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FREE

ECS Athletics Adapt to Pandemic

With masks on and precautions in place, Ellicottville Central School students/players continue to compete



photo/Debbie Golley,
ECS Sports Boosters

By SPENCER TIMKEY

As the pandemic's impact dragged through the summer, schools and universities scrambled to find a way to get students back. At that time, sports didn't take priority; however, New York State set a date to begin scholastic sports if the situation allowed it. With cases throughout the county and state stabilized through the first month of the school year, certain sports got the green light.

Ellicottville Central School's boys and girls soccer have been playing through the fall, while some students go to Allegany-Limestone Central for swimming and others Franklinville Central to run X-Country. Dave McCann, the ECS Athletic Director, has been busy scheduling and making sure things continue to run smoothly.

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Halloween celebrations are being planned, with safety in mind.

By Shelby Toth ... Halloween will be in session this year, despite the fact that every other adult will be dressed as the coronavirus (Corona beer plus green shirt), and with a few added precautions. The Village of Ellicottville, although they are not condoning trick-or-treating, have set the times from 6:00-8:00pm on the evening of Halloween, meaning kids will still be able to enjoy the annual tradition of dressing as their favorite character and ringing doorbells to get way more candy than their parents want them to eat. Participants are asked to abide by the safety regulations set forth by the DoH.

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EVL SKATEPARK ADVOCATES PLAN SOUP-TO-SKATE FUNDRAISER

Scheduled for Sunday, Nov. 8th at the Ellicottville Town Center, SOUP-to-SKATE will showcase handmade ceramic bowls created by local school students, delicious soups and chili donated by local restaurants, and plenty of basket raffles. The original SOUP-to-SKATE event, which was cancelled in March due to Covid, invited supporters to enjoy a sit-down soup tasting and soup & chili cook-off, complete with live music, on-site raffles and good company. The Nov. 8th venue will look a bit different due to social distancing regulations, but the mission remains the same: "Let's Build a Skatepark." By Brenda Perks ... page 04

Business: Cupcaked On Main

A 2nd Location in Salamanca Offers Signature Sweets + Healthy Breakfast and Lunch Options



@cupcakedbakeryinc

By PANOS ARGITIS

As it continues to find success in its niche for baked goods and fresh delicacies, local town-favorite Cupcaked has changed up its recipe for the opening of its second location in Salamanca. Cupcaked Bakery on Main has brought new flavor to Salamanca's food district by focusing on healthy lunch alternatives, fresh salads and homemade savories. Ever since its grand opening in September, the new location has proven to be a welcome addition to the lunch plans of Salamanca's community. Favorites like pierogies and the best-seller "G.O.A.T. Salad" made from farmer's cheese and housemade toppings highlight the selections, while fresh marmalade and soups add to the menu for those with a savory palate.

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THE BEST OF BRADFORD, PENNSYLVANIA

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NOW this ... by Caitlin



VOTE.

Voting. It is all that anyone seems to be talking about; with every swipe and scroll the reminder to vote is in your face to the point of exhaustion. There are so many emotions attached to voting: the process, the procedure ... and media only exacerbates it. Everyone is trying to tell you who to vote for, and why. With the 2020 presidential election days away, let's take a closer look at the core of our electoral system.

The American people vote for the President of the United States within their state for a simple majority. This majority then tells the electors how to cast their electoral votes. Electors are often people who are active in their political party or someone closely connected to the world of politics. These electoral votes total 538 with 270 being the majority. That is why you commonly hear 'The Race to 270' sensationalized in the media. Each state's number of electoral votes correlates with the number of senators and representatives. All other elected positions that appear on the ballot (ie: Senators and Representatives) are elected by a simple majority vote.

To understand further, let's take a trip back to 1787 before the Electoral College was first established. Delegate Elbridge Gerry of Massachusetts said, (July 19, 1787) "The Founding Fathers had seen the dangers of placing ultimate power into a single set of human hands. Accordingly, they feared that placing the unlimited power to elect the president into the politically naive hands of the people could lead to a "tyranny of the masses." The founding fathers wanted the states to decide who the POTUS would be. Despite strong arguments, even recently, for a national popular vote this would take the power away from rural and less populated regions. This is one of the many concepts about the separation of powers touched upon in the Federalist Papers (No. 47) and mentioned in the Constitution. According to the late historian, George Athan Billias, "Gerry defended popular rights when the people appeared to be threatened by some powerful interest groups, and he called for restraints on popular influence when the people seemed to be gaining the upper hand too much." The electoral college serves as a compromise between the popular vote and allowing your congressional representatives to vote on your behalf. The electoral college is one of the many tools used to ensure separation of powers.

Now let's look at the word "vote". It derives from the Latin word votum: "a vow, wish, promise to a god, solemn pledge, dedication." To vote is to contribute to something larger than yourself, or to be an integral part of a whole. When you consistently vote and make your voice heard, you start to see those voices pop up in the polls. Remember, change in government isn't like two-day delivery; it takes time and patience.

Thomas Jefferson, one of my favorite American Presidents and Founding Fathers once said, "We do not have government by the majority. We have government by the majority who participate." Jefferson referred to knowledge as light. He believed that light upholds liberty and that a free government relies on informed and enlightened citizens.

One of the major causes for the American Revolution was the concept of "Taxation without Representation." The American Colonists were tired of paying taxes and not having a say in the government that then controlled said funds. Tax dollars are spent and policy is enacted and enforced through the federal, state, county, town, village and school. It is the people on your local boards who also decide how the tax money your district receives is spent. This is where the power is ... it lies within our communities.

No matter how this election shakes out, there will be people in your life disappointed with the results. However, at the end of the day, nothing is more important than your community. Look at the leaps and bounds small towns, suburbs and cities across the United States have made to continue to keep our way of life going despite a pandemic and subsequent impact it had on the political arena. It is your right to vote, a right many have died to protect. A right

"NOW this, by Caitlin" continued page 13

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LOCAL NEWS

SPORTS IN A PANDEMIC

With masks on and precautions in place, ECS athletics continue to compete



photo/Debbie Golley,
ECS Sports Boosters

By SPENCER TIMKEY

You can't stop sport.

