

Our Favorite Color is October

Ellicottville ready to put on its most colorful show of the year with a month full of 'Autumn Adventures'



Both Ellicottville and Holiday Valley are celebrating the beauty of the season all month long. From the annual Fall Festival to weekend chairlift rides, tent sales, and giant pumpkins, it's a busy time of year!

By Dash Hegeman

Shoulder seasons in resort towns are typically nothing more than a waiting period. They are a time to set your sights on what is to come next rather than focus on the here and now. But just because summer is over and many of us are eagerly awaiting the moment where the slopes are covered in snow, doesn't mean that there is a shortage of things to do here in Ellicottville.

In fact, this time of year is perhaps one of the most spectacular times to enjoy our neck of the woods. Experience Ellicottville in all its fall splendor; tour downtown or take a scenic chairlift ride to the top of Holiday Valley. It's the optimal leaf peeping opportunity and the perfect excuse for a visit. Welcome to Ellicottville's "Autumn Adventures" all through the month of October.

... page 04

snowTRENDS: Interviews with Ellicottville's ski/board shops

Winter enthusiasts everywhere are enjoying the crunch of the leaves underfoot knowing the next season is just around the corner. Dreamy snow kissed landscapes await us all who have come to know and love this WNY snow belt. As you take your gear out of storage, it is important to thoroughly check that it fits and is in working condition. Helmets if you took a few spills need to be replaced, gear that is worn through won't be as effective keeping you warm and dry while you shred. This is best left to the amazing winter gear experts we have in Ellicottville, NY who are ready to guide you with your individual needs. ... page 10

An Update from HoliMont: Summer to Winter

After enduring all that 2020 had given us, we have come to learn the necessity of healthy outdoor activities. That is why HoliMont was very eager to get our bike carriers installed on our Sunset chairlift and cut many new trails for mountain biking and hiking. We have been thrilled with the response to the lift service so far this summer.

Additionally, our mountain Operations crew has been working hard to rebuild a new beginner area at the bottom of Meadow that includes a 650-foot conveyor lift (magic carpet). We also removed our Plum Creek chairlift.

... page 08

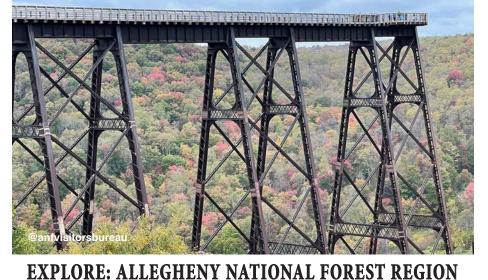
P.U.N.T. Coming to Ellicottville

EVL local shares her role in the charity organization's mission to raise money in support of families facing pediatric cancer



By Spencer Timkey

P.U.N.T. Pediatric Cancer Collaborative is a nonprofit 501(c)(3) providing families across western New York facing pediatric cancer with financial and emotional support. Founded by legendary Buffalo Bills punter Brian Moorman as a public charity, P.U.N.T. has seen annual growth because of its admirable mission and litany of programs. Madison Szpaicher, who took on a role with P.U.N.T. in 2019, has taken advantage of her Ellicottville roots, pulling in more awareness and participation from the Southern Tier. P.U.N.T. will host a Kid's Zone at this year's Fall Festival, and P.U.N.T. has been selected as the beneficiary of this year's Boardroom Banked, set for March 6, 2022 at Holiday Valley. ... page 03



The Kinzua Sky Walk is labeled as "One of the Top 10 Most Scenic Skywalks in the World." It extends 624 feet into the Kinzua Gorge at a height of 225 feet and features a partial glass floor at the very end. The skywalk offers picturesque views year-round, but in the fall, this amazing vista is made even more spectacular by the colors of the fall foliage. Plan a day trip to visit the Kinzua Bridge State Park and Kinzua Skywalk. Another unforgettable option: the Longhouse National Scenic Byway, a 27-mile loop which offers a number of developed overlooks ... page 22

ROTARY DONATES TO SKATEPARK 08 | LET'S TOUR: BREWERIES, DISTILLERIES, WINERIES AND DINERIES 16

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Publisher's PICK

P.U.N.T. provides pediatric cancer support for families across WNY; find them at Ellicottville's Fall Fest



By Spencer Timkey

Her voice fluctuated between exhausted and exhilarated, a tonal pendulum portraying a vast array of emotions. Earlier in the week, she spearheaded two events in Nashville, Tennessee, a few of many during a summertime gauntlet requiring a constant smile and laser-focused drive. The work they do - and by they, there are only three full-time on staff - creates an impact rippling across the western New York community and far beyond. As Madison Szpaicher and I spoke on the phone, one simple facet was prevalent: her passion.

Maddie (pictured above left, works for P.U.N.T. Pediatric Cancer Collaborative, a nonprofit 501(c)(3) providing families across western New York facing pediatric cancer with financial and emotional support. She began her role as Assistant Director in July of 2019, helping build the foundation into a regional name stay.

Founded by legendary Buffalo Bills punter Brian Moorman as a public charity, P.U.N.T. has seen annual growth because of its admirable mission and litany of programs.

"Around 10 years ago, Gwen's (P.U.N.T. Directer Gwen Mysiak) 15-year-old nephew was diagnosed with sarcoma," Maddie said. "His name was Andrew. He battled hard for 20 months. Brian (Moorman) had the Buffalo Embassy Suites donate their pool so Andrew could have his last swim. He died two days later. Gwen ended up meeting Brian at the funeral, and six months later he reached out asking if Gwen was interested in helping.

On her 40th birthday, Mysiak quit her career at WNED and took over at P.U.N.T.

The charity provides six key programs: Helping Hands, providing financial assistance to help families make ends meet; Adopt-A-Family, where holiday wish lists are fulfilled; Game Day, giving kids with cancer a private suite at a Buffalo Bills game; Locker, which distributes gas and grocery cards, hospital parking and cafeteria vouchers; Ultimate Compassion, encompassing bereavement programs for families who have lost a child; and Field of Dreams, where children suffering from cancer are presented with a special gift or memorable experience.

The charity relies on the help of volunteers for many of its programs, but at its heart the 3-person team does the heavy lifting.

"My major day-to-day responsibilities include back-end assistance, accounting, running the Twitter and Instagram handles (@puntpediatriccancer) and organizing events," Maddie said. "September was pediatric cancer awareness month so it was all hands on deck."

Maddie, a graduate of Ellicottville Central and Alfred University, took a part-time job with the Buffalo Bills as an event coordinator. When Gwen's longtime assistant quit, people within the organization recommended Maddie. Although it's not an official partnership, the strength of relationships built by Maddie during her time with the Bills allows the two organizations to work together fluidly.

P.U.N.T. has cultivated a relationship with Bills tight end Dawson Knox, a Nashville native and all-around #greatguy. You may have seen Knox repping a P.U.N.T. t-shirt during his post-game interview with Josh Allen.

"Dawson has become a huge part of the organization," Maddie said. "He's really our

"P.U.N.T." continued page 28

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EVENTS

FALL FESTIVAL 2021

A Letter from the Special Events Committee, law enforcement, and local officials



As Ellicottville readies itself to host its largest festival of the year, we would like to let you know what we have been working on. The Special Events committee, Ellicottville Police Dept, Catt Co. Sheriff's Dept, NY State Police, EVL Fire Dept., Village and Town Boards, Code enforcement, DPW, Chamber of Commerce, NYS DOT, along with input from local residents, merchants and bar owners have been working diligently since Nov. of 2012 on ways to improve Fall Festival as we know it.

ZERO TOLERANCE is the LAW and will be strictly enforced. This means absolutely no alcohol is allowed on village streets. You will not be allowed to leave an establishment or private property, walk to, from or within the village with open containers. Drink it or leave it. Public intoxication and disorderly conduct will not be tolerated.

NOISE LEVELS have been addressed with the local bars and beer tents. Outdoor live music will end at 11:00pm, quieter, background music until midnight, in accordance with the local sound level ordinance. Private homes are also to be obligated to obey this law.

PARKING: We strongly encourage carpooling, use of shuttles or walk! Space is limited and illegally parked vehicles (including motorcycles) will be ticketed and towed. Fire lanes, hydrants, and sidewalks are not to be blocked. Observe all temporary and regular no parking signs. Remember that flagmen for private lots are not allowed in the streets. Note that illegally parked vehicles on private property are the landowners' responsibility.

BUSES: Hired bus drop and pick-up site will be located at the DPW building on Mill & Martha Street. Parking for buses is on Route 219, beyond Holiday Valley Rd. at the old driving range site. Buses will NOT be allowed to load or unload elsewhere. Bus lines will be notified of open container law, and are expected to adhere.

SHUTTLE SERVICE: Daytime loading site at Jefferson St. & Martha St. Saturday & Sunday 10:00am-7:00pm. Evening site is at the New M&T Bank parking lot 7:00pm-3:00am, 7:00pm-midnight on Sunday. The shuttle destinations are to most of the condos between the Village and Holiday Valley; all other destinations will require taxi service, Uber, etc. Taxi Call: 375-TAXI, (Lyft & Uber) call in advance as they can be very busy. POLICE WILL NOT GIVE YOU A RIDE!

RESTROOMS AND EMERGENCY/FIRST AID LOCATION: There will be plenty of port-o-johns provided throughout the festival area; they are cleaned routinely, use them! Public urination is against the law and violators will be prosecuted. Sheriff and First Aid trailers will be located on Washington St. across from Katy's Cafe and Madigan's.

CELL SERVICE: Have a plan if the towers go down. Know where to meet if you are separated.

VENDORS: Must display vendor and health dept. permits on tents and must park in the designated lots provided to you by the Chamber. Sandwich boards, tables/chairs, and merchandise will not be allowed on sidewalks or tree lawns as to keep open to line of site for emergency personnel. Vendors are responsible for removal of their trash.

Help make Fall Festival safe and enjoyable. If you see something illegal, report it. If you see a mess, clean it up. Play by the rules ... the future of Fall Fest depends on it.

Sincerely,

Special Events Committee, Ellicottville Village and Town Boards, Local, County and State Police Depts., Ellicottville Fire Dept., Ellicottville Chamber of Commerce

BEER & WINE FESTIVAL IS BACK!

Winter is right around the corner, but there's still plenty to do this fall at Holiday Valley



BY DASH HEGEMAN

Shoulder seasons in resort towns are typically nothing more than a waiting period. They are a time to set your sights on what is to come next rather than focus on the here and now. But just because summer is over and many of us are eagerly awaiting the moment where the slopes in Ellicottville are covered in snow, doesn't mean that there is a shortage of things to do at Holiday Valley right now.

Mark your calendar for Saturday, November 13th because the Holiday Valley Beer and Wine Festival is back! With over 25 breweries, distilleries, wineries and food vendors on-site to showcase their specialties, this is an event that you're going to want to be at. Holiday Valley partners with Southern Tier Brewing Company and Ellicottville Brewing Company for this event - partnerships that have proven to be advantageous when it comes to attracting other fantastic vendors.

This year, as a way to provide guests with more space at the event, there will be two different 3-hour sessions at the Holiday Valley Lodge for attendees to choose from. The first will run from 1:00-4:00pm and the second begins at 6:00pm and culminates at 9:00pm. Each session will have a cap of 1,500 people.

Terry Sherman, Field Marketing Manager for Southern Tier Brewing Company (STBC), oversees all of STBC's large events in the Western New York, Pittsburgh and Ohio regions. He has had a hand in this event for 12 years now and is excited to be featuring a new beer at this festival. "We will have all our Artisanal Brewing Ventures family, consisting of STBC, Victory Brewing, Sixpoint Brewing and Bold Rock Cider, in one area - including Southern Tier Distilling," said Sherman. "Our destination in the festival will be a 'one stop shop' of alcohol."

John Cimperman, the founder of 42 North Brewing Company, is looking forward to Beer and Wine Festival; he and his team have a great history with the event, attending ever since the brewery's inception in 2015. According to Cimperman, not only do events like this allow his brewery to cultivate an important relationship with Holiday Valley but it also helps him expose his brand to a new audience. This year, 42 North Brewing will be bringing its Day Trekker IPA, which is very popular with both skiers and mountain bikers, so if you're in to outdoor activities, this might be one for you. And it wouldn't be fall if they didn't bring the seasonal favorite, Oatmeal Cookie Brown Ale - made up of caramel and toasted bread flavors in order to make a rich and delicious taste while locally-sourced toasted oats from Elm Street Bakery set the stage for the delicious cookie flavors.

Tickets for Beer and Wine Festival are \$55 from October 1-31st, \$60 from November 1st-11th and \$65 when purchased at the door. A designated driver ticket is available for \$10. Tickets include a \$5 voucher to purchase food at the cafeteria or the T-Bar. Lodging packages are available through Holiday Valley for those of you who want to make this an overnight trip.

