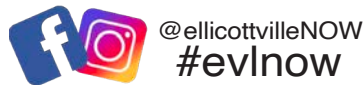


ellicottvilleNOW

LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ♦ Sept. 22-Oct. 5, 2022

Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York

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FREE

Rolling Into Fall with High-Energy Fun

Ellicottville Lacrosse, EA2EVL Fondo, and Other Outdoor Events to Fill Your Autumn Calendar

photo / facebook.com/ellicottvillelacrosse



If you're looking for unique opportunities to enjoy this fall, there's no shortage of options in our neck of the woods. For its sixth year running, athletes of all ages and skill levels will huddle up in Ellicottville for the 2022 Lacrosse Festival. Spanning over a three-day period (September 23-25) across two venues, the celebration will see the region's top players come together for the love of playing lacrosse. Make some time to come out and spectate - it's non-stop, high-energy action and no doubt the players would love for you to cheer them on.

To help our visiting lacrosse players and their families navigate Ellicottville and the downtown area, we've published a map (page 08) showing the locations of the playing fields along with a directory of restaurants (page 09). Read up on this year's Lacrosse Festival and other fun Fall happenings.

... page 03

Evening Art Market in Olean's Lincoln Park

The Tri-County Arts Council is pleased to welcome the community to the Lincoln Park Evening Art Market on Saturday, September 24 from 4:00-9:00pm. This juried show features the works of some of the region's best-known artists and craftspeople, many of whom also have international reputations in galleries and fine art shows throughout the United States and abroad.

An intimate evening of fine arts and crafts, the Lincoln Park Evening Art Market is an opportunity to add to your art collection, purchase a one-of-a-kind gift, and meet the artists behind an impressive collection of work.

... page 07

MASTER GARDENERS - FROM POLLINATORS TO PEST CONTROL

Fall in western New York is an exciting time for gardeners, as harvest season is the culmination of many months of careful planning and hard work. While fall may signal the end of the growing season, it's hardly the end of a gardener's work. Cornell Cooperative Extension in Ellicottville is home to the Master Gardener Volunteer Program, which offers a series of fall workshops for new and experienced gardeners to plan next year's garden, learn different ways to preserve the harvest's bounty, and explore new agricultural topics. 'Organic Gardening' and 'Beekeeping 101' are just a few of the workshops being offered ... page 04

Travel: It's Leaf Peeping Season!

Plan a Fall Getaway to the Chautauqua-Lake Erie Region



@tourchautauqua

The Chautauqua-Lake Erie region of WNY comes alive with color and fun fall activities. Witnessing the changing leaves, affectionately known as "leaf peeping", is a time-honored tradition throughout the Northeast. A visit during mid-October will bring you into town during peak fall foliage season.

Explore the changing leaves along five miles of trails at the Audubon Community Nature Center. Hike among the colorful trees in an ancient forest and climb gigantic rock formations at Panama Rocks. Get a spectacular panoramic view of the fall foliage at Luensman Overview Park and Erlandson Overview Park where you can also catch a glimpse of Chautauqua Lake. Enjoy various Fall & Harvest festivals, wine tasting tours, horseback rides and more!

... page 10



@griffissculpturepark
photo / Doug Sittler, @sittlerhq

NIGHT LIGHTS: ONLY A FEW WEEKENDS REMAIN

For the 10th consecutive year, Griffis Sculpture Park is illuminated in colorful theatrical lighting for all to enjoy. NIGHT LIGHTS opened up for the season earlier this month and will run through Saturday, October 15, 2022. A portion of the legendary park's landscape and sculptures are seen in a whole different light which has become a successful fundraiser for the park. Guests are invited to venture on an unguided walk through a portion of the park, where the trails and sculptures interact with lighting, creating a truly unique experience. ... page 04



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Ellicottville's newspaper, published every other Thursday in print and online
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Contributions are always welcome. Submit your articles and photos or story ideas to our publisher: brenda@ellicottvillenow.com

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

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NOW *this ...* by Brenda



Just when you think things are starting to slow down ...

Back-to-back events, special celebrations and many school functions have already consumed our family's September and most of October. In my opinion, Fall is the best time of year to busy up your calendar with fun and adventure. Cooler, more comfortable temps, the transition of colors across the landscape, and the crunchy, rustling sound of walking through a blanket of leaves with the sun on your back should be enough motivation to get anyone outside. Welcome to Fall!

