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Neilon Inducted into Girls Soccer HOF

Retired ECS coach honored at State tournament; reflects on her career in emotional speech



The Lady Eagles traveled with Mary Neilon Sept. 11th-12th to compete in the NYS HOF tournament and take part in a ceremony honoring the former coach. Photo courtesy ECS Sports Boosters

By PANOS ARGITIS / KATIE TAYLOR

458 wins, 160 losses and 34 ties. Those numbers may not mean much alone but when put together, they encompass 34 years of history for former Ellicottville Central School girls soccer coach Mary Neilon. Four state titles, nine final-fours and 25 sectional championships later, Neilon's story on the sideline ended with an induction into New York's Soccer Hall of Fame.

As one of 10 inductees at the 2020/21 NYS Girls High School Soccer Hall of Fame tournament and ceremony held Sept. 11th-12th, Neilon reflected on her time as a coach and credited her success to team effort. Current ECS head coach Tammy Eddy was asked to present Mary with her plaque. You can listen to Coach Neilon's speech on our website at ellicottvilleNOW.com.

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Autumn Adventures in Ellicottville: Fall Festival is Back

This week marks the beginning of fall, an arrival that has locals and visitors alike anticipating the beautiful changing landscape of Cattaraugus County. This year, the Ellicottville Chamber of Commerce is excited to welcome everyone back to Fall Festival which, for many, is just as much a part of their annual autumn traditions as picking out pumpkins and planting mums! However, there is more than just Fall Festival weekend to anticipate, as the Ellicottville Chamber of Commerce and Holiday Valley have plenty of fun planned throughout the month of October.

... page 04

SHOP LOCAL: THE ROSE GARDEN / GOOD FOR THE SPIRIT GIFTS

As we get closer to the season of giving, it's nice to know where one can find unique gifts and beat the madness of the big box stores. Fortunately here in Cattaraugus County, we have quite a few artisans, craftspeople and creative stores at which we can shop with ease and support a local economy. Just a couple miles south of Ellicottville, Rose and Larry Nuszowski own, operate and supply their own creations inside the Rose Garden Gift Shop. And right here in Ellicottville, spiritualist Suzy Woo has opened Good for the Spirit Gifts, offering crystals, energy tools, aromatherapy and spiritual healing ... page 08

Business: Firefly Bagels

Falen Whipple brings a taste of NYC to Olean and Ellicottville



@fireflybagels

By MARY HEYL

Just like mass transit, skyscrapers, and a vibrant nightlife, fresh bagels are synonymous with big city living and one of the foods Cattaraugus County native Falen Whipple recognized was missing from the Southern Tier food scene. "Bagels are definitely a thing in big cities," she noted, "especially in New York. When I moved back here last year, I discovered that there really isn't a source for homemade, fresh bagels within 100 miles!"

Fortunately for all of us here, Whipple pursued the bagel-making business, and Firefly Bagels opened in Olean this past May. Then, just last week, Whipple's bagels made their way into Katy's Cafe, complimenting the menu's breakfast sandwiches.

... page 07



photo courtesy Journey's End Refugee Services

A donation drive to gather items for refugee arrivals is being organized in Ellicottville.

HELPING THOSE WHO HELPED OUR MILITARY

Over 300 Afghans will resettle in the Buffalo and Western New York area. They are refugees by definition, but not in the eyes of the government. Because of the urgency of their evacuation, those coming are labeled "humanitarian parolees." It means they are not afforded the same benefits refugees are — no assistance for food, housing, mental health, or other necessities. Buffalo has many nicknames, but none make its people more proud than "The City of Good Neighbors." And in the Afghans' greatest moment of need, a collective will answer the call ... page 03

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Publisher's PICK

Helping Those Who Helped Our Military



A Community Response to Crisis

www.wnyrac.org

By SPENCER TIMKEY

The images were visceral.

Desperate mothers throwing babies over barbed wire fences, praying the American soldiers catching would ferry them to safety. Frantic crowds pushing and shoving at the gates to the Kabul airport, not knowing if those amongst them were hopeful escapees or imminent detonations. A rip-your-heart-out video clip of Afghans clinging to the exterior of an almost airborne military transport plane, a last-ditch effort to escape the hellscape awaiting them.

Things have only deteriorated since the pullout. The Taliban, barbaric and backwards, harbingers of cruelty and ruthlessness, reasserting control of a nation with the strength of an iron fist and a dominance fueled by fear. Women who proudly walked the streets and went to school now hopelessly understand those days are behind them. For many Afghans, the lives they knew the past 20 years under the blanket of American protection has swiftly — and darkly — changed.

As Americans, we are quick to point fingers across the aisle. But this is not an issue of Democrats versus Republicans. One party cannot be blamed fully for the abysmal handling of the situation in Afghanistan, because the blame lies unequivocally on the shoulders of the entire federal government.

The Afghans lucky enough to board planes helped American and coalition forces in ways that put them in constant danger. They were translators and informants, invaluable pieces to the complex puzzle that was our presence in Afghanistan.

And now, they need our help.

Over 300 Afghans will resettle in the Buffalo and Western New York area. They are refugees by definition, but not in the eyes of the government. Because of the urgency of their evacuation, those coming are labeled “humanitarian parolees.” It means they are not afforded the same benefits refugees are — no assistance for food, housing, mental health, or other necessities.

Buffalo has many nicknames, but none make its people more proud than “The City of Good Neighbors.” And in the Afghans’ greatest moment of need, a collective will answer the call.

Lauren Maguire is the director of development and communication at the International Institute of Buffalo, an organization that for the past 100 years has dedicated itself to helping immigrants and refugees. The Institute will partner with Catholic Charities of Buffalo, Jericho Road Community Health Center, Jewish Family Services and Journey’s End Refugee Services to provide support for the incoming Afghans.

“The five of us have over 400 years of collective experience helping immigrants,” Maguire said. “This will be the first time we’ve come together to form a collaborative and creative response.”