As a precursor to the event and as a way to ramp up the stoke for the upcoming ski season, Holiday Valley will be collaborating with The City Garage on Friday, November 12th to bring you the premier of *Roots*, a Faction Ski and Red Bull Media House collaboration. Additional details will be available at holidayvalley.com soon.

Beer and Wine Festival isn't the only upcoming festival to get ready for in Ellicottville. Fall Festival is this weekend, October 9-10th. Experience Ellicottville in all of its fall

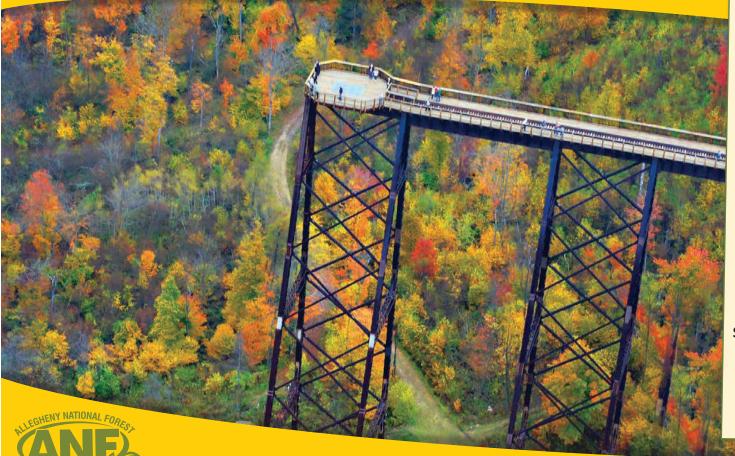
"Holiday Valley Events" continued page 28



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Kinzua Sky Walk "One of the Top 10 Most Scenic Skywalks in the World"



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Allegheny National Forest Amazing Fall Foliage Kinzua Sky Walk "One of the Top 10 Most Scenic

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DESTINATION: FUN

Autumn in Ellicottville ... The Season is Full of Outdoor Excitement

DOWNTOWN ELLICOTTVILLE & HOLIDAY VALLEY 800-349-9099 www.ellicottvilleny.com 9-1 **TOBER**



Take in a lively weekend of unique foods, fine arts, live entertainment and more. The P.U.N.T. Pediatric Cancer Collaborative will host an interactive Kid Fun Zone featuring Buffalo Bills themed mini-golf, plinko, spinto-win, glitter tattoos and crafts. Turf for Tots, which purchased the Buffalo Bills' old turf, will be set up on the lawn of the Visitors Center with a selection of turf-inspired merch to raise money for the Courage of Carley Fund. In addition to the downtown excitement, Fall Festival extends to Holiday Valley with chairlift rides, an off-road trail run, sidewalk sales and season pass promotions.



Enjoy a relaxing ride up the Mardi Gras or Spruce Lake chairlifts on Saturdays and Sundays during the month of October to view the spectacular fall leaves on the hillsides of Holiday Valley. (Mardi Gras is open through Oct. 17th noon-4:00pm and Spruce is open through Oct. 31st 11:00am-4:30pm, weather permitting.) \$10 per person, kids 6 and under are free. Purchase tickets online. Please note: dogs, backpacks and bags are not permitted on the lift. Visitors can also quess the weight of the giant pumpkin at the bottom of Mardi Gras; weekly winners will receive a \$20 Holiday Valley gift card.

9 Griffis Sculpture Park, East Otto, NY www.griffissculpturepark.com THRU OCT. **WED-SAT**

CTOBER 24

1:00-6:00pm ELLICOTTVILLE'S NANNEN ARBORETUM



Experience Griffis Sculpture Park at night! NIGHT LIGHTS invites guests to walk the park's trails and experience the interaction between lights, nature and art, as a portion of the park is illuminated with colorful and theatrical lighting. New additions to this year's NIGHT LIGHTS include a new trail, new lighting concepts, soundscapes, performance artists, video projections, vendors and events. It is a truly unique experience the whole family will enjoy! \$12.50 adults, \$7 for children 7-12 years old, free for children 6 and under. Purchase tickets at eventbrite.com. Be sure to dress for the weather and bring a flashlight for a few darker sections of the trail.

Keller Williams real estate agent Caitlin Croft is planning a fun, festive, free Halloween-themed

bye-week at the Ellicottville Nannen Arboretum

for an afternoon of pumpkin carving, hot cider

and sweet treats. All supplies will be provided,

all ages welcome! As a breast cancer survivor herself, Croft is using this opportunity to help

non-profit dedicated to providing financial and

@RelaxedRealtorEVL on IG for additional event

raise money for The Pink Pumpkin Project, a

emotional support to those in our local

details as we get closer to the date.

communities fighting breast cancer. Follow

event to show her appreciation for both her

clients and the community! Spend the Bills



tmare

Nightmare Hayride is known to be the scariest haunted attraction in Western New York. A 25-minute tractor drawn hayride will lead you down a creepy, haunted path with live scary creatures. Exit off into a haunted maze that twists and turns over one acre of land with more spooky, scary live creatures. Then enter into the haunted barn which features the vortex tunnel. \$25 per person; snack shack on-site serving up spooktacular food. Take a seat at the pavilion and tell all your haunting stories. "Come if you dare.



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NOVEMBER

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RID

CHAIRLIFT



Grab your friends, plan your costumes and get ready to run! Both the 5k and the half marathon will start and finish on Monroe Street in the village. The rolling course heads north through scenic, lightly traveled, rural roads and offers fast times and a great atmosphere. Awards in various age groups and Costume Contest. All participants will receive a t-shirt, finisher's medal and postrace recovery food. Celebrate your run at the after-party, which returns this year to Ellicottville Brewing Co. Secure your spot at the start line. Register online.

0 2:00-5:00pm @ FATTEY BEER CO., EVL NOVEMBER



The SK8EVL committee is continuing its efforts to raise money to help build a concrete skatepark in Ellicottville. Fifty blank skatedecks have been distributed to 50 different artists across the U.S. These one-of-a-kind works of art will be live auctioned and silent auctioned, with all proceeds matched by The Skatepark Project/ Ralph C. Wilson Jr. Foundation. Food, beer, and giveaways too! (including a Salomon Huck Knife Pro snowboard donated by Snowflake/245 Board Shop). The first 100 ticket holders will take home a mini-art canvas created by students of Ellicottville Central School. For tickets stop by ellicottvilleNOW, call/text 716-244-7573 or Venmo: @Ellicottville-Skatepark.

Holiday Valley HOLIDAY VALELY RESORT 716-699-2345 wwww.holidayvalley.com BEER AND WINE FESTIVAI

Beer is Back! The 17th annual Beer and Wine Festival invites everyone 21 and over to sample many great flavors offered by the region's best craft brewers, wineries and cideries. Add live entertainment, food trucks and 1500 of your closest friends, and you've got the makings of the great-est party of the season! Organizers have modified this year's event to give everyone a bit more elbow room. Two sessions are scheduled in the Holiday Valley Lodge: 1:00-4:00pm and 6:00-9:00pm. Purchase your session online. Price bump Nov. 1st; purchase early to save.

26-28 DOWNTOWN ELLICOTTVILLE NOVEMBER

800-349-9099 www.ellicottvilleny.com



Who needs all the hustle and bustle and stress of spending Black Friday at the Mall when the whole family can enjoy Christmas in Ellicottville? The village sidewalks are lined with an abundance of eclectic shops that are packed full of unique holiday gift choices. Spend the weekend enjoying some of the best restaurants and finest accommodations in the area as the streets come to life with beautiful, festive lights, the official lighting ceremony of the Ellicottville Ski Tree, special guests (Hello, Santa!), children's activities and more. Get into the holiday spirit with your family! Check the Ellicottville Chamber's website for additional details as we get closer to the season.

ellicottvilleNOW

LOCAL NEWS

SKATEPARK DONATION

Rotary Club of Ellicottville presents check to Ellicottville Skatepark project



of the future skatepark to celebrate the generosity of the Rotary Club.

ELLICOTTVILLE - On Wednesday, September 22, 2021, the Rotary Club of Ellicottville presented a check in the amount of \$25,000 to members of the Ellicottville Skatepark Committee (SK8EVL).

Ellicottville is the recipient of a "Built to Play" matching grant program through The Skatepark Project (TSP, formerly the Tony Hawk Foundation). Partnering with the Ralph C. Wilson Jr. Foundation, TSP's Built to Play (BTP) grant offers qualifying western New York and eastern Michigan communities up to \$250,000 in matching funds to apply towards the construction of permanent, outdoor, concrete skateparks. Thanks to this match, the Rotary's generous donation will turn into \$50,000 for Ellicottville's skatepark construction.

"The Rotary Club of Ellicottville is proud to support this local effort to expand outdoor recreation opportunities for our youth," said Doug Anderson, Rotary President. "SK8EVL has done a tremendous job in raising funds and awareness for the skatepark. Our club committed early on to making their vision a reality."

SK8EVL began advocacy efforts in 2018, with the BTP grant awarded in November 2019. Since then, advocates have hosted numerous fundraisers and donation drives, working their way towards their goal.

"As soon as we got word that our BTP grant application was approved, we started fundraising efforts," said Brenda Perks, SK8EVL lead advocate. "About three months into fundraising, Covid hit and the world shutdown. Fundraising during a pandemic is next to impossible, but we came up with creative ways to continue our efforts. Many of the businesses and organizations here, including the Rotary Club, answered the call."

With a commitment of \$25,000, the Rotary Club of Ellicottville has secured the "Greenspace" sponsorship level, and therefore will have naming rights of their choice of a bench or tree that will be designed within the skatepark.

"The Rotary was actually one of the first organizations to express their support when this project began," said Perks. "They see the value of having a skatepark and what it will do for our community and for our youth. Skateboarding provides a lot of benefits both physically and mentally, and it has a way of bringing people together. We are extremely thankful for the Rotary's donation, and for their commitment to our community."

"We understand the importance of getting these kids outside and active, and skateboarding is a great, affordable option," said Anderson. "This project aligns right up with the Rotary's mission to provide these types of opportunities for the youth of our area."

The Ellicottville Skatepark will be located inside Ellicottville's Village Park, and when completed, will be available to the public at no charge. Construction is expected to begin next spring.

To learn more about the Ellicottville Skatepark and how you can contribute, follow @sk8evl on FB/IG or go to sk8evl.com. Direct donations to the Ellicottville Skatepark can be made through a secure fund at the Cattaraugus Region Community Foundation, 301 N. Union St., Olean, NY 14760, phone 716-301-2723 or cattfoundation.org.

The Rotary Club of Ellicottville provides help and service to many local groups and has the designated 501(c)(3) charity organization, *The Foundation for Youth*, providing Youth programming for the Ellicottville area. To learn more about the Rotary Club of Ellicottville, visit ellicottvillerotary.com.

#GETOUTSIDE @HOLIMONT

Following a successful bike park season, HoliMont looks ahead to winter



By JENNAH BRADLEY, HOLIMONT

After enduring all that 2020 had given us, we have come to learn the necessity of healthy outdoor activities. That is why HoliMont was very eager to get our bike carriers installed on our Sunset chairlift and cut many new trails for mountain biking and hiking. We have been thrilled with the response to the lift service so far this summer. Trails are always available for use, however, the final weekend for bike lift access will be Oct. 9th and 10th.

Additionally, our mountain Operations crew has been working hard to rebuild a new beginner area at the bottom of Meadow that includes a 650-foot conveyor lift (magic carpet). We removed our Plum Creek chairlift which allows improved terrain access and protection at the base of Wild Turkey where we look forward to hosting training and competitions this winter.

With the start of the 2021-'22 ski season, we continue to offer our Trial Membership opportunity. This year's Trial Membership allows any person, couple, or family that is interested in becoming a member the chance to experience HoliMont at a discounted rate for one year with no commitment. One price will provide everyone with picture passes, 50% off seasonal ski school programs, and access to all HoliMont member benefits! Trial 3 members have until March 1, 2022 to decide if HoliMont membership is the right fit for their family. If Trial members want to join, they will receive a credit towards a full membership initiation fee. Contact the HoliMont Office at 716-699-2320 if you're interested!

HoliMont will also again offer our Weekday Experience Pass that includes 10 weekday lift tickets, 2 lessons and 2 half price weekday lift tickets that you can use for yourself or a friend, all at a discounted rate. For prices and information and to take advantage of the best deal on skiing in western New York, please visit our website at www.holimont.

