturday and continuing over to Sunday. The boys middle and high school division will solely run on Sunday while the men's division will get underway Saturday. To learn more about this year's Lacrosse Festival in Ellicottville, head over to ellicottvilleny.com or call 800-349-9099.



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ATTRACTIONS

WELCOME TO PUMPKINVILLE

Pawlowski family brings back corn maze, Sunflower Daze, introduces Beer Garden



BY MARY HEYL

Few things say “fall” like a visit to the pumpkin patch, a fresh pumpkin donut, or a nice cold pumpkin ale, and now you can enjoy all of these autumn delights at Pumpkinville! For the 26th year, the Pawlowski family is excited to welcome visitors to their 200-acre farm for a brand new season of fun, which kicks off this weekend on September 11th beginning at 9:00am.

As any previous visitor knows, there’s so much more to Pumpkinville than, well, pumpkins, but no visit is complete without selecting a carvable gourd or two. “The pumpkin crop looks great this year,” said owner Dan Pawlowski. “We’ve really got a great selection, so no matter what size or shape you’re looking for, you’ll find it!” In addition to pre-picked pumpkins that are ready to go, Pumpkinville also has a pick-your-own patch located behind the carousel.

While it may feel easy to get lost in the many rows of pumpkins, the real maze exists in the nearby corn field. An annual tradition, Pumpkinville’s corn maze is a sight to behold. “This year’s corn maze was sponsored by WGRZ Channel 2 News,” said Pawlowski. “They were here recently getting drone footage of the maze, and it looks great!”

Pawlowski is very excited to introduce visitors to the newest addition to the farm: Pumpkinville’s beer garden. “We’ve been working on this since March,” he explained. “It’s a big, open-air 5,000 square-foot building. We’re working with Ellicottville Brewing Company to serve five different beers, and we’re also serving beverages from the Winery of Ellicottville, including wine slushies, a mulled wine, and hard cider.”

The beer garden will be open from noon-6:00pm Friday through Sunday, though Pawlowski said it’s possible that hours will expand during the season. “We’re really excited that we’re able to offer this, especially for our local crowd here who enjoy these beverages,” said Pawlowski. “The beer garden is a nice, open-air building but you’re also able to - within the confines of our entire place - freely walk around with your beverage. If someone wants to visit the shops with a beverage or get on a hayride with their family, they’re welcome to do that.”

While beer garden hours are currently set for weekends, Pumpkinville is open every day from 9:00am-7:00pm through October 31st. (They close at 5:00pm on Halloween.) As in years past, on any day of the week, there is no admission cost to enter the front farm market, retail shop and food areas. From Friday through Sunday, as well as Monday, Oct. 11th, all individuals ages three and up must have a Barnyard Blast or Hogwild Combo Pass to enter into the back Barnyard Fun Activities Area. Barnyard activities include the Punchin’ Pumpkin Race, Singing Chicken Show, Perky the Talking Pumpkin, farm animals, Storyland, Kiddie Spookum Barn, Train Play Area, and much more.

Unlike last year, this year there are no capacity limits, so tickets do not need to be purchased in advance. However, passes can be purchased online at pumpkinville.com, and there is a \$2 discount for online ticket purchases. Pawlowski explained, “Differently from last year, these passes can be purchased in advance, but you can use them on any day of the season. If your plans suddenly change or there’s rain in the forecast, you can choose a different day with no problem.”

The Pawlowski family is looking forward to Sunflower Daze, their annual fundraiser for the Pink Pumpkin Project of Olean. Founded by Lynn Anzvine in memory of her sister-in-law Laurie, the Pink Pumpkin Project sells beautifully painted pumpkins each October to raise

“Pumpkinville” continued page 14

MEATBALL STREET BRAWL

The gloves come off September 19th, proceeds to be donated to local charities



BY CAITLIN CROFT

The contenders have been set, location booked and rivalries high as we head into the kick-off event of the fall season, Meatball Street Brawl (MBSB). By the end of the month we will find cooler temps as mother nature slowly dusts the trees with pops of color. What better way to usher in the change than with 1700 lbs. of ground beef turned into countless meatballs and our beloved Buffalo Bills on the big screen!