In the midst of the pandemic — with the shutdowns, and restrictions, and general uncertainty — Nike released an ad that showcased the thing that brings us together. Sports. Splashing images of both professional and amateur athletes, from LA Laker LeBron James to an unknown woman skateboarding, the ad's powerful messaging reminded us that as bleak as it looks ... you can't stop sport.

Even with the overall societal shutdown, sports found a way. The National Hockey League and National Basketball Association thought on the fly and created bubbles, where the players traveled to a location and played all of their games there. While there weren't any in-person spectators, fans were still treated to a sense of normalcy with their favorite teams continuing to play. (Writer's note: The NHL took 24 teams to the playoffs and the Buffalo Sabres still weren't one. I don't want to talk about it.)

As the pandemic's impact dragged through the summer, schools and universities scrambled to find a way to get students back. At that time, sports didn't take priority; however, New York State set a date to begin scholastic sports if the situation allowed it. With cases throughout the county and state stabilized through the first month of the school year, certain sports got the green light.

Ellicottville Central School's boys and girls soccer have been playing through the fall, while some students go to Allegany-Limestone Central for swimming and others Franklinville Central to run X-Country. Dave McCann, the ECS Athletic Director, has been busy scheduling and making sure things continue to run smoothly.

"The kids are doing great, as are the coaches and parents," he said. "Everyone understands what's at stake if we don't stay vigilant. The kids want to play and we're really proud of how they've responded to some adversity."

The soccer teams are split into six: boys and girls varsity, JV and modified. Typically, varsity and modified ride the same bus to away games and play games at different times. But with the school bus passenger restrictions — 22 to a bus — each team has had to ride different busses. Scheduling games and officials has been difficult, but McCann and his fellow ADs have proved up to the challenge.

"We're working with a shortened schedule as it is," McCann said, referencing the late September start. "We're also working with less daylight as we get into the fall. It's been an interesting year scheduling-wise (laughs)."

While state championships have been cancelled, the varsity teams still have the ability to make it to the sectional game. The boys team, led by Matt Finn, are 2-2-1. The girls, coached by Tammy Eddy, are 5-0. (Both records current at the time of this writing.)

"They won't use neutral fields this year, so the top seed will host a sectional game," McCann said. "Unfortunately, it's tough with limited spectators. We allow each student two spectator passes and it's typically family members. It's been really difficult for me to look our players in the eye and tell them their fellow students can't come cheer them on — that's a huge part of the community aspect of these sports. But our players have been so good about it and they understand — they want to keep playing so they're willing to

"ECS Athletics" continued page 13

SOUP-TO-SKATE

Ellicottville Skatepark advocates reschedule fundraiser; pre-sale tickets available



Art students began creating bowls for the event last March before the shutdown.

By BRENDA PERKS

It's a growing sport. One that has no boundaries. Skateboarding welcomes everyone, regardless of age, race, or tax bracket.

Public skateparks are popping up in communities across the U.S., encouraging our youth to get outdoors and be active. It's an affordable sport that can cut down on your child's screen time, while providing them with much-needed exercise in a world that heavily depends on technology for entertainment. The best part ... it's a great way to make new friends.

The Village of Ellicottville, in partnership with a group of local skateboarding advocates dubbed SK8EVL, were awarded a "Built to Play" Skatepark Grant through the Tony Hawk Foundation (now known as The Skatepark Project) and the Ralph C. Wilson Jr. Foundation. These Built to Play Skatepark Grants offer up to \$250,000 in matching funds to help communities across Western New York and eastern Michigan build permanent, outdoor concrete skateparks for the public to use free of charge. Through the same grant program, Ellicottville also received a \$50,000 Environmental Impact Award to fund processes and design features that would lessen the environmental impact of the proposed skatepark.

Fundraising efforts were underway as soon as Ellicottville received approval of the grant last November. Under the grant contract, projects have one year to fundraise as much as possible towards the match. This puts Ellicottville's fundraising deadline at November 30, 2020. That's next month!

While the SK8EVL committee started out strong with advocacy and fundraising at the beginning of last ski season, it all came to a standstill mid-March when Covid took over the country. Four short months of fundraising activity followed by a nationwide shutdown has made fundraising efforts for the remainder of this year quite a challenge, but project advocates have creatively navigated other avenues, including a request-for-donation mailer, a take-out chicken BBQ, and a commemorative brick campaign. There is one event, however, that SK8EVL planned back in March which was cancelled due to the pandemic, which they are excited to give another go ... SOUP-to-SKATE.

Rescheduled for Sunday, Nov. 8th from 1:00-4:00pm inside the Rotary Auditorium at the Town Center (next to the arboretum), SOUP-to-SKATE will showcase handmade ceramic bowls created by local school students, delicious soups and chili donated by local restaurants, and basket raffles with great prizes donated by many local businesses and community members. The original SOUP-to-SKATE event invited supporters to enjoy a sit-down soup tasting and soup & chili cook-off, complete with good company, live music and on-site raffles. The Nov. 8th venue will look a bit different due to social distancing regulations, but the mission remains the same: "Let's Build a Skatepark."

"This is a truly unique community fundraiser that showcases the creativity of our local students, along with delicious recipes from our sponsoring restaurants, Ellicottville Brewing Company, Dina's, and Katy's Cafe," said Rachel Elser, SK8EVL committee member. "Last winter, students from Ellicottville Central and Allegany-Limestone Central started creating ceramic bowls specifically for this event, using clay and other materials donated by Hog Shed Studio Pottery of East Otto and Ellicottville resident Greg Cappelli. Their efforts got cut short when everything closed down, and unfortunately, with no one allowed in classrooms for quite some time, some of the material and unfinished pieces went to waste."