This year HoliMont plans to host our annual Contractor's Day on Friday, January 28th - our biggest event of the season for local contractors and vendors with food, beverages, entertainment and a fun-filled day out on the slopes! Ticket sales and information for that event will become available soon.

After what we would consider a very productive summer, we anticipate a successful winter season with hopes that we will finally get to properly welcome back our Canadian friends and family and look forward to the friendships, events, and beautiful days to come at HoliMont.

Ready to join the HoliMont family? Whether you're interested in membership or a weekday visit, we'd love to give you a tour!

Ellicottville Historical Society

ELLICOTTVILLE - The next meeting of the Ellicottville Historical Society is scheduled for October 13th and will be the last meeting of 2021. This is our meeting for the Elections of officers and business meeting. Our speaker will be Tina Scherman and she will be presenting on Joseph Ellicott and the Holland Land Company. The meeting will start at 7:00pm and will take place at the Ellicottville Memorial Library, 6499 Maples Road, Ellicottville, NY. The meeting is free to everyone.



SEE THE GAME ON THE BIG SCREED BY DJ MILK OF THE BILLS SUNDAY, OCTOBER 10 | 8:00 PM-END OF GAME Halftime Buffet and I Drink \$40 per Person | limited seating tickets: Villaggiopopup.com Portion of proceeds to benefit the punt foundation 50/50 Splits

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INTERVIEW BY CAITLIN CROFT

Writer's Note: Winter enthusiasts everywhere are enjoying the crunch of the leaves underfoot knowing the next season is just around the corner. Dreamy snow kissed landscapes await us all who have come to know and love this western New York snowbelt. As you take your gear out of storage (or if you're like me and it's on display all year), it is important to thoroughly check that everything fits and is in good working condition. Helmets if you took a few spills need to be replaced, gear that is worn through won't be as effective at keeping you warm and dry while you shred. This is best left to the amazing winter gear experts we have right here in Ellicottville, NY who are ready to guide you with your individual needs. Let's dig in ...

eNOW: What's new in fall fashions and designs at The City Garage?

CLAUSS: All new! Winter is always exciting, even after 20 years of starting winters I still get excited for the start to our favorite season. We are still committed to finding brands for our store that you won't find anywhere else. Our clothing caters to our categories of skis that we sell - Recreation / Enthusiast / and Pro.

eNOW: Anything fun coming for ski season?

CLAUSS: More of everything! We had such a demand for outdoor winter product that we wanted make sure that we had enough for this winter. Cross country skiing and snowshoeing were a big hit - here's to another snowy and cold winter!

eNOW: Any winter products you're excited about?

CLAUSS: We have added more to our "uphill" market. More brands and more options for boots. We have been selling telemark and alpine ski equipment for 20 years - Alpine Touring ski equipment is the next step. Spending more time outside when you're in E'ville is the best way to relax!

eNOW: Care to brag about your bootfitting service? **CLAUSS:** Where do we start!? We've been fitting boots since well ... a long time! Our team of bootfitters have cultivated quite the rep for fixing people's feet. Near and far, young and old, beginners to seasoned pros, we can do it all. Our bootfitting service is already up and running for the season, so if you're looking to take a seat on the coveted "throne" in our upstairs boot room, it's a good idea to call the shop (716-699-2054) to set up an appointment. Otherwise, you might find yourself stuck in line!

eNOW: What is your favorite new addition to EVL?

CLAUSS: The addition to mountain biking this summer has been so rad - HoliMont really took the bull by the horns and went to town! This has been the biggest expansion in mountain biking that I have seen in the past 20 years. The new winter expansion how about another high-speed lift for our skiing pleasure !? Holiday Valley has done it again - Yodeler Quad is going to change the game for making fast laps and getting a ton of vertical in a short time. Especially when you're on your lunch break!

eNOW: Where is your go-to apres spot?

CLAUSS: If you're a skier, The Ellicottville Depot is the spot! If you haven't - you must! Make sure you ask to meet the owner. He's got some storytelling.

eNOW: What is your favorite weekday activity?

CLAUSS: Weekdays are the days to play! With the weekends in most all seasons being the "busy time", Monday through Friday is our time to shine. Being able to take a day off of work and hit the slopes with little to no lift lines is the key. Make the most of your time and money.

DEKDEBRUN'S APEX STORE

18 Washington Street (Upper) | 716-490-1621



INTERVIEW BY CAITLIN CROFT

eNOW: Tell me about your exclusive product, the Apex Ski Boot.

DEKDEBRUN: Apex ski boots have been on the market since 2008. Dekeberun's Ski Shop and Greg Dekdebrun, always looking for a new innovative product, became the first Apex retail dealer in Western New York. We are now the exclusive Apex dealer for Western New York, Western Pennsylvania, and northern Ohio. There are no dealers in Canada, so until Covid we serviced Central Canada exclusively.

eNOW: What draws a client to this product? **DEKDEBRUN:** The premise behind the boot was to be comfortable, warm, easy to get on and off and perform as a ski boot should. This was accomplished by making a comfortable walking boot (think snowboard boot). Snowboard boots have always featured a soft exterior and comfort that no ski boot could offer. Snowboarders could perform all day on the mountain, and then walk around at the end of the day in the same boots and never worry about loosening them up. The Apex boot is heat moldable and uses a BOA system for closure. You then step into the performance chassis with a two strap closure. The chassis is compatible with all alpine bindings. It has adjustments for forward lean, 3 flex adjustments and the ability to cant (cuff align the chassis). Replacement toes and heels are also available.

eNOW: What's new this year?

DEKDEBRUN: Over the years, Apex has refined the product which has improved the fit, comfort and performance. This year Apex will be offering 2 models - a men's model the XP Antero Topo Edition, and a women's model the Blanco Topo Edition. The Antero is designed for the advanced male skier. The Blanco is for an intermediate to advanced woman skier. Both models have the same features and benefits, including an insulted Thermolite liner to help promote warmth.

eNOW: How do we get our hands on these?

DEKDEBRUN: Dekdebrun's will be selling the boots by appointment starting in November. Typical of what is happening in most industries, shipping has put our delivery of new inventory behind schedule. Go to our website dekdebruns.com to make your appointment. We anticipate being out of boots by the end of January. Don't procrastinate. We do have a small number of older boots that are listed on eBay.

eNOW: What other services can your customers expect at your location?

DEKDEBRUN: Every good boot fit starts with a set of foot beds. Just like the foundation in your home, the foot bed is what stabilizes and controls all the joints above it. We will continue to offer custom foot beds from Footbalance and drop-ins from Walkabout at the shop.

eNOW: What is your favorite recent addition to Ellicottville? **DEKDEBRUN:** My favorite addition to Ellicottville is the Ellicottville Coffee Company. And lucky for me, it's right next door to my shop!

eNOW: During the week what can we find you doing?

DEKDEBRUN: That's an easy question. My favorite weekday activity is skiing. How could it not be, in a beautiful town such as Ellicottville?

eNOW: What does your apres consist of?

DEKDEBRUN: You can find me Greg Dekdebrun, any weekend night at any of the Ellicottville speakeasies, enjoying a couple cold ones and talking skiing (of course!) with the crowd.

snowTRENDS

MUD, SWEAT N' GEARS

18 Monroe Street | 716-699-8300 | mudsweatgears.com



INTERVIEW BY CAITLIN CROFT

eNOW: Fall fashion, what's in?

READING: Say hello to new fall fashion - effortless apparel and footwear you'll reach for whether you're apple picking, tailgating or enjoying a night out with friends. We carry a fun and trendy selection of lifestyle wear - pieces you'll reach for on and off the slopes. Lots of sweaters, flannels, casual jackets, shirts and tops, dresses, skirts, tights, hats, scarves, sporty bags that keep pace with your active agenda. And boots and shoes from Sorel. Some of our fall favorites include anything from Kari Traa, The North Face, GoGo Sweaters, Marmot, Jetty, Ski The East, Toad & Co, Parajumpers and Krimson Klover ... just to name a few!

eNOW: What makes you stand out from other shops?

READING: For more than 20 years we have aligned ourselves with the best brands in the business. From legacy ski companies with rich histories to modern innovators and backcountry specialists. We work hard to combine our years of industry knowledge with the latest in winter sports technology to help provide our customers with the best gear on the market.

eNOW: Any winter products you're excited about specifically?

READING: We continue to be excited about skis from Blizzard. The award-winning, fan-favorite Black Pearl 88 and Brahma 88 keep coming back for good reason. The versatile waist width makes them a great daily driver or single-quiver choice at the resort. These skis can handle both hardpack and fresh snow, can navigate through crud or powder, moguls and tree skiing without skipping a beat.

eNOW: Tell me everything I need to know about renting equipment?

READING: The earlier [you reserve your gear], the better. We encourage customers to come in now for the best selection. Our seasonal rental program is very popular, and gains popularity every season. Mud, Sweat n' Gears has a broad selection of high-quality equipment that can either be rented by the day or leased for the entire season - your choice, depending upon your specific needs. If you're only going to ski or snowboard a few times, then renting by the day might be the right way to go. If you're intending to be on the slopes more often, but aren't ready to purchase, then a seasonal lease is the best choice. Our seasonal lease program is an affordable solution for families with growing kids. New and used ski or snowboard packages are available and come with season long free tuning, boot adjustments, size upgrades for growing kids and an affordable buyout option. New lease packages give the user the pleasure of skiing on all new equipment and putting in the first scratches. Used equipment has one or more seasons use, but still in top shape. We also offer the option of leasing just a ski or snowboard boot or leasing just a ski or snowboard.

eNOW: What's "The Speed factory" all about? READING: We take service seriously and have specialty services tailored for every skier and rider from a novice to elite ski racer. The "Speed Factory" at Mud, Sweat n' Gears is home to the most innovative tuning machinery from Montana of Switzerland. Our backshop features a fully automated Montana Challenge "service robot"... the only one of its kind in Western New York. The Challenge Robot allows us to comprehensively cover every step of the ski service process, minimizing turn-around time while maximizing quality service results. We are able to offer a wider variety of base patterns and edge angles for all of our customers' needs. In addition, our infrared "Wax Future" compliments the service robot. This machine uses an infrared heat source to heat the base of the ski. This provides better and deeper wax penetration into the base of the ski, for longer and better gliding on the snow. Our service shop is open daily, and same day service is (usually) available.

BOARDROOM SNOWBOARD SHOP

6113 Route 219 | 716-699-5620 | boardsandpowder.com



INTERVIEW BY CAITLIN CROFT

eNOW: What's new this season at The Boardroom?

TIMKEY: After last season's meteoric rise in participation numbers for both ski and snowboard, we feel like we're on the cusp of something special with snowsports. We're going to continue to get people standing sideways on the industry's best products, whether it be a full retail setup or a seasonal rental. There's a heavy emphasis on Boardroom and Ellicottville branded product, including hoodies, crews, beanies and a really cool Ellicottville topographic map apparel piece. This season, we added Vans boots to our lineup, which complements an already dynamite hardgoods selection. The return of print snowboard magazines has been really cool, and we're an official Paper Trail partner - meaning you can come in and grab a copy for free.

eNOW: What do you have coming for this season? And what products specifically are you excited about?

TIMKEY: Fortunately, a lot of our product has shipped and landed in-store, meaning we're not dealing with the container ship backup quite as badly as other industries. Imagine a binding without straps. What we're insanely excited about - and this has been the case for the past few seasons - is Burton Step On. No longer do you need to bend over to strap in, and you're not sacrificing performance. We've got the Photon, Ruler and Swath for men and the Felix for women. Burton also incorporated the HammockBack from its in-line Genesis binding into a brand new Genesis Step On. We are the area's largest Step On dealer, and inventory is extremely limited yet again. We're selling Step On in-store only this season.

eNOW: How about your seasonal rental program?

TIMKEY: Seasonal rental is such a dynamite way to get into skiing and snowboarding. For adults, it's an affordable way to try something different that you might not have tried before. For families with growing kids, it's a REALLY affordable way to get kids on good equipment that's sized correctly without throwing down for a full setup every season. Our rental program - new and used, adult and junior, ski and snowboard - starts at \$49.99. We offer free tune-ups all year long and free size exchanges throughout the season. The sooner folks get in, the better - we have lots of stuff available, but it does get pretty picked over.

eNOW: You didn't run the Boardroom Banked last season, but it's back this year.

TIMKEY: Last year was so difficult for everyone, right? It was such a bummer we couldn't run the event, especially after the success of Year 3. But it was the right move, and gave us more time to plan strategically for this season. The layout will be similar - a banked slalom hand-built by us on Champagne at Holiday Valley on Sunday, March 6, 2022. There are four divisions: Men's Open, Women's Open, Grom and OG (35+). Winners get handmade trophies, and we're working with Colorado-based Phunkshun facemasks to make our custom facemask bibs. And this year, the beneficiary will be P.U.N.T. Pediatric Cancer Collaborative, a Buffalo-based nonprofit helping families dealing with pediatric cancer. The signup link for the Banked will be live soon.

eNOW: There's a little different flair to your social media this season.