The fifth annual Meatball Street Brawl will be held on Sunday, September 19th at Osteria 166. “We’re shutting down Mohawk Street and inviting the best meatball purveyors in town to put their meatballs where your mouth is,” said Nick Pitillo, owner of Osteria 166. “The game will be on a large screen. The meatballs will be many. There will be beer and wine and bread and antacid.”

Your ticket purchase covers all meatballs as well as beverage tastings. Proceeds will go to local charities such as P.U.N.T. Pediatric Cancer Collaborative, St. Luke’s Mission of Mercy and Alix Rice Peace Park Foundation. Plus you get a chance to tailgate for a road game!

“Honestly, we are just thrilled to be able to host the event this year. It’s been a tough couple years for everyone!” Pitillo said. “Many of the charities this event supports lost a great deal of their funding, so we are excited to make a difference again!”

Pitillo is psyched to watch the “Freestyle” category continue to grow. “Meatballs clearly don’t need to be Italian ... we just do it a little better,” he chuckled under his breath.

All event staff, vendors and guests will be required to follow all federal, state and local Covid-19 regulations, required restrictions, and any mandates, etc. in place on the day of the event. Currently, any non-vaccinated persons at the event are required to wear a mask. “If guests need a mask but do not have one, we will gladly provide one,” Pitillo said. Additionally, guests should social distance, where possible, from people you do not know. “We ask all guests and vendors to follow these event rules.”

Now let’s get to the heart of it: the competition ... the infamous belt and bragging rights that so naturally follow. “The perception of rivalries is awesome and makes for great press,” but Pitillo reminds me of the real task at hand, “raising a bunch of money for so many worthy causes.”

Of course they always want each competitor to represent well and nothing adds to the excitement of game-day pressure quite like a little friendly banter.

To witness the battle for the belt at this year’s Meatball Street Brawl, drop what you’re doing now and visit meatballstreetbrawl.com to get your tickets dialed in!

EVENT DETAILS:

Date: Sunday, September 19, 2021

Time: 11:00am - 5:00pm

Location: Osteria 166, 166 Franklin Street, Buffalo, NY

Tickets: \$20 presale, \$25 at the door, \$100 VIP

Free for kids under 8

Pitillo ended our conversation with giving some extra love to those who are in the event every year: “Special love to Amici, Frankie Primos +39, Lombardo, and of course, my man Marco! Hope to see you here! Come hungry!”