The unique label given to the Afghans makes an already delicate situation all that much more so. When a refugee enters the United States — a process that takes anywhere from 24-36 months — they are given access to a safety net. The Afghans will not be afforded that same net, instead a single check for around \$1,200. They will not be eligible to work and earn to support themselves and their families, and it will be months before their sta-

“Refugees in WNY” continued page 12

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LOCAL NEWS

AUTUMN ADVENTURES

Chamber and Holiday Valley bring Fall Festival back to Ellicottville



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By MARY HEYL

This week marks the beginning of fall, an arrival that has locals and visitors alike anticipating the beautiful changing landscape of Cattaraugus County. This year, the Ellicottville Chamber of Commerce is excited to welcome everyone back to Fall Festival which, for many, is just as much a part of their annual autumn traditions as picking out pumpkins and planting mums! However, there is more than just Fall Festival weekend to anticipate, as the Ellicottville Chamber of Commerce and Holiday Valley have plenty of fun planned throughout the month of October.

The fun kicks off during the second weekend of October (9th and 10th), with the return of Fall Festival. While last year's event was cancelled altogether due to the Covid-19 pandemic, Chamber Executive Director Brian McFadden is pleased to report that it's back, in a scaled-down, more family-friendly version. "This year, we have about 20% fewer vendors, and that's on purpose in order for them to spread out and create more room for people to walk around," he explained. "There will not be a carnival this year, and parking has moved to the large empty lot on Jefferson Street past the Catholic church known as the Signore property."

In place of the carnival, the P.U.N.T. Pediatric Cancer Collaborative will be using the space for a kid/family-friendly fundraiser. Formerly known as the P.U.N.T. (Perseverance, Understanding, Need and Teamwork) Foundation, the public charity was founded in 2004 by former Buffalo Bills punter Brian Moorman. P.U.N.T. has become a heavily relied upon source of assistance for families battling pediatric cancer, and McFadden is excited to include P.U.N.T. in this year's festival. In addition to serving families in western New York, P.U.N.T. also has a local connection in Madison Szpaicher, who is the organization's event coordinator. More specifics about the fundraiser will be shared as Fall Festival nears.

The health department will be set up with a vaccine clinic from 11:00am-3:00pm on Saturday near Five Star Bank and Katy's Café. "We're excited to be back," said McFadden, "but it's important for us to remind people to be safe: Remember, we are not out of the woods yet; be smart, be safe, and help keep us all healthy. That is our theme this year."

As in recent years, the chamber is looking out for the health and safety of Fall Festival's younger visitors by ensuring passengers on charter buses arriving to and leaving from Ellicottville are of legal drinking age. McFadden explained, "We work very closely with bus charter companies to make sure they understand that they have serious consequences to face for underage drinking. There will be a designated bus stop with members of the Sheriff's department checking for underage drinking or unruly passengers before they get off the busses." Since these measures were put in place a few years ago, McFadden said night-time bus traffic has been reduced by about 65%.

Once Fall Festival ends on October 10th, McFadden said the chamber is kicking off a promotional campaign designated as "Autumn Adventures in Ellicottville," which promotes tourism throughout the entire month of October into November. Similarly, Holiday Valley Ski Resort is promoting Fall Foliage weekends through October, beginning with Fall Festival. Director of Marketing Jane Eshbaugh explained that this year will be slightly different due to construction on the new Yodeler Lift. However, Holiday Valley will be running the Mardi Gras Chairlift and Spruce Chairlift from 11:00am-4:30pm Fall Fest weekend. Visitors can enjoy the view and even bring a picnic lunch to the top of Morning Star or enjoy a cookout and beverages at the Holiday Valley Lodge base area.

"Fall Festival" continued page 12

NEILON INDUCTED INTO HOF

Former ECS Girls Soccer Coach reflects on her career at NYS ceremony



photos courtesy ECS Sports Boosters



By PANOS ARGITIS / KATIE TAYLOR

458 wins, 160 losses and 34 ties. Those numbers may not mean much alone but when put together, they encompass 34 years of history for former Ellicottville Central School girls soccer coach Mary Neilon. Four state titles, nine final-fours and 25 sectional championships later, Neilon's story on the sideline ended with an induction into New York's Soccer Hall of Fame.

Neilon became a pioneer as commander of Ellicottville's girls soccer program. She turned a relatively uncompetitive side into one of the most decorated high school teams in the state, capping off her career with the seventh all-time victories in New York for girls soccer.

As one of 10 inductees in the Class of 2020/21 NYS Girls High School Soccer Hall of Fame tournament and ceremony held Saturday, Sept. 11th at Niskayuna High School near Albany, Neilon reflected on her time as a coach and credited her success to team effort. Current ECS head coach Tammy Eddy was asked to present Mary with her plaque (pictured above).

"As an all team sport, no one player can do it alone," Neilon said in her speech. "I wouldn't be here today without the inspiration I felt from the people around me. I know all the accolades were not [earned] on my own merit, they were the result of a team effort that included my family, players and their parents."

Over the years, Neilon worked with countless young girls both on and off the field. She helped them turn into great soccer players and even better human beings.

Whether it was through teaching sexual education as an academic instructor at the school or prioritizing discipline over skill, Neilon left a mark in the future of her players' minds and hearts.

"Coach Neilon was incredibly committed to the game and success on the field, the difference [comes from] her commitment to influencing their personal development as individuals," former Ellicottville girls soccer captain Kaleigh Hunt said. "I'm always reminded of the poems she would write for our sports banquet at the end of each soccer season. The poems were such a testament to her emotional investment in us and her role as a coach."

Western New York is very familiar with the success story of Ellicottville's girls soccer program. Recently, the same story was showcased on a statewide arena. The 'Hall of Fame Tournament' was recently introduced and held in conjunction with the induction ceremony.

The Ellicottville Eagles competed against some of the state's best 50 teams throughout a two-day period. Neilon watched closely from the sidelines as former players and coaching staff saluted her.

"The girls had a great weekend, we were all just happy to be there for Mary," Ellicottville Assistant Girls Varsity Soccer Coach Katie Taylor wrote. "Mary [has always] expected the best out of everyone, no matter what their best was. It was an honor to be asked to coach with her 12 years ago."

