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FREE

#ShopLocal This Holiday Season

Christmas in Ellicottville and Small Business Saturday is Upon Us; Show Your Support!



The Ellicottville Chamber of Commerce recently relaunched Ellicottville's "Shop Local" campaign, distributing these special window decals to retailers throughout the village. Shown here is Daff retail associate Kate Schultz with Meaghan Lucarelli of DesignPerks/ellicottvilleNOW, designer of the decals.

With snowmaking underway and jolly Christmas music on the radio, the holiday season is here! Christmas in Ellicottville, the Chamber's annual celebration of lights, will kick off November 25-27. Visitors and event-goers can expect a fun-filled activity schedule (see page 03), similar to years past but with a few new additions. The Chamber is excited to bring back the window decorating contest, this year with the public asked to vote for their favorite. New this year (and a classic Christmas tradition), Elf on the Shelf is going to be making its way into the local businesses.

While sauntering the village and enjoying all the festive happenings, be sure to practice your "shop local" habits. Small business owners are gearing up for Small Business Saturday and appreciate your support to help them thrive. Find plenty of great product picks to many downtown businesses inside this issue!

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CATTARAUGUS GIVES: MAKE A DIFFERENCE ON GIVING TUESDAY

More than 70 nonprofits from across Cattaraugus County will again be looking to make a big impact through their collective fundraising during Cattaraugus Gives on Tuesday, November 29. Led by the Cattaraugus Region Community Foundation, Cattaraugus Gives is a 24-hour online fundraising event that brings together area nonprofits of any service area, size or mission in friendly competition to celebrate the community's spirit of giving. Giving will kick off at 12:00am on Nov. 29 at cattaraugusgives.org and will continue for 24 hours. Donors will also have the opportunity to help the nonprofits they love win prizes from a \$21,000+ prize pool ... page 04

Growing the Future of Bicycling... at School?

When NYS awarded the Colden Elementary School \$12,000 through its 'Creating Healthy Schools and Communities' initiative, the school's Wellness Committee proposed a walking path behind the school & through the surrounding woods.

As the hub of a family of 5 avid mountain bikers, Erin Georger had a much larger vision for the opportunity that the planned quarter-mile loop could provide. As Co-Chairperson of the Wellness Committee, she recognized the tremendous value in having a well-designed, properly constructed path that could also be used by children & beginners to learn the lifelong sport of bicycle riding.

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SKI SHOP Q&A: MUD, SWEAT N' GEARS

Get the Scoop on What's Trending For the Upcoming Snow Season



Fresh snow, the humming of the HKDs, and the crisp, cold air has our village buzzing with anticipation for ski season. Our local ski and board shops are brimming with excitement to share their passion with all who walk through their doors. Pair up your new kit, get those edges sharpened, and dust off them goggles, because ski season is at our doorstep!

Over the next several weeks, we'll check in with area outfitters to find out what products are hot, what services are a must, and what brands offer the best Aprés fashion. First up: Mud, Sweat n' Gears...

The MSG staff lets us on on their favorite products, custom bootfitting, "The Speed Factory", and what's new at the East Aurora store.

... page 07

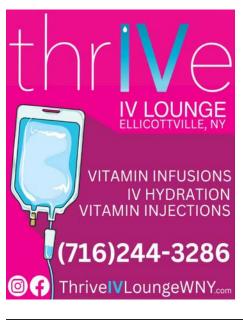


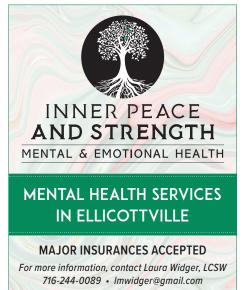
25 DAYS OF MINIS: THE GIFT OF ART

Sixty-two artists, 1,350 mini artworks, and 25 days: that's 25 Days of Minis by the numbers... record numbers as a matter of fact! For the past 10 years, artist Teresa Haag, founder of 25 Days of Minis, has been bringing together award-winning artists from all over the country who each create 25 miniature pieces for this online holiday exhibit. Every day from December 1-25, a new piece from each artist is released at midnight & according to artist Sean Huntington of Olean, the response is something of a "feeding frenzy" with many artists selling their pieces by 12:01am ... page 04











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NOW this ... by Brenda



Let us give thanks...

My favorite holiday? Thanksgiving, hands down. It's all that good food. It's the reconnection with family. It's time spent with friends. It's taking a moment to reflect on all the things we are grateful for... while enjoying all that good food!

Every day provides an opportunity to count our blessings. We truly do have so much to be thankful for here in our slice of western New York - temps are dropping (for those of us who look forward to snow sliding), businesses are thriving, and boxes of Jingle Bark are making their way onto the shelves at Watson's Chocolates.

WHAT ARE YOU THANKFUL FOR?

Let's share! I'll start... I am thankful for four-wheel drive, gluten free pizza crust, and the built-in iPhone locator on my Apple Watch, which sounds my phone with the push of a button. (I'm always misplacing my phone, sometimes in the strangest places... inside a shoe, on top of the garbage can, right in front of my face.)