"SOUP-to-SKATE" continued page 14

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TRAVEL

HALLOWEEN 2020

For those looking to celebrate, there ARE options ... with safety in mind, of course



By **SHELBY TOTH**

Halloween will be in session this year, despite the fact that every other adult will be dressed as the coronavirus (Corona beer plus green shirt), and with a few added precautions. The Village of Ellicottville, although they are not condoning trick-or-treating, are allowing it on Halloween night and have set the times from 6:00-8:00pm, meaning kids will still be able to enjoy the annual tradition of dressing as their favorite character and ringing doorbells to get way more candy than their parents want them to eat. The Village of Ellicottville does ask that anyone taking part in trick-or-treating abide by the safety regulations set forth by the Cattaraugus County Health Department. (Aka wear your masks, social distance, and be sure to respect any boundaries set by homeowners!)

Of course, trick-or-treating isn't everyone's cup of tea. Since Halloween has become more and more popular throughout the years, there's no shortage of different types of events to get your spook on. Even with Covid-19, many local groups and businesses have found ways to host Halloween happenings in a safe way. Without further ado, here is a small list of events for everyone to celebrate in their preferred way.

For the Foodie: If you're like me, you look for any excuse to eat, drink and be merry. Lucky for us, there's a few restaurants that think like us too. The Ashford Station Bistro in West Valley will be hosting a Halloween Harvest Dinner and Masquerade on the 31st beginning at 7:00pm. Reservations are recommended for this specialty dinner feast, and wearing costumes is highly encouraged. A live band, the ChillBillys, will take the stage at 6:00pm.

Four Mile Brewing in Olean will also be holding a Halloween bash, complete with a costume contest. Mark your calendars for October 30th, with 6:00pm marking the beginning of the overall celebration. Four Mile will also have a swag raffle, and will adhere to New York State Covid mask guidelines.

For the Athlete: It wouldn't be Halloween in Ellicottville without the EVL Halloween Half Marathon and 5k. This year's iteration will take place on Saturday, October 24th. Although formatted a bit differently this year to meet Covid-19 regulations, runners without a doubt are amping up in Halloween spirit to show off their crazy costumes in this refreshing, in-person event.

For the Adventurer: Anyone looking to embrace the scary side of the holiday can check out Wildwood Sanitarium Restoration Project's Ghost Hunt. Hosted on the grounds in Salamanca, tickets include a tour inside and outside the building, history and stories from the site, and of course, attempts to connect with the other side. Owner and psychic medium Lori Wagatha will be using their equipment, but it is encouraged to bring your own ghost hunting equipment if you have some. While the Ghost Hunt is sold out for the 31st, there are still tickets available for the 24th.

A different type of adventurer, the off-road enthusiast, will be able to combine their favorite hobby with Halloween this year. The Woods at Bear Creek in Franklinville will be hosting a dice run, complete with a costume contest and raffle, with the actual trail ride beginning at noon on Halloween. While food is not included, the group invites participants to tailgate on the grounds.

This list is, of course, in no way exhaustive. Details can be found online by searching any of the above event names. Be sure to check out if your favorite local spots are hosting their own spooky events. As long as everyone remembers to respect each other and stay safe, Halloween 2020 shouldn't stray too far from the type of night we know and love. Perhaps the night will be even more special, as a full moon is expected - an event that only happens every 18 to 19 years.

BEST OF BRADFORD

Stroll through history and take a piece of Bradford home with you



By **LINDA DEVLIN, ANF VISITORS BUREAU**

Just south of Ellicottville, past the New York State line, snuggled within hillsides of towering trees is the City of Bradford. A visit to this town is a stroll through history and innovation.

As a small settlement on the forks of the Tunungwant (Tuna) River, Bradford started as a sleepy lumber town called Littleton, but when the oil gushed in the late 1800s, little Littleton became big Bradford, the "High-grade Oil Metropolis of the World."

HISTORICAL LANDMARKS

To honor this history, Penn Brad Oil Museum is located just three miles south of Bradford along Route 219. The museum tells the story of hurry-up sticks, wildcatters, and moonlighters - all terms created by the pioneers in the oil industry. The museum is open Tuesday-Friday 9:00am-4:00pm, closed Sunday and Monday. Call ahead to confirm operating times at 814-362-1955.

The Oil Barons used their wealth to transform their early boomtown into a city for art, culture, and commerce. As a visitor, you can enjoy a self-guided walking tour of the National Historic District of Bradford which features a short history of 25 significant buildings. Be sure to look up! Amazing architectural details crafted of brick and stone decorate the top of the buildings. Two amazing Art Deco style, multi-story buildings - the Hooker-Fulton Building and Marilyn Horne Hall - bookend main street. In all, over 166 commercial properties are within Bradford's national and state registered historic district. Download the walking tour at www.visitanf.com/bradford

SHOPPING THERAPY

Along Main Street you will find a blossoming selection of retail shops.

Cummins County Charm is a farmhouse themed décor and gift shop. This shop features handcrafted wreaths, jewelry, apparel, bath & body products, and local flavored coffees. They also offer seasonal decorations and craft workshops. Located at 24 Main Street, Cummins Country Charm is open Tuesday-Saturday 10:00am-5:00pm. View their workshops at www.facebook.com/cumminscountrycharm

The Bradford Chocolate Factory pulls from a 100+ year history of candy stores along Main Street. Their chocolatier creates a variety of delicious confectionary delights including a local favorite, old-fashioned sponge candy ... the white chocolate with raspberry makes my mouth water just writing about it. Pick and choose from over 200 differing types of candy displayed at the candy counter. Try their dark chocolate sea salt almond caramel, milk chocolate boardwalk crunch, white chocolate almond bark, or their coconut snowball. In addition to their own confectionary creations, the shop features barrels full of old-fashioned candies such as Oh Henry, Big League Chewing Gum, Clark Cups, and a childhood favorite - wax lips. The Bradford Chocolate Factory, 72 Main Street, is open Monday-Saturday 11:00am-7:00pm, closed Sunday. The shop can create custom gift baskets, and a selection of their candies may be ordered online, too! Phone 814-270-2626 or click on www.bradfordchocolatefactory.com

Around the corner from Main Street is the John Williams European Pastry Shop. This charming café serves breakfast and lunch daily along with offering fresh baked goods

"Best of Bradford" continued page 13



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BUSINESS

CUPCAKED ON MAIN

A 2nd location offers signature sweets + healthy breakfast and lunch options



By PANOS ARGITIS

As it continues to find success in its niche for baked goods and fresh delicacies, local town-favorite Cupcaked has changed up its recipe for the opening of its second location in Salamanca.