TIMKEY: We're tired of scrolling through the Gram and seeing ad after ad. Social media can be a real downer sometimes, but we want to use it to keep creating a sense of community amongst our customers and fellow snowboarders (and skiers, we're not judgey). We're going to highlight some great things we have in-store, but we're also going to make it fun and engaging. We recently called out the host of The Bomb Hole podcast, Chris Grenier, who's a New Englander. If the Bills win on Monday Night Football on December 6th, Grendy has to wear a Bills shirt during the filming of an episode. If the Pats win, we have to wear Patriots sherseys during Christmas week. It's just thinking differently and having some fun with it. We're running way more giveaways this year on our social channels too.

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The Enchanted Mountains

Prepare for a fun fall in beautiful Cattaraugus County!

When you think of Autumn, chances are you start to think of a visit to Pumpkinville, warm days with cool nights, and colorful festivals! Probably the most treasured aspect of Fall is the bright, vibrant colors that paint our hillsides, along with the sound of crunching leaves beneath your feet, and the warm afternoon sun. The Enchanted Mountains are just a short drive from Buffalo, Niagara Falls, Erie, Pittsburgh, and Binghamton, and all roads lead to Autumn elation.

NIGHT LIGHTS | TRAIN RIDES | NIGHTMARE HAYRIDES

Night Lights is an annual tradition where bright lights decorate the paths and sculptures at Griffis Sculpture Park, creating a fun experience for the whole family. Take a fall foliage train ride from the Gowanda Train Station, or view the colors from above on a weekend chairlift ride at Holiday Valley. If you prefer a scarier venture, visit Nightmare Hayrides on Sommerville Street on weekends in October. For information on any of our fall attractions visit EnchantedMountains.com.

TAKE A DRIVE THROUGH AMISH COUNTRY

One of the reasons our region is so special is the Fall Foliage. Many people in these parts call Autumn their favorite season and you can see why as you drive the country highways and byways. For the ultimate viewing, travel through our Old Order Amish community on New York's Amish Trail, in a rural setting with open landscapes. You will come upon Amish buggies that go a comfortable speed of 10mph - don't be in a hurry, slow down and appreciate the golden days of the year. Relax in the lazy, hazy days of Autumn as you make stops to the different Amish owned shops. Fill up on the delicious baked goods, buy a handmade quilt and stock up on wonderful gifts all before going home, gearing you up for the upcoming colder season. Not sure where to go? Visit AmishTrail.com.

HIKE ROCK CITY PARK

Rock City Park will lead you on hiking trails through gigantic rock formations leftover from the glacial period and over the falling leaves of the trees surrounding these rocks. Experience the view from the treetops as you make your way to the trail via a route on the top of one of those large rocks. Relax on the double swing, pose for photos under the arbor, or hold hands with Big Foot. Once you know what the treetops look like, follow the trail down to the lower level, where you can then walk through the leaves fallen on the ground beside huge rocks (sometimes 3 stories high!)



EXPLORE ALLEGANY STATE PARK

Last but not least is Allegany State Park. Fall is one of the most popular times at the Park and the campsites are buzzing with families looking to hike, bike ride and enjoy a warm campfire. If you plan on camping, plan ahead as families have made this an annual tradition. Or come for the day to get some fall fishing in, take the horse out one last time before winter, or climb Thunder Rocks and the Stone Tower. The sights at this Historic NYS park can be breathtaking anytime, but they are especially awesome in full color.

So fall whole-heartedly into Autumn here in the Enchanted Mountains of Western New York. To view more information on any of these fall foliage destinations, visit EnchantedMountains.com. For a FREE Activities Guide call 1-800-331-0543.

1-800-331-0543 www.enchantedmountains.com

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REGIONAL

SUPPORT YOUR LOCAL ARTISANS

W.I.L.M.A. Weekend returns to the Cattaraugus County Fairgrounds



BY MARY HEYL

Small business owners – especially those who rely on in-person events to showcase their wares – have been among those most disadvantaged by the near complete shift to online shopping or at-home delivery created by the pandemic. The absence of craft shows, festivals, and fairs made for a quiet 2020 at the Cattaraugus County fairgrounds in Little Valley, but this fall, the return of in-person events has been welcome news to all. Samantha Hayes, tourism assistant for the Cattaraugus County Dept. of Economic Development, Planning & Tourism is pleased to announce the W.I.L.M.A. Woolly Bear Weekend is among those events!

"We are back to a normal W.I.L.M.A. year," said Hayes. "We will be back at the fairgrounds in Little Valley on Saturday and Sunday, October 16-17th."

This is the 9th year of W.I.L.M.A., which stands for We Invite Local Manufacturers and Artisans. Despite the pandemic, the event took place last year, though in a very different format. "In 2020, we did a W.I.L.M.A. Fall Crawl every weekend in October," Hayes explained. "Participating vendors opened their doors or roadside stands for small groups to shop, rather than gathering at the fairgrounds. It was a great year to be able to do some W.I.L.M.A. on the road, but we're back to our normal event where all can gather and buy directly from the vendors at their booths."

Each vendor must be from Cattaraugus County, though the range of items that they sell varies greatly, which means there is something for everyone! Hayes explained, "W.I.L.M.A. was created to recognize the amazing artisans we have in our county and to promote shopping and buying locally. We also like to recognize it as the kick-off for the holiday season!"

While some vendors create items that are specifically holiday-themed, such as painted wooden signs and Christmas ornaments, many have a variety of items that also make great gifts. From soaps, jewelry, candles, and primitive and country décor to Cutco's beautiful cutlery sets, there is something for everyone.

W.I.L.M.A. is more than just a craft show. It's a family-oriented event that also includes special events throughout the weekend. Hayes said that Wilma, the woolly bear caterpillar, will be making an appearance on Saturday to give her winter weather prediction. The wider the brown middle stripe, the milder the winter will be, according to folklore. The weekend will also include cider and donuts, as well as a special giveaway for early visitors. "Two years ago, we introduced W.I.L.M.A. bucks," said Hayes, "and we're excited to bring it back this year! The first 50 people who come on Saturday will get \$5 to spend at any vendor's stand, and on Sunday, the first 25 people will get \$5 in W.I.L.M.A. bucks." There will also be drawings throughout the weekend for door prizes.

Over the course of the past few months, Hayes has been traveling to several vendor shows, and she expects W.I.L.M.A. to be as busy as ever. "It's amazing the number of people coming out to these shows," Hayes noted. "More than ever, people are recognizing the importance of going and supporting our local artisans and manufacturers. So many of our vendors participate in these types of events for the extra money, but a lot of them do it as their primary source of income. We're so happy to be able to have the event and support them!"

W.I.L.M.A. has grown considerably over the past nine years, as space has increased from just one building of vendors during the first year to filling every space in two buildings. W.I.L.M.A. is free to attend and parking is free as well. Because it is an indoor event, W.I.L.M.A. will take place rain or shine from 10:00am-4:00pm on Saturday and from 11:00am-3:00pm on Sunday. For more information, call 1-800-331-0543 or visit https://en-chantedmountains.com/events/2021/10/9th-annual-wilma-9610.

OPERATION WARM HEARTS

What started as a coat drive has turned into a full-time organization for those in need



Operation Warm Hearts volunteers Ann Marie Sitter Tompkins (far left), Claudia Attard (middle left) & Pamela Shumway (far right) present a prize to a raffle winner, Mary Freeman (middle right).

OLEAN - When Ann Marie Sitter Tompkins and other volunteers originally decided to run a coat drive to provide warm winter clothes to children in need in 2020, they thought it would be a one-time effort.

The success of that first winter clothing distribution and the obvious need for it led to the official establishment of a new nonprofit, Operation Warm Hearts, to make the distribution of new clothing to area children a full-time effort.

Recently, the agency decided to establish an agency endowment fund at the Cattaraugus Region Community Foundation to make sure their efforts will be sustainable for many years to come.

The organization began when Sitter Tompkins's mother, Mary Basnight, passed away at the height of the COVID-19 pandemic in 2020. Due to restrictions, Tompkins could not be with her mother or hold a formal funeral at the time, so she decided to lead an effort to provide mittens to area youth, under the name Mary's Mittens, in her mother's honor.

"A couple of my friends had heard about that, and they had been wanting to start a project to provide winter coats called Jackie's Jackets, so we decided to marry the two," Sitter Tompkins, now Operation Warm Hearts president, remembered. "And that is how Operation Warm Hearts began."

The efforts of Operation Warm Hearts, made up originally by Sitter Tompkins, Pamela Shumway and Claudia Attard, culminated in the distribution of some 300 coats to needy area youth last November at a distribution day in Lincoln Park.

Sitter Tompkins remembered that the day was a particularly cold one in Western New York, and yet many kids showed up to the event without a coat on their back.

That day cemented the need for Operation Warm Hearts to become a permanent organization.

"At the end of the event we thought that was it," she said. "And then I got home and the phone calls started coming in."

Sitter Tompkins said she received numerous calls from families and area agencies asking if there were any coats remaining and if there would be another distribution day.

Ever since, Operation Warm Hearts has been operating on a full-time basis.

The agency now buys new winter clothing and boots for children from infancy to 18 years old. Every child also now receives a book at their grade reading level as well as a toothbrush and toothpaste.

Despite the agency's name, Operation Warm Hearts now fills a need during more than the winter months.

They also had an event recently that distributed back-to-school clothing. Operation Warm Hearts also works with other community agencies like Parent Education Program and Intandem to distribute clothing and resources for families in need.

As Operation Warm Hearts began to develop as an organization, Sitter Tompkins said

"Operation Warm Hearts" continued page 30



Property of Distinction



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Luxurious, custom-designed, and precisely detailed, this scenic mountain residence is a distinguished Ellicottville market find. Floor to ceiling windows bring in soft northern and easterly light, presenting tranquil slope views during winter months.









Upon entrance, a refined and highly practical open floor plan creates an inviting atmosphere, highlighted by a magnificent stone fireplace in the great room and an expansive wraparound deck. The gourmet chef's kitchen is marked by a stunning copper range hood, granite countertops, stainless steel appliances, a dry bar, and maple custom cabinetry. For undisturbed privacy, a large primary suite is located at the opposite end of the main floor. A dual-paned gas fireplace joins the primary bed and bath. Notable features in the primary bath include a spacious walk-in closet, dual shower and vanities, and a whirlpool tub. On the lower level, the living area presents a delightful atmosphere for making memories with a simple stone fireplace, two full bathrooms with marble countertops, four bedrooms with custom closets, and separate utility and laundry rooms. Two sets of French doors give way to a more secluded deck and hot tub area. Additional property attributes include an expansive mudroom and entryway with slate flooring, an attached garage with a spacious and heated room overhead, additional driveway parking, and hassle-free lawn maintenance.