If you're looking for fun ways to fill up your autumn calendar, there's no shortage of options in our neck of the woods. For its sixth year running, athletes of all ages and skill levels will huddle up in Ellicottville for the 2022 Lacrosse Festival. Spanning over a three-day period (September 23-25) across two venues, the celebration will see the region's top players come together for the love of playing lacrosse. Make some time to come out and spectate - it's non-stop, high-energy action and no doubt the players would love for you to cheer them on.

To help our visiting lacrosse players and their families navigate Ellicottville and the downtown area, we've published a map showing the locations of the playing fields and restaurants. After all, fuel for the body is extra important when it comes to a sport like this! Check out the map and restaurant directory on pages 08-09. For additional information about this year's Lacrosse Festival, including a complete schedule of games, search 'Ellicottville Fall Lacrosse Festival' on Facebook or go to upstatelacrosse.com.

Speaking of outdoor sports, another exciting event coming to Ellicottville is the EA2EVL Fondo - this one with a dual purpose. Not only are bicyclists invited to ride 42 miles from East Aurora to Ellicottville on Saturday, October 1 (talk about a great workout!), but their participation will help raise funds for the Erie Cattaraugus Rail Trail. The proposed multi-use trail, once completed, will run along the Buffalo-Pittsburgh rail corridor and will stretch a total of 27 miles, connecting Orchard Park to Ashford, NY.

Registration to ride in the EA2EVL Fondo is still open, and all cyclists of all skill levels are welcome to sign up. The ride will take off from 42 North Brewery in East Aurora, traveling south down scenic Route 240 and finishing at Holiday Valley, where a post-ride party (open to the public) will feature food, craft beer, a vendor village, and live music by Davey and The Goliaths. Learn more or register at www.givesignup.org/Race/NY/EastAurora/EA2EVL/Fondo/.

Are lacrosse and cycling not your thing? Are you more of a festival wanderer? The Salamanca Seneca Falling Leaves Festival Sept. 30-Oct. 2 has a plethora of sights to take in and activities for all ages. Ellicottville's Fall Festival will consume the downtown business district Oct. 8-9 and W.I.L.M.A. Woolly Bear Weekend is set for Oct. 15-16 in Little Valley. An acronym for 'We Invite Local Manufacturers & Artisans', W.I.L.M.A. is a vendor showcase featuring handmade and locally manufactured items available for sale - it's the perfect opportunity to support local / shop local and get a jumpstart on your holiday gift giving list. Head to ccbizhelp.com/events/wilma-1298 for a sneak peak at some of this year's vendors.

Top off your Fall with a chairlift ride at Holiday Valley (holidayvalley.com) apple blasting at Pumpkinville (pumpkinville.com), and a spooky, scary thrill at Nightmare Hayrides (nightmarehayride.com) and I'd say you're doing Fall right! Find other autumn adventures just a short drive from Ellicottville, including the Kinzua Sky Walk in the Allegheny National Forest Region of PA (visitANF.com), and a number of harvest festivals and seasonal attractions in the Chautauqua-Lake Erie Region (featured on page 10). Happy Fall!

-Brenda Perks, Publisher, ellicottvilleNOW

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POLLINATORS TO PEST CONTROL

Master Gardeners Offering FREE Workshops this Fall



By MARY HEYL

Fall in western New York is an exciting time for gardeners, as harvest season is the culmination of many months of careful planning and hard work. While fall may signal the end of the growing season, it's hardly the end of a gardener's work. Cornell Cooperative Extension at 28 Parkside Drive in Ellicottville is home to the Master Gardener Volunteer Program, which offers a series of fall workshops for new and experienced gardeners to plan next year's garden, learn different ways to preserve the harvest's bounty, and explore new agricultural topics.

Shannon Rinow, coordinator of the Master Gardener Volunteer Program in both Cattaraugus and Chautauqua counties, is excited to announce this new series of free community workshops, all of which are held at the Cornell Cooperative Extension Office in Ellicottville. "These are brand new classes that we haven't done before," Rinow explained. In fact, the Master Gardener Volunteer Program in Cattaraugus County is rather new in that they just celebrated their first group of gardeners who completed their training this past spring. "This is the first time we've had Master Gardeners in about 10 years, and we're really excited to grow the program!"

The Master Gardener Volunteer Program is a nationwide educational program, and in New York State, it consists of a corps of volunteers who are trained by Cornell Cooperative Extension in the science and art of gardening. Individuals in the community complete their training in a variety of gardening and horticultural topics through Cornell University's curriculum during the spring. Rinow explained, "The purpose is to foster trained, knowledgeable consumers who can pass on their knowledge with others."