Cupcaked Bakery on Main, or more commonly referred to as Cupcaked, has brought new flavor to Salamanca's food district by focusing on healthy lunch alternatives, fresh salads and homemade savorys. Ever since its grand opening on September 16th, the new location has proven to be a welcome addition to the lunch plans of Salamanca's community.

The location of Cupcaked's second business was not a shot in the dark. While growing up in Salamanca, store owner and president, Annie Coe, noticed a need for something other than comfort foods and deep-fried dishes.

"When we thought about Salamanca, we thought it would be the same business as [Ellicottville]," Coe said. "But after counseling friends and family, it was clear that Salamanca didn't need the same business, it needed a bakery that provided good desserts, but more so needed a place with a healthier selection of food."

Despite shifting its usual service to accommodate a lunch menu, Cupcaked's pledge toward fresh ingredients and quality has not changed. Everything from butters and coffee syrups, down to salad dressings are all made in-house from scratch, which has created a memorable and healthy menu in the process.

Local favorites like pierogies and the best-seller "G.O.A.T. Salad" made from farmer's cheese and housemade toppings highlight the selections, while fresh marmalade and soups add to the menu for those with a savory palate. Sweet teeth won't have to worry either, as Salamanca offers the desserts and baked goods Cupcaked is known for.

The new growth in business and product between the Ellicottville and Salamanca locations did not come without its challenges. When the COVID-19 pandemic first hit, Coe juggled the closing of one store while planning to open a new one.

"It was very hard to simply be able to trust something new is going to work out," Coe said. "Honestly, without my new staff, it wouldn't be what it is now. We are very busy and pushing to make everyone's experience better day-by-day."

As it nears two months since opening, the Salamanca location is gradually finding a steady pace and aims to provide curbside service by November. For those looking to enjoy lunch at Cupcaked today, the store houses 12 indoor tables, including a grab-and-go service where customers can stop in to pick up their breakfast, coffee and lunch in a single visit.

The opening of Cupcaked has increased the traffic of customers to the streets of Salamanca. The addition of a lunch-inspired bar that can also be a one-stop-shop for baked goods has refreshed the town.

"A lot of people who come in have told us they were glad to see a business like ours open up downtown, because they are interested in getting lunch at a local business," Cupcaked Bakery on Main Manager, Leah Westfall said. "It's better for the community."

As of today, Salamanca's location is open Wednesday through Friday 7:00am-4:00pm and Saturday 10:00am-3:00pm, but is soon set to extend its hours to accommodate guests Monday and Tuesday also. Follow Cupcaked on Facebook and Instagram for updates.

CHRISTMAS & A WHOLE LOT MORE!

The Silver Bells Holiday Shop keeps the spirit of the season alive year-round



By LOUISA BENATOVICH

"Toyland," crooned Doris Day through my computer speakers. "Toooyland." Her ageless velvety tones caressed my ears. I floated on the sounds of the band - saxophone, trumpet, and piano melting like butter. The song continued, turning ominous. "Once you pass its borders," Doris warned, "you can ne[v]er return again." I shivered as a chill rushed through me. Winter had announced itself.

Is there a reason to be listening to holiday music mid-October? Well, in this case, I was solving a mystery. And my expert witness? Brian Jaworsky, owner of The Silver Bells Holiday Shop in Salamanca.

When I phoned him on Sunday, pen and paper at the ready, I was cautiously optimistic. Having seen glimpses of reds, greens, and silvers through his Main Street window, I was fairly certain that the answer I sought lay within. Brian, recently having returned to the area, was happy to aid me on my quest.

"When I was living in Oregon," he explained. "I owned a farm and gift shop named 'The Silver Bells Holiday Shop.' When I returned to my hometown, it was only natural to open a store here, especially with our very own Ray Evans."

Evans, who penned the lyrics to the ever-famous holiday ditty, "Silver Bells," is the pride and joy of Salamanca. Jaworsky, an ardent admirer, channeled this holiday energy in the creation of a shop which touts the slogan: Christmas and a whole lot more!

"Brian," I asked, Bluetooth crackling, "why do you think people are so wildly enamored with Christmas and the holidays?"

"Well," he said, wisely, "things are challenging when you become an adult; you want to go back to when you were growing up. Recreating the magic of Christmas is one of the best ways to do that."

This answer made sense to me, but I had another question. While browsing the inventory on Brian's website (a few thousand high-quality items), I had noticed a peculiar trend.

"You're right," Brian said, responding to my observation, "we do specialize in retro and nostalgic holiday items. The kinds of ornaments from the 60s that people remember - Old World Christmas Ornaments, Santa's Workshop, Vaillencourt Designs ..."

"What are those?" I asked, unable to spell the new word.

"Vaillencourt ornaments are made from pouring plaster into antique chocolate molds," Brian explained, patiently. "Then, they're painted by hand."

Immediately craving sweets, I conducted a quick Google search. The Santa figurines were reminiscent of chocolate bunnies, tall and smooth, with kind eyes that peered into the deepest recesses of my soul. I shook my head quickly, trying to dispel the overwhelming sense of déjà-vu. Maybe that's the power of all this, I thought, it feels so familiar, yet I am certain I have never seen it before.

"Is there a proper time to put up these decorations?" I inquired, distracting myself from the existential crisis.

"The Silver Bells Holiday Shop" continued page 14

HEALTH & FITNESS

One Size Does Not Fit All

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

I have always said, “One size does not fit all.” This is especially true in the fitness industry. And being a personal trainer is not just a really cool job title; it’s an opportunity to really make an impact on someone’s life and longevity ... to transform a client’s body and mindset as well as inspire them to be healthy and happy in all aspects of their lives.