INSIDE THE CLASSROOM

SALAMANCA'S CAMP WARRIOR

Students and teachers join in team bonding exercises prior to start of classes

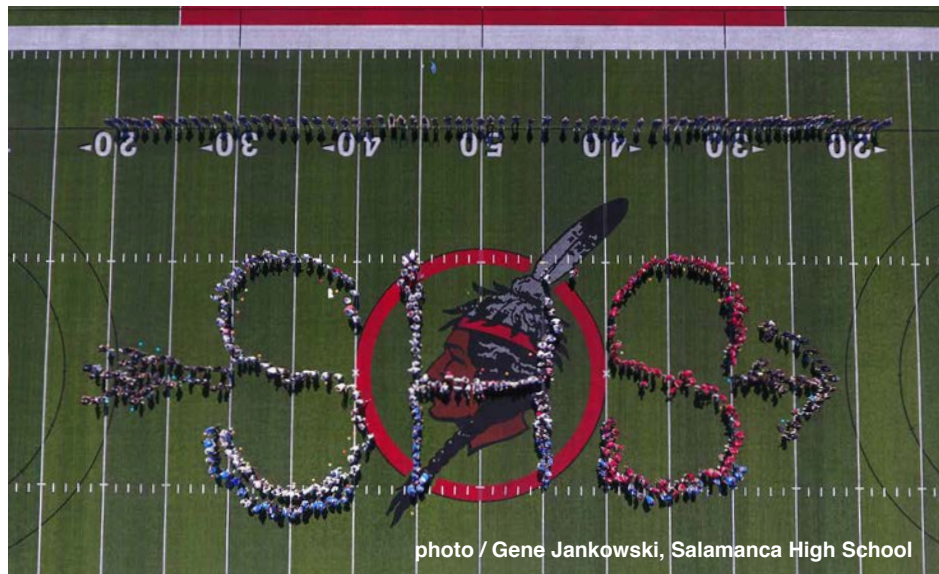


photo / Gene Jankowski, Salamanca High School

By ELIJAH GEORGE

As a senior in high school, one often spends their free time reflecting on the previous years. It has come to my attention that people (not only high school students) tend to take the present moment for granted. Time does not stop; the world makes revolutions with or without us. That said, Camp Warrior is precisely one of those things I think many students take for granted. Salamanca High School's Camp Warrior was birthed in my freshman year, a simple concept. The "welcome back" festivities include but are not limited to: local community service, various team-bonding exercises, presentations, and lectures. All take place over a short two-day period, capped off by a large pep assembly in Salamanca High's newly acquired and renovated Vet's Park.

When it comes to SHS, that stereotypical "first day back" to school does not exist. Instead, returning students are greeted by rows of staff members and their friends alike. They do not report to their respective classes, rather they all attend each time block of the day by grade (8th, freshman, sophomore, junior, senior). The time blocks encapsulate everything listed above, and while some of us don't understand the real meaning behind Camp Warrior, it's one of those little things we take for granted in everyday life. The first and second days go as follows: a class meeting, followed by lectures based in the Seneca culture, healthy relationships, and COVID protocols. Then comes the team bonding exercises - the usual things you hear about like an icebreaker activity or an unorthodox game. Afterwards, there's class photos taken of each grade. Tie it off with a bit of community service at your local park or nursing home and a pep rally on the second day. This basically sums up the whole camp layout.

The reason we take this type of event for granted is quite simple. We may not enjoy the activities, we may not want to be in school again, and we very well may wish we were anywhere else in the world at that time. The crucial detail we forget is that this allows us to spend time with other people. Say what you will, but humans are social beings that crave connection. Far too often, people of all shapes, sizes, and backgrounds let their negative thoughts block out the positive. Maybe the real Camp Warrior was the friends we made along the way. While all schools have their challenges, they deserve credit to balance everything out. Sally High puts a lot of effort into their education and facilities to benefit the students - even if a certain decision may seem a bit misguided. We all trust that the intentions behind the decisions were with our best interests at heart, only good. It's in this that the student's vision of Camp Warrior's team bonding exercises may be skewed, even biased. Familiarity breeds contempt; when one becomes too comfortable in their environment, they develop expectations due to being content. Expectations aren't always reality, as we all know.

Departing with a piece of basic wisdom, keep an open mind. There's a reason your mother told you to try your vegetables more than once; you might change your mind. Lots of different angles and perspectives can be viewed if you keep your mind open. Whether you're at a team bonding exercise for work, school, or thinking about this same topic for whatever reason, remember to weigh the good with the bad. Open your mind, and the world will open before you.

Where Did All the Trees Go?

Ellicottville is proud to be a Tree City USA, which means we inventory and curate our beloved Village trees. A few were removed on Thursday, Sept. 2nd that were overgrown and/or diseased. Not to worry though, four new trees will be planted in locations determined by Ellicottville's Tree committee. They will be a more manageable species that better accentuates the architecture of our village and beautiful slope lined backdrop. Shout out to Bradley Tree & Landscaping for taking good care of our beloved trees.

FROM ELLICOTTVILLE TO AFRICA

Callie Rounds raising funds to build an orphanage in Tanzania



@callie.rounds

By MARY HEYL

As August gives way to September, most local 17-year-olds are gearing up for their final year of high school, a year devoted to last hurrahs, fun with friends, and college plans. Ellicottville native Callie Rounds is not like most 17-year-olds, however. Not only did Callie double up on high school courses in order to graduate at 16, but she's also spent the past year and a half traveling the world full-time, with 16 countries under her belt. This fall, she's undertaking an impressive goal of fundraising in order to return to Tanzania, where she spent five and a half weeks volunteer teaching in one of the region's most impoverished communities.

A couple of years ago, a friend whom Callie met at a singing camp told her about a volunteering experience she'd had in Fiji. Intrigued, Callie researched countries that needed the most help, which led her to International Volunteer HQ (IVHQ), a global non-profit organization that hosts travelers from hundreds of countries in over 50 locations worldwide. IVHQ connects prospective volunteers to their destination and project choices for trips of one week or longer and provides lodging, food, and airport transportation.