The next part of their training involves teaching different community workshops or engaging in outreach programs in the local area. "Our Master Gardeners do 50 hours of volunteer work to become a master," Rinow said. "When they're speaking on different topics or leading workshops, they're using research-based methods and experience they've learned." The upcoming classes will be taught by the program's newest members and are based on their interests and areas of expertise.

The first workshop is "Gardening for Pollinators" on Wednesday, Sept. 28th from 5:00-6:00pm. Master Gardener Tamara Bacho will share her knowledge about creating a garden space that is inviting to pollinators, like butterflies. Monarch butterflies are now on the endangered species list, so Bacho will discuss ways to help increase their chances of survival.

For those interested in exploring a new area of agriculture, "Beekeeping 101: the Roles of Bees in Agriculture" is the perfect workshop. On Wednesday, October 12th from 6:00-7:00pm, attendees will learn about bee keeping, the role of bees in our ecosystem, different types of bees, and how they impact our food supply.

Just a few days later on Saturday, October 15th from noon-1:00pm, Emma Boutelle, owner of Miller Valley CSA farm in Kennedy, will be leading "Organic Gardening: Pest and Weed Management." According to Rinow, "Her workshop will focus on home gardeners and how they can implement organic gardening practices, stay on top of weeds, and manage pests. As garden season ends, we have a little more time that we can spend planning for next year! Emma will talk about putting the garden to bed for the winter and prepping it for next year. There are a lot of preparations that you'll want to do in the fall that she'll discuss."

The final workshop of the season is especially helpful for those who had a bountiful harvest

"Master Gardener Workshops" continued page 14

NIGHT LIGHTS RETURNS

Come See Griffis Sculpture Park in a Whole New Light - Now through Oct. 15



@griffissculpturepark

EAST OTTO - For the 10th consecutive autumn, Griffis Sculpture Park is being illuminated in colorful theatrical lighting for all to enjoy. **NIGHT LIGHTS** opened up for the season on Friday, September 9 and will run through Saturday, October 15, 2022. A portion of the legendary park's landscape and sculptures are seen in a whole different light and has become a successful fundraiser for the park.

Night Lights blends creative lighting, sculpture, sound, and nature to deliver an unforgettable outdoor adventure. At Night Lights, guests are invited to venture on an unguided walk through a portion of the Mill Valley Road site of the park, where the trails and sculptures interact with creative lighting, creating a truly unique experience. The walk is about 0.7 miles and is on an up-and-back nature trail that goes through forests and fields. Some of Griffis Sculpture Park's favorite sculptures - such as the Praying Mantis, The Bathers, The Mushrooms and more - are bathed in light. Guests are encouraged to dress for outdoor conditions and bring flashlights for a few darker sections of the trail.

Night Lights occurs on 18 evenings, spread out over six weeks. The final evening is Saturday, October 15, 2022. Admission is \$14 adults, \$9 for children ages 7-12, and free for kids 6 and under. Night Lights can be canceled due to heavy rain; updates will be provided on Griffis Sculpture Park's Facebook page. Organizers ask that visitors leave their dogs at home.

Night Lights at Griffis Sculpture Park is produced by SitlerHQ. The lighting and event company also produced the award-winning Night Lights at the Gardens (Buffalo & Erie County Botanical Gardens), Night Lights at The Heron (Sherman, NY), and Night Lights at the Nannen Arboretum in Ellicottville. SitlerHQ created their first Night Lights show in 2009.

Come walk some of the park's trails and experience the interaction between lights, nature and art during this season's Night Lights. Griffis Sculpture Park is located at 6902 Mill Valley Road, East Otto, NY, just minutes from downtown Ellicottville. For additional details including dates and times, head to griffissculpturepark.org.

Historical Walking Tours / Ghost Tours

The Ellicottville Historical Society will be offering two more Historical Walking Tours around the village on Saturday, September 24. Come learn about some of the founding fathers of Ellicottville and the houses they lived in. The walk will take approximately one to 1.5 hours to complete and costs \$10 per person, cash or check.

The Ellicottville Historical Society will also start offering Ghost Walks. Four walks are being offered on the following Fridays: September 30, October 14, October 21, and October 28. Please meet at the Village Gazebo at 7:00pm; the walk will begin at 7:30pm. Hear new stories of people and things that have happened in and around Ellicottville, as we venture to the Jefferson Street Cemetery and visit a few more graves than in past years and around town. This is a "walk at your own risk"; you may want to bring a flashlight or use your phone when walking through the cemetery. Cost is \$10.00 per person, cash or check.