There are a lot of things that make a personal trainer proficient. For me, it’s experience. For fourteen years I have been personally training clients of varying fitness levels, all with different fitness goals in mind. Often times my clients come to me with preexisting injuries/limitations, which require me to do research on the condition. I will also reach out to other professionals like physical therapists, chiropractors and massage therapists to find the safest and most effective way to dial in that client’s needs. And sometimes, it’s just about truly listening to a client and observing their body’s ability to move that give me ideas for training.

To find a trainer that is right for you, look for trainers who are deeply passionate about their work and often take steps toward improving themselves, their craft and their knowledge base. Typically, they spend a great deal of time reading and working in the field with other professionals, developing the skills and background knowledge. They are certified by Nationally Accredited organizations that require CEC’s (continued education classes). A disciplined trainer looks at these CEC’s as an opportunity to build their education and to learn new techniques. They strive to stay up with all of the latest research in the field that is constantly changing to advance themselves professionally.

A quality trainer knows that personal training is more than just putting workouts together for their clients; they consult with them as well. There is a special relationship that develops between a client and a trainer who works really well together, a relationship built on trust, faith and commitment. The relationship will thrive, and goals will be achieved as long as both participants pull their weight. Typically, trainees need to work on improving their eating and hydrating habits. Sometimes a client just needs that enthusiastic push to get them to see the benefits of all the extra hard work they are putting in. If personal training is something you feel will help you meet your goals, do some research and ask questions. Make sure you are investing in a certified trainer with plenty of satisfied clients.



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

Emotional Wellness: Inner Peace and Strength. Embracing Your Inner Perfectionist

By **LAURA WIDGER, LCSW**

“I am a recovering perfectionist and an aspiring Good-Enough-ist.”- Brene Brown

“The perfectionist within” is very familiar with, and can spring into action when the little voice in the back of our head begins to feed us with the “not enough” statements. Just to name a few of these “not good enough’s”: I am not worthy enough, I am not smart enough, I am not thin enough, I am not capable enough, I am not creative enough, I am not financially stable enough, I am not educated enough ... the list can go on.

When the “not good enough” dialogues commence, the perfectionist can and often will make a blazing appearance. Jay Earley, in his book, *Letting go of Perfectionism*, references several pet names or alias for the inner perfectionist: 1) the inner controller, 2) the task master putting excess pressure on us to complete tasks or check those boxes, 3) the snake attacker to self-worth or self esteem, 4) the inner critic 5) the shamer, and 6) the guilt tripper.

This blazing appearance by the perfectionist is all encompassing, affecting our thoughts, emotions, and behaviors. Some common thoughts of the inner perfectionist are: You can do better than that, it has to be perfect, don’t settle for anything less than perfect, that is not acceptable, you can’t do anything right, what a mess, you are out of control, everyone/everything has to be a certain way, they expect better from you, etc. Some common emotions and behaviors are: I believe my appearance must be impeccable, I focus on what isn’t perfect and obsess about it, I have a hard time receiving compliments for things I do because I don’t think they are good enough, I believe there is a “right” way to do things, I have a hard time finishing things because I always feel they could be better, I judge myself as lazy or sloppy if I don’t handle every issue perfectly, etc.

There is in fact, magic in the madness of our inner perfectionist(s). Our inner perfectionist’s job is to protect us from our own fears. Specifically, a variety of fears of “being good enough” in some way, shape, or form. If you take a moment to think about how fortunate our psyche or ego is to PROTECT us from our fears ... understanding, appreciation, and even awe will surface.

So how do we value and transform our inner perfectionist? The answer is all about ease and embrace. Can you take a moment and get to know the motives, agendas, or strategies of your perfectionist? Could your perfectionist be trying to accomplish something remarkable by judging you and pushing you? What would happen if the perfectionist didn’t surface? Could your inner perfectionist be protecting you from something? What if we respond to the presence of our inner perfectionist from a place of ease, understanding, and



photo/Annie Widger

appreciation as opposed to avoidance, annoyance, disdain, or irritation.

Coming from a place of ease means moving carefully, gradually, or gently. Maybe our perfectionist needs us to be mindful and appreciative and take what life throws at us with grace and stride with one foot in front of the other.

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

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Thank You

The BBQ to benefit the Ellicottville Great Valley Recreational Trail held Saturday, October 17th was a great success! With the cooperation of a beautiful sunny fall day, there amid vibrant fall color at the Village Square, the EVGV Trail experienced support from the local community and good traffic from those visiting for the day. Both made generous donations in addition to enjoying the food. The trail committee wishes to thank all of those who participated and shared their experiences, support and hopes for the future of this great addition to our community. It was helpful that the meals were delicious.

Maps of the proposed trail were posted at the order/pick-up table so everyone could see how the entire proposed trail system benefits the area. Each diner received a description of the current state of the initial trail section, the immediate need to stabilize our efforts so far and to ensure that progress holds through the winter. Volunteers were on-hand to answer questions about the trail, including points it will eventually connect and how it will tie into the broader New York State trail system. Because our volunteers are so passionate about the future of the trail, it was wonderful to hear so many kind words in support of this project from the community.

Some of the visitors to the BBQ took advantage of great deals on trail merchandise including high quality sweatshirts, long sleeve and short sleeve t-shirts with embroidered Trail Logo. If you wanted one and didn't get a chance to make a purchase of our merchandise, it's not too late. Please contact us through our website for merchandise, more info on the trail or to make a donation: www.evgvtrail.org

There is still a great deal of work to be done on this project. We invite you to get involved, check up on our progress through our website, follow us on Facebook and/or Twitter, and participate in our upcoming events to be announced.

We appreciate the contribution of efforts and margin to the Trail fund by Ken Carson and crew of Carson's BBQ of Ashford, NY. We also appreciate the help of committee members, including but not limited to: Matt McAndrew, Scott Johnson, Tim Zerfas, Paul Timkey, John Thomas, Lisa Hunt, and Laurie Barrera.

