

ellicottville **NOW**



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FREE

A Fine Time for a Trip to Wine Country

Local wineries embrace a bountiful harvest season; Winery of Ellicottville celebrating 10 years in business



BY MARY HEYL

For all of summer's wonderful smells – from fresh-cut grass to sizzling barbecues – there's nothing quite like the fragrant aroma of grapes ripening on the vine. As summer gives way to yellow leaves, crisp nights, and frosty mornings, area vineyards begin harvesting the season's bounty in one of the largest grape-growing regions outside of California's Napa Valley. Now is the perfect time to enjoy a tasting and stock up on your local favorites because for all the beauty of autumn, we know there's a long winter just around the corner! 2020 marks 10 years in business for the Winery of Ellicottville, and owners Beth and Sam Sheehy are offering a special wine to celebrate the milestone. Tour with us as we visit wineries in Cattaraugus, Chautauqua and McKean Counties.

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Bicentennial Committee to unveil commemorative plaque

It was an unprecedented time in Ellicottville back in 1815, five years before the town's official formation in 1820. The date was recorded as October 6th when Grove Hurlburt purchased 150 acres (Lot 57), making him the first purchaser of land from the Holland Land Company in the area that eventually was established as the town of Ellicottville. Join the Ellicottville Town Bicentennial committee as they celebrate this historic event with the unveiling of a commemorative plaque on part of the original property now owned by St. Paul's Lutheran Church.

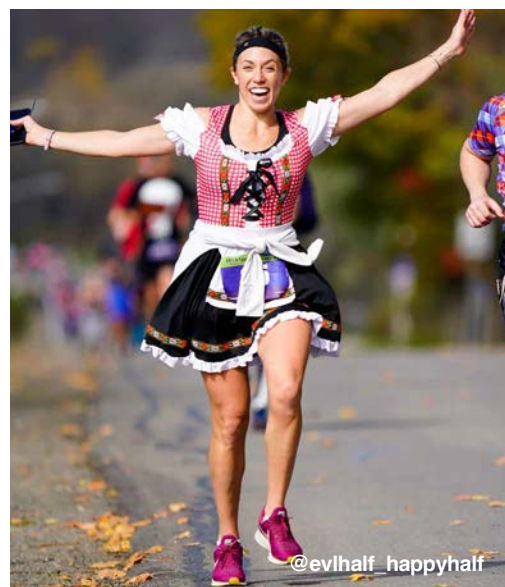
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HACKER'S HOPE: A FUNDRAISER FOR HOLIMONT FLITE TEAM COACH

Some know Corey Hacker as a nine-year member of the U.S. Freestyle Ski Team. Others know him as the director of the HoliMont FLITE Team. Still, others know him as "Dad" or "Uncle Corey." No matter who knows him or how, all can attest to Corey's unique ability to inspire everyone he meets to explore the full range of their potential. On Oct. 2nd, friends and family have the chance to offer Corey the same support and encouragement he's provided to the Ellicottville community for so many years. Corey has been fighting an unknown neuromuscular condition, and his medical expenses are adding up. By Mary Heyl ... page 05

Race Event Receives the Green Light

Organizers of the EVL Halloween Half & 5k are gearing up for another fall run, implementing a wave start to maintain safe social distancing



BY BRENDA PERKS

As the cool, crisp air jumpstarts the excitement of what's to come in our cozy ski town, it is also welcomed by those who've spent their fair share of outdoor activity in the sweltering heat of summer. Mountain bikers and runners alike embrace the change of seasons, and there is one event Ellicottville has celebrated each October for the past 6 years that thankfully, we'll see the return of this year, albeit in a bit of a different format. The EVL Halloween Half and 5k race has received the green light, and organizers Doug and Gwen Bush of EnduranceFactor are grateful for the ability to bring this popular and fun running race back to the beautiful rural roads of Ellicottville.

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Oct. Benefit to help local family in need of new housing

In 2015, Trenton Pierce (currently a fifth-grader at ECS) was diagnosed with Duchenne Muscular Dystrophy (DMD). Amidst increasing hospital visits and treatment costs, Trenton will soon need full assistance of an electric wheelchair. His family is turning to the community for support. By Panos Argitis ... page 05



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NOW *this,* by Louisa



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Collections.

What is a collection? If I stopped you randomly on the street, waving cash, offering you a wad of bills for a simple definition, would you be able to answer? I know for certain that I could not. Hustling past, I would attempt to avoid eye-contact with the strange redhead (also somehow me in this scene) yelling on the sidewalk. Perhaps though, later, I would start to ponder. I know many people with collections of stuff—stamps, coins, Disney apparel, soap stolen from hotels. They are all groupings of things, but that’s all it is, right? Does it matter?

Maybe I should explain. I am currently in a class called “Introduction to the Museum”. We have been struggling for the past three weeks to define a collection. Here’s what we have come up with so far: a collection has material things, a collector, a designated space, and a value as a set greater than that of an item alone. A collection is also cared for, protected, and organized.

While I was washing dishes, I had a strange realization. Here I was, reading about collections, cabinets of curiosity, and botanical gardens, all while sitting cozily within our town’s best collection: the Ellicottville Memorial Library.

Indeed, the Library, full of books, magazines, CDs, and DVDs, is the ultimate collection. Lovingly curated by library director Laura Flanagan, Cathy Lacy, the Library Board, the Ellicottville Rotary, and a plethora of volunteers, the Library is an evolving collection that represents the wants and needs of the community. And it has the most comfortable chairs!

In fact, I could not imagine living in Ellicottville without the Library. The shelves of books welcome me soothingly every time I enter. Now, I sanitize my hands, wipe my laptop with disinfectant, and get to work on my Zoom University classes for the day. Through my headphones, I hear patrons coming in and out, ordering books, talking about the weather, printing and faxing. They browse the shelves, asking Laura for recommendations, wondering about the Covid-19 protocols for book returns. She answers everyone happily, pointing them to the NEW (!) arrivals while making sure every return sits for the recommended 72 hours before being allowed back through those magic glass doors.