For more information or to sign up your party ahead of time for the Historical Walking Tour and/or the Ghost Walk, please contact Ellen Frank, Vice-President of the Ellicottville Historical Society, at 716-699-2276 or 716-474-8528.

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THE ARTS

EVENING ART MARKET

Tri-County Arts Council brings many of the region's top artists to Lincoln Park



OLEAN – The Tri-County Arts Council is pleased to welcome the community to the Lincoln Park Evening Art Market on Saturday, September 24 from 4:00-9:00pm. This juried show features the work of some of the region's best-known artists and craftspeople, many of whom also have international reputations in galleries and fine art shows throughout the United States and abroad. An intimate evening of fine arts and crafts, the Lincoln Park Evening Art Market is an opportunity to add to or begin an art collection, purchase a one-of-a-kind gift, and meet the artists and makers behind an impressive collection of work.

While some may be familiar with the Art in the Park event from years past, Executive Director Paula Bernstein notes that the Lincoln Park Evening Art Market is different in several ways. "We've had Art in the Park before, but it has been on hiatus. Now, we are bringing it back but reimagining it in the form of a new event at a new location this fall, with many more artists from all three counties in our region."

Indeed, the Tri-County Arts Council is comprised of member artists and craftspeople who reside in Allegany, Cattaraugus, and Chautauqua counties. Many of those members will be part of the Evening Art Market, including fine artist Sean Huntington, TCAC Exhibitions Coordinator & Media Development. "There isn't really a venue like this in the local area," he said. "This is not a typical vendor fair, but a juried show that includes many of our members, but also other artists whose work is outstanding."

Participating artists include John Balacki, Jill Bornand, Allison Brawn, Marshall Burns, Lisa Conklin Conn, Theresa Heinz, Sean Huntington, Peter Jones, Camille McBride, Keith McKale, Marcia Merrins, Nicole Missel, Carolyn Raine, Nancy Petrillo, Jim and Pat Reno, Tara Walker, Mikel Wintermantel, and more. Their mediums include oil painting, gouache, water colors, mixed media, photography, pottery, sculptures, among others.

"Art Market" continued page 14

Next Up on the Menu: SLIDERS

OLEAN - The Olean Sports and Social Club (OSSC) and the Greater Olean Area Chamber of Commerce are once again teaming up to present the next segment of a food crawl, and using it as a fundraiser to raise funds for service dogs through the WNY Heroes / Pawsitive for Heroes.

The SLIDER CRAWL is set for Saturday, October 15. What is a slider? Sliders are one of the hallmarks of American cuisine. You probably just think of them as miniature hamburgers (or pulled pork sammies, or whatever food items restaurants put onto a small bun and call it a slider), but in reality they're a unique food product that deserves recognition on their own. The name originated in the 1940s when sailors in the U.S. Navy would refer to mini-burgers as "sliders" because of their extreme greasiness. In just one or two bites, the burger would just slide right down! The slider was first created at White Castle, a popular American fast food chain restaurant.

What is a crawl? The crawl is where you pay one price (\$35) and receive vouchers to travel to six different area locations to test/try/enjoy a slider. You will rate each slider on presentation, flavor, smell, first impression and freshness. Votes will be tallied at the end of the crawl with the BEST SLIDER named. Also, lucky participant will take away \$500 in Shop Olean gift certificates.

"Slider Crawl" continued page 14



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- Cattaraugus County Tourism www.enchantedmountains.com
- NY's Amish Trail www.nyamishtrail.com
- Historic Randolph www.enjoyrandolph.org
- Chautauqua County Visitors Bureau www.tourchautauqua.com



POPULAR NEARBY DESTINATIONS SOUTH

- Allegany State Park www.nysparks.com
- Allegheny National Forest www.visitANF.com
- Kinzua Bridge State Park www.visitPAparks.com
- Zippo/Case Museum www.zippo.com

A. Ellicottville Village Park
11 Parkside Drive | Ellicottville, NY 14731

B. Chamber Fields at Holiday Valley
5081 US Route 219 | Ellicottville, NY 14731

This map was created using GIS technology.