Since 2015, IVHQ is the first and only volunteer travel provider to be a certified B Corporation, a process which involves a rigorous external audit based on the highest social and environmental standards. IVHQ is also the only volunteer travel company to be a member of the Volunteer Groups Alliance (VGA), which is aligned with the United Nations and its 2030 agenda for sustainable development.

At 16, Callie's choices for solo traveling through IVHQ were somewhat limited, as travel to unsafe countries, such as Kenya, required her to be 18 or older. "In Tanzania, there was a real need for quality childcare and schools, and I really wanted to be in a place where I could make a difference," said Callie. In January 2020, Callie departed for Arusha, Tanzania, an experience which would forever change her life.

"Hitting the ground there was amazing," Callie recalled. "There was definitely a bit of culture shock. The situation there was devastating." She stayed in a volunteer house hosted by IVHQ with many volunteers, including nurses and other hospital volunteers, and those with no medical experience who were trained on the ground.

Callie worked in the local schools, many of which had one teacher for 30 or more children ranging in age from two to 12. On many occasions, Callie would volunteer in the schools all day and then volunteer in the evening at the local hospital, where she'd talk to and comfort parents who were waiting for their children to come out of life-saving surgeries. Although she learned the basics of Swahili prior to her departure, Callie learned even more on the ground.

"There was just not enough help there, even before COVID," Callie pointed out. "I extended my trip for as long as possible. When I left after five and a half weeks, all I could think about was coming back someday."

Since the beginning of the pandemic, several childcare centers, schools, and orphanages in Tanzania have shut down due to a lack of funding. Callie plans to return to Arusha at the beginning of 2022 in order to work with the manager of TGM Childcare Center to build a small six-room orphanage with classrooms on the bottom floor to meet the many needs of the community. Callie is excited to be working with the friends she made at TGM, a trusted organization that aims to create programming that can eventually be-

"Tanzania Orphanage" continued page 14



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REST IN PEACE

Ellicottville Resident and Outdoor Legend Dies at 95
Edna Margaret Northrup • 1925 - 2021



ELLICOTTVILLE - Edna Northrup passed away on September 8, 2021. She died surrounded by family at her home on the Pengilly Hill Farm in Ellicottville, NY.

Edna was born on Mineral Springs Road in South Buffalo, the eldest daughter of Ruth and Henry Zwilling. She is survived by a sister, Ruth LaBelle, who also lives in Ellicottville, and their step-siblings Jack Montondo, Joan Ashlock, Mary Cirbus, Judy Herman, Geri Kittinger, Richard Zwilling, Dan Zwilling, Fred Zwilling, Arthur Zwilling and deceased step-brother Jim Montondo.

An avid sportswoman, Edna enjoyed playing baseball with the local boys starting in childhood and also was a competitive swimmer until her coach died suddenly when she was about 16. Having watched the movie "Sun Valley Serenade," Edna decided she absolutely must learn to ski. She earned the money to buy her first skis, boots, and poles while working at the Flint and Kent Department store in Buffalo. She then practiced on the railroad embankment near her house. A friend of hers took her to Chestnut Hill ski area in Buffalo and there she met someone who said, "You should go to Ellicottville and Greer Hill." And so, at the age of 16, she began regular trips to Ellicottville on the train from Buffalo. She managed to get to the top of Greer Hill via the rope tow on her first trip. And then sped straight down the hill. A local by the name of Lillian Russo, having observed this hair-raising run, asked, "Do you want to learn how to turn before you kill one of us?" The two became friends, and Edna stayed with her when she came to Ellicottville on weekends.

During that time Lillian Russo encouraged her to write letters to G. W. (Bill) Northrup, a local dentist who had brought the sport of skiing to Ellicottville and was, at the time, serving as an oral surgeon in Northern Italy with a MASH unit with the 8th Evacuation during World War II. He and Lillian were childhood friends. And this was simply a friendly gesture on her part to encourage those who were serving abroad during the war.