The NYS Girls High School Soccer Hall of Fame was created in 2017 with the sole purpose of highlighting the game's best figures in the state. As a graduate of the organization's fourth class, Neilon has officially cemented her place in New York's history of soccer. At the final portion of her induction speech, Neilon referred back to her motto for one last time: "Prosperity depends on those who are willing to give back to their community."



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BUSINESS

ENTREPRENEUR OF THE YEAR

Jessica Gilbert of Ava Grace Fashions among four recognized by SBDC



Jessica Gilbert (center) with Courtney Curatolo and John Crawford of the SBDC.

JAMESTOWN, NY - The global pandemic has had a lasting impact on the small business community, and many businesses do not know if they will remain open. However, the Small Business Development Center (SBDC) at Jamestown Community College recognizes the tremendous efforts of the local small business community to continue successful operations of their businesses in these unprecedented times. In an effort to recognize our resilient business community, the SBDC has created the first ever Entrepreneurs of the Year Awards for our region. The SBDC is pleased to recognize the following small business owners in Chautauqua and Cattaraugus Counties as Entrepreneurs of the Year: Hector Alverio, The Hotspot Café; Jackie Francis, Ashville General Store; Jessica Gilbert, Ava Grace Eco Fashion; and Shannon Whipple, Custom Cuts

These individuals were selected for their successes owning small businesses in our region and have been nominated to receive awards at the state level as well. Each has overcome obstacles and contributed to the economic growth of the area as female and minority business owners.

The SBDC is honored to work with the small business community in Chautauqua, Cattaraugus, and Allegany Counties. According to SBDC Director, Courtney Curatolo, "These individuals have not only inspired the SBDC team of advisors, but also inspire others interested in starting their own small business in our region. It has been very fulfilling watching each of these individuals grow their businesses and see success in a period of economic uncertainty."

As a minority entrepreneur, Hector Alverio opened his café on Valentine's Day 2020, just before the onset of the Covid 19 pandemic. During the shutdown he implemented take-out service and not only survived, but thrived.

Jackie Francis opened The Ashville General Store in 1991 and it quickly became a place for locals and tourists to come and mingle over food made from scratch. It has been open for 30 years not only due to good business decisions but also by operating with a greater purpose in mind - the idea of community. This award is being given by the SBDC at Jamestown Community College and the SBDC at Binghamton University.

Jessica Gilbert is an amazing female entrepreneur that was able to pivot during the pandemic to create a successful online presence, purchased a new building in Ellicottville for her store, started to produce her own brand, and has seen substantial growth.

Shannon Whipple is another female entrepreneur that has remarkable resilience and determination. Despite personal and professional struggles caused by the pandemic, she has demonstrated a strong will, optimism, and creativity to make her business successful.

Holger Ekanger, VP for Workforce Readiness at JCC also shared, "JCC is focused on working with entrepreneurs in the region and excited to honor these individuals through the SBDC. Each of these entrepreneurs is a role model for others to start small businesses and we hope to work with those individuals to ensure they are successful. In fact, we are working on developing an entrepreneurship certification over the next 10 months and hope to provide the training needed for diverse industries."

The Small Business Development Center (SBDC) at Jamestown Community College (JCC) vision is to create economic sustainability for all New Yorkers – one business at a time. The SBDC delivers high quality business counseling and training to clients looking to start a business or improve the performance of an existing business. Services are free and confidential and include a range of management and technical assistance from business plan development, accounting guidance, productivity enhancement and assistance to loan information, marketing, and financial planning. Contact 716-338-1024 or go to www.sbdcc.org.

FIREFLY BAGELS AT KATY'S CAFE

Falen Whipple brings a taste of the city to downtown Ellicottville



@fireflybagels

By MARY HEYL

Just like mass transit, skyscrapers, and a vibrant nightlife, fresh bagels are synonymous with big city living and one of the foods Cattaraugus County native Falen Whipple recognized was missing from the Southern Tier food scene. "Bagels are definitely a thing in big cities," she noted, "especially in New York. When I moved back here last year, I discovered that there really isn't a source for homemade, fresh bagels within 100 miles!"

Until now, that is. Not only has Whipple opened her own bagel shop in Olean, but Katy's Café in Ellicottville has recently added Firefly Bagels to the menu and is providing a Saturday pick-up option for special orders.

Whipple was born and raised in Cattaraugus County and at the age of 18 moved to Palm Coast, Florida. "At the age of 22, life led me to New York City," she said. "I lived there and worked in restaurants for six years. Then, I moved to Miami where I started my spray tanning company." A passionate entrepreneur, Whipple took her apartment-based business to the highest level and opened a studio on South Beach where she bronzed multiple models and celebrities such as Paris Hilton, Ellie Goulding, and Kate Upton, to name a few.

Last year, the Covid-19 pandemic brought Whipple home to a simpler, more relaxed pace. "I started making bagels out of my mom's kitchen for myself while in the process of buying a house," Whipple recalled. "I went to New York City and came back with bagels, and everyone went crazy. I thought, 'maybe there's a market here!'"

Soon, Whipple began experimenting and tweaking dozens of bagel recipes until she found just the right bagel she could market. She put some photos on Facebook and jokingly posted, "If you want any, send me a message!" That week, she made over 500 bagels, and the business took off from there. Orders from texts, Facebook, and Instagram began pouring in weekly, and Whipple couldn't keep up with the demand in her mom's kitchen. She moved into Miller's Farmer Market's commercial kitchen, where she began taking preorders, averaging 500 bagels per week. "It was crazy," she recalled. "I just couldn't believe the response. I did take a couple months off, closed down, and asked myself if I wanted to make this a full-time business or move on."

Fortunately for all, Whipple pursued the bagel-making business, and Firefly Bagels opened inside Olean's Park N' Shop at 1316 W. State St. on May 9th. Even before Whipple opened her brick-and-mortar business, she and Katy Arena, owner of Katy's Café, had been talking about the possibility of a collaboration. Arena said, "I told her if you ever get to a place where you could supply us with bagels, I'd really be interested! These bagels are locally made, hand-rolled, and simply amazing. Nothing our distributors carry can touch them!"