Prepared by Cattaraugus County
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207 Rock City Street, Suite 101
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1 inch = 0.2 miles

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The Chautauqua-Lake Erie region in Western New York comes alive with color and fun fall activities. Witnessing the changing leaves, affectionately known as “leaf peeping”, is a time-honored fall tradition throughout the Northeast. A visit during mid-October will bring you into town during peak fall foliage season.

FALL FOLIAGE HOT SPOTS

Explore the changing leaves along five miles of trails at the Audubon Community Nature Center. Hike among the colorful trees in an ancient forest and climb gigantic rock formations at Panama Rocks. Get a spectacular panoramic view of the fall foliage at Luensman Overview Park and Erlandson Overview Park where you can also catch a glimpse of Chautauqua Lake. Take in the great view of Lake Erie and the surrounding area atop the tower of the Dunkirk Lighthouse.

For adventure seekers, get a closer look of the vibrant fall foliage while climbing among the treetops on Peek’n Peak Resort’s Mountain Adventures. Surround yourself with fall foliage on a peaceful horseback ride by Double D.A.B. Riding Stables through miles of trails along the Lake Erie escarpment. Relax with a glass or two of local wine from Lake Erie Wine Country while admiring the fall foliage on one of the Fall Foliage Walks hosted by Johnson Estate Winery.

FARM FRESH TREATS

Another beloved fall tradition throughout the State of New York is apple and pumpkin picking. Browse Whitter Apple Farm for fresh apples perfect for pie, applesauce, and as a healthy snack. During your visit, don’t miss the chance to try their fresh pressed cider. Pumpkintown is the epitome of fall fun where you and the whole family can partake in traditional fall activities including hayrides, a pumpkin jump pad, corn pit, and apple cannons to name a few. Worked up an appetite after all that fun? Enjoy fall snacks including doughnuts, apple cider slushies, kettle corn and more. Before you head out, pick out some pumpkins grown right on the farm.

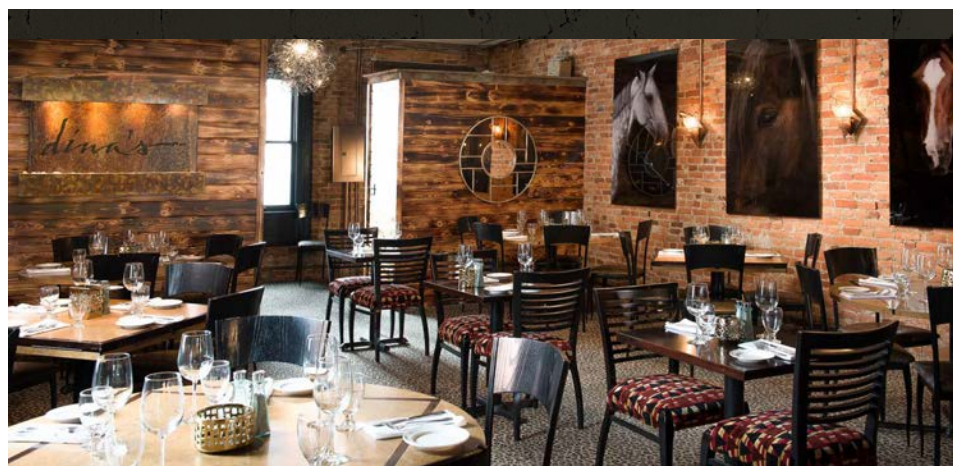
FALL CELEBRATIONS

Fall and Harvest Festivals are offered throughout the Chautauqua-Lake Erie region in September and October. Enjoy wine tasting, tours of the winery, craft beer, live music, chicken BBQ and fall desserts. The Festival of Grapes in Silver Creek during September is a unique festival held each year to celebrate the harvesting of concord grapes, which have a long history of importance to the region. Enjoy grape stomping, wine tasting, live music, food, arts and crafts as well as a parade to close out the weekend festivities.

The Busti Apple Festival occurs every year on the last Sunday of September. Tour the newly restored, operating 1839 Grist Mill and browse 130 tents of handmade crafts. And you can’t pass up the locally grown apples, freshly made cider and other favorite fall foods.

Finally, during the second and third weekend in October, Peek’n Peak Resort hosts their Fall Fest. Both weekends offer free family entertainment, craft vendors, live performances and much more. In addition, scenic chairlift rides, zip lines, miniature golf, and an aerial adventure course will be available to enjoy.

No matter where you are or what you do in the Chautauqua-Lake Erie Region, you’re sure to fall in love with autumn in Western New York. Check out the event calendar on the Chautauqua County Visitors Bureau’s website, www.tourchautauqua.com, for a full list of upcoming events.