After the war, Bill came back home to Ellicottville to resume his dental practice alongside his father, Dewitt Clinton Northrup, DDS. One of his good friends was Karl Fahrner, who had been on the German Alpine Olympic Team in the 1930's. Karl had come to the U.S.

before the war to teach skiing. After meeting Edna and seeing her skiing ability, Bill and Karl decided to take her out to Sun Valley to get her started in the sport of ski racing. That didn't work out because Edna got vertigo in the mountains when the fog rolled in.

On the trip back to Ellicottville from the west, Bill and Edna fell in love. They were married in the Lincoln Hotel (now the Ellicottville Inn Condos). Edna joined Bill selling the first shares for Holiday Valley ski resort from a card table at the bottom of the farm road leading to today's resort in 1956.

Bill and Edna had 6 children, John (Anne) Northrup currently of Ellicottville, Christiane "Christy" Northrup of Yarmouth, Maine, Penelope (Phil) Kirk of New Mexico, and Bill (Lori) Northrup of Ellicottville. Edna also endured the loss of two children - a daughter Bonnie Laurie Northrup who died at the age of 6 months, and Cynthia "Cindy" Jane Northrup who was killed in an auto accident in 1977. Edna's husband Bill died while playing tennis with Edna at 68 years old, within 9 months of Cindy's death.

During her years of family life, Edna became a dental hygienist and worked with her husband at his practice. She became one of the very first certified ski instructors in the area and taught regularly at Holiday Valley. She was an avid golfer, tennis player, hiker, and hunter. Her children recount how she often got her deer on Thanksgiving morning and then got home in time to cook the turkey.

Family vacations were often spent back-packing in the Adirondacks. Everyone in the family learned to ski starting at the age of 2. Christy is fond of saying, "If you didn't ski, you didn't eat." The family were regulars at the Ellicottville Ski Club. Edna drove her daughter Penelope to many ski races around New England and New York. Penny, following in Edna's boots as a gifted athlete, eventually became a member of the U.S. Ski Team and skied on the World Cup Circuit throughout Europe.

After her husband Bill's death, Edna began a whole new life. She became the Mayor of Ellicottville and served unopposed for 8 years. When she finished up her civic duties, she and her best friend Anne Mausloff of Chester, Vermont set off to fulfill a life-long dream of hiking the entire Appalachian Trail, which they completed in 1991. They also enjoyed many other canoeing, hiking, and fishing adventures as well, driving around the country in Edna's camper. In addition, the two of them worked for Edna's son Bill, inspecting abandoned railroads for his railroad salvage business.

Edna and Anne climbed the hundred highest peaks in New England, many of them unmarked. They did this with compasses and maps. No GPS. Ever. Edna's physical prowess and adventurous spirit landed her the New York State Woman of Distinction award presented in Albany, New York in 2007.

At the age of 84, Edna fulfilled another life-long dream of going to Mt Everest. She climbed one-way 50 miles to the Mt Everest Base Camp and back, along with her daughter Penny and Penny's husband Phil. She remains the oldest woman to ever do this trip.

Edna is survived by her children (mentioned above) and grandchildren Jake, Karl, Rachel (children of John Northrup), Ann and Kate (children of Christiane Northrup) and Jacob, Matt, and Nigel (children of Penny Kirk). In addition, she enjoyed the company of her 10 great-grandchildren.

Though we will miss the stalwart matriarch of the Northrup family, Edna's life and legacy

"Edna Northrup" continued page 14

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HEALTH & FITNESS

Core Performance: Build Up Your Ski Strength

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

Summer is winding down and our little town is already gearing up for winter. All of our snow sport stores have opened their doors and are ready to get you set up with the proper gear. Our two ski resorts, Holiday Valley and HoliMont, have also been busy renovating over the last several months, adding much excitement to the community and enthusiasts near and far. If you are one of the many who plan on enjoying these winter sports, you already know that you need more than just good equipment to be a good skier/snowboarder. You need a strong and conditioned body as well.

Trudging through snow, lugging equipment and racing downhill requires the use of many muscle groups. Building and maintaining these muscles should already be built into your fitness routines. The bad news is that for many, this is not the case. The good news is that there is still plenty of time to get your body in good shape for this upcoming season. The more strength and conditioning you can do will ultimately keep your body safer from injuries and fatigue.