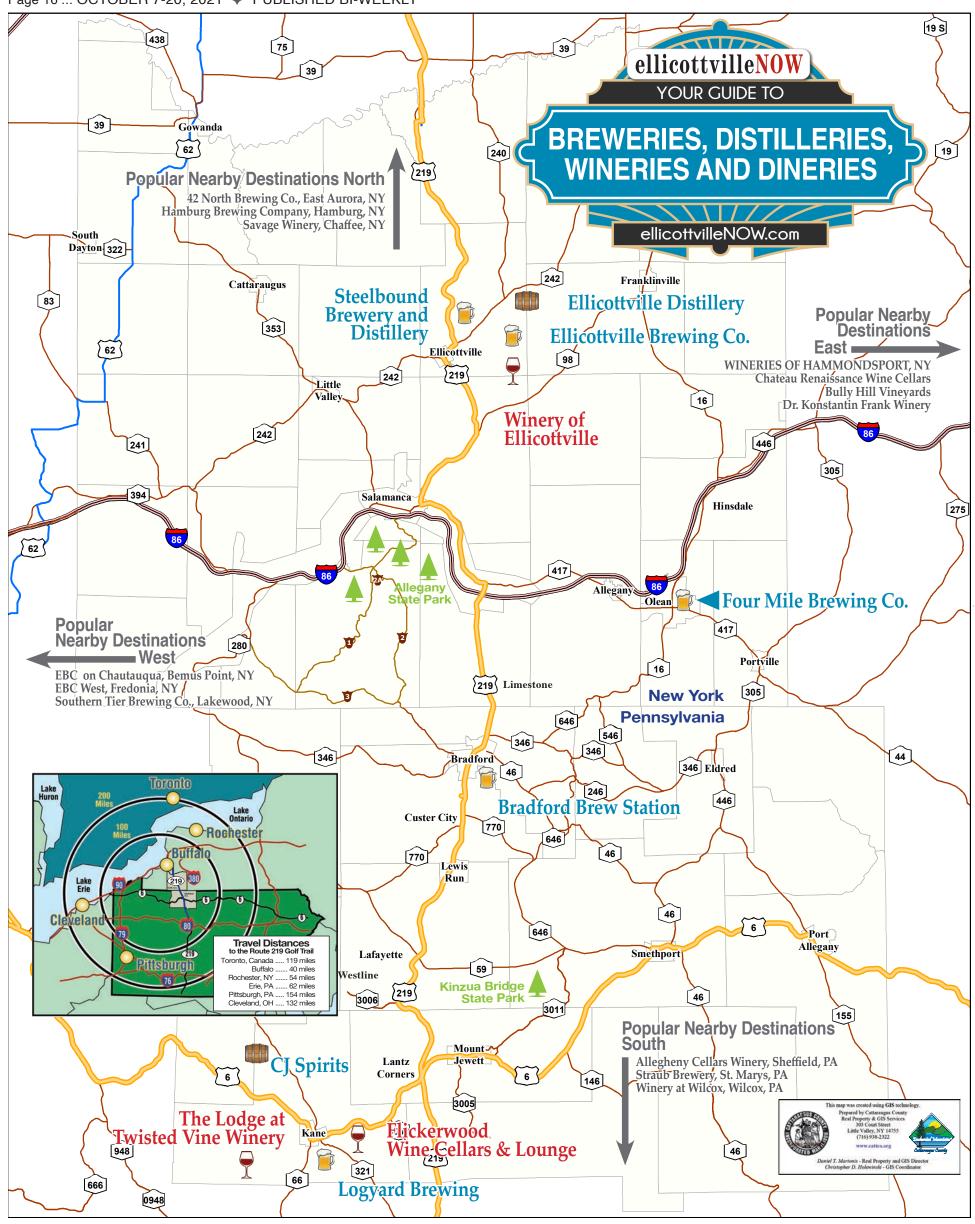
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BREWERIES, DISTILLERIES, WINERIES AND DINERIES

GATHER YOUR FRIENDS AND MAP OUT YOUR AUTUMN TASTING AND DINING ADVENTURE ... (AND PLEASE DRINK RESPONSIBLY)



WINERY OF ELLICOTTVILLE 14 Monroe St. • Ellicottville, NY 716.699.1055 | wineryofellicottville.com

The team at the Winery of Ellicottville have honed their skills for years, and couldn't be prouder of the lineup of premium quality wines they offer today, all of which use only locally grown grapes and berries. Their signature Riesling, Bubbly Riesling, and Snow Fox are 2021 New York Wine Classic medal winners. Try them in the Winery's tasting room, sip a glass on the porch, or get your bottles to go.



ELLICOTTVILLE BREWING COMPANY 28 Monroe St. • Ellicottville, NY 716.699.2537 | ellicottvillebrewing.com

Their slogan, "Brewed To Entertain" encapsulates the spirit of every aspect of the company, from their beer to their food to their onpremise events. Schedule your brewery tour, then take a seat and enjoy a pint. EBC is fully stocked with a colorful lineup of handcrafted fall brews, each inspired by the season: Fall Festival lager, Pumpkinville + Coffee imperial ale, Tangerine IPA, Raspberry Sour and more.

ELLICOTTVILLE DISTILLERY 5462 Robbins Rd. • Ellicottville, NY 716.597.6121 | ellicottvilledistillery.com

Ellicottville Distillery offers a homegrown approach to the age-old practice of distilling. Using only the finest locally sourced ingredients, owner and head distiller Bryan Scharf creates high quality spirits and flavored liqueurs. The onsite tasting room invites you to try their uniquely handcrafted cocktails while browsing their bottle selection. They host a wide range of events on the Distillery grounds that are sure to entertain.

FOUR MILE BREWING 202 East Greene St. • Olean, NY 716.373.2337 | fourmilebrewing.com

In 1907, the Olean Brewing Company built a state-of-the-art brewery on the corner of Green & Barry Streets to supply the Olean area with fine beer. It was open for 13 years until its demise due to prohibition. Now, over 100 years later, it has been brought back to its original purpose. Stop in and enjoy a fine craft brew, a bite to eat, and shop their newest retail so that you can take a piece of Four Mile home with you.

CJ SPIRITS

TE

120 Willow Run Dr. • Kane, PA 814.837.1500 | cjspirits.com

CJ Spirits is a craft distillery located along the famous Route 6 corridor in the heart of the Pennsylvania Wilds. Their spirits are crafted from the ground up using fresh local grains, pure "Allegheny Mountain" spring water, stateof-the-art distillery equipment and time honored methods. Handmade vodka, gin, rum and whiskey; bar and table area serving cocktails, appetizers and sandwiches; tours available.

LOGYARD BREWING 103 N. Fraley St. • Kane, PA 814.757.6070 | logyardbrewing.com

This craft brewery in the PA Wilds is committed to community, sustainability, hyperlocal[™] ingredients, and delivering great beer. Flavor profiles incorporate Black Cherry and Black Birch hardwoods which Kane is known for. But don't worry, they have all the usual styles and flavors too. Our top picks: Proper Notch 2X IPA, Bucking Birch Kane Ale, and their Lumberjack-O-Lantern Pumpkin Ale. Balloons 20 Monroe St. • EVL 716-699-4162 balloonsrestaurant.com

Bike and Bean 11 Martha St. • EVL 716-699-2453

Dina's 15 Washington St. • EVL 716-699-5330 dinas.com

Ellicottville Coffee Co. 16 Washington St. • EVL 716-217-4047 ellicottvillecoffee.com

Fattey Beer Co. 6696 Route 219 • EVL 716-427-4322 fatteybeer.com

Finnerty's Tap Room 5 East Washington St. EVL 716-699-1226 finnertystaproom.com

Gin Mill 26 Washington St. • EVL 716-699-2530

John Harvard's Brew House at Tamarack Club 6447 Holiday Valley Rd. 716-699-5350

Katy's Cafe 10 Washington Square • EVL 716-699-8860

Madigan's 36 Washington St. • EVL 716-699-4455 madigans.net

Monroe St. Brick & Brew 21 Monroe St. • EVL 716-699-1051 monroestpizza.com

Rafi's Platter by Amber 32 Washington St. • EVL 716-699-1018

Silver Fox Steakhouse 23 Hughey Alley • EVL 716-699-4672 thesilverfoxrestaurant.com

Subway 38 Washington Square • EVL 716-699-2629

Tee Bar 8 Washington St. • EVL 716-699-9079

> **Tim & Bonnie's** 8 Bristol Ln. • EVL 716-699-9021 timandbonnies.com

Villaggio 7 Monroe St. • EVL Ellicottville, NY 14731 716-699-2199 villaggioevl.com

West Rose 23 Washington St. • EVL Ellicottville, NY 14731 716-699-9133



STEELBOUND BREWERY & DISTILLERY 6600 Route 219 • Ellicottville, NY 716.699.2042 | steelboundevl.com

Handcrafted beer, artisan spirits and cocktails, and fresh (never frozen) cuisine. A must-try: Bacon Blue Balls Burger - a housemade burger with IPA caramelized onions, Blue Balls BBQ sauce, bacon and blue cheese. Wash it down with Steelbound's Purple Reign - a fruited kettle sour made with blueberries, raspberries, and strawberries. Easy drinking and lower ABV makes it a perfect beer anytime of year!



FLICKERWOOD WINE CELLARS 309 Flickerwood Dr. • Kane, PA 814.837.7566 | flickerwood.com

Flickerwood has perfected several blends of wine from Native American and French hybrid grapes. But don't assume that this place is just about wine ... this family can rock out on any given weekend at the winery, as a few of its members are musicians. Pair your trip to the winery with any of their menu specials, including Wednesday Pasta Nights or Taco Thursdays. Flickerwood ... "The Wine That Rocks!"



BRADFORD BREW STATION 104 Chesnut St. • Bradford, PA 814.368.3137 | bradfordbrewstation.com

This craft brewery and restaurant is a story of Bradford, honoring the local oil heritage in so many different ways including the beer names. We recommend trying the Beaver Fever Double IPA, Maple Pumpkin Ale, Chestnut Street Seltzer, or the Raspberry Wellhouse Wheat. Grab a flight (they have 14 craft brews on tap!), enjoy the oil industry memorabilia, and try their unique food selections.



THE LODGE AT TWISTED VINE WINERY 117 Fraley St. • Kane, PA 814.837.8298 | twistedwinery.com

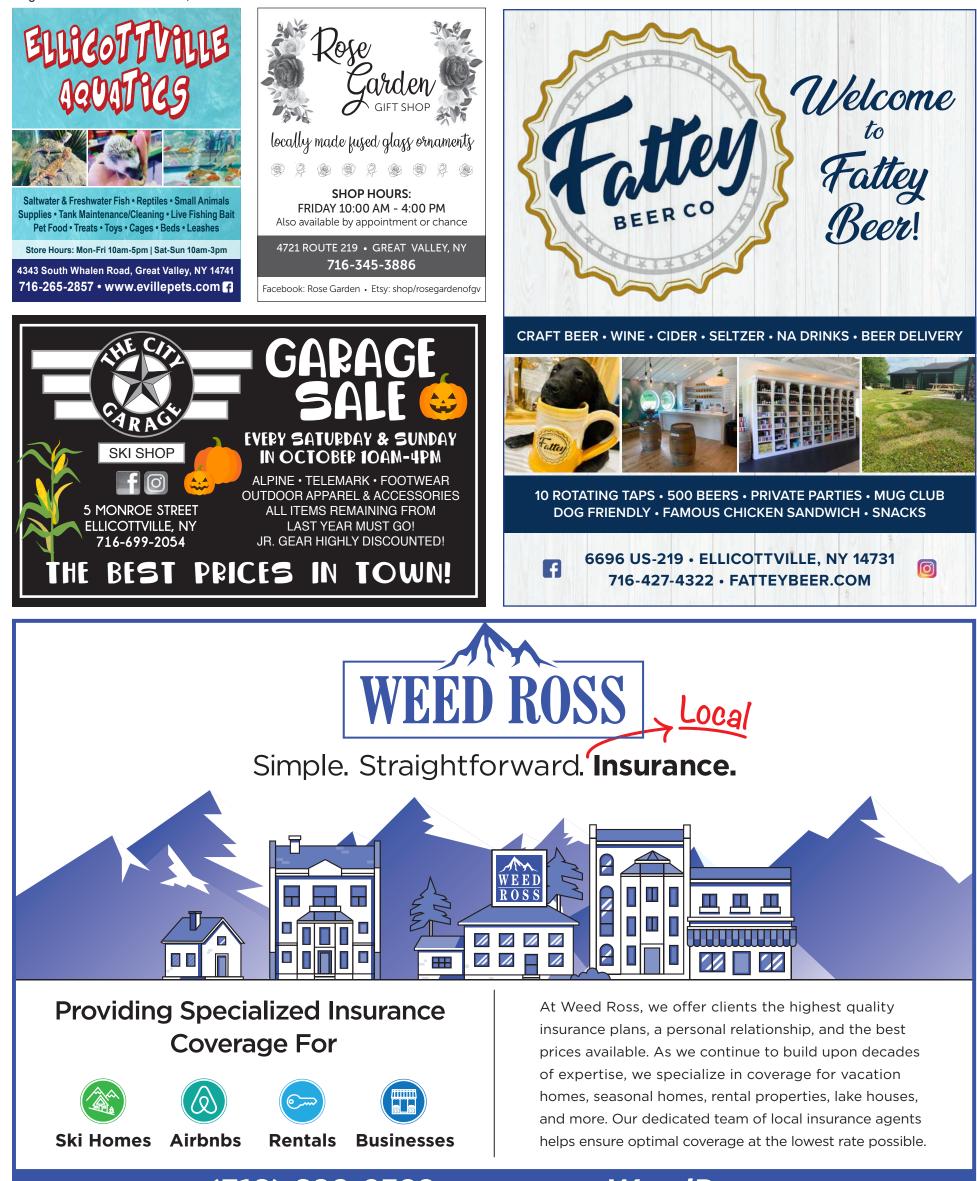
A winery, brewery, distillery and restaurant located in the Allegheny National Forest. Dine in or enjoy a cold beverage by the gas fireplace on the large covered patio. Over 20 different varieties of wine and 16 beers on tap plus a large bottle selection. Try one of their top sellers, the Sangria Wine: a Concord grape wine with a blend of fruit juices that emphasize raspberry and peach flavors.