So what exactly is the difference between a Firefly Bagel and a store-bought or fast-food variety? In Whipple's words, time. "It takes two days to make our bagels," she explained. "First, we make the dough, roll out the shape by hand, proof them, and then they go in the walk-in cooler where they sit for two days to get that good yeast-y flavor. Then we boil and bake them. It's a process!"

High-quality ingredients are just as important to Whipple's finished result, and this ideal carries over into all Firefly menu items, such as her homemade cream cheeses. Arena noted, "People are loving the bagels. I'm extremely happy with the product, which speaks

"Firefly Bagels" continued page 12

SHOP LOCAL

THE ROSE GARDEN

Rose Nuskowski's gift shop offers infused glass and other handcrafted treasures



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BY TREVOR BRACHMANN

As we get closer to the season of giving, it's nice to know where one can find unique gifts and beat the madness of the big box stores. Fortunately here in Cattaraugus County, we have quite a few artisans, craftspeople and creative stores at which we can shop with ease and support a local economy, the importance of which is becoming more apparent. Just a couple miles south of Ellicottville in Great Valley, right on Route 219 is just such a place. Rose Nuskowski, together with her husband, Larry, own, operate and supply their own creations inside the Rose Garden Gift Shop.

Centered around Rose's fused glass wall hangings, the shop is full of original creations at reasonable prices. Walk in the little showroom and you are surrounded by all sorts of handmade works by the couple. Rose learned to make fused glass pieces from her daughter nearly 20 years ago, and it's clear in her design she has had the practice to be well versed in the craft. Beautiful floral pieces, geometric designs and fun pictures in a kaleidoscope of colors. They could be hung on a wall, but would be stunning on a window facing the sun, allowing for the light to diffuse the colors onto the walls and floor of the room.

In addition to these pieces, there are also a few beautiful traditional stained glass pieces, some fun and wood cut geometric mosaics of animals, ornaments for the Christmas tree or whatever you see fit, decorative outdoor works of art, and hand-formed copper sculptures of flowers, natural scenes and some creative functional card holders. Rose also offers beautiful cut flowers for sale. If you don't see what you're looking for in the storefront, let Rose know who you're shopping for and what they like - not everything is displayed and maybe she has that special something packed away, as they do craft fairs and show at local events from time-to-time (especially during the fall season).

After meeting the two and chatting for a bit, I can say I am happy to support their creative endeavors and am looking forward to the next time we can catch up; Rose and Larry are kind, humble, hardworking, adventurous and the type of folks you would be honored to have as neighbors. Drop in sometime soon to take a look at some beautiful art and pick up something unique and beautiful for your home or a loved one, and don't forget a bouquet for your table. If you're from the area and have never stopped in, you'll wonder why you waited so long!

The shop is located at the Nuskowski's home at 4721 Route 219 in Great Valley and is open Friday 10:00am-4:00pm or you can call 716-345-3886 to make an appointment to drop in another time. They also run an Etsy account at www.etsy.com/shop/RoseGardenofGV where you can browse some of what's available without having to leave home.

W.I.L.M.A. Woolly Bear Weekend

The 9th annual W.I.L.M.A. (We Invite Local Manufacturers & Artisans) will be held at the Cattaraugus County Fairgrounds in Little Valley, NY the weekend of October 16th-17th. W.I.L.M.A. Woolly Bear Weekend is so much more than your average craft show! All vendors participating in the event are business owners, manufacturers, artisans or crafters from Cattaraugus County. Many special events are being planned for the weekend including a winter weather prediction by "WILMA" the Woolly Bear Caterpillar, raffles, cider, donuts and more. Admission is free. Find additional details at www.EMFun.us/WILMA.

GOOD FOR THE SPIRIT GIFTS

Spirituality shop opens in Ellicottville; Suzy Woo invites you to find your connection



@goodforthespiritgifts

BY CAITLIN CROFT

What is spirituality? By definition it is: the quality of being concerned with the human spirit or soul as opposed to material or physical things. Simple right? Then why do so many people seem to have preconceived notions about the topic? In my opinion, it is because spirituality can be so heavily tarnished in a society hyper concerned with consumerism and the ever eluding "what's next?" The next fashion line, the next cell phone, the next car model ... it is relentless. We as a society finish something and then don't even take the time to appreciate what has been created, before we're on to the next version.

Spirituality usually finds itself embedded in the disenfranchised - those who have an intimate relationship with misfortune or even pasts smeared with violence. Reverend Suzy Woo knows these perils all too well. As a survivor of domestic violence and late bloomer to spirituality, Woo went into warp speed, "I was hooked, eagerly absorbing the information like a sponge, and started racking up credentials."

When Woo left her abusive marriage at 39, she started to rekindle her love of astrology. (Out of curiosity, she would study astrology charts of criminals.) Woo launched a nonprofit for domestic violence awareness and advocacy. While participating in an event that involved psychics, she used birthday card money from her father to purchase a reading. Woo was determined to give the psychic, Cassandra Butler, a complete pokerface as she was still highly skeptical, angry and suffering from PTSD. "Well, she [Butler] told me all about myself in detail, and went on to tell me about my mother passing, and specifics about what she enjoyed doing, just as a cardinal flew by behind her, I wept and knew this was real." Woo befriended Butler and learned the basics, going on to receive her Bachelor's of Metaphysical Science in January 2019.

"I was a skeptic of all that woo woo stuff [pun intended], until I got behind the scenes and learned exactly how it all works." Then the breakthrough happened and Woo was able to put it into practice. She could confidently use it and explain it in terms those not accustomed to spirituality could identify with. "Now I teach everything I have learned."

She was sure to emphasize it's not magic. "It's done by becoming aware of your own consciousness, and working with an energetic field that we all have access to. We are born with these abilities, but because of upbringing and belief systems, most are usually reprimanded to ignore or shut down this ability or labeled as 'out there.'" That was a heavy truth pill for this elder millennial to swallow; Woo was speaking directly to me but to everyone at the same time. To me, that is magic.