The following are some tips for you to get started and stronger. If you are already involved in a fitness routine, you may find some of the following ideas useful as well. Here's a quick, general overview of how to train for skiing:

- **Boost muscle power.** Strengthen the areas that get worked the most: your quads, glutes, hamstrings and hips.
- **Focus on balance.** Work your core and the muscles around your hips, which in turn helps provide stability to injury-prone areas such as the knees.
- **Build endurance.** Condition your body so you can easily ski run after run without packing it in before you're ready.
- **Bump up your cardio.** Complement this exercise plan with cardio activity such as running, hiking, biking or interval training to get your lungs and heart pumping.

Skiing/snowboarding are all about balance. So, the usual routine of focusing solely on opposing muscle groups is not your best go-to. Instead, focus on the whole chorus of muscles required to maintain control and stability. Our anatomy is not typically built to have equal strength between the hamstrings and quads. The trouble begins when the quad strength greatly outmatches the hamstrings. Do not allow yourself to focus on one single exercise. A balanced



photo courtesy Bruce Heine

approach is the best way to prepare and prevent. Eccentric exercise is the best type of exercise to perform in preparation for the ski season. This involves applying resistance to the muscle groups as they are slowly allowed to lengthen. An example of this is a side leg plank with a quick lift but a slow return or a 1-legged drop from a bench or chair.

As you probably already know, lunges, squats and side lateral hops (think skater or log jumps) are highly relevant for ski conditioning because these motions are essentially the same as the twisting and turning motions used while skiing down the mountain. Push-ups and chest presses do wonders for your lower back, chest and arm strength, all of which are factors in proper ski form.

Your core is where much of your stabilizing power comes from. The following are a few of the many core exercises that can help build your pillar of power: planks of any variety,

“Core Performance” continued page 14

Inner Peace and Strength: What Really Is Resilience Anyways? How Do We Grab Hold Of It?

BY LAURA WIDGER, LCSW



photos / Inner Peace and Strength

Have you ever heard the term ‘resilience’? Otherwise known as “bouncing back” or “skating through” times of turmoil, stress, or hardship. Individuals who have the ability to be resilient were once thought of as born with this special trait, however, in recent times, research has shown that this assumption is incorrect. Resiliency in fact can be learned, embraced, practiced, and enhanced. Let us first define its origin. In simple terms, dictionary.com defines resiliency as:

- 1) The power or ability of a material to return to its original form, position, etc., after being bent, compressed, or stretched: elasticity.
- 2) The ability of a person to adjust to or recover readily from an illness, adversity, major life change, etc.; buoyancy.
- 3) The ability of a system or organization to respond to or recover readily from a crisis, disruptive process, etc.

Psychologist Dr. Candida Condor, Psy.D. writes about the different genres of resiliency. She categorizes 4 domains as: physical, mental, emotional, and spiritual. Dr. Candida Condor states, “Resiliency in the physical realm represents fitness and stamina-focused nutrition - exercise, rest, and recovery. Mental resiliency relates to self-concept, global outlook, personal perspective, abilities to sustain focus, and the ability to execute the Serenity Prayer - ‘Serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.’ Emotional resiliency being stability,

safety, impulse control, emotional regulation, positive emotion, realistic optimism, and belonging. Lastly, spiritual resiliency meaning values and beliefs, empathy for self and others, reaching out to give and receive support and assistance.”

Due in fact with new research counter-indicating the popular belief that resiliency was considered an inherent ability, some have it, some do not. Research has indeed proven this assumption incorrect. So if we all have access to it ... how do we get it? How do we find, grow, and develop our own resiliency? One suggestion is to take a moment to ponder about the following concept. The concept being, how can you incorporate Martin Seligman’s 5 Building Blocks of Flourishing in your day-to-day life? These Building Blocks are:

- P-positive emotion
- E-engagement
- R-relationships
- M-meaning
- A-Accomplishment

Relating to P-positive emotions, think about ways to feel and hold emotions such as: pleasure, joy, warmth, comfort, and peace. With E-engagement, how can you live in the present moment? How can you engage with your strengths, children, self, community, family, and friends. With R-relationships, how can you attach, reach out, connect, and be with others? Regarding M-meaning, how can you be a part of something bigger than yourself, your world, your bubble? Lastly, A-accomplishment, how can you prioritize a better version of yourself?