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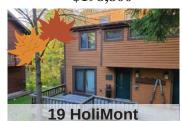
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6 Mountainview Lower

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Building now! This is at the heart of Holimont! .075 acres \$199,000



Stunning townhouse! Views of slopes. Enter into kitchen level. \$415,000



14 Glen Burn Trl

Like new! Pristine and chic. Walk to village. 3 bdr/ 2.1 bath \$369,000



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We have a few left with the best views of our slopes! Call us!





#shoplocal #eatlocal showcasing our top retail & dining picks "support small business"



PUMPKIN EVERYTHING SOCKS

The Purple Doorknob 11 Washington St. • EVL 716-699-2084

You know it's fall when you start seeing pumpkin on anything and everything wherever you look. Pumpkin pie, pumpkin spice lattes, pumpkin muffins, pumpkin bread - how can you not love it all? Show your love for fall and pumpkin season by stopping into the Purple Doorknob and picking up these adorable socks! If you're not a pumpkin person (how?), they've got over 1,000 sock designs so you're sure to find something to love!



FALL FEST FOOTBALL FUN

Villaggio 7 Monroe St. • EVL 716.699.2199

Head to Villaggio October 10th Fall Festival Weekend to join in on their Sunday Night Football Party starting at 8:00pm. Watch the game on the big screen, emceed by DJ Milk of the Buffalo Bills. Tickets are \$40 per person and will include the halftime buffet and 1 drink. There will also be 50/50 splits, a prize pool for the first 100 guests and a chance to win a big screen TV or autographed helmet! A portion of the proceeds will benefit the PUNT Foundation.



FALL FASHION

Ava Grace Fashions 24 Washington St. • EVL 716.699.1105

With chilly temperatures, the arrival of sweaters and earthy accessories and shackets (the newest updated flannel look that will take you back to your high school days) has been a daily occurrence at Ava Grace. Check out the shop's new location (across from the Catholic Church on Route 219) and see their latest selections before your size runs out! Booties, sweaters, sherpa and great affordable denim all restocked as we start this Fall Season!



SEASON PASS SALE

Holiday Valley Resort 6557 Holiday Valley Rd. • EVL 716.699.2345

It's not too late to make this winter the BEST EVER! Buy your Season Pass at the pre-season rate by visiting the Holiday Valley Customer Service office during Fall Festival, Oct. 9th or 10th between 10:00am and 4:00pm. You must visit in person, valid that weekend only. And bring your friends to qualify for a referral fee! Grab a cup of cider and a cookie while you're here. And don't forget to check out the sale tents!

LOVE ME TENDER LOVE ME BLUE

Silver Fox Steakhouse 23 Hughey Alley • EVL 716.699.4672

If you like beef and blue cheese, you should try the Silver Fox's Love Me Tender Love Me Blue entrée. Imagine two 4 oz. tenderloins seasoned and pan-seared to your preference. The tenderloins are placed on a bed of mashed potatoes and drizzled with a delicious demi-glace. That is the Love Me Tender part. The Love Me Blue is the Maytag blue cheese that is placed on top the two tenderloins. All the ingredients on the plate really complement each other. Stop in for dinner!



Good For The Spirit Gifts 11 Martha St. • EVL 716.548.5013

Good For The Spirit Gifts has well over 100 different types of crystals to choose from! The perfect healing tools for a meditation room, or something simply to pick up the energy in the room where there has been stagnance or negativity. Smudge it! Shop amethyst, bumblebee jasper, celestite, lapis lazuli and selenite, just to name a few! You can also find handcrafted jewelry, candles, art, spiritual books, tarot/oracle cards, gongs, tuning forks and home decor.





ICE CREAM FOR DINNER

The Tee Bar 8 Washington St. • EVL 716.699.9079

Did someone say ice cream for dinner? Yes please! The Tee Bar is your one stop shop for all things ice cream - soft serve, cakes, shakes, sundaes, novelties, homemade waffle cones, slushies, and Pierres's Premium Ice Cream. The Tee Bar also has the area's largest selection of Ellicottville branded apparel and gifts, including a collection of fun, custom stickers and magents. Stop in and grab your piece of EVL before you head out of town.

RELAX & GLOW

Ellicottville Salt Cave 32 W. Washington St. • EVL 716.699.2068

Get your glow on with a nourishing Himalayan salt full body scrub. Help promote circulation and relieve muscular tension as the treatment nourishes your skin, leaving it soft and glowing! Add in a 45-minute therapeutic salt cave session for total zen relaxation. Book your Relax & Glow Package today ... you totally deserve it! Full Body Salt Glow and Salt Cave Session \$125.





NEW DAFF HATS

Daff Dry Goods 17 Washington St. • EVL 716.699.2293

Daff Dry Goods was established in 1997 and owner Laura Solly is proud to be heading into the shop's 25th year ahead! Celebrate with Laura and team by sporting a fresh Daff hat. Available in an assortment of colors. While you're in-store, browse Daff's selection of men's and women's apparel ... after all, you'll need a new outfit to go with your new lid.



TULA BLUE

Gado Gado 26 Monroe St. • EVL 716.699.2128

Tula Blue is the jewelry solution for those who love to live life to its fullest. Created on rope spun by hand, Tula Blue is waterproof, kid-proof and life-proof. You can keep it on for all of life's adventures! Each piece is made entirely by hand by a team of almost 20 women. They have created something special, something unlike any other jewelry brand. Tula Blue is the key to effortless, minimalist beauty for all! It's "knot" your average jewelry.



GARAGE SALE

The City Garage 5 Monroe St. • EVL 716.699.2054

October will bring you SAVINGS! Located in the back parking lot of The City Garage (they will be set up each weekend, weather permitting) all items remaining from last season! There will be sales on alpine equipment, Telemark equipment, footwear, outdoor apparel and accessories from major brand names. Junior gear will be highly discounted. You won't find better prices anywhere else in town. It's a festival of savings!



EXOTIC PETS

Ellicottville Aquatics

4343 S. Whalen Rd. • Great Valley, NY 716.244.1008

Ellicottville Aquatics is not your average fish store. They don't just sell aquariums and fish related items; it's a full-line pet store and bait/tackle shop. Inside you will find small animals, reptiles (they just got a new bunch - frogs, pythons, geckos, scorpions, this adorable tortoise), dog/cat food, treats, toys, worms, live minnows, crayfish, and so much more. Ellicottville Aquatics is a one-stopshop for pet-lovers everywhere.

10% OFF ENTIRE PURCHASE

Rose Garden Gift Shop 4721 Route 219 • Great Valley, NY 716 534 6741

For one day only, Sunday, October 10th, head down to the Rose Garden Gift Shop of Great Valley and receive 10% off your entire purchase! Inside, you'll find a nice mix of handmade stained glass and fused glass items including ornaments and panels, handcrafted quilts, garden decor and much more. They have a large variety of garden stepping stones plus unusual mosaic gazing balls. Take a stroll through their beautiful gardens or just relax under their shade trees.





Ellicottville Oasis Spa Inside Tamarack Club • Holiday Valley 716.699.8996

Calling all Buffalo Bills fans, it's time to treat yourself! The Bills have been working hard and so have you, so stop into the Ellicottville Oasis Spa and get yourself a "bill"icure. While you're there, you might as well treat yourself to a matching pedicure too. And a massage or a facial (or both). Maybe a body scrub? Why not take the whole day just for yourself and relax? You know you deserve it.

BUFFALO CHICKEN BURRITO





The Buffalo Chicken Wing Burrito is the perfect fall Sunday special. It ties in well with football season! Chicken tossed in wing sauce, rice, beans, crumbly blue cheese, carrots, banana peppers and crunchies! There is a tofu version available for all the vegetarians out there. This burrito is yum to the yum, a definite house favorite. Go Bills!!





SIDEWALK SALE

Mud, Sweat n' Gears 18 Monroe St. • EVL 716.699.8300

If you're due for new ski or snowboard gear this season, shop MSG's sidewalk sale during Fall Festival. All remaining last season favorites will be discounted UP TO 50% OFF the original price! There will be a great selection of top notch gear, all backed by superior service and attention from MSG's staff of skiers and snowboarders. They also have a big selection of new arrivals ... footwear, clothing, outerwear and accessories.

PAWS OF HONOR COFFEE

She Shed He Shed 22 Washington St. • EVL 716.699.9121

Do you love coffee, dogs and supporting amazing organizations? The Working Dog Coffee Company teamed up with Paws of Honor to create a special edition mediumdark roast coffee, available at She Shed He Shed. A portion of the proceeds go towards providing veterinary care to retired and military dogs. You'll be walking away with delicious coffee and knowing you did a good deed at the same time. It's a win-win.



EXPLORE PA

BY LINDA DEVLIN, ANF VISITORS BUREAU

An adventure into Autumn's stunning beauty of fall foliage's brilliant colors of ruby red, bright orange, and golden yellow await the traveler who ventures into the Allegheny National Forest and the Kinzua Bridge State Park located in nearby northwestern Pennsylvania. Fall color usually begins in early October at the higher elevations of Kinzua Bridge State Park, then along the Longhouse National Scenic Byway in the Allegheny National Forest, with the full color blooming last along the shorelines of the Allegheny Reservoir.



The Kinzua Sky Walk is "One of the Top 10 Most Scenic Skywalks in the World." October adds the beauty of fall foliage colors.



The Longhouse National Scenic Byway, a 27-mile loop, offers a variety of developed overlooks from which to enjoy the colors of fall.





KINZUA BRIDGE STATE PARK & KINZUA SKY WALK

The Kinzua Sky Walk is "One of the Top 10 Most Scenic Skywalks in the World." The skywalk extends 624 feet into the Kinzua Gorge at a height of 225 feet. At the end of the skywalk is a partial glass floor. The skywalk offers amazing views year-round, but in the fall, this amazing vista is made even more spectacular by the colors of the fall foliage. The Park is open from 8:00am-dusk daily. Admission is free.

The Kinzua Sky Walk is constructed on six historic towers of the original Kinzua Viaduct, which when constructed in 1882 was the highest and longest viaduct in the world. In July 2003, an F1 tornado ripped through the park. Only nine of the massive steel towers remained standing; the other 11 towers are now laying where the wind placed them at the bottom of the gorge. During October, the forest-covered hillsides of the gorge are a bouquet of rich Autumn colors. Color does come early at the park, so for prime "leaf peeping" plan on visiting the park in early October.

The Park offers picnic areas, a children's playground, a Visitors Center, Little Sisters-Big Rig food truck, two hiking trails, and one biking/hiking trail. The Kinzua Bridge State Park Visitors Center includes a wide array of interpretive displays and a gift shop. The Park Center is open from 8:00am-6:00pm daily.

The Kinzua Creek Trail winds down the side of the gorge. At the bottom hikers can view the massive steel towers which fell during the tornado; they'll also have a wonderful view looking up at the skywalk.

The Knox & Kane Rail Trail connects the Kinzua Bridge State Park to the village of Mt. Jewett. It is an 8-mile linear trail, with a very easy incline, perfect for families to hike or bike. It includes interpretive panels along the trail, benches and it is another way to immerse yourself in the beauty of the fall colors.

The Kinzua Bridge State Park is located at 296 Viaduct Road, Mt. Jewett, PA. The access road to the park is the Kinzua Bridge Scenic Byway (Lindholm Road) located directly off scenic PA Rt. 6. A great stop along the way to the park is the Bear Hollow Country Store at 599 Lindholm Road. This store specializes in rustic carvings, walking sticks, benches, wooden chests, home décor, and handmade furniture fashioned by local artisans.

For an added adventure, after visiting the park, return to PA Rt. 6 and drive west to Flickerwood Wine Cellars. Located at 309 Flickerwood Road, enjoy a wine tasting of their award-winning wines and lunch or dinner from a menu which includes many Italian specialties. Flickerwood is offering their 1st Halloween Tastings & Trivia on Oct. 23rd. Costumes, prizes, and their new fall and Halloween Cocktails will add to the fun. Visit flickerwood.com.

TAKE THE SCENIC ROUTE

The Allegheny National Forest is Pennsylvania's only National Forest. The Longhouse National Scenic Byway which circles the Allegheny Reservoir offers a variety of scenic overlooks from which to view the vistas of fall color. Favorite viewing points include Rimrock Overlook, Kinzua Point, and Jakes Rocks. Along with scenic drives, the Forest offers a wide variety of hiking trails. Depending on the weather, viewing the fall foliage while kayaking is also a fun and different way to enjoy the colors of fall.