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MENU

HEALTH & FITNESS

Core Performance: Everyone Has a Story

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

Everyone has a story ... from the time you take your first breath, you begin to accumulate experiences and lessons. Your world is shaped by so many factors from family values and world morality, love and loss, prosperity and despair. Along the way you make decisions you wish you could change, but then your journey would look different in the end. You know that old saying, "Everything happens for a reason."

I wasn't always a CPT, but I was an athlete and an aerobics instructor back in the 80's. I started my adult journey as a 3rd grade teacher at North Forest Elementary School in Williamsville. I taught for ten years and then took a break to raise my two boys, Zach and Nik. During this time I had moved full-time to Ellicottville and had separated from my husband. That's when my story turned upside down.

I didn't listen to my heart; instead I listened to others who convinced me to stay in a marriage that was not healthy. This marriage did finally end in 2009. I was homeless, penniless, and had 2 young sons to raise. Thankfully, I had the fortitude to gain my credentials to become a CPT in 2006 and had a small business with a few clients. I started my new journey in the 1887 building in a second-floor old classroom. I taught fitness classes in the old gymnasium. My client list grew and so did I. You can't help but learn a lot about yourself and the world when you've lost everything.

Over the years I've changed locations, gaining more square footage and clients. I have had the good fortune to mentor some of the younger generation of trainers who are now their own gym/studio owners. I also have had a voice in our local newspapers writing fitness articles for the past several years. I am a strong advocate for fitness at every age but have always believed that one type of training does not fit all fitness levels. Every person has unique needs and most need very specific modifications for even the most basic exercise like a squat or plank. And as the years have accumulated and I have endured my fair share of age-related issues (arthritis, torn meniscus, and now a synovial cyst in my back), I realize that some of the extreme training methods I promoted were unnecessary.

Staying fit and healthy doesn't mean abusing your body with tuck jumps and endless burpees. What truly matters is consistency and the ability to challenge yourself to get results. It is so important to move each and every day by taking a 30-minute brisk walk, add in some basic body weight or strength training exercises at least 3 times a week and eat a diet that is well balanced with plenty of hydration. Create a lifestyle that is practical and feasible, and your body will thank you for it. A consistent fitness routine will affect your men-

tal and physical health. I know it helped me navigate my life's journey and I have seen how it has helped countless others.

My story could be told in many ways. I could dwell on the past and all the struggles I endured to get to where I am today, or I can celebrate the strength these situations gave me. I know what happened during those tough times influenced me, but it certainly does not define me. My boys are grown and have become wonderful young men, my business survived the pandemic and is still thriving but smaller and more manageable. My story - like your story - will continue to come with its share of ups and downs, like fitness in our everyday lives, stay committed and be up for a challenge.

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, located at 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio visit her Facebook page or www.coreperformancefitness.com. Kim can be reached directly at 716-698-1198.



Suzy's Star Readings: Welcome to Libra Season

BY SUZY WOO, B.MSc



Libra people are the nicest people you know. The ones who are super kind, sweet, caring, accommodating and usually over-giving of themselves, Libra people are selfless, and are not good at receiving back. You say something like, "I love your hair" and a Libra will either say, "Oh, I love YOUR hair!" or something like "Oh, I haven't washed it in a week it looks horrible." They each know what it is like to not feel included from back in their own childhood, and they make it their business to go out of their way to be sure anyone they come into contact with feels seen, heard, and loved. They are symbolized by the scales of justice.

The lesson for Libra people is: You must learn how to accept love coming back to you, with grace. You don't need to agree that your hair looks great, but just say "thank you" so that the person showing you love can have the satisfaction of it "landing." You know how great it feels to help others. Allow others to feel that too, by accepting praise, compliments or gifts from others.

So many people have faced shocking, devastating circumstances such as unforeseen break-ups, job upheaval, having to relocate, as of late. October is where you get to look at your circumstance from an eagle's perch and notice that the writing has been on the wall

for almost a year, and you can gain clarity with where all the chess pieces stand, and will start to know what your next moves will be.

October 9 is the full moon in Aries; use it to your advantage. Aries is the identity, so stand up for yourself, be your own leader, be independent. Are your relationships fair and balanced? It may be time to put your foot down with others, and bring things into balance. You may feel more irritable or encounter irritable people, angry drivers, people who feel entitled or otherwise argumentative around this time.