Resiliency is not only feasible, doable, and reachable, it is a necessity. Practice, awareness, and emphasis are 3 roads to veering you onto the resiliency train. I leave you with a quote by Viktor E. Frankl: “Everything can be taken from a man but one thing; the last of the human freedoms - to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

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



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SILVER FOX STEAKHOUSE is looking for Kitchen Staff. Stop in at the restaurant, 23 Hughey Alley, to fill out an application, or mail resume to P.O. Box 146, Ellicottville, NY 14731, fax resume to 716-699-4691 or email silverfoxeville@aol.com.

HELP WANTED: Experienced carpenters needed. Please apply to G.M. Nickolson Construction, Inc., located at 42 Mill Street, Ellicottville, NY 14731 or email gmnickolson@aol.com.

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PUBLIC NOTICES

PUBLIC NOTICE, PLANNING BOARD, VILLAGE OF ELLICOTTVILLE, NEW YORK: Pursuant to Section 10-16 of the Village of Ellicottville Zoning Local Law, notice is hereby given that on Tuesday, September 14, 2021 at 5:30 P.M. in the Ellicottville Village Hall, 1 West Washington Street, Ellicottville, New York, the Village of Ellicottville Planning Board will: Conduct an Architectural Design Review in accordance with Section 10-5 of the Zoning Local Law for the following application: Application No. PB-2020-20 by Kreinher Properties LLC (Taqueria) for Architectural Design Review in order to construct exterior renovations (rear patio and pergola) at 20 Washington Street, identified as tax map parcel 55.035-3-43. Application materials will be available for review prior to the meeting on the Town and Village Engineering Dept. website: <http://www.evlengineering.com/>.

NOTICE OF PUBLIC HEARING, PLANNING BOARD, VILLAGE OF ELLICOTTVILLE, NEW YORK (NOTE: this meeting is being held in-person, in Village Hall): Pursuant to NYS Village Law Section 7-725-a and Sections 6.3 and 10-16 of the Village of Ellicottville Zoning Local Law, a public hearing before the Village of Ellicottville Planning Board will be held on Tuesday, September 14, 2021 at 5:30 P.M. to consider: VPB-2021-108, an application by Jen Courtney/Bill Stoll for a Site Plan Review and Architectural Design Review in order to construct a single-family residence at 19 Parkside Drive, identified as part of tax map parcel 55.027-2-6.8. 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 by mail to: Village of Ellicottville, P.O. Box 475, Ellicottville, NY 14731; or by email to: gary.palumbo@evlengineering.com. Application materials will be available for review prior to the hearing on the Town and Village Engineering Dept. website: <http://www.evlengineering.com/>.

PUMPKINVILLE

cont. from page 07

money for those undergoing treatment for breast cancer throughout the southern tier. During the first two weekends of Pumpkinville, visitors can purchase sunflowers grown on the farm, and all money is donated to the Pink Pumpkin Project. "We give 100% to this project," Pawlowski explained. "All of the expense is on us: I buy the seeds, plant them, and fertilize and every cent goes to the Pink Pumpkin Project."

This is the fourth year that Pumpkinville is selling sunflowers, and Pawlowski is hoping to give the Pink Pumpkin Project a sizable donation. "Two years ago, we raised just over \$4,000," he recalled. "Last year, right before opening night, we had a frost that killed just about all of those sunflowers. With any luck, that's not going to happen again!"

Pawlowski is excited to be a part of this great cause that's been a local favorite for the past 10 years. "We wanted to do something like this with sunflowers, but we wanted to keep the funds in the region," he explained. "We love Lynn and the people that work for her. Their work is so unselfish, and we're proud to be a part of that." Depending on how many sunflowers there are and the demand, Sunflower Daze will run this weekend and next, with the possibility of a third weekend in September.

Currently, helicopter rides are to-be-determined, as they were canceled last year due to COVID-19. Pawlowski encourages visitors to stay tuned, and to follow Pumpkinville on Facebook for freebie Friday give-aways and other updates. "We're really glad to be here and glad to be part of the community," said Pawlowski. "The pandemic has affected so much, but I'm happy that we can continue doing what we love here in a safe way. We're grateful to everyone who makes Pumpkinville a part of their annual fall tradition."