Rimrock Overlook offers a picnic area, and trails through the forest to gigantic rock formations with stunning vistas of the fall foliage. From the overlook you can access Rimrock Trail. This trail features stone steps carved into the rock formations which lead to a hiking trail which ends at the shoreline of the Allegheny Reservoir. The trail is 1.3 miles in length and is considered easy to moderate. The elevation hiking back up to the top of Rimrock does take some extra effort. Be sure to bring water and wear hiking boots if you are planning on hiking the trail. Rimrock Overlook is located along PA Rt. 59, approximately 19 miles from Bradford. Along Rt. 59, there is a very large sign at the Rimrock turnoff; you will drive 2.7 miles into the Forest to access the parking/picnic area.

Kinzua Point is located along PA Rt. 59, west of Rimrock Overlook on the western side of the Allegheny Reservoir. Drive across Morrison Bridge which spans the Allegheny Reservoir, and Kinzua Point is located on the right. This is a developed overlook with plenty of parking. The vista is miles of colorful fall foliage blanketing the shoreline of the reservoir. When the sunlight is just right, the reflection of the fall colors on the waters of the Reservoir are breathtaking.

Jakes Rocks offers scenic overlooks, a short hiking trail and for those who enjoy mountain biking it is the number one mountain biking trail in the Forest. To access Jakes Rocks from Kinzua Point, turn south to continue traveling the Longhouse National Scenic Byway, watch for the signage, and then turn onto Forest Road 492; it is approximately 1 mile to the trailhead parking. The first trailhead is for the mountain bikers, parking for the overlook is beyond the parking for the bike trails. At the overlook, stand on the massive rock outcrop to see the expansive view of Jackson Bay on the Allegheny Reservoir, Kinzua Dam, and the surrounding forest. There is an interesting array of trees growing through and on the boulders in this area. From the parking lot it is about a half-mile hike to the actual overlook.

Jakes Rocks Mountain Biking Trail is a 30+ mile trail designed by Trails Solutions. It is a stacked loop mountain biking trail system which appeals to riders of all skill levels. A trail map may be found at visitanf.com/download maps-guides.

It is well documented that "Leaf Peeping" can make you hungry and thirsty. As you are traveling the Longhouse National Scenic Byway, at the southern tip before making the turn to travel north along the eastern shoreline of the byway, take a turn south along PA Rt. 321 to the village of Kane.

KANE, PENNSYLVANIA

Kane is a host to a wide variety of family-owned restaurants and shops, in addition to Flickerwood Wine Cellars, Logyard Brewing and CJ Spirits - a craft distillery. Bell's Meat & Poultry is a must stop for all foodies. Bells is renowned for their 40 varieties of homemade sausage, their fresh meat, canned goods, specialty sauces and baked goods. Their outside food stand always carries a wide variety of farm fresh produce.

For those looking for household items, visit Homespun Treasures at 305 N. Fraley Street. This little shop is brimming with handmade decorations, cabinets fashioned of wood with punched tin decorations, benches, seasonal decorations, dishes, and handpainted storage containers which are both decorative and useful. Many of their items

are handcrafted in Kane.

Texas Hot Lunch 4-Sons, at 24 Field Street in Kane, has been a family business since 1914. They are known for their delicious Greek food, and of course, for their famous Texas hot - a hot dog with meat sauce. Shoppers will enjoy exploring Field Street Boots, 18 Field Street, for hunting, fishing, and all types of outdoor equipment. In addition, they offer name-brand outerwear, gloves, scarves, mittens, and of course - boots!

Table 105, at 105 Fraley Street, has a unique timber décor, honoring the timber industry of this charming village. They offer farm fresh dishes, homemade desserts and an everchanging array of seasonal drinks served on their outside dining area. For something different, try their hamburger with peanut butter sauce ... it is delicious!

Artworks on the Summit, 54 N. Fraley Street, is an artisan co-op offering carved wooden bowls, jewelry, scarves, prints and original paintings, and an ever-changing variety of handmade gift ideas. Down the street is Keystoned Café and Natural Shoppe located at 39 Fraley Street. Stop in for a caramel macchiato and a homebaked scone, pastry, or muffin. This shop offers a wide variety of natural foods including natural coffees and teas, vegan foods, raw honey, organic pastas, and other healthy food options.

Logyard Brewery Tap Room at 103 N. Fraley, is always offering a seasonal pint of brew and a variety of ever-changing tasty creations such as tangy Carolina pulled pork, smoked cheeseburger sliders, loaded taco nachos, and of course chips or soft pretzels with their very own IPA beer cheese.

Take a little side trip west on PA Rt. 6 to CJ Spirits, 120 Willow Run Drive, to experience tastings of their craft spirits which include Graveyard Sam's White Whiskey, Rocksov Ultra-Premium Vodka, Wild Corn Vodka, Rum 6, and Wilds Fine American Gin. They also offer a creative selection of soups, appetizers, and sandwiches such as Breebird, Hager, Spackler and Uncle Vito, plus their famous Voodoo chili served with cheese, sour cream, and tortilla chips.

After such an adventurous stop in Kane, drive PA Rt. 321 north to return to the Longhouse National Scenic Byway and cruise along the highway to enjoy the views of fall foliage against the backdrop of the waters of the Allegheny Reservoir. Red Bridge Campgrounds is along this section of byway. This campground in the Allegheny National Forest offers cabins, tent, and RV sites. Reservations can be made at recreation.gov or by calling 1-877-444-6777. If you are a hiker, a trailhead for the North Country Trail is also located along the byway.

Continue driving on the byway, past the Bradford Ranger Station to return to PA Rt. 59 where you started your adventure along the Longhouse National Scenic Byway.

ADVENTURE PLANNING MADE EASY

It is more fun if you stay over! Go to visitANF.com/lodging to review the many choices of overnight lodging. Something for every price point - from the rustic to the elegance of the Lodge at Glendorn. To assist with planning download the new "Adventure Guide" at VisitANF.com.

PLAN YOUR TRIP

For additional information on attractions, restaurants, lodging and trails please call 800-473-9370 or go to visitANF.com

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HEALTH & FITNESS

Core Performance: Why Weight Loss Is So Much More Than Fitness and Food

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

When it comes to losing weight, you will find this task is so much more than just adjusting your exercise and diet. This is why there are weight loss programs, apps and 'miracle pills' all over the internet/social media. This constant streaming of what is beautiful and healthy and acceptable has made the task of getting healthy very confusing. This confusion can lead many to just rebel against anything that remotely will challenge us since the change feels to unattainable. But over the last few years, I've learned that most of us just rebel against ourselves. Think about it. How many times have you set out to accomplish a goal or task only to find yourself procrastinating or flat-out sabotaging your own efforts? Started a weight-loss plan on a Monday and are eating directly out of the ice-cream tub by Wednesday? Vowed to go to the gym every morning this week only to find yourself oversleeping?

I see so many people who struggle with this day after day that I wanted to share just a few tips for better understanding - and overcoming - this self-defeating weight-loss barrier.

1. Stop berating yourself. We all beat ourselves up from time to time. Whether it's comparing yourself unfairly to someone else, blaming yourself for something you cannot control or just taking yourself too seriously, even the most confident of us fall off the loving-yourself wagon occasionally. But loving yourself as you are right now is essential to getting out of your own way.

to getting out of your own way. 2. Find the right reason to lose weight. Sure, we all want to look good and fit in a certain pant size, but losing weight just for vanity's sake leaves your resolve less than strong. Making change is hard, but connecting to the deeper, life-changing reasons why you want to lose the weight - more energy, better focus, ease of movement, improved health - is a far greater way to motivate yourself when the going gets tough. 3. Focus on the positive. We think "diet" is a four-letter word because, to us, it's all about what you can't have. So instead of focusing on the deprivation, swap your thinking to all of the fabulous things you can enjoy. Living a healthy life is about eating delicious and fresh foods that fuel your body and moving your body in a way that you love every day. What's not to love about that? Life is good - savor it.

4. Get honest with yourself. If you find yourself emotional eating or self-sabotaging, take a deep breathe and ask, "Whom am I really rebelling against?" Many times we choose unhealthy behaviors (almost unconsciously) in defiance of husbands, friends, family or coworkers in an attempt to gain control or have power. Or we are rebelling against ourselves because, deep down, we don't feel like we're worthy of the positive changes we've set forth to make. These issues could be leftover from childhood or may show a lack of confidence in ourselves or an inability to emotionally express ourselves. No matter the reason, do some soul-searching to see what's affecting you. Awareness - and loving understanding - is the only way to overcome it.

5. Don't treat it like a fairy tale. When it comes to being healthy, there is no "happily ever after." Living a healthy life is a balance, and it's about consistency over time - every day for the rest of your life. So don't think of your weight-loss plan as something that ends on a certain day or at a certain goal. Instead, view it as a journey where you get to keep learning, growing and changing!

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.

Inner Peace and Strength: National Domestic Violence Awareness Month

By LAURA WIDGER, LCSW

For over 30 years, October has been recognized as National Domestic Violence Awareness Month. October is the highlighted month to emphasize and bring awareness to the realness of domestic violence, acknowledge survivors' experiences, and embrace survivors having a voice.

In Cattaraugus County, one company in particular aims for and aspires to be a consistent anchor for survivors of past or present DV experiences. This company's name is Cattaraugus County Connecting Communities in Action: Building Resilient Communities, otherwise known as CCA. Within CCA, there is a branch strictly dedicated to assist, advocate, and support survivors. The mission statements of this branch within CCA are: 1) provide advocacy to victims of crimes, 2) create an aura of safety, 3) change public attitudes regarding survivors' culpability, 4) assist in skill building and self-esteem enhancements to ensure recovery. The specific programs include: a domestic violence residential program, several domestic violence non-residential programs, a children's program, a rape crisis program, an ovs compensation claims assistance program, a crime victim program, a violence prevention initiative, an ovw program, a cps/dv collaborative network, prevention education programs, etc. Please browse ccaction.org for a full description of what resources are available.

Now, let us backtrack a bit to get an integrative picture of domestic violence. Two knowledgeable resources - Anna Swanson and Kathlyn Ramey - illuminate the complexities of domestic violence for us.

To start with this question: What is Domestic Violence? Kathlyn and Anna state: Domestic Violence is one person's choice to portray power and control over another individual, whether that be emotionally, financially, sexually, physically, verbally, etc. Intimate partner violence is also a term that coincides with DV. Often times, the public views DV as a partner getting harmed physically. However, it is important to see the big picture of DV abuse. An example being, stalking behavior is classified as domestic violence, regardless of the fact that a partner is not getting physically hurt. There are several complexities to the patterns of control demonstrative of domestic violence. A google search of the power and control wheel will illustrate the multi-tiered patterns of abuse.

Let us lift up the hood with this question: How does the Power and Control Dynamic work in DV relationships? Anna and Kathlyn dive in with: For the power and control pattern to begin, an individual intentionally will use control to dominate someone else. This control includes a series of tactics that are successful to threaten, coerce, intimidate, and perhaps even threaten violence ultimately ... to instill FEAR. The offender chooses power and control tactics to maintain the relationship. The tricky part is that the violence or abuse does not start right off the bat. The offender will consciously initiate a relationship with gift giving, behaving very sweetly/kindly, as well as portray innocence. Over time, small abusive tendencies will occur and the survivor will often brush these off. As time chugs along, a survivor finds themselves in the trap of DV.

Power and Control is so successful because it instills trust first then fear. In a relationship,

survivors stay with their partner out of perceived trust or fear, which are two very opposite things. For example, let's say an individual was raised in a home where DV was ongoing, this is familiar and that person just knows what will happen if they don't "follow the rules or don't listen."

We all have heard that this "could never happen to me," however, the power and control tactics are so successful and work so effectively because they feel like love. At the beginning of a relationship, learning about another person/getting to know them takes place. Then oftentimes survivors do not want to lose the momentum of the relationship, leading to sweeping red flags under the rug. Possessiveness and intensity can often resemble love. Some examples being: we can't get enough of each other, we spend every moment together, friends and family members then start to not see their loved one anymore. At the beginning of the relationship, the wooing, charm, gift giving, kindness is just over the top. The honeymoon or lack of harm period is so successful because survivors are continuously looking and searching for that person they fell in love with. Which oftentimes is a mask or first step in the power and control process.

What can a survivor do? Kathlyn and Anna emphasize the importance of learning about and knowing about the resources available, which isn't something one needs to figure out alone. Survivors are the experts in their own lives and have navigated the cycles of DV. Trust your gut and navigate the cycle. If something is not right - lean into that and trust your instinct. Catch and reflect upon these thought processes: something doesn't feel right, I can change him/her, or my love can make a difference, etc. People might be giving you this or that advice, but the reality is you can navigate your own life, you can trust your intuition, and you can learn to set boundaries with people/resources/providers, you can find safety, you can create a plan to leave if that is best. And certainly you are not alone. There are survivors, resources, advocates, and organizations that can help in any way that is fitting. I leave you with the poem:

"The Voice" by Shel Silverstein There is a voice inside you That whispers all day long, "I feel that this is right for me, I know that this is wrong." No teacher, preacher, parent, friend Or wise man can decide What's right for you----just listen to That voice that speaks inside.