- EVGV Trail Committee

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MEETING NOTES

ELLICOTTVILLE VILLAGE BOARD

Action on new noise ordinance tabled; DPW truck purchase approved; wastewater treatment facility inspection results received

By CAITLIN CROFT

The October meeting of the Ellicottville Village Board of Trustees opened with a Public Hearing on Local Law No. 3 of the year 2020. This local law is a proposed update to the current Noise Ordinance Local Law. The major changes are as follows: the classification for noise level is now “humanly audible” where it used to be a decibel threshold; the addition of language regarding fireworks and time constraints on when they can be discharged; the weekend noise ordinance time, which would now be 10:00pm instead of the previous 11:00pm on Friday and Saturdays; and clearer language on fines has been added.

Lynda Neuwirth spoke in favor of the new Local Law along with Dan Rifkin. There were two emails received by the Village that inquired about extending the noise ordinance time in the commercial district to 11:00pm in addition to language being added if in the event of a power outage generator noise does not apply. There were also questions brought up by Neuwirth regarding the fines and who was held responsible. The Village attorney advised the Board should consider adding language for both the property owner and/or persons involved.

There was discussion on setting a meeting time for the Mayor, John Burrell, Deputy Mayor,

Greg Cappelli and the Town/Village Engineer and Mark Chudy of the DPW. They are to discuss protocol and processes that were learned in a NYCOM teleconference about COVID-19 and the ongoing matter.

Burrell advised that the Roswell Day was a success and well attended.

There was discussion on the purchase of a new truck for the DPW. The Board was presented with two truck options and they elected to go with the slightly more expensive truck. When newly appointed Trustee, Sean Lowes asked why this truck was necessary with extra features like a crew cab, the Village Engineer and newly elected Trustee Ed Imhoff advised that this truck would have a better resale value down the road and also the cab would provide more room to keep equipment safe and dry especially in the winter months. There was a motion to approve the purchase of the new DPW vehicle; a second and ayes carried.

A letter was received from the DEC with the results of a good inspection of Ellicottville’s wastewater treatment facility. There was a motion to investigate an Inter-Municipal Agreement (IMA) with the Town of Concord regarding the shared services of their Sewer System. This system encompasses Kissing Bridge and the community of Crane Ridge. Trustee, Greg Cappelli, stated it was a good use of shared services and is eager to see what is drafted.

There was discussion on sending two Village employees to Activated Sludge School which would increase their licensing to the level of 2a from NYS. There was a motion to approve.

Trick-or-Treating: The Village of Ellicottville traditionally celebrates Halloween on the 31st of October from 6:00-8:00pm. The Village expressed that if you choose to participate, they ask that participants please follow the guidelines provided by the Cattaraugus County Department of Health.

In closing: The decision on the Noise Ordinance was tabled to make changes to the following, adding the property owner be held liable if they are not the direct cause of the noise, expanding the time to 11:00pm on weekends for commercial property and language regarding the generator rules. There will be a Special Meeting and second Public Hearing on October 29th at 5:00pm via Zoom. The Board would like to coincide this new noise ordinance with the short-term rental regulations that go into effect November 1, 2020. To get the access information to participate, please contact the Village Clerk at 716-699-4636.

The next regular meeting of the Ellicottville Village Board will be held Tuesday, November 17th at 6:00pm. For access information to participate please contact the Village Clerk at 716-699-4636.

NOW THIS, BY CAITLIN

cont. from page 03

that women and men across this world wish they had ... so stop letting disingenuous memes and misleading headlines divide us.

There are four pillars to dynamic and healthy society which are brilliantly highlighted close to home at the Buffalo Savings Bank: Arts, Industry, Commerce and Power. The American people are three of the four driving forces of society; we are the light that Jefferson refers to. We are the people who keep arts, industry and commerce going. The pillar of power, for this example government, is truly the cumulative voice of the American people. When you cast your vote for president, you are voting for the ethos and stature you want the United States to represent, and how you want it to represent you.

One of the few silver linings to this turbulent political atmosphere is that it has people questioning the status quo more than ever. As Suffragette icon Susan B. Anthony said, “Forget conventionalisms; forget what the world thinks of you stepping out of your place; think your best thoughts, speak your best words, work your best works, looking to your own conscience for approval.”

Oh, and GO VOTE.

Caitlin Croft is a resident of Ellicottville and team writer for ellicottvilleNOW. She works full-time as a real estate agent for Keller Williams Realty and sits on the Ellicottville Town Planning Board. Her passion for politics began at an early age speaking in front of her first board in 3rd grade to petition for longer bookstore hours. That passion for Public Service and fighting for the best interests of her community continued throughout her schooling. She is a proud member of Phi Alpha Delta.

ECS ATHLETICS

cont. from page 04

make the sacrifice. I’m super proud of them for that.”

Other schools run it a little differently, but at ECS all players are required to wear masks while they’re playing. Teams in the league fill out an acknowledgement form before their players get off the bus that they’ve all been screened and are not feeling any symptoms. The bleachers at games have been taped off to encourage social distancing, and players sit one to a seat on busses.

All in all, changes were made to allow students to safely play sports. Football has been moved to the spring, so some players jumped ship and are playing for Matt Finn’s varsity team. The players understand that to continue to play, they’ve got to adhere to the rules and stay vigilant — which all of them have. As of right now, winter sports — in particular, basketball — is up in the air. More information on that will come from the State Department of Health in the near future.

“Everyone — from the community to the players — has been awesome about this,” McCann said. “If we stay vigilant, we can keep playing. Because we want the kids to play and we’re doing everything we can to make sure that happens.”

BEST OF BRADFORD

cont. from page 06

created by Master Pastry Chef Joe Frombach. This full-time pastry shop has cases brimming with freshly backed breads, butter rolls, pastries, cakes, pies, and decorated cookies. Swedish Rye and Salt-Rising Bread are two local favorites. Joe’s buttercream icing is literally the “icing on the cake.” Decorated cakes for special occasions may be ordered ahead by calling 814-362-6637. The John Williams Pastry Shop is located at 20 Mechanic Street, open Monday-Friday 6:30am-5:00pm and Saturday-Sunday 6:30am-3:00pm.