Pumpkinville is located at 4844 Sugartown Road, Great Valley, NY. For additional information, visit pumpkinville.com or call 716-699-2205.

EDNA NORTHRUP

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will remain a beacon of inspiration and strength not only to her family, but also for all those whose lives she touched. We wish to thank and acknowledge the caregiving team who were so loving and devoted to Edna's care at her home. Nancy Peters, Carey Waters, Diane Nenno, Charlene Nannen, Amanda Witt, Roberta Steffenhagen, Hanni Ruszkowski, Andrea Crowley, Susy Barrera, Linda Wiatrowski, Ivy Shortz, Sarah Keller. Buddy, Edna's dog, wishes to thank Maria Barrera for taking him on dog walks and showering him with love and treats.

In lieu of flowers, the family suggests donations to Family Support of Ellicottville www.ellicottvillerotary.com/donate or a charity of your choice.

Visitation will be at the Yodeler Lodge at Holiday Valley Resort Friday, Sept. 10th from 6:00-9:00pm and Saturday, Sept. 11th at 11:00am, followed by a ceremony at noon.

TANZANIA ORPHANAGE

cont. from page 08

come run by members of the Arusha community, rather than volunteers.

Callie has set a fundraising goal of \$30,000 to fund construction costs of the orphanage/school, build a large garden to start a self-sustainable food system, beds, desks and chairs, books, pens, and toys for the children at school, and a fund for temporary and long-term teachers. "I'm currently collecting clothes in sizes two to 12 for kids, as well as bedding," said Callie. "All of the money I raise will be going towards this project. I will be paying for my own airfare, food, and lodging."

Toward that end, Callie has been working to raise money to cover her expenses. Most recently, she traveled to the state of Washington to work for a company that does drone photography for three different vineyards. "I'm not sure if college will be what I want to do, but I love learning," said Callie. "I love taking courses, but not in the traditional way!"

Once Callie has raised enough money, she plans to return to Tanzania, possibly as early as February. There, she'll be sharing photos and updates of the progress she and her team are making on her website. To learn more and contribute to Callie's fundraiser, visit <https://gofund.me/eff0d8d0>.

CORE PERFORMANCE

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crunches, sit-ups and leg raises. Also try hip bridges with either a band around the outside of the thighs or a pillow between the knees for abductor/adductor muscles. Again, focus on form, quality and tempo - more is not always better gaining strength. Keep your core engaged and your breathing in synch for a safe and effective routine.

Make sure to balance your fitness routine by adding cardio that gets your lungs and heart pumping. Brisk walking on a variety of terrain, biking, and jogging are all great choices to help you build a stronger endurance.

Demands on your body during the ski season vary greatly depending on how long and how often you ski. An important principle to remember is that you must be stronger than what your activity requires. A large amount of injuries occurs to the fatigued skier who loses form and ability to react to the terrain appropriately. When that fatigue does set in, there is little benefit to pushing through it as it can lead to a disappointing injury. Sound like a lot? Don't be daunted. A little sweat both before and during the season will lead to your ability to enjoy the sport.

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, www.coreperformancefitness.com or call 716-698-1198.

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willygoat adventures: Down the river I go, to lose my mind and find my soul #paddledog #staywild #evlnow



lionsmane.life: Ellicottville Farmers Market, one of our favorites #ellicottvilleny #vendorlife #evlnow



lolas_oasis: #airbnbhost #snowshoeingadventures #evlnow



goodforthespiritgifts: Say hello to our brand new home in Ellicottville, NY; located at 11 Martha Street! #spirituality #shoplocal #evlnow



pawsofhonor: Books, calendars and coffee available at @evl_she_shed_he_shed to support retired K9's. #evlnow #donate



avagracefashions: #momstyle #realoutfitideas #evlnow



taylorperks_356: BIG pretzel. @ftrevl #evlnow #ellicottvilleny #visitellicottville #finnertys



melissachun : #blueberries #familytime #ellicottvillenow



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ltvwhenavydude: This morning's laser-focused rainbow #evlnow

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