Woo found her new home in Ellicottville after aligning her intentions with the new moon, asking to manifest the best location to move her Orchard Park practice to. The space was no longer conducive to seeing clients and having a shop. "The very next night I remembered that my realtor told me he sent some potentials via email. I opened the first one up and BAM I knew that was the one, I felt it in my gut." Woo came to see the space on Martha Street the next day, fell in love with it and shook hands with the owner right then and there. "It was a done deal."

"We relocated here in sultry heat and humidity and opened September 1st. In divine timing, my new full-time employee, Cayla, did a manifestation of her own for her dream job." She is far beyond anything Woo wished for and "she is absolutely the cherry on top of this cake!" There is also one part time associate, Lexi, who is responsible for the website listings and inventory. "We are the perfect trio! Now I can run my private practice and have

"Good for the Spirit Gifts" continued page 12

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HEALTH & FITNESS

Core Performance: Understanding muscle atrophy & tips to reintroduce physical activity

By **KIM DUKE, CERTIFIED PERSONAL TRAINER**

Anyone who has experienced a period of prolonged illness or injury will understand the impact such a condition has on the body. While doctors and therapists may tell you to exercise in a modified capacity, in reality, the energy and ability to do so may not be available at all times in the recovery process. When an extended period of inactivity takes place, the body gradually allows muscles to shut down. This is true for everyone, not only people recovering from illness or injury.

For example, people with jobs that involve a lot of sitting will eventually experience a loss of muscle tone overall and in particular to their gluteus muscles. When muscles aren't used, the body reduces the metabolic processes necessary for maintaining muscle and allows muscle to decrease. Injuries and illness also lead to the same type of muscle loss and can eventually become muscle atrophy. This, I know firsthand after injuring my knee and wrist this summer.

Muscle atrophy occurs in two basic ways: (1) Disuse atrophy, in which muscles waste away due to lack of movement and exercise, or (2) Neurogenic atrophy, in which the muscles waste away due to disease or injury.

Disuse atrophy, the more common form, can occur in as little as 72 hours with smaller muscle groups. Large muscles, including leg muscles, take longer. When recovering from an illness or injury, it's likely that some form of disuse atrophy has occurred. Consider someone who has recently had a cast removed; the opposite limb is considerably more toned and muscular. Despite their best efforts, people who are healing rarely have the physical ability to participate in regular exercise.

It's extremely important that you listen to your body as you navigate your way through recovery. It will signal when it's ready to attempt certain things and when you've done too much. Also, follow the guidance of your doctor or physical therapist, as each different type of illness, injury and the extent to which physical changes occurred will affect your return to physical activity.

Consider the following things when reintroducing physical activity into your daily life:

1. Take it slow. Allow your body and brain the time they need to begin communicating again. When your muscles are called to action, even in a relatively simple task, your

brain and the muscles and nerves necessary to carry out that task must communicate. These channels of communication weaken over time and with disuse. Unless nerve damage has occurred, the communication signals can definitely be strengthened, but this process takes time; be patient. Your brain and body will relearn, given time and opportunity.

2. Begin with walking. It's the most natural type of movement for the human body. Swimming would also be a gentle form of movement on the body. Start with a few minutes, listen to your body's response and gradually increase your time.

3. Reduce your efforts by at least 20% of what you think you can do and work your way up. Movement brings humans immense joy. It's not until you've lost or had a reduction in your ability to move as you once did that you realize how joyful movement is. This realization makes people very eager to return to physical activity.

4. Remember that pain is pain. While some fitness enthusiasts live by the motto 'No pain, no gain', when it comes to illness or injury nothing could be further from the truth. Pain is the body's signal that you've gone too far, done too much. Rest and recovery are as important to reintroducing exercise and the physical activity itself. Give your body time and listen to it. It speaks volumes about what it needs.

5. Pay attention to nutrition and hydration. Feed your body the best, most anti-inflammatory foods you can, including plenty of leafy vegetables and sufficient water.

"Core Performance" continued page 12

"Recovery is
a marathon,
not a sprint."

- Jennifer Mulder

Rachael Territo, Nurse Practitioner, opens office in Ellicottville with focus on medical weight loss & aesthetics

By **RACHAEL TERRITO**



I have two of the greatest jobs in the entire world! I am a mom of two boys and a nurse practitioner. My fiancé and I have a 10-year-old, Trent, and a 3-year-old, Tucker. We currently reside in Franklinville, NY and have lived here most of my life. Growing up my mother and aunt were both in the medical field which inspired myself and my sisters to also pursue this direction, eventually. Initially, I attended college for Forensic Science and at the same time was employed at a Sleep Lab running sleep studies. Being a sleep tech was fascinating at

18-years-old. It ended up being my passion for 12 years before moving on to the next chapter in my life.

Growing up in Franklinville most definitely had its perks and pitfalls. Being in the middle of nowhere as a child may have been isolating to some, but for myself and my sisters we took full advantage of the equine life. Franklinville is a town that is supported by the horse community and a little girl's dream! I was able to show horses competitively from the age of 9 until 21. Showing competitively made me driven and made me learn responsibility. This was the foundation for my competitive and persevering nature.

After my eldest son was born, I knew I was destined to do more with my life. Medical school was out of the question for me because I was not willing to sacrifice that much time away from my new family, so I decided to go for nursing. I was very conflicted with my decision because there were so many nurses that I had met working in different hospitals that were just miserable, but a few that were amazing. Ultimately, the negative interactions are what drove me to what I am today. I wanted to be that positive change that would inspire others.

At the age of 24, I started at Trocaire College for my RN degree and never looked back! It was NEVER easy, but wow was it worth it. I worked full-time nights, attended school full-time, and had a family. After my associates degree was finished, I kept going for my BSN at Daemen College which took 1.5 years. Then, I landed at D'Youville College for my master's degree and upon graduation my fiancé and I were expecting our 2nd son. There is no way I would be where I am at today if it were not for the support from my family, in-laws, fiancé, and great friends! It was a rough and trying 7 years to obtain my nurse practitioner in family health.