Mercury comes out of retrograde on October 2 and will be in a sign it loves, Virgo. Serious, business-minded Saturn goes direct on October 23 that gives us the green light to forge ahead with our longer term plans and goals. YES!!!

On the 25th, we have a new moon in Scorpio AND an eclipse. This is a day recommended to reflect, and let your new moon intentions be on something already in motion. Lean in towards your own psychic, intuitive abilities and listen for guidance. Connect with loved ones departed, pray, meditate. Additionally, what nasty habit is ready to finally end? Are you easily triggered? Maybe it's time to connect with a counselor, mentor or therapist.

On the 30th, Mars (warrior) goes retrograde in chatty Gemini. This can bring a "war of words" so just be mindful, practice the pause before you bark out something that might hurt others. Try not to take things too personally during this time, and stay your path! Take a breath, remember who you are and what you stand for, and don't settle! Have a beautiful month!

If you'd like to see how the stars play out for you personally, reach out to book a reading at hello@suzy-woo.com.

Rev. Suzy Woo, B.Msc, is a spiritual healer, astrologer, and psychic medium specializing in energy, sound, light and crystal healing. Suzy is the owner of Good for the Spirit Gifts, 11 Martha St., Ellicottville, NY. Follow here on FB/IG, find her at suzy-woo.com or call 716-699-2871.

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COMMUNITY FUNDRAISER

HOLIDAY CHEER: Little Valley Holiday Cheer will again be providing Christmas gifts for children of families in need who live in the Cattaraugus-Little Valley Central School District. In 2021 our non-profit group purchased gifts for 110 children, infants to age 18. Holiday Cheer also provided gifts for 40 elderly residents of the Little Valley area.

To raise funds for the program, an Election Day Chicken and Biscuit Dinner will be held on November 8 at the Little Valley Fire Hall from 11:00am-6:00pm. Cost is \$10 per dinner, or \$5 for children ages 10 and under. Dinners may be eaten at the Fire Hall or taken out. Orders can be placed for take-out or local delivery by calling Ann Poole at 716-244-3170. Please call if you would like to donate a dessert for the dinner.

Also, a Basket Raffle will be held beginning October 4 at the Little Valley Municipal Hall during business hours. Items will include gift baskets, gift certificates, handmade items, etc. Anyone wishing to donate an item may deliver it to the Village office in September or call Gretchen Taft at 716-938-6332 for pick-up. The drawings for the Basket Raffles will take place at 6:00pm on Nov. 8 at the Chicken and Biscuit Dinner.

Families in need may pick up a form at the Village office beginning in September. Anyone wishing to "adopt" a family by buying Christmas gifts may contact Karel Hamilton at 716-581-3066. Donations to Holiday Cheer may be mailed to Cattaraugus County Bank, 120 Main St., Little Valley, NY 14775. Checks payable to: Little Valley Holiday Cheer.

MASTER GARDENER WORKSHOPS

cont. from page 04

and are looking for ways to preserve their excess. "Food Preservation: Canning, Jams and More" takes place on Tuesday, October 18th from 6:00-7:00pm. "We usually have so many leftovers in our gardens, so preserving them so we can enjoy the foods throughout the winter months is a great way to make the most of our work," Rinow pointed out.

These and other topics are all based on the interests of the Master Gardeners who are currently in the program, as well as questions that Rinow has received from the community. All of the upcoming workshops are open to the public, and there is no cost to attend. Pre-registration is not required. Those interested in becoming a Master Gardener are encouraged to visit cattaraugus.cce.cornell.edu/gardening/master-gardener-volunteer-program or contact Rinow at smr336@cornell.edu or 716-699-2377, ext. 106.

EVENING ART MARKET

cont. from page 07

"Many of our participating artists are world renowned," Huntington noted, "like Peter Jones who has work in the Smithsonian right now. We have so much talent in this region, and the Evening Art Market is a great place to experience it."

The Lincoln Park Evening Art Market promises to be a great night out. The Hungry Burro food truck will be available for dinner, and there will be live music by acoustic guitarist Alex Cole. "We are hoping to make this an annual event," said Bernstein. "This is a wonderful opportunity for people to enjoy fine arts and crafts right in their own community, beyond the walls of a gallery."

City parking is available at and around the pavilion (no meters), and there is no cost to attend the art market. In the event of light rain, the Lincoln Park Evening Art Market will still take place as planned, as the pavilion is covered and there are screens that can come down to protect visitors and artists from the elements.