CCA Building Resilient Communities Contact Victim Services PLEASE USE THE HOTLINE FOR AN IMMEDIATE RESPONSE: ***24-HOUR VICTIM SERVICES HOTLINE: 1-888-945-3970***

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. ellicottvilleNOW

CONNECTIONS

Suzy's Star Readings: October 2021 Astrology

By Suzy Woo, B.Msc



Hello beautiful new friends. My name is Suzy Woo. I just moved my practice and crystals shop from Orchard Park to incredible Ellicottville September 1st.

As the type of person who never, ever fit in, it has been tear-jerking to be so well-received here. It is my honor to be sharing my star wisdom with you all in this new monthly column for ellicottvilleNOW.

The astrology of October 2021 revolves around relationships, justice, truth, and doing what is right; but what is true for one might be untrue for another, so trigger points are being activated.

We start the month with SEVEN celestial bodies retrograding, meaning from Earth's perspective,

they appear to be going backwards. It's like when you're at a stop light and the car next to you eases off the brake and you feel like you are going backwards. The energies of a retrograde planet are weakened and in the personal chart, their energies become more internalized.

One of these seven is the infamous Mercury retrograde; meaning the symbolism of Mercury goes backwards ... there could be communication breakdowns, scheduling errors, emails that don't get through, and computer glitches. There could be vehicle and transportation hiccups too.

The sun and Mars are standing together in the sign of Libra, representing balance, harmony and the scales of justice. They are opposing the wounded healer, Chiron. We have to look at something that triggers us, which speaks to our own wounds, and we are ready to stand up for ourselves. We want peace, healing, balance and justice for all. It seems a greater and benevolent power steps in.

October 6th is a new moon, which is not visible in the night sky, so it's a great time to star gaze. With new moons, set new intentions. There is a lot of cardinal energy in the sky, meaning new ideas come in, brainstorming, launching new ideals or precedents is favorable.

The next day, expect some secret(s) to be revealed, something dark comes to light. A new truth is shown.

October 9th, the sun, Mars, and retrograde Mercury are smack on top of one another, still in Libra, and at the same time we have a moon who just landed in Sagittarius, connecting with Venus and the south node. More truths are being discussed, and all sides of an issue get their day in court as topics of concern regarding inequality are aired. Belief systems may

P.U.N.T.

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unpaid spokesperson. Last June, he offered to do a fundraiser. We connected with the downtown Nashville Bills backer group (the Music City Mafia Crew) — one of them is originally from Springville. Coincidentally, she had my mom as a teacher. We raised over \$10,000, and it was so successful they invited us back."

One of the women, a cancer survivor and South Buffalo native, invited P.U.N.T. to host a fundraiser at her country club just outside of the city. On Sunday, they went back to the Bills bar for an additional fundraiser - raffling off signed Knox jerseys at both - and collectively raised over \$12,000.

And the fun isn't over. Maddie has taken advantage of her Ellicottville roots, pulling in more awareness and participation from the Southern Tier. The beneficiary of this year's Boardroom Banked, slated for Sunday, March 6th at Holiday Valley, is P.U.N.T.

P.U.N.T. is also hosting a Kid's Zone at this year's Fall Festival in Ellicottville. "It will be in the Katy's Cafe parking lot Saturday and Sunday 11:00am-4:00pm," Maddie said. "The village wanted a more family-active zone. Essentially, it's 9 holes of putt-putt, crafts, balloons, and other kid-centric activities. Everything will be ticketed - it's \$1 per - and all proceeds go back to the charity."

The Bills-themed activities are sponsored by Brooke Szpaicher and Dave Blanchard of Keller Williams Realty.

"The support from the western New York community has been unbelievable," Maddie said, referencing a record-setting fundraising summer. "It's amazing to see how our region will rally around causes that help people they might not even know."

For more information on P.U.N.T. and how you can help, visit puntpediatriccancer.org.

come under question, as old, conventional ways and means have new light shed on them. By mid-month, Pluto and Saturn both go direct, so their energies move forward. Plans that got side-railed can be picked back up again. It is possible there could be additional restrictions and manipulation of power at this time from a corporate/governmental standpoint.

The 18th, benevolent Jupiter AND communicative Mercury go direct. This is a great thing. Jupiter in the sign of Aquarius favors community level functions, healing, holistic measures. Mercury is still in Libra, so negotiations are back on the table. A sense of relief, release, and general optimism is likely. Something new may be passed to bring both sides of a conflict into balance.

Oct. 20th is a full moon in Aries. Things fully come to light with full moons, and the people may become angered.

The higher expression is good leadership, motivation and action, healthy competition, movement, the need to move or exercise, to blow off steam. The lower expression is reactive, anger, aggression, military. On a personal level, you may feel edgy, angry, or decide to DO SOME-THING, taking action towards something that you are passionate about. But beware of verbal vomit, and please, practice the pause.

We end the month with a lot of fixed energy, so it is a great time to focus and finish your projects. Clean up, prepare for the next season, tie up your loose ends. We will be in a good position for forward movement, since 4 of the 7 luminaries will have switched from backward, hesitant, stagnant or fudged-up status to a forward and more favorable, able-to-complete type of energy.

My best advice is to learn to live from your heart, and life will become much simpler, easier and more fulfilling. If you need help figuring out how, please reach out for a consultation and see how these energies play out in your own personal chart.

I would love to field some astrology-based questions; please send them along to hello@suzywoo.com. I'd like to answer ones that can relate to many, so please save specific personal type questions for a personal consultation.

Enjoy October, take time to breathe deep and smile! Make room for more joy in your life. Make it so. Look up and say hi.

Love, your sister from the stars, Suzy Woo

Rev. Suzy Woo, B.Msc, is a Spiritual Healer, Astrologer, and Psychic Medium, also specializes in Energy, Sound, Light and Crystal Healing. Suzy is the owner of Good for the Spirit Gifts, 11 Martha St., Ellicottville, NY. Follow her on IG/FB or find her at suzy-woo.com.

HOLIDAY VALLEY EVENTS

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splendor as you take a scenic lift ride on either the Mardi Gras or Spruce Lake chairlift. Take in the spectacular fall colors at the top of Morning Star (venue change due to Yodeler Lift construction this year). The Holiday Valley Lodge base area will have a cookout and beverages, along with live music. The Mountain Shop and Golf Shop will also be holding sales and a ski swap.

Bird enthusiasts can watch the Birds of Prey show at Spruce Lake. Stop by Customer Service and grab a complimentary coffee and cookie when you find out about Classic and Ultimate Season Passes.

The Village of Ellicottville is one big celebration with street vendors, arts and crafts, entertainment and fun sales. Most activities run from 10:00am-5:00pm in Ellicottville. Holiday Valley's Fall Scramble (4 or 8-mile) Trail Run is on Saturday.

Holiday Valley is also adding additional Fall Weekend Chairlift rides to the calendar this year (weather permitting). So after Fall Festival, there will be an additional weekend (October 16-17th) where the Mardi Gras and Spruce Lake chairlifts will run for guests to shuttle them to the top for optimal leaf peeping. During that time the Golf Shop and Mountain Shop will also be holding a sale so that you can stock up on your golf and skiing needs.

Finally, if you are as excited about the upcoming ski season as we are and are also looking for a new job opportunity, Holiday Valley will be hosing two job fairs: one on October 21st and another on October 23rd. Come talk with different department representatives and find out what job openings are available.

"A job at Holiday Valley is not just a job," said Jane Eshbaugh, Director of Marketing at Holiday Valley. "It's fun working someplace where your job is to help others have fun and you get some great benefits like family skiing and lessons (depending on the department)." For more information on the events mentioned above and other happenings at Holiday Valley, please visit www.holidayvalley.com.



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EMPLOYMENT

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

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

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.

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OPERATION WARM HEARTS

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she and the other volunteers decided to look at the Cattaraugus Region Community Foundation as a resource for its growth.

"We had heard so many good things about the Foundation and how they could guide us to be better than we were," said Sitter Tompkins. "We were so new that we needed a guiding hand to help us in the right direction to best serve the community."

The Operation Warm Hearts Inc. Fund at CRCF is an agency endowment that will provide sustainable and continued funding for an agency just beginning its journey in meeting the needs of the community.

Sitter Tompkins hopes that the funding and relationship will help the agency meet needs that come up down the road, like the need for a new physical location that will be a permanent home to house the agency and its stock of clothing for distribution.

The need for a new building is a significant one for the agency, Sitter Tompkins added, as it shops year-round for supplies and stores enough clothing and accessories to be distributed to over 300 people.

Those who are willing and able to donate new coats or winter accessories are encouraged to contact Sitter Tompkins at 716-560-8811.

Operation Warm Hearts presented its second annual coat distribution event on Satur-day, October 2nd at 318 Wayne Street in Olean. Besecker and Coss will also be holding a "Great Pumpkin Shoot" benefit for Operation Warm Hearts on November 7th. Registration will begin at noon at Besecker and Coss. The entry fee for the event is \$15.

Donations can also be made to the Operation Warm Hearts Fund at CRCF, 301 North Union St., Suite 203, Olean, NY 14760 or online at cattfoundation.org.

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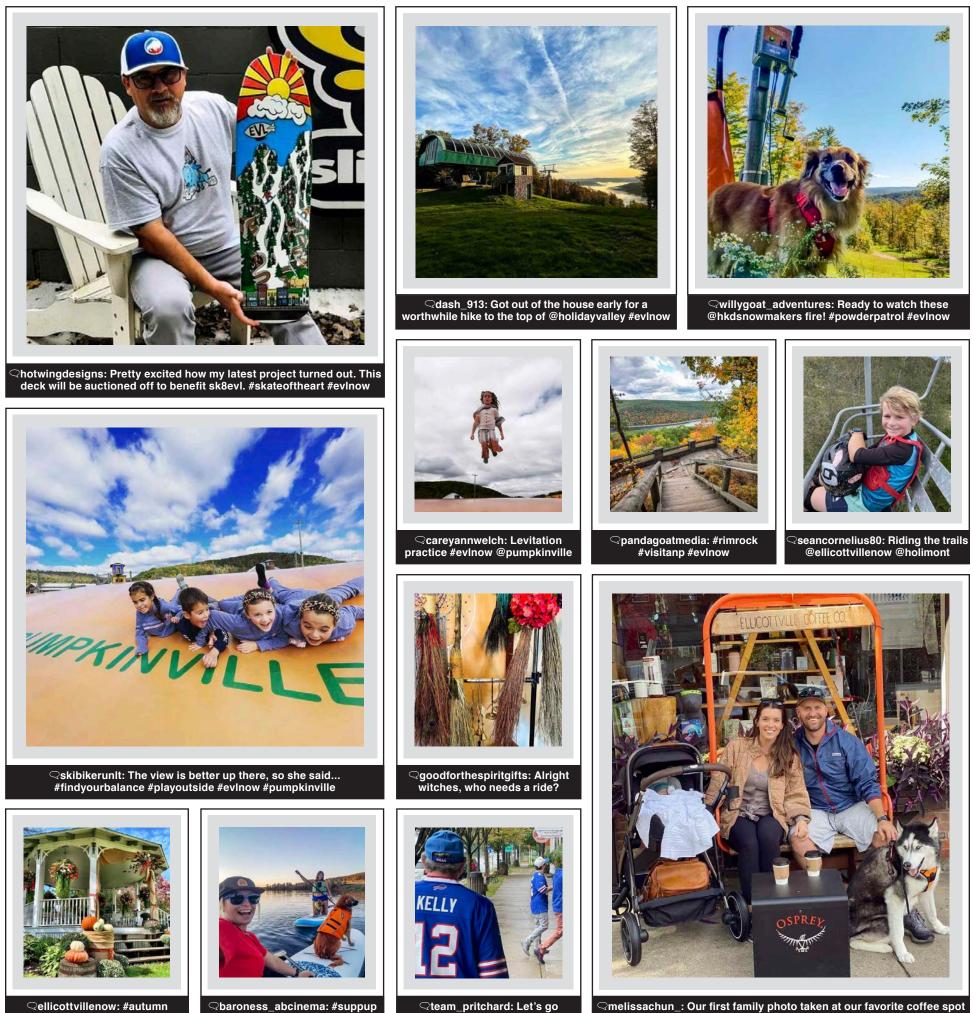
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