Being a nurse practitioner, like I said previously, is one of the best jobs in the entire world. Who knew that being a nurse or nurse practitioner could be the best and the worst job all in the same day! Helping others is completely fulfilling and even on the worst day satisfying. Over the last few years as an NP I was intrigued with helping patients lose weight. Not only are you improving physical status, but also improving an emotional state. Reducing co-morbidities and increasing positive health outcomes was my real goal, but then seeing the reduction in anxiety and depression was a bonus. Patients had a complete physical and emotional transformation. Weight reduction was the foundation for my current practice.

Seeing the positivity in patients made me want to do more! I then took several aesthetic classes and even went to Nashville in the middle of COVID to feed my passion of learning! One class led to another and completely snow balled. I then decided to start my own aesthetic and medical weight loss business and continue to take classes to expand my knowledge base and skills continuously. I WAS IN LOVE.

On May 1, 2021 I opened a location at 25 Bristol Lane in Ellicottville Square and also at Skin Deep in Olean. At these 2 locations I provide botox, dermal filler, medical weight loss, IV therapies, Kybella, Morpheus8 (skin tightening), laser hair removal, and PRP (platelet rich plasma) treatments. Hours do vary, but I am in Olean on Thursdays and Fridays and in Ellicottville on Saturdays. Costs vary depending on service and desired outcomes. I can be followed on Facebook or Instagram @RachaelTerritoFNP. Be sure to always look out for monthly specials. For the month of October if you mention this article you will receive 10% off any service that is offered. You can also visit my website at www.rachaelterritofnp.com for more information and pricing on services.

REFUGEES IN WNY

cont. from page 03

tus changes. “One of the many challenges is the loose guidance of when to expect them,” Maguire said. “The family sizes and compositions are ambiguous. Our plan is to provide temporary and transitional housing in places that are in close proximity to the organizations that can support them.”

While the physical needs are apparent — food, housing, medicine — there are some that lie beneath the surface — mental and emotional health.

“These are people that have experienced deep trauma,” Maguire said. “There’s a compression of time. Typically, there’s some time between the trauma refugees experience and their entrance into the United States. For these Afghans, they’ve experienced the trauma of leaving and then being housed at military bases. We anticipate meeting not just their physical needs, but emotional and mental as well. Jewish Family Services has an extremely well-regarded and expert program in trauma for refugees, and they are prepared to train others across the collective.”

A common misconception — and criticism — is that allowing these people into a community will put a drain on its resources.

“When refugees come into the country, they are the most intensely vetted. What’s happening now, the Afghans are going through a very thorough safety and health vetting before relocation. And the latest Census data showed Buffalo experienced population growth for the first time in 50 years. The foreign born population is growing, and that means a larger tax base. So not only is there a moral imperative, but an economic one as well.”

Maguire says the collective has raised close to \$60,000 and that number continues to increase by the hour. At this time, financial donations are preferred, as it allows the collective to be more nimble with its support.

Ellicottville residents Mary Klahn and Kimberly Orth have each reached out to local organizations - churches and the American Legion, in particular - to help raise money for this admirable endeavor. Keep an eye posted to local groups for more info on how you can help.

“At the end of the day, these are human beings,” Maguire said. “Envision yourself in their position. They seek what we all seek — safety, a roof over their heads, food to feed their family. It’s our responsibility not just as western New Yorkers, but Americans. We know that our community will respond in a positive and uplifting way.”

To donate — no matter the amount, as every dollar counts — and for more information, head to www.wnyrac.org.

GOOD FOR THE SPIRIT GIFTS

cont. from page 08

the shop up and running at the same time!” (Something she could not do in her Orchard Park location.) “This space is the answer to all of my prayers as a lightworker to help shine, shine, shine!”

Currently the shop is open Tuesday through Saturday from 11:00am-6:00pm, with plans to open 7 days a week in the future. Find the shop on Facebook and Instagram at @GoodfortheSpiritGifts or go to their website at www.goodforthespiritgifts.com. Woo also invites you to follow her personal handle @SuzyWooHealer and her website is www.suzy-woo.com. Be sure to stop by Good for the Spirit Gifts’ Grand Opening event Oct. 1st-3rd, when Suzy and her team will be offering specials, raffles and giveaways all weekend long. Find the event on FB for additional details.

Many of the items Woo offers are from local artisans who have become friends of hers. “I love to ‘share the stage.’” Aside from the artisan contributions, Woo personally loves the gongs and singing bowls. “They tickle the deepest part of our soul. They, along with our tuning forks, are perfect for people who just can’t shut off their mind - the sound healing tools do it for you.”

And of course, the crystals. What spiritual shop is complete without crystals? “I really love them, and love helping people connect with the perfect crystals for their current state of being.” Good for the Spirit Gifts is in Woo’s words, “primarily a crystals shop, that expanded into energy tools, aromatherapy and anything you could imagine wanting in a meditation room.”

Along with a wide range of items available to purchase, Woo provides spiritual energy healing. “I have some of the top technology available that gives you measured evidence of your results.” She does medical intuitive readings, astrology charts, and psychic, mediumship, tarot readings in addition to being an ordained minister. Woo holds spiritual retreats, workshops and group healings. She also offers private transformational weekend intensives. “My services are portable - I do reading parties, and I bring my big gongs out for special events to offer sound healing/gong baths, as well as cacao ceremonies. I do these types of things on the road, too, and love touring.”

Woo is a compassionate, approachable and down to earth healer that helps people to feel seen, heard, and validated, helping people to understand who they are at soul level.

Leaving you with a final thought from Woo and a reminder to slow down, dive in and check out the world of spirituality for yourself ... there is no one size fits all model and that is what I love about spirituality. “Everything is love, that is all there is. It’s not hippy stuff, it is absolute truth. You can do everything and anything when it is rooted in love.”