I also hear knocks, thumps, bangs, and the occasional Springsteen bop. The Library is getting a facelift for the first time in years! Thanks to a New York State construction grant, a new study room and storage space will soon be open for use. A huge team of contractors has been making the renovation possible: Asa Moss at Moss Construction, Jim Snyder at Domestic Energy Resources (the kings of geothermal), Tom Chapman at Chapman Electric, Chad Mathe from Mathe Construction, and Chris Woodarek from Standing Seam Systems. It truly is a community effort.

Though I sit in this marvelous changing space every day, I rarely get the chance to take advantage of its physical collection. It is a small tragedy, but, as you can imagine, the many pages of class reading are a strong deterrent from doing so for pleasure. I do, however, go wild in the Cattaraugus-Chautauqua Library System’s digital collection.

On the Libby app, I head straight for the system’s vast collection of audiobooks. They have changed my life. I listen to books while eating breakfast, doing laundry, and driving from place to place. Each time I press play, I am transported. I forget all the grey uncertainty of the world around me as I am whisked to the streets of Baltimore, the Congolese jungle, or the coast of Maine. I listen to anything and everything, hungry to learn and understand. My favorite is when memoirs are read by their authors; their voices are the story, too. The best part: for once in my day, I don’t have to do anything.

Looking at our definition from before, I think it’s missing something. Yes, we’ve got our

“NOW this, by Louisa” continued page 04



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UPCOMING EVENTS

CELEBRATE HERITAGE

Ellicottville Bicentennial Committee to unveil commemorative plaque



By Dawn Westfall, Ellicottville Bicentennial Committee

It was an unprecedented time here in Ellicottville, NY back in 1815, five years before the town's official formation in 1820. The date was recorded as October 6th when Grove Hurlburt purchased 150 acres (Lot 57), making him the first purchaser of land from the Holland Land Company in the area that eventually was established as the town of Ellicottville.

Join the Ellicottville Town Bicentennial committee as we celebrate this historic event with the unveiling of a commemorative plaque on Saturday, October 3, 2020 at 2:00pm. The marker is being placed on part of the original property now owned by St. Paul's Lutheran Church, 6360 NY Route 242, Ellicottville. The church has generously welcomed the opportunity to help celebrate the area's heritage in which it has also played a part in throughout the years.

Senator George Borrello and Assemblyman Joseph Giglio will be on-hand to help mark this special occasion, as well as other local officials including recently re-elected Village Mayor John Burrell who has been instrumental in planning the celebration. Local native William O'Brien, a member of the Bicentennial Committee, has been the key catalyst in the endeavor, working hard to ensure that pioneer Grove Hurlburt has not been forgotten in the town's early history.

This is an outdoor event to encourage social distancing in the unprecedented times we find ourselves in now. Masks are required. Light refreshments are being made available by Annie Coe of Cupcaked, Inc.

For additional information about Ellicottville's Bicentennial, please contact Dawn Westfall at 716-699-6201 or Steve Crowley at 716-699-3924.

NOW THIS, by Louisa

cont. from page 03

books, our beloved collector, our collection space. The Library is cared for, protected, AND organized. But its value, the one that supposedly stems from the whole being greater than the sum of its parts, is deeply rooted in the metaphysical. Our Library is a collection of souls, too. I see it in the little things: the initials inked in books, markings warding off accidental repeats of James Patterson. And I see it in the big ones, too: dedicatory plaques to women who loved sewing and gardening affixed to the walls. Together, we make up the middle souls, wandering in the doors to browse the book sale (which started Friday, September 18th and runs through Oct. 13th) and obeying social distancing while using computers (appointments preferred).

The library is a piece of me, yes, but part of the collection of our greater Ellicottville essence, part of everybody. No matter how wizened and cynical I become, at least that fact will never fail to make me feel warm inside.

-Lou

Louisa Benatovich is a 2019 graduate of Ellicottville Central School, current student of Johns Hopkins University, and team writer for ellicottvilleNOW.

EVL HALLOWEEN HALF & 5K

Event organizers receive the green light; implement changes to race format



By Brenda Perks

Fall foliage chairlift rides. Cool weather shopping. Fresh apple cider. Pumpkin everything! It's your typical Autumn in Ellicottville, minus Fall Festival and just about every other event that has been cancelled due to Covid. On the flip side, many of our local businesses have found creative ways to keep our locals and our visitors entertained in safe, small numbers. Intimate Bavarian & Beer Pairing dinners, drive-through chicken BBQ and basket raffle fundraisers. And of course, our local ski shops are making room for new product by offering deep discounts on last year's leftovers. (Get your ski and snowboard gear dialed in NOW.)

As the cool, crisp air jumpstarts the excitement of what's to come in our cozy ski town, it is also welcomed by those who've spent their fair share of outdoor activity in the sweltering heat of summer. Mountain bikers and runners alike embrace the change of seasons, and there is one event Ellicottville has celebrated each October for the past 6 years that thankfully, we'll see the return of this year, albeit in a bit of a different format.

The EVL Halloween Half and 5k race has received the green light, and organizers Doug and Gwen Bush of EnduranceFactor are grateful for the ability to bring this popular and fun running race back to the beautiful rural roads of Ellicottville. This year's race is scheduled for Saturday, Oct. 24th with the start/finish at the north end of Monroe Street.

"We've had to make a few adjustments to the race format due to Covid-19 concerns," said Doug, "but thankfully we're able to keep the event going. It was important to us to be able to provide an outlet for those who like to run or walk, and it's a great way to get people outdoors and keep them active."

Perhaps the biggest change to the event is the starting corral. To maintain a safe distance among participants, a wave start format will be implemented. Multiple waves, 50 runners per wave, individual starts, with a 5-10 second gap in between each runner.

"To accommodate the different waves, runners will choose a start time when registering online," Doug explained. "This way we can ensure that participants are filtering in and out throughout the day in safe numbers. We'll have X's measured out on the street so each wave of runners can maintain a proper distance from one another."

In lieu of packet pick-up, race bibs will be mailed out to each runner, so at-home preparations can be made prior to showing up at the race start. As for the finisher's medal and event t-shirt, those will be given to each racer as they cross the finish line. With strict gathering guidelines in place, this year's event will not offer an after-party.