On a more sincere note, I am most thankful for my family, friends, and this entire community which I call home, for all the care they have provided me during my recent cancer battle and chemo treatments. 2022 has been a hell of a ride, and I pray that my renewed health stays in good standing for many years to come. (I feel like I've said this too many times over the past handful of years... hopefully this time it sticks!)

I am also grateful for all the support that has been shown to my business since launching in 2010. I am truly humbled to have the backing of so many who see the value in Design-Perks and ellicottvilleNOW. Not only is our staff comprised of talented, top-notch team players, but each one of us encapsulates a passion for what we do.

CHANGES ARE ON THE HORIZON

Our crew is preparing for some exciting changes in the upcoming months! Keep tabs on our FB/IG accounts (@ellicottvilleNOW) as we begin the process of GROWING! We are creating new job opportunities within our operations so that we can provide more personal attention to our advertisers and clients - more incentives, more prime visibility, more community involvement, more FUN! We love promoting Ellicottville and the surrounding areas in Catt/Chaut/McKean Counties. We are ecstatic to GROW our team and help you GROW YOUR BUSINESS!

#SHOPLOCAL

Speaking of business, you've heard it before, but it never hurts to be reminded of how important it is to #SHOPLOCAL. The holiday season is an especially great time to exercise this practice, and honestly, quite easy to do in our area, as we have some of the most wonderful and unique storefronts lining the sidewalks of Ellicottville, Olean, Randolph, Bradford, Kane, Jamestown... everywhere! These business owners pour their hearts into their offerings and they depend on us to help them bring home a paycheck each week, to provide food for their families, experiences for their kids, and joys for themselves. We all deserve a bit of joy, wouldn't you agree?

According to the American Independent Business Alliance (AIBA), when you shop local, approximately 68% of the cost of your purchase is recirculated back into the local economy. Come Small Business Saturday, take to the independent businesses in your lo-





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Christmas in Ellicottville

Event Schedule 2022

Friday Nov. 25th

Time	Event	Location
1PM - 3PM	Fire Truck Rides W/ Santa	Village Gazebo
1PM - 3PM	Meet the Alpacas of Ellicottville	Village Gazebo
1PM - 4PM	Horse & Wagon Rides	Katy's Cafe
1:30PM - 3PM	Children's Arts, Crafts, & Activities	Wingate Hotel
1PM - 3PM	Cookie Decorating with Cupcaked	Balloons
3PM - 5PM	Meet Santa's Mini Donkey's	1887 Building Lawn
6:15PM	Tree Lighting Ceremony	Ski Tree

Saturday Nov. 26th

Time	Event	Location
10AM - 11:30AM *Donations will be ad	Free Pancake Breakfast w/ Santa	
11:30AM - 12:30PM	Kids Holiday Movie	Villaggio
1:30PM - 3PM	Fire Truck Rides W/ Santa	Village Gazebo
1PM - 3:30PM	Meet the Alpacas of Ellicottville	Village Gazebo
1PM - 4PM	Horse & Wagon Rides	Katy's Cafe
1PM - 3PM	Cookie Decorating with Cupcaked	Balloons
1PM - 3PM	Fire Truck Ride W/ Santa	Village Gazebo
1PM - 3PM	Meet Alpaca's of Ellicottville	Village Gazebo
1PM - 4PM	Horse & Wagon Rides	Katy's Cafe
1PM - 3PM	Photo w/ Buddy the Elf	ERA Realty Office
2PM - 3:30PM	Children's Arts, Crafts, & Activities	Wingate
3:15PM - 4:15PM	Meet Santa	Wingate
3PM - 5PM	Meet Santa's Mini Donkeys	1887 Building Lawn

Sunday Nov. 27th

Time	Event	Location
10AM - 11:30AM *Donations will be	Free Pancake Breakfast w/ Santa accepted for the Ellicottville Food Pantry Non	Finnerty's Taproom -perishable items/cash
11AM - 1PM	Cookie Decorating with Cupcaked	Balloons
11:30AM - 1PM	Children's Arts, Crafts, & Activities	Wingate Hotel
12PM - 1PM	Meet Santa	Wingate Hotel
12PM - 2PM	Meet Santa's Mini Donkey's	1887 Building Lawn
6:15PM	Meet the Alpacas of Ellicottville	Village Gazebo
1PM - 3PM	Horse & Wagon Rides	Katy's Cafe

12 Days of Christmas Scavenger Hunt will be available all weekend long at participating businesses!

THE GIFT OF GIVING

CATTARAUGUS GIVES

CRCF Set to Make Big Impact for Local Non-profits on Giving Tuesday



OLEAN - More than 70 nonprofits from across Cattaraugus County will again be looking to make a big impact through their collective fundraising during Cattaraugus Gives on Tuesday, November 29. Led by the Cattaraugus Region Community Foundation, Cattaraugus Gives is a 24-hour online fundraising event that brings together area nonprofits of any service area, size or mission in friendly competition to celebrate the community's spirit of giving.