FALL FESTIVAL

cont. from page 04

Eshbaugh explained, “There will be a big tent at the base, and The Strangers will play on Saturday from noon-4:00pm, and on Sunday, the Tommy Z Band will play, same time.” During the evenings on both days, Jay McDonald will perform live at the Cabana Bar from 4:00-7:00pm.

Visitors can enjoy the Birds of Prey Show on Saturday and Sunday at 11:00am. “The ski team will be doing their annual ski swap in the main lodge all weekend, and we have a sidewalk sale for the Mountain and Golf shops. It’s a great time to stock up,” said Eshbaugh. Visitors are also welcome to stop by Holiday Valley’s Open House in the customer service area. Light refreshments will be provided, and visitors can learn more about Holiday Valley and take advantage of special offers, including special season pass rates.

The 5K race was replaced last year with the Fall Scramble, which is returning to Holiday Valley on October 9th. This four or eight-mile trail run starts with a ride up the Spruce Chairlift to the top of the hill for the four-mile trek down, and back up the hill for the eight-mile course. Register now at <https://www.holidayvalley.com/activities-events/fall-scramble/>.

The fun continues during Holiday Valley’s Fall Foliage weekends through the end of the month. The Mardi Gras and Spruce Chairlifts will run on Saturdays and Sundays during the month of October from 11:00am-4:30pm, weather permitting (Mardi Gras is open through Oct. 17th and Spruce is open through Oct. 31st). Tickets can be purchased in advance at <https://www.holidayvalley.com/activities-events/october-fall-foliage-weekends/>. Visitors can also guess the weight of the giant pumpkin at the bottom of Mardi Gras; weekly winners will receive a \$20 Holiday Valley gift card. Hiking and mountain biking trails will be open through the end of the month, as well as Sky High Adventure Park.

To learn more about Ellicottville’s and Holiday Valley’s upcoming events, visit www.ellicottvillenyc.com and www.holidayvalley.com.

FIREFLY BAGELS

cont. from page 07

for itself!” At Katy’s Café in Ellicottville, customers can choose from Firefly’s most popular varieties, including plain, cheddar jalapeno, everything, and currently blueberry, the latter of which will change weekly or monthly. Not only can customers order these bagels a la carte, but they can also be selected as the base for Katy’s breakfast sandwiches.

For those who can’t get enough, Arena and Whipple have made arrangements for Katy’s Café customers to place special preorders that can be picked up between 9:30 and 11:00am on Saturdays at the café. Firefly Bagels must be ordered in advance by Thursday at noon at <https://www.fireflybaked.com/s/order> and can be ordered in half dozen increments per flavor for Saturday pick-up. Customers can choose from 10 different flavors, including those on the Katy’s Café menu, as well as French toast, cinnamon raisin, onion, poppyseed, salt, and sesame. Why not order the bagel’s ultimate companion, cream cheese, too? All of Firefly Bagel’s signature flavored cream cheeses can be ordered by the pound or half pound, and with flavors like Fruity Pebbles, Nutella, mixed berry, bacon cheddar chive, black garlic dill and more, it’s hard to resist. Hand-rolled soft pretzels and chocolate chip cookies by the dozen, and plain cream cheeses are also available for pre-orders.

On Saturday, Whipple was excited to drop off the first batch of pre-orders at Katy’s Café and see, firsthand, customers’ responses. “It was wonderful,” she recalled. “Just seeing all the hard work come out, seeing bagels on plates in another restaurant - I’m emotional just talking about it!”

Firefly Bagels is the realization of a dream for Whipple, and for Arena, this collaboration is one of the things she loves most about being a small business owner in the Ellicottville area. “It’s so nice to work with another local company,” said Arena. “It’s been great! To serve something that people love, that you know is fresh and locally made is a great opportunity.”

See Firefly Bagel’s full selection of offerings and order online at fireflybagels.com or stop into Katy’s Café at 10 Washington St. in Ellicottville.

CORE PERFORMANCE

cont. from page 11

Prolonged illness or injury can have a devastating affect on the body. Fortunately, the body’s default setting is health and wellbeing. The body will recover in time, given the right conditions. With a feeling of gratitude for all that your body has done for you and allows you to do, nurture yourself back to health by including nutrition, positive, loving thoughts, the management of stress and the joy of movement.

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 at 716-698-1198.

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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 silverfoxville@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.

GADO GADO: Looking for positive, motivated and outgoing individuals to work alongside us! Must be available weekends and festivals. Email resume and a brief introduction to gadogado98@hotmail.com.

SERVICES

ROVER MAKEOVERS: Professional pet grooming. Owned and operated locally by mother & daughter, Teresa Mercer and Calla Wagner. Call 716-364-2302 for an appointment. 16 Elizabeth St., Ellicottville. "YOUR DOG IS OUR DOG."

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FOR SALE - MISC.

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Rotary Halloween Party Cancelled

ELLICOTTVILLE - The Rotary Club of Ellicottville has decided to cancel this year's Kids Halloween Party. In the past, the Rotary Foundation for Youth has sponsored a community Halloween party for Ellicottville area children to provide a fun and safe environment to celebrate. This year the party has been canceled due to health concerns regarding Covid-19. The Rotary Club of Ellicottville would like to thank the student volunteers and friends of Rotary for helping in previous years. The Rotary Club of Ellicottville looks forward to hosting family friendly events in the future.

Activities at the Ellicottville Library

Meditation Class: The Ellicottville Library is offering an Introduction to Meditation class. The class started Tuesday, Sept. 14th and will run every Tuesday from 5:00-5:30pm. Open to all - beginners as well as practicing meditators. The science-based benefits of meditation are many. Among them: reduces stress; controls anxiety; promotes emotional health; enhances self-awareness; lengthens attention span; may reduce age-related memory loss; improves sleep; helps control pain; can decrease blood pressure. If this all sounds too good to be true, it isn't!! Participants can sit on a yoga mat (please bring one) or sit in a chair. We will explore different forms of meditation throughout the sessions, if there is interest. Donation based.

Youth Chess Club: From learning how to play, to getting better at the game, Youth Chess Club is a place for kids to have fun and learn! The Club will meet on Fridays from 3:30-5:00pm. The first meeting is September 24th. Contact the library at 716-699-2842 to sign up.