"Our goal is to host a fun event, and we're able to do so under the circumstance that everyone does their part to abide by the safety guidelines set by NYS DOH," said Doug. "We still plan to have a live DJ at the start/finish to get everyone excited, but we are unable to provide a post-race celebration like in years past. Instead, we are encouraging everyone to show up, run their race course, cross the finish line, collect their goodies, and then depart."

Doug and Gwen Bush hosted a trail run at Holiday Valley just last month using the same format, and according to Doug, it was very well received. "We heard comments from quite a few participants of that event that they actually liked the wave start. It provided them with their own space to run, instead of having a mass amount of people in each

"EVL Halloween Half & 5k" continued page 09

SHOW YOUR SUPPORT

HACKER'S HOPE

Fundraiser to help offset medical expenses for HoliMont FLITE Team coach



By MARY HEYL

Some know Corey Hacker as a nine-year member of the U.S. Freestyle Ski Team. Others know him as the director of the HoliMont FLITE Team. Still, others know him as “Dad” or “Uncle Corey.” No matter who knows him or how, all can attest to Corey’s unique ability to offer support at any level, while also inspiring everyone he meets to explore the full range of their potential.

Next week, friends, family and community members have the chance to offer Corey the same support and encouragement he’s provided to the Ellicottville community for so many years. On Friday, October 2nd beginning at 2:30pm (until sold out), the Lakeview Fire Hall, 2005 Lakeview Road, is hosting a drive-thru chicken barbecue fundraiser and raffle for Corey, who has been fighting an unknown neuromuscular condition for over two years.

Just a few years ago, Corey noticed muscle weakening and cramping, and when he ran a 5K last spring, he realized the situation had become much more serious, as he struggled to lift his legs. Corey has been seen by more than 30 doctors, none of whom have been able to determine the exact cause of Corey’s condition, which affects both his muscular and nervous systems. While some neurologists wanted to diagnose his condition as ALS, others pointed out that Corey’s symptoms have not followed the traditional progression or signs of that particular disease.

Corey’s time on the slopes has decreased over the past two winters, which has not been an easy situation for someone who has spent most of his life on skis. A western New York native, Corey began skiing at HoliMont when he was in high school and served as an instructor in their freestyle program. In the 1990s, he moved to Park City, Utah, where he skied competitively and met his wife, Kelly, who is also a western New York native. During their time in Utah, the couple, both competitive aerial skiers, competed in World Cup competitions around the world. In 1998, Corey was crowned the Nor-Am Grand Prix Champion, and in 2001, he was a member of the World Championship Team, where he placed fifth.

In 2006, the couple returned to the area, where they’ve been coaching HoliMont’s FLITE team since 2007. “When I retired, we came back and started the program at HoliMont,” said Corey. “It’s grown quite a bit. We started off with 15 to 20 skiers in the program; we had close to 70 last year.”

The FLITE (Focus Leads Individuals to Excellence) Team is an exciting program for skiers ages six and up who want to learn the bumps and jumps of aerial skiing. Students come from all over the area including Buffalo, Ohio and Canada to learn from Corey, who has developed an unmatched reputation for excellence.

“Highly regarded in the Freestyle community across the U.S. and Canada, Corey coached many athletes who got their start at HoliMont and then went on to other Freestyle programs across North America,” said Sean Crotty, Corey’s brother-in-law. “

For Corey, who now has three children, two of whom are in the FLITE program, coaching is as much an inspiration for him as it is for his students. “For me, the best part is seeing the kids learn new things and develop more than just the physical skills, but develop into young adults who move on to college,” said Corey. “I think that knowing I shaped some part of their life is really special. Most of them, in some respect, enjoy

“Hacker’s Hope” continued page 13

TRENTON PIERCE

Great Valley family in need of new housing to accommodate son’s condition



Trenton Pierce with Dan Aldrich, owner of Aldrich Aerial Photography, who generously donated a 24”x36” print on canvas for the Oct. 10th raffle.

By PANOS ARGITIS

In 2015, Trenton Pierce - currently a fifth-grader at Ellicottville Central School - was diagnosed with Duchenne Muscular Dystrophy (DMD), a fatal disorder with no present cure. Amidst increasing hospital visits and treatment costs over the last few years, Trenton will soon need full assistance of an electric wheelchair, which has made it close to impossible for his family to support his condition.

The addition of a wheelchair will require Trenton’s parents to look at new housing options, as their current home is not built to accommodate his needs. Despite qualifying for community relief programs that would aid in their search for a solution, the family has been unsuccessful. In hopes of securing an all-accessible unit to partner their home, which is priced at \$100,000, the Pierce family is organizing a raffle to raise funds for an initial down payment.

Due to DMD’s unforgiving nature, which eats away skeletal, heart and lung muscles, Trenton, who dreams of becoming an inventor, is gradually losing his ability to do things such as climb up the stairs and bathe on his own. While his manual wheelchair helps him maneuver his way around school and other places, the physical demand on his body is taking a toll. An electric-operated wheelchair will allow him to move with ease but creates a problem for his current housing situation. Apart from the increased need for space demanded by a wheelchair inside the house, Trenton also broke his leg a year ago, which added to the strain of his parents, who are also his caregivers.

“It is very important to find a new place for Trent,” Trenton’s grandmother, Joanie Weichmann said. “Right now, his dad has to lift him in and out of the bathtub. They have to carry him around in his wheelchair in a small house and it is just so hard for him to get around.”

Shortly after being diagnosed with DMD at the age of six, Trenton began undertaking treatments that are currently in development stages. In addition to regular doctor-office visits, Trenton is prescribed daily steroids which have made him immunosuppressed. Due to their side-effects, Trenton has gained weight. Despite DMD’s drastic effect on his physical and mental aspects of life, Trenton continues to strive for success in school and remains cheerful on a daily basis. His condition, which impacts 1 of every 3,500 boys in his age group, does not have a timeframe of progression, but historically calls for a need of a wheelchair by the age of 13. While Trenton nears the age of 12, he has chosen to focus on the help of his family, instead of the setbacks.

“It’s hard knowing you have a disorder, but it’s harder to know you never will be able to do things other boys are doing,” Weichmann said. “But to tell you the truth, he doesn’t let it bother him. That boy has such a good heart, 99% of the time he is cheerful.”