The Zippo/Case Museum showcases the history of two American icons - the Zippo lighter and the Case knife - which were invented in Bradford. The museum features interactive displays, videos, a timeline of Zippo and local history, and ZAC - an audio-kinetic ball machine. Their gift shop offers a diverse selection of Zippo and Case products including the new hand warmers (a must for those who live in our part of the woods). Northern Light candles is the newest addition to the selection of gift items available. Zippo/Case Museum, 1932 Zippo Drive, is open Monday-Saturday 9:00am-5:00pm and Sunday 11:00am-4:00pm. Call to confirm hours at 814-368-1932. For more information go to www.zippo.com

For those seeking outdoor adventure, the Tuna Valley Trail System offers over 40 miles of hiking and biking trails around the Marilla and Gilbert Reservoir, Tunungwant Creek (a covered wooden bridge) and connecting trails to the Allegheny National Forest in Pennsylvania and the Alleghany State Park in New York.

This article features just a few of the shops and restaurants located in Bradford. As you plan your visit, be sure to double check hours, as they may change. Pennsylvania does require you wear a mask, and restaurants are following CDC guidelines and social distancing. It is more fun if you stay over, so why not plan a nearby stay-vacation to explore Bradford and its trail system? To find out more go to www.visitanf.com or call 800-473-9370.

CLASSIFIEDS

HOLIDAY VALLEY JOB FAIR

OCTOBER 28 | 5-7PM & OCTOBER 31 | 9-11AM

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JOBS FOR AGES 16+
Holiday Valley Lodge
For more information, visit
holidayvalley.com/jobs or
call 716-699-2345



SOUP-TO-SKATE

cont. from page 04

When schools re-opened their doors for the 2020-21 school year, the question was posed: Was there enough material remaining to complete the mission? Art teachers Deb McGowan of ECS and Nicole Missel of Allegany-Limestone evaluated their supply and, along with their students, are now in high gear to finish as many bowls as they are able with what material was salvageable. Knowing that bowls will be limited, Horn Hill Pottery of Ellicottville stepped up to the plate and has committed to helping the cause by creating an additional supply of bowls for the event.

"We are grateful for Horn Hill Pottery's willingness to hop onboard and help our cause," said Elser. "Owner Edward Doherty and his family recently returned from India and is currently in the middle of building his Ellicottville studio. We can't thank him enough for his support of this project and willingness to help out."

Being hosted as an indoor, in-person event, attendees should note that masks will be required to enter, and there will be a separate entrance and exit, with "stations" set up from one end to the other to help participants maintain a safe distance from one another.

Upon arrival to the event, attendees will get to choose a one-of-a-kind ceramic bowl and purchase their basket raffle tickets. Then they will make their way through the different "stations" ... project information booth, t-shirt and brick order sales table, the basket raffles, and lastly, before exiting, they will choose their soup/chili of choice, which will be provided to-go. Winners of the basket raffles will be pulled at the end of the event, with winners' names posted on SK8EVL's Facebook page.

Soup bowl tickets are available and can be purchased for \$25 in advance by reaching out to any SK8EVL committee member or by calling SK8EVL lead advocate Brenda Perks at 716-244-7573. You can also stop by the ellicottvilleNOW office at 9 W. Washington Street (across the hall from the Ellicottville Chamber of Commerce) to purchase or pick up pre-paid tickets. Credit card, PayPal and Venmo (@ellicottville-skatepark) can be used as form of payment; pre-paid tickets can also be mailed. Any remaining tickets will be available at the door. Anyone can come in and participate in the basket raffles, regardless of soup bowl tickets.

"We collected approximately 30 prizes for the basket raffles back in March," said Elser. "We've hung onto them this whole time in hopes that we'd be able to reschedule this event. We are ecstatic to be able to offer these great prizes."

Any person or business interested in donating to the basket raffles can do so by calling or texting the number above or by emailing ellicottvilleskatepark@gmail.com.

To date, SK8EVL has raised \$61,000 in donations, commitments and pledges. With Covid providing the ultimate challenge in SK8EVL's fundraising goal, and with the fundraising deadline just around the corner, the committee is encouraging everyone with a love for Ellicottville to show their support in any way they can. If you aren't able to attend SOUP-to-SKATE, other donation opportunities are available, including a direct donation to SK8EVL's fund set up at the Cattaraugus Region Community Foundation (www.cattfoundation.org), purchasing a commemorative brick which will be installed in the area of the skatepark (link at sk8evl.com) or for those looking to make a substantial donation, a sponsorship brochure can be obtained via the sk8evl.com website or by calling 716-244-7573 or emailing ellicottvilleskatepark@gmail.com. Every dollar donated will be matched 100% by The Skatepark Project/Ralph C. Wilson Jr. Foundation.

RENTALS

SEASONAL FOR RENT - ELLICOTTVILLE VILLAGE HOME: Spacious, pet friendly 4-bedroom, 2 bath village home one block from downtown with hot tub, available mid-December through April 2021; monthly or entire season. Contact Carole at 2affordablestays@gmail.com or 905-360-0189.

ERA TEAM VP REAL ESTATE & VACATION RENTALS offers over 200 privately owned and professionally managed vacation rental homes and condominiums in Ellicottville, Chautauqua Lake and Chautauqua Institution. View all of our rentals at MyTeamVP.com or call 800-344-2198 to speak with a seasoned reservationist.

PLACE YOUR AD HERE: Classified ads are \$10/issue, 40 words or less; 25¢ each additional word. "Free" ads are FREE! Call our office at 716-699-9816 or email info@ellicottvillenow.com.

SERVICES

ROVER MAKEOVERS: Professional pet grooming. Owned and operated locally by mother and daughter, Teresa Mercer and Calla Wagner. Call 716-699-8345 for an appointment. 16 Elizabeth St., Ellicottville. "YOUR DOG IS OUR DOG." Pet collars and other accessories available for sale. Please wear a mask when entering.

MARTENS CLEANING SERVICE. Local, professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential and business cleaning. Call Christina Martens, 585-435-7158.