Young Adult Book Club: Young adult book club is for teens to get together and read a specific popular YA book once a month. The club meets on the last Thursday of the month to talk about the book they have read and enjoy yummy snacks. The first meeting is September 30th. Contact the library at 699-2842 to sign up.

Fall Celebration at the Arboretum

ELLICOTTVILLE - Autumn. The third in our cycle of four seasons and, arguably, the most beautiful. What better place to admire up close the trees that bestow upon us their magnificent beauty at this time of year than at the Nannen Arboretum?

On Sunday, September 26th, the Nannen Arboretum Society, Inc. will host its annual Fall Celebration of Trees. This event will take place from 12:30-3:30pm, rain or shine, at the Arboretum, 28 Parkside Drive in Ellicottville. Volunteers will be stationed throughout the Arboretum to provide interesting facts and answer your questions. Do you know what a Hugelkultur is? What is a snag? What is the most unique bark you've seen?

Mir Ali and Annette Ieda will provide musical entertainment throughout the afternoon. Mir Ali is the Director of the Amherst School of Guitar and has been President of the Buffalo Guitar Society and the Artistic Director of the Rantucci International Guitar Festival and competition for the past 15 years. Anette Ieda, local Ellicottville resident, is the Musical Minister at the Holy name of Mary Church and a member of the Southern Tier Symphony. Annette is versatile on many instruments and will be playing her harp at Sunday's celebration.

Light refreshments will be provided on the Rotary Patio, and a limited number of plants and other nature-related items will be available for sale.

Please join the Nannen Arboretum Society this Sunday afternoon. The mission of the Nannen Arboretum Society, Inc. is to raise awareness among our residents and visitors about the beauty, diversity and ecologic contribution of trees. For more information, email info@nannenarboretum.org.

Ellicottville Paranormal Walks

ELLICOTTVILLE - The public is invited to join in one of five Paranormal Walks in Ellicottville on the following Fridays: Sept. 24th, Oct. 1st, 15th, 22nd and 29th.

John Koerner, founder of Paranormal Walks, author, professor and historian has conducted investigations in the historic village for several years. This walk/ghost hunt is the result of the evidence he's gathered, and tells the haunted tales of Ellicottville, as well as stories from the archive of first-hand accounts from past ghost hunts.

Participants will meet at the Ellicottville Village Gazebo at 7:30pm with the walk to begin at 8:00pm. The cost is \$10 per person and reservations can be made by going to paranormalwalks.com. Find additional information at the website listed, or contact Ellen Frank, Vice President of the Ellicottville Historical Museum, at 716-699-2276 or 716-474-8528.

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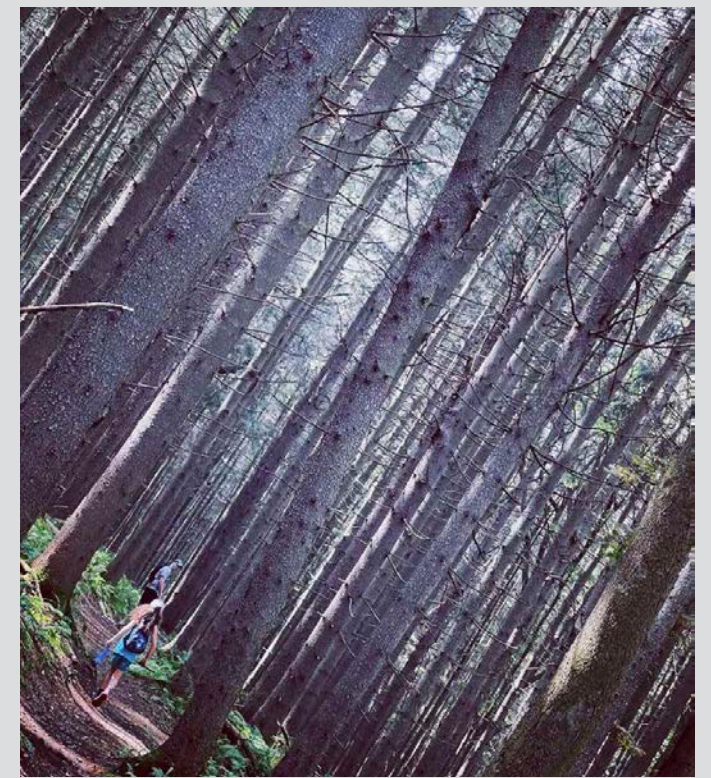
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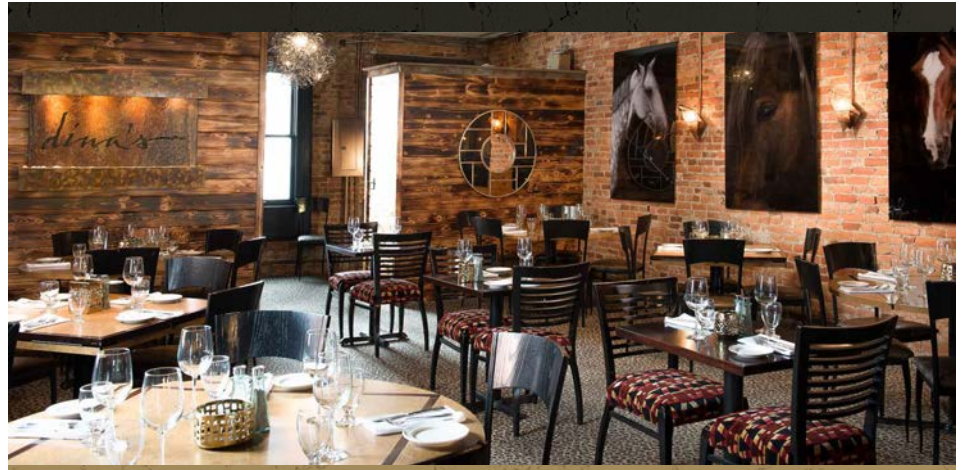
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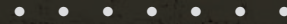
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