To learn more about this event or the Tri-County Arts Council, please visit www.tricountyartscouncil.org or contact Executive Director Paula Bernstein at paula@tri-countyartscouncil.org.

SLIDER CRAWL

cont. from page 07

"We continue to fun'raise for the Western New York Heroes program called 'Pawsitive for Heroes.' The program pays for service dog training as a result of the funds raised from the event. The dogs and their owners go through various courses together, properly preparing the dogs to serve those who've served," explained Tyler Booth, member of the crawl committee.

The time frame of the crawl is 4:00-8:00pm on Saturday, Oct. 15. Participants need to call the Greater Olean Area Chamber to sign up for the crawl. Your registration fee of \$35 includes 6 vouchers and a judging card. The fee will go up to \$45 October 9. Online reservations can be purchased at shop.oleanny.com.

"Tyler and I approached the Chamber back in March 2021 to help organize these food events - they have been very successful - with the three crawls combined for 412 participants," Aaron Tierson said. The six locations for October's Slider Crawl are: Four Mile Brewing Co., House's Parkwood, Randy's Fireside, Century Manor (tentative), Union Whiskey and Village Green. Yanetsko added, "All the crawls have been fun seeing what each place comes up with - so for the sliders, I cannot wait to taste and see what delicious and artfully-crafted our restaurants will create their mini-burgers!"

Please call or stop in the Chamber to sign up - your slider packet will be available for pick-up on Thursday, October 13. The GOACC office is located at 301 North Union Street in Olean. Phone 716-372-4433 with questions or go online to shop.oleanny.com to purchase your ticket.

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team_pritchard: Fall is creeping in! Spectacular time of year around Cattaraugus County. #placetolive #placetolive #evlnow



sk8evl: Skatepark is taking shape! #evlnow #theskateparkproject #grindline #ellicottvillenow



holidayvalley: From the music to the classic cars, Rock n' Roll Weekend was an incredible one! #evlnow



dash_913: Rock n' Roll Weekend in Ellicottville featured a pretty impressive classic car show #evlnow #classiccarshow #iloveny



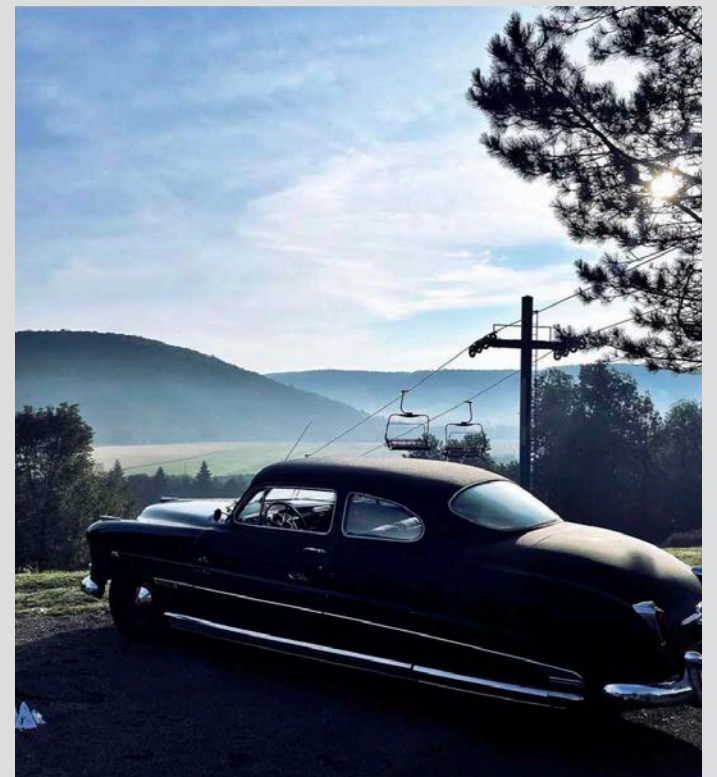
bperksey: #evlnow #rocknation #livetorocktour #girlsnight



pandagoatmedia: Early morning fishing shoots on Chautauqua Lake. #tourchautauqua #chautauqualake #outdoorliving #evlnow



picklesandpepto: #latesummer #homesteading #sauce #evlnow



onemorerunEVL: Good morning from the mountain #holidayvacation #ellicottvillenow #getoutside #cozymountainhome #evlnow



ellicottvillebrewinglocal: #evlnow #märzen #fallpasta



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