EMPLOYMENT

NOW HIRING: All positions, all locations. Applications can be picked up at Tim & Bonnie's Pizzeria in Ellicottville, Springville, and Gowanda; or apply online on our website at timandbonnies.com.

Thank You from The Pierce Family

We'd like to say a huge Thank You to the community for coming forward and helping with the benefit for Trenton Pierce and his family. We had a great turnout at the Oct. 10th BBQ & basket raffles, and raised almost \$11,000. We still have a ways to go, and are therefore continuing to collect donations. You can donate via GoFundMe, PayPal (jmweich1@yahoo.com) or mail to: The Pierce Family, PO Box 353, Great Valley, NY 14741.

SILVER BELLS HOLIDAY SHOP

cont. from page 09

"It's all up to the person," Brian laughed, "the same way you can choose to listen to holiday radio year-round. But why have all these items that you care for and that make you happy if you're only going to see them for three weeks? I say keep them up for as long as you would like, maybe even have a Christmas room if that works in your home."

"Do you have any holiday traditions?" I asked, needing to know.

"My family eats Ukrainian bread to celebrate and we have a traditional English Christmas Eve dinner," he said. "We also light Bayberry candles."

I was struck. This mélange of traditions was truly beautiful. Maybe I was closer to cracking the case.

"That's exactly why we exist," Brian said, a smile in his voice. "We offer holiday baskets, custom engraved ornaments, holiday baked goods year-round, cookies, pies, Finger Lakes coffee ..."

"We have collectibles, toys, blankets, and pillows for all ages," he continued, "not only for Christmas, but all the holidays, even Halloween. We want to create a happy experience. "One that makes you feel warm and fuzzy inside. Our store is filled with specialty items, ones that you cannot find anywhere else, because your traditions deserve special treatment."

After we finished our call, I spent much too long clicking around on silverbellsholidayshop.com to glean any last clues. I was fascinated by everything, from the Snowpinions to the cookie jars, each item its own conundrum. Had I solved the mystery? Perhaps, but new questions had arisen in its place. I still was not certain. I was, however, sure of one thing: thanks to the welcome video on the shop's Facebook page, I knew I had to get one of those iced cookies.

Silver Bells Holiday Shop is located at 67 Main Street, Salamanca, NY, phone 716-265-2014. Follow them on Facebook or go to silverbellsholidayshop.com for updates.

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lcove1: Lift up #ellicottvilleny #evlgirls #fallfestival #hillpeople #chairlift #iloveny #lifeisgood #dobermansofinstagram #evlnow



shannonlshepherd: We solemnly swear we are up to no good #chasingchipmunks #fallvibes #evlnow



baroness_abcinema: Fall hikes with my best bud and some old buds #evlnow



robert_kuechle: Hiking with my honey @holimont #evlnow #wny



rickmac6150: It's that time of year #seasonpasspickup #evlnow



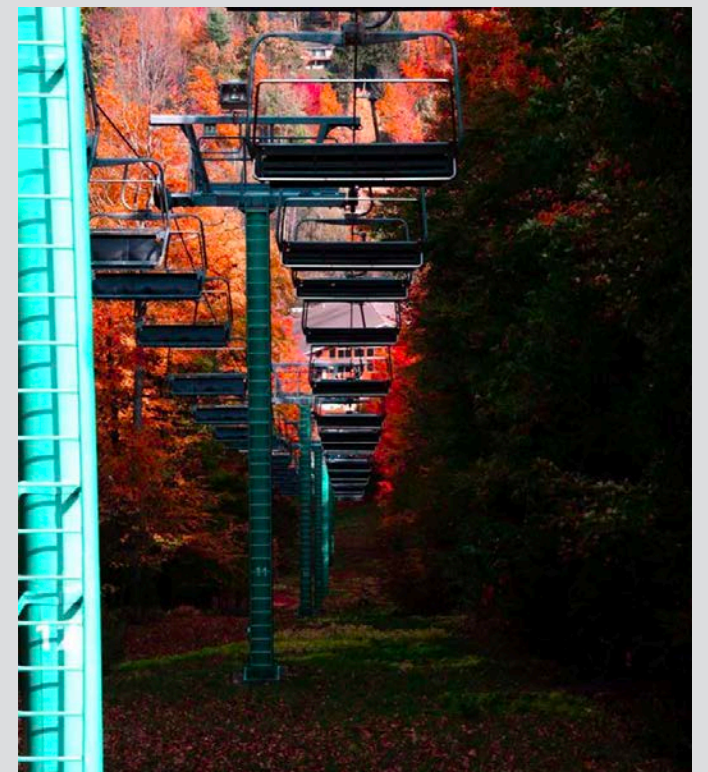
dash_913: #fall #evlnow #gopro #traintracks #bridge #fallcolors



willygoat_adventures: Fall dance party in the woods #ilovefall #dogparty #dogsofbuffalo #evlnow #sprucelake #holidayvalley #iloveny



fitandtiredteacher: Exploring today #evlnow #ellicottvilleny



lifethroughlenses2: Fall in #wny is B E A U T I F U L #ellicottvilleny #fallfoliage #holidayvalley #buffalophotographers @ellicottvillenow



dash_913: #evlnow #autumn #griffissculpturepark #getoutside



bonabobvw: #winteriscoming #fall #evlnow #ellicottvillenow



louie_bear: What a weekend!!! #dogsofbuffalo #evlnow



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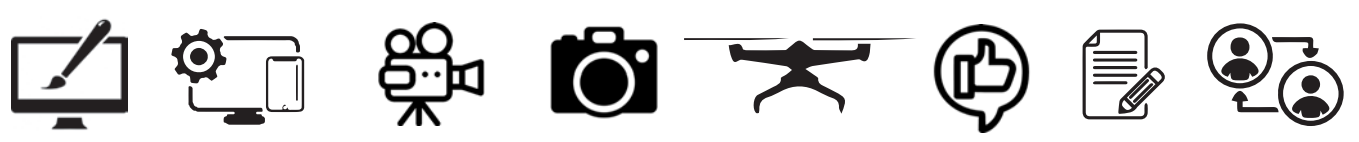
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