The Pierce family began making efforts toward a suitable home solution for Trenton in 2019 when they launched a GoFundMe page, which helped them raise more than \$4,000. This year, they are hoping to receive the backing from the same community that helped kickstart their wish to support Trenton.

A Drive-up Chinese Auction, Chicken BBQ and Bake Sale to help Trenton’s family is scheduled to take place in the parking lot of St. Paul’s Lutheran Church, 6360 Route 242, Ellicottville, on Saturday, Oct. 10th from noon-5:00pm. Raffles will be offered at four different price points accompanied by food, all under COVID-19 safety measures. All proceeds will go towards a downpayment on a wheelchair accessible new mobile home for Trenton and his family. For more information or to view raffles prizes (at time of print, close to 100 baskets have been donated so far!), search “Drive up Chinese Auction and Chicken BBQ” on Facebook Events.

TRAVEL

LEAF PEEPING IN THE ANF

Take in a spectacular show in the Allegheny National Forest Region of PA



@anvisitorsbureau

By LINDA DEVLIN, ANF VISITORS BUREAU

Fall is when Mother Nature puts on the show of year! The Allegheny National Forest (ANF) consists of over 513,000 acres of land located in northwestern Pennsylvania with over 80 species of trees. Of these 513,000 acres, over 60 percent is covered in trees - the perfect destination for fall leaf peeping.

As you travel into the forestlands of Pennsylvania, you will discover the beauty of the Allegheny National Forest, enjoying the many trails perfect for a fall hike. The Kinzua Bridge State Park, home of the Kinzua Sky Walk, is a must-see during the fall foliage season. What fun to plan a nearby “staycation” in one of the many choices of lovely B&Bs, cabins, campgrounds, hotels, historic inns, or a grand four-star lodge.

Generally speaking, maples reach peak color earlier in the season and have more vibrant fall leaf color than oak trees. The areas in the higher elevations, such as the Kinzua Bridge State Park at 2,136 feet, the Kinzua Bridge Scenic Byway (Lindholm Road), and Pennsylvania Route 6 in Mount Jewett and Lantz Corners, are usually the first areas of our region to show fall color. The trees in the areas around the Allegheny Reservoir and the Allegheny River corridor will change color later in the season.

Sunshine yellow, bright scarlet, rich gold, and vibrant orange foliage will cover the hillsides like a patchwork quilt. The brightest colors are usually in October, but due to the early frost this year, fall leaf color is already beginning to show on some of the maples at the higher elevations.

Two designated scenic byways offer exciting opportunities for fall leaf peeping. The first area to show fall color will be along the Kinzua Byway, which leads to the Kinzua Sky Walk. The Kinzua Byway is a tree-lined, two-lane byway which connects Pennsylvania’s Route 6 to the Kinzua Bridge State Park. The Longhouse National Scenic Byway circles the Allegheny Reservoir in the ANF, offering stunning overlooks at Rimrock, Kinzua Point and Jakes Rocks. A side trip to Kane from the southern tip of the byway offers an opportunity to shop for fresh farm produce at Bell’s Market, dine at Table 105, Texas Hot Lunch 4 Sons, enjoy a specialty cocktail at CJ Spirits, wine tasting at Flickerwood Wine Cellars, or a craft brew at Logyard Brewery.

AWESOME! WOW! ... THE KINZUA SKY WALK

The Kinzua Sky Walk, 296 Viaduct Road, Mt. Jewett, PA, is a historic viaduct reinvented following a tornado in 2003 which twisted and tossed 11 of the original 1900 steel towers into the Kinzua Gorge. Recognized as “One of the top 10 most scenic skywalks in the world” by the *Culture Trip, U.K.*, the skywalk invites visitors to walk 624 feet into the Kinzua Gorge at a height of 225 feet to peer through the partial glass floor of the skywalk at the fallen towers below. The skywalk offers a stunning 360-degree view of the Kinzua Gorge. The Kinzua Bridge Visitors Center, located at the park, showcases the amazing history of this structure, which when first built of iron in 1882, and then rebuilt of iron in 1900, was the highest and longest railroad viaduct in the world. A true engineering masterpiece.

For those seeking adventure, hike down the side of the gorge to peer at the fallen towers of the viaduct. For those who enjoy biking or a longer hike, the Knox & Kane Rail Trail a 3.8-mile linear trail can easily be accessed from the park. The Kinzua Sky Walk is open from 8:00am-dusk, seven days a week. The Kinzua Bridge State Park Visitors Center is open from 10:00am-6:00pm daily. Admission is free for both.

“Leaf Peeping in the ANF” continued page 09

A FINE TIME FOR WINE

Local wineries celebrate a bountiful harvest season and new releases



@willowcreekwinery

By MARY HEYL

For all of summer’s wonderful smells – from fresh-cut grass to sizzling barbecues – there’s nothing quite like the fragrant aroma of grapes ripening on the vine throughout the Southern Tier. As summer gives way to yellow leaves, crisp nights, and frosty mornings, area vineyards begin harvesting the season’s bounty in one of the largest grape-growing regions outside of California’s Napa Valley. Now is the perfect time to enjoy a tasting and stock up on your local favorites because for all the beauty of autumn, we know there’s a long winter just around the corner!

WINERY OF ELLICOTTVILLE

The Winery of Ellicottville is celebrating its 10th anniversary this year, and owners Beth and Sam Sheehy are excited to have their tasting room open again. “The harvest is looking good this year,” said Beth Sheehy. “We expect to be pulling in a lot of grapes!”

This fall, Sheehy is looking forward to introducing a special anniversary wine, as well as a new variety of red. “Something new we’re trying this year is a bourbon barrel-aged cabernet,” she said. “We’re really featuring our hard ciders this fall, too. Our Hideous Plaid hard ciders are made with apples from a local orchard. We have a sweet red cider, a blood orange cider, and a berry hard cider that we also feature this time of year.”

The winery, located in downtown Ellicottville at 14 Monroe Street, is now open at 50% capacity. “We’re selling flights of wine with light fare that you can take back to your table,” said Sheehy. “Mask-wearing is a must, but you can remove it once you’re seated at your table. Don’t be afraid to visit ... we’re excited to be open!”

Winery hours are noon to 6:00pm Wednesday and Thursday, noon-7:00pm Friday, 11:00am-8:30pm Saturday, and 11:00am-7:00pm Sunday. For more information or orders, visit wineryofellicottville.com or call 716-699-1055. Follow the Winery of Ellicottville on Facebook and Instagram.

WILLOW CREEK

According to Jessica Metzger of Silver Creek’s Willow Creek Winery, this year’s harvest is promising because the region did not experience a particularly rainy summer. Contrary to popular belief, “You don’t need a wet summer,” Metzger said. “Water interferes with the natural sweetening process, so it’s good not to get a lot of rain.”

Metzger said that currently, dry reds and reds in general are popular right now, though many returning customers have a particular favorite in mind when they visit Willow Creek. “What we’re best known for are our chocolate wines,” she said. “We have three varieties: Chocolate Temptations, Chautauqua Chocolate and Chocolate Peppermint Patty!”

Located in the heart of Chautauqua County’s grape belt, Willow Creek Winery is excited to welcome new and returning customers. Family-owned and women-operated, Willow Creek Winery, 2627 Chapin Road, is open from 11:00am-4:00pm Monday through Saturday (closed Wednesday) and noon-4:00pm Sunday. All visitors are required to wear masks, and several sanitation stations are set up throughout the facility. Visitors can enjoy indoor and outdoor tastings and, per New York State’s COVID-19 regulations, all alcoholic beverages must be purchased and consumed with a food item. Find Willow

“A Fine Time for Wine” continued page 13

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BUSINESS

“HAPPINESS IS AN INSIDE JOB”

Herbs R4U owner Suzie Ditcher breathes new energy into her wellness center, renamed Sunshine Health & Wellness

By SHELBY TOTH

Jamestown’s beacon of health and positivity has a new name. Herbs R4U is rebranding to Sunshine Health & Wellness while maintaining its original concept and adding a few new and exciting twists.

Suzie Ditcher purchased Herbs R4U in 2018 with her husband after working there part-time. Ditcher has always lived a healthy lifestyle, but learned a lot of her industry knowledge working previously at Nature’s Remedy in Ellicottville.

“That’s where my foundation began,” Ditcher said of Nature’s Remedy, owned by Gretchen Mendell. “And I love the energy in that store, so I’ve really tried to carry it over and make it very happy with good energy.”

That concept for the store is part of what fueled the name change to Sunshine Health & Wellness. Ditcher felt “Sunshine” carried a bit of happiness with it, to let customers know the values of the center before even stepping foot in the store. When the customers do come in, the positivity continues to flow. According to Ditcher, people comment on the positive energy they feel when they walk in. They also comment on the ease of shopping, as the store is calm and simple to navigate.

Under Ditcher’s supervision, the store has been able to offer a few new services in addition to what customers already knew and loved. Sunshine currently offers health and wellness consultations, massage therapy, Reiki, and a plethora of products ranging from supplements to natural cleaning supplies. Ditcher is also studying to become a Board Certified naturopathic doctor. And while they have been postponed due to COVID, Sunshine previously offered monthly classes on topics such as CBD or cleansing and detoxing. According to Ditcher, the team is hoping to start up classes again in October, with limited class sizes.

According to Ditcher, many of the new clients at Sunshine are in a younger age demographic. She agreed that this means young people are starting to transfer into a healthy, natural lifestyle.

“We take a lot of pride in education,” Ditcher said of her staff. “Educating ourselves on what’s happening, and we do that often together ... and we’re all interested in it, it’s not just a retail store. We all live a natural, healthy life, so we’re sort of products of our store.”

Ditcher herself is a true testament to the lifestyle of Sunshine Health & Wellness. As previously mentioned, she had lived healthy before working at Nature’s Remedy, eating nutritiously and exercising, but “amped it up” when she was brought on.

“I began a real good regimen of cleansing, detoxing and learning, and I just really enjoyed that whole journey back to good health,” Ditcher said. “[Now] I’m on a really, really, really great path to personal development.”



From her own growth, Ditcher now is able to help others, as she knew her whole life that she would do.

“All these years I’ve been thinking about how I will end up helping people and it’s happening; I just happen to have started it in my 40’s rather than my 20’s,” Ditcher laughed. “I call myself a wellness advocate because I believe that that’s not just a sort of, ‘take supplements to feel better or to help with an ailment.’ I really believe that when you’re well inside, in your heart and your mind, it changes your health. It really does. That’s sort of my mantra, my tagline is, ‘happiness is an inside job’.”

If you’re stopping by Sunshine and not sure what to try first, Ditcher suggested a few of her favorite products during our interview. She highly recommended Nature’s Sunshine products, specifically their Love and Peas plant protein powder. She also recommended a CBD balm, locally made by a company called Earth Meta based out of Frewsburg.

The center is open weekdays 10:00am-4:00pm and Saturdays 10:00am-2:00pm, but Ditcher explained that oftentimes the business is open later as people end up chatting away, enjoying the energy of the store and the people around them.

For more on Sunshine Health & Wellness, search them on Facebook and Instagram, or call 716-484-0477. Sunshine Health & Wellness is located at 1465 Foote Ave. Extension, Jamestown, NY.

EVL HALLOWEEN HALF & 5K

cont. from page 04



other’s way. It worked out well, and because of that, we’re able to host the EVL Halloween race. The safety of those participating is our #1 priority.”

Although we all look forward to the day when we can gather and celebrate in large groups again, unmasked and unhindered by fear, we can still find a level of appreciation in the things that are available to us, no matter how far from the norm they may seem. For runners, the opportunity to participate in a live event during a pandemic provides us something to look forward to, and I for one, can’t want to take off out the starting gate.

The EVL Halloween Half and 5k is set for Saturday, Oct. 24th with the first wave of runners hitting the pavement at 8:00am. As always, costumes are encouraged, but not mandatory. Spots are filling up quickly; if you plan to participate, sign up soon, as this event always sells out. Go to evlhalf.com for additional information including start times, registration costs, and safety rules.

LEAF PEEPING IN THE ANF

cont. from page 06

PLAN YOUR STAYCATION

Three of the lovely mansions located within the Smethport Mansion District - the Blackberry Inn, the Sheriff Sartwell Mansion, and the Mansion District Inn - all offer first rate accommodations in the charming village of Smethport. A stroll around Hamlin Lake with dinner at the Smethport Bistro is a relaxing and refreshing end for your day spent enjoying the colors of fall.

In Port Allegany, the Inn on Maple Street was highlighted in the “15 Top Romantic Getaways in Pennsylvania” article by *US News*.

In Bradford, stay at the Best Western Plus Bradford Inn and walk to a variety of great restaurants or enjoy a brew at the Bradford Brew Station. Two fun and quirky lodging choices - the Skinny Building Bradford, and the Bradford Flat Iron Building - offer overnight accommodations in historic buildings located within the National Historic District of Bradford. The Mountain Laurel Inn has beautifully decorated rooms, a parlor, dining room and a porch swing, inviting you to relax and enjoy the crisp autumn air.

Plan a private getaway in the Allegheny National Forest by booking your staycation at the Timberdoodle-A Little Cabin in the Woods. In Kane, the Kane Manor will pamper you after your day of leaf peeping along the Longhouse National Scenic Byway. In the ANF, cabins, RV, and tent sites may be booked online at www.recreation.gov.

For local fall color information, a daily fall foliage photo and update, plus downloadable scenic driving trail maps and lodging choices, go online to www.VisitANF.com.

HEALTH & FITNESS

Why Are Your Joints Making Noise?

By **KIM DUKE, CERTIFIED PERSONAL TRAINER, CORE PERFORMANCE**

We've all been through it: You wake up in the morning, stretch your arms, and something, somewhere cracks. Sometimes it feels like you've relieved tension and other times it just hurts! Should you be worried about this noise that makes people think they're falling apart? Although it can be embarrassing at times, usually snapping joints is not something you need to worry over. But, if you have swelling and pain with the cracking, then there could be something wrong, and you really need to visit your doctor.

You'll notice that as you get older, your joints start making more noise, but, why? The answer is simple. Imagine a door, when it creaks it needs oiling, right? Our joints are similar in a way. We don't have oil between our joints; we have cartilage. As you get older, the cartilage between your joints starts to wear away. Don't fret, it's normal, and you should expect it.

So yes, it is completely normal for your joints to pop, crack, and creak. It's not anything to be concerned about unless you're in pain.

But what *IS* that sound? There's more than one reason for your cracking joints. Let's say you're working out, and you're doing the same exercise over and over again, like push-ups or squats. You notice that one of your joints is making a snapping noise every time you bend your elbows or your knees. That noise is telling you that one of your muscles is tight, which is causing friction around your bone. Or it could be that one of your tendons is rubbing over your bone. If and when you notice it, you need to stretch your body out to get your muscles to relax.

Try listening to your joints when they pop. You'll notice that your shoulders make the loudest popping noises. That's because there are a lot of tendons that move over your shoulder bones, making the noise so much louder.

Cracking knuckles: We have all either heard someone purposely cracking their knuckles, or you have done it yourself. The sound you hear coming from your knuckles is nitrogen bubbles popping. It's normal for these bubbles to collect and get compressed in the cartilage between your knuckles.



Have you ever heard the myth that you'll give yourself arthritis or your knuckles will get big if you pop them? You probably have, but as we said, it's a myth. This won't happen because it's only gas being released.

AVOIDING CREAKY JOINTS

What do you do when your skin is dry? You apply lotion, right? So, the solution for creaky joints: "Motion is lotion". If all the snapping, cracking, creaking, and popping are bothering you, then your solution is to move around more! Why? Because sitting around doing nothing is stopping the fluid between your joints from moving around, building up more gas. And all that creaking noise is ... gas bubbles popping!

Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training located at 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio visit her Facebook page or www.coreperformancefitness.com. Reach Kim at kduke65@gmail.com.

Emotional Wellness: Inner Peace and Strength. Bringing Balance to Our Nervous System During a Pandemic.

By **LAURA WIDGER, LCSW**

The month of September marks 6 months of distancing and disinfecting, mask wearing and hand sanitizing, not to mention isolating and reintegrating into schools or places of employment. Talk about a whirlwind to our minds, bodies, and spirits. How do we bring clarity to what we have experienced?

First, how about recognizing and putting some definitions to the most common problematic Covid-19 responses? Just to name a few: irritability, anxiety, anger, inability to concentrate, struggling to sit still, distress in relationships, scanning environments for danger, zoning out, shutting down, becoming very quiet, experiencing loneliness and depression, as well as feeling isolated. With Covid-19 being a spotlight in our worlds, it is important to recognize our reactions and understand why we are experiencing them.

The answer to this big WHY "we are experiencing what we are experiencing question" has everything to do with our biological human makeup when under stress and when undergoing a trauma. Which, let's face it, a pandemic is definitely a trauma, across the board. Our biological makeup - more specifically, our nervous systems - have been rocked and unrooted.

Our nervous system exists within the confines of our mind. There are 3 branches to our nervous system and unconsciously/consciously we function from all three branches daily, weekly, and monthly.

- The top branch (ventral vagal) is located right behind our forehead. If we are functioning from this branch, we are socially connected to others and our experiences, we view the world as safe, we are happy, interested, creative, and peaceful, we are organized and follow through with plans, and we have a general sense of well-being.

- The middle branch (sympathetic branch) is located right in the center of our brain. If we are functioning from the middle branch, we experience anxiety, fear, panic, irritability, the urge to move, a sense of uneasiness, and most commonly "the fight or flight" response. Some common internal dialogues, if we are functioning from this middle branch, are: 1) The world is dangerous and I need to protect myself from harm, and 2) fear is present and whispers in our ears: move, take action, escape, nobody can be trusted, no place is safe.

- The bottom branch (dorsal vagal) is located at the base of our skull and connects to our spinal cord. If we are functioning from this branch, we experience little energy, a lack of hope, feelings of unimportance, depression, isolation, an automatic shutdown response, and loneliness.

If we visualize our nervous system as a ladder, the top rung of this said ladder is the "ventral

vagal branch" representing social connection. The middle rung of this ladder representing the "sympathetic branch" or the "fight or flight" response. Lastly, the bottom of this ladder representing the "dorsal vagal branch" or the shutdown response. It is important to gain insight and awareness of where you are on this said ladder and then strive to climb it.

Let's talk about specific ways to climb this ladder, starting from the bottom up. If you find yourself functioning from the bottom (dorsal vagal) branch, you want to think MOVE-MENT. Slight movements, stretches, changes in posture and slowly shifting your body can have a direct impact on moving you up the ladder. In transitioning to the middle branch, if you find yourself functioning from the (sympathetic branch) "fight or flight" response system, you want to think BREATH. With inhalation and longer exhalations in mind, you want to begin moving that adrenaline out of your system in a healthy way. Whether that be running, doing jumping jacks, playing an instrument, marching in place, dancing, singing, lifting weights, walking your dog, etc. Lastly, if you find yourself functioning from the (ventral vagal) top branch, you want to think about NOTICING just that. Awareness of functioning from the top branch enables top level functioning or social connection to occur more often.

Our nervous system is all encompassing and is directly impacted by our environment and our experiences. With that said, all of us have the ability consciously to "climb up the ladder" and strive for top level (ventral vagal) functioning. During this pandemic, we can view this time as having a decision to make ... We can consciously choose social connection and engagement. We can choose to lean into others, we can choose to see the bigger picture, we can choose to take care of ourselves, we can choose to take time to play and find the joy, we can find and choose gratitude.

Douglas E. Harding once said, "Peace is our very nature, not something we come across. It's where we are, nearer than all else. We don't come to it; we come from it. To find it is to allow ourselves to go back to the place we never left."

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



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MEETING NOTES

ELLICOTTVILLE VILLAGE BOARD

Public Hearing on Noise Ordinance amendment set for Oct. 20th; Special Meeting scheduled to discuss concerns regarding the “non” Fall Fest weekend

By CAITLIN CROFT

The September meeting of the Ellicottville Village Board kicked off with welcoming Sean Lowes to the Board; he has been appointed to the seat left vacant due to Spencer Murray's resignation.

There was discussion regarding the current Noise Ordinance and the changes that should be considered. The conversation leaned heavily on the set time which is currently 11:00pm. The time was set so the businesses could have live music on the weekends, but with the rentals in the village there is cause for reconsideration. The major change would be moving the time up to 10:00pm on weekdays and address how fireworks are to be handled. There was a motion to set a Public Hearing for October 20th at 6:00pm; a second and ayes carried.

There was a motion to approve the Intermunicipal Agreement for the new Town/Village Engineer, Ben Slotman; a second and ayes carried.

The Village Attorney addressed the need for a Freedom of Information Law (FOIL) Officer. It was suggested that this should be Village Clerk, Mary Klahn, as she already handles these inquiries. They are going to look further into it and advise at the next meeting.

The health insurance plan is up for the Village and the broker advised staying with Blue Cross Blue Shield of WNY. There was a motion to accept the 2021 insurance plan; a second and ayes carried.

With the cancellation of Fall Festival and businesses “re-imagining” the weekend, inherent

concerns have risen. Trustee Doug Bush coordinated with the police department in regards to having extra officers on-hand and the health department should the street need to be shut down at the last minute. This is all in preparation to handle the influx of people that still may come to the village Columbus Day weekend. Bush advised that the Village should let the Cafe Permits expire at the end of September to give more room on sidewalks for appropriate foot traffic and social distancing procedures. Traditionally, the Iskalo property on 219 serves as a camping site, and in discussions they only approve Village Sanctioned events and are in favor of barricades being installed for the weekend. They also would like to discuss with all businesses that despite a potential influx, the executive orders still need to be adhered to. There will be a special meeting on September 29th at 6:00pm to further discuss the weekend formerly known as Fall Festival.

Next, there was a proclamation from the Mayor that he would like to institute a Village ‘Roswell Day’. Mayor Burrell said, “With so many in our community who have been patients of Roswell, I feel we should honor the hospital with this gesture.” There will be more consideration and discussion, but the Board was receptive.

Lastly, this was Patra Lowes' last meeting as a Village Trustee. The Mayor and Board thanked her for her decades of public service.

There was a motion to adjourn; a second and ayes carried. The next meeting of the Ellicottville Village Board will be the Special Meeting on September 29th at 6:00pm. For streaming instructions please contact the Village Clerk at 716-699-4636.

HACKER'S HOPE

cont. from page 05

this as a life-long endeavor.”

Importantly, Corey gives all of his students a strong foundation by demonstrating the skillset needed to be successful on the slopes and in life. “Corey brings a sense of humor to situations where athletes are stressed under the pressure of performance, which allows them the confidence and encouragement to succeed,” said Crotty. “He always puts a priority on athlete safety and advocates for providing them with opportunities to be the best they can be.”

Few can attest to Corey's talent like his own students, including his niece, Lexi Crotty, who is now coaching alongside her uncle. “He is always there to support me and push me beyond my limits, both during my time on the hill, as well as life in general,” said Lexi. “Now that I am coaching, I see what he went through with me (being the difficult athlete I was). However, he was always there at the bottom of the mogul course no matter what.”

Due to COVID-19, planning a fundraiser has been difficult. What was originally scheduled for the end of March at HoliMont had to be cancelled, but Corey's friends and family are excited to finally host the Oct. 2nd barbecue. All funds raised will support the Hacker family as they pay for Corey's treatments, many of which are expensive, not covered by insurance, and require significant out-of-state travel. From stem cell injections to laser therapy, Corey has been fighting to regain his health with the same strength that has fueled his entire career.

In the words of Corey's wife, Kelly, “We instill life experiences through sport, and we want the kids to fight through any challenges that they have on the hill, and then carry those through life experiences. That's my theory for myself and my family. I'd like to thank HoliMont and our family, friends and entire community for continuing to support us.”

Tickets for the Oct. 2nd chicken barbecue are \$12 and can be purchased in advance at hackershope.com or on Facebook (search the event, “Chicken BBQ and Basket Raffle for Corey Hacker”). The barbecue is a drive-through event, and there will be several raffle prizes available, including items signed by Buffalo Bills quarterback Josh Allen and Buffalo Sabres captain Jack Eichel, and a Yeti Tundra Haul cooler filled with cheer! Lodging packages are also being raffled off, including two nights at a Lake Placid Airbnb with a \$50 dinner gift certificate, a one night at the Lake Placid High Peaks Resort with a \$50 dinner gift certificate, and an Inn at Holiday Valley Lodging Package. Tickets for your chance at the raffles can also be purchased online at hackershope.com (one ticket for \$5 or 5 tickets for \$20). Raffles will be drawn the evening of the event around 8:30pm; need not be present to win. To learn more about Corey and his journey to recovery, visit hackershope.com.

A FINE TIME FOR WINE

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Creek Winery on the web at willowcreekwines.net and on Facebook, or call 716-934-9463 for more information or to place an order.

FLICKERWOOD WINE CELLARS

Just an hour south of Ellicottville on Route 219, Flickerwood Wine Cellars at 309 Flickerwood Road in Kane, Pennsylvania is pleased to welcome visitors to their family-owned winery. This year, the Zampogna family is celebrating Flickerwood's 20th anniversary!

Per Governor Wolf's guidelines, Flickerwood is operating at 25% capacity; however, the tasting room is open every day, so there are many opportunities to visit! Stop in from noon-7:00pm Monday and Tuesday, noon-9:00pm Wednesday through Friday, 11:00am-9:00pm Saturday or noon-6:00pm Sunday.

Due to COVID-19, there is currently no bar service, but table-side wine tasting flights are available, as is outdoor seating. Owner Tammy Liberato said visitors can take part in monthly Cork & Crafts events. She added, “We built an outside axe-throwing area for clients to reserve too! We have a line of canned wine, which goes along with all the outdoor events and activities that go on in the area.”

According to Jamie Baker of Flickerwood's tasting room, “Our most popular varieties of red wine are our Sweet Angel and Sleepy Hollow, and our Rosebud Red is a popular dry red. Everybody loves our Grandview White Niagara, too.” Other popular flavors include Flickerwood's Riesling, Chantilly White, and their specialty wine, Flickerberry Dew, which is a blend of blackberry and black raspberry. You certainly won't be disappointed!

While all tastings must be paired with food, Baker said visitors can also enjoy delicious meals in the lounge. “Wednesday is Pasta Night, and every Thursday is Tacos and Tequila,” said Baker. Call Flickerwood at 814-837-7566 for reservations or to place an order for pick-up or delivery. To learn more, visit flickerwood.com or follow them on Facebook.

PLAN A TOUR AND TASTING ... OR TWO

There's no such thing as a bad time of year to visit a winery, but autumn provides double the enjoyment! With the beauty of the fall foliage and an abundance of flavors, gather your friends and plan a roadtrip to wine country. (Please drink responsibly.) For more information about regional wineries in New York and Pennsylvania, visit Lake Erie Wine Country on the web at lakeeriewinecountry.org or the Pennsylvania Winery Association at pennsylvaniawine.com. Happy Tasting!

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thepurpledoorknob: We got your fall socks #evlnow #shoplocal



fitandtiredteacher: Drove past this beauty #falltime #evlnow



lcove1: Perfect ending to a perfect fall weekend #evlnow



willygoat_adventures: A quick smooch from Remy before I head off on my ride #bikerdog #bikerlife #livetoride #adventuredog #evlnow



holidayvalley: September frosts? #onedaycloser @evlnow



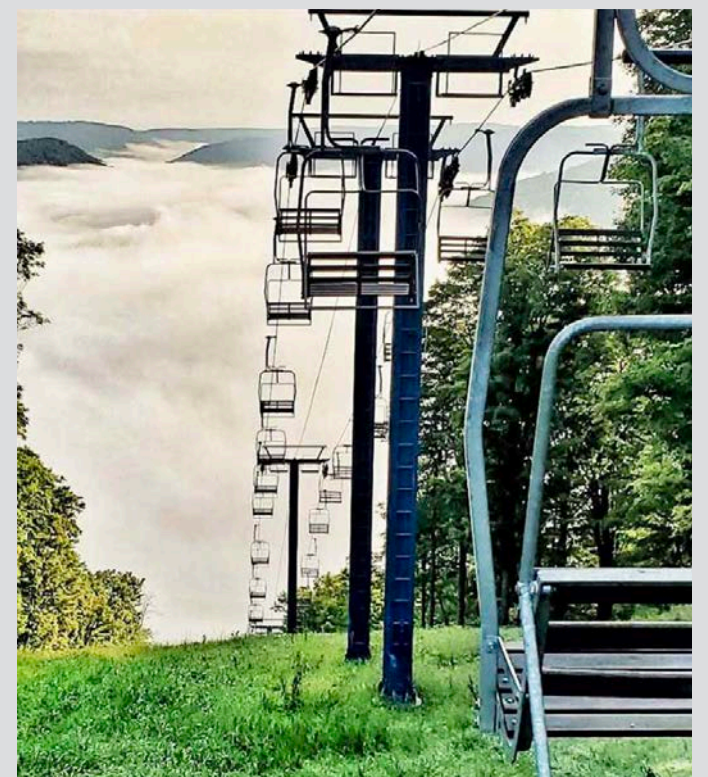
ellicottvillenow: It's a burrito kind of day! #evlnow #bikeandbean



robert_kuechle: #holimont #wny #evlnow #ellicottville #leaves



chrisperks_716: New berms #mtb #holimont #evlnow



holimont: Town of Ellicottville is under there somewhere ... Early morning fog on top of Greer #ellicottville #skinewyork @evlnow

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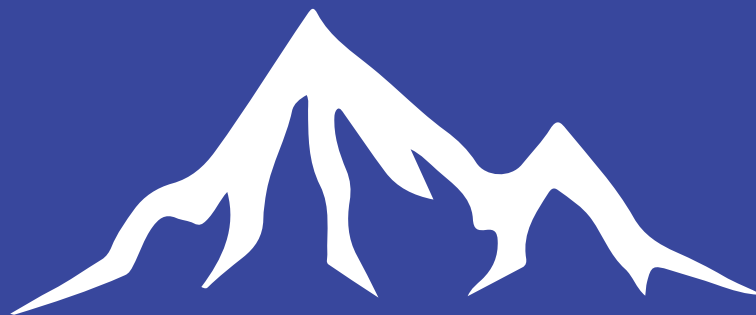
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