In 2021, Cattaraugus Gives nonprofits together raised \$358,772. Since 2019 alone, Cattaraugus Gives has helped raise over \$750,000 for nonprofits in Cattaraugus County impacting a wide variety of cause areas - from animal welfare to food security, youth development to historic preservation and beyond.

Giving will kick off at 12:00am on Tuesday, Nov. 29 at cattaraugusgives.org and will continue for 24 hours. Donors will also have the opportunity to help the nonprofits they love win prizes from a \$21,000+ prize pool - the largest ever for Cattaraugus Gives to date, sponsored by area businesses and the CRCF board of directors. A full prize list is available to view at cattaraugusgives.org/prizes.

A number of participating organizations will also have matches and challenges available, so a donor may have the opportunity to double their gift's impact. Donors and the public can see the impact of their gifts and support by watching a live leaderboard that will update the total raised throughout the day in real-time.

"Cattaraugus Gives has been a really exciting day for our area nonprofits and for the donors that give so generously," said CRCF Executive Director Karen Niemic Buchheit. "To raise over \$358,000 in one day is no small feat, and we know that the money raised has a made a real difference in the community."

CRCF hopes that this year, Cattaraugus Gives can have an even bigger impact.

"We know that a lot of the needs that existed during the COVID-19 pandemic for nonprofits and the people they served during the COVID-19 pandemic have not gone away, and many have increased due to staffing challenges, economic uncertainty and other factors," said Buchheit. "So we hope that Cattaraugus Gives can again provide a boost to the non-profits who continue to support those in need in our community and region."

To learn more about how to support Cattaraugus Gives, visit cattaraugusgives.org.

GREATER OLEAN HOSPITALITY FUND

Sculpture to Display and Recognize Wall of Fame Inductees Past and Present

OLEAN - A new fund established at the Cattaraugus Region Community Foundation will honor the contributions of individuals who have contributed to the Greater Olean area's hospitality industry by giving the Greater Olean Hospitality Wall of Fame a permanent home in the form of a sculpture that will display the names of wall of fame inductees past and present. In 2007, the Greater Olean Area Chamber of Commerce established the Greater Olean Hospitality Wall of Fame to recognize individuals and/or businesses who have made a significant contribution and have given exceptional service to the local food service/hospital industry. To read the full release, head to ellicottvilleNOW.com.

25 DAYS OF MINIS

The Countdown to Support Local Artists During the Holiday Season is Near!





By Mary Heyl

Sixty-two artists, 1,350 mini artworks, and 25 days: that's 25 Days of Minis by the numbers... record numbers as a matter of fact! For the past 10 years, artist Teresa Haag, founder of 25 Days of Minis, has been bringing together award-winning artists from all over the country who each create 25 miniature pieces (dimensions smaller than 12x12 inches) for this online holiday exhibit. Every day from December 1 through 25, a new piece from each artist is released at midnight, and according to artist Sean Huntington of Olean, the response is something of a "feeding frenzy" with many artists selling their pieces by 12:01am. Huntington has been a part of 25 Days of Minis nearly every year since its inception, and he's looking forward to the biggest event yet!

According to Huntington, 25 Days of Minis began with just a small group of Philadel-phia-based artists whom he got to know through the Rittenhouse Square Fine Art Show. "We started out with just a few of us sharing our work on social media," he recalled. "It was pretty informal, but it's really grown." Artists from all over the country participate and sell their work to people throughout the U.S. and Canada. This year, 62 artists were accepted including Huntington, who is the only western New York-based artist among the group.

Those who sign up for the 25 Days of Minis newsletter at www.25daysofminis.com or follow their social media pages will get an alert at midnight with all of that day's artwork that is for sale. While all of the artwork is available to view on the gallery's website, each piece is linked to the artist's website, where purchasers can learn more about the artist, pay for their piece, and view the artist's other work.

For Huntington and many others, this is one of their best shows of the year, and certainly one of the most exciting. "There's that adrenaline rush at midnight when your work is released," he said. "It's cool when your work sells right away! I really don't sleep well in December," he laughed. This year, those lucky few who are able to buy the piece they want at midnight will receive special recognition as "midnight club" members, which includes a few perks to recognize their tenacity.

Those who have visited Holiday Valley are likely already familiar with Huntington's work, as he has two large pieces hanging in the main lodge. He's also had gallery space in downtown Ellicottville but now paints full-time at his studio in Olean. Huntington's work can also be seen in the "A Little Something" small works show at the Tri-County Arts Council in Olean, where he serves as exhibition coordinator.

"Right now, I work mostly in watercolor and gouache, which is an opaque water color," Huntington explained. "I focus on nature and create a lot of abstracted landscapes." Huntington grew up in a small town just outside of Bradford, PA and spent a lot of his time outdoors. "I fell in love with nature," he said. "I was going to be a biologist. I always had a big interest in ecology, biology, and later on, botany. That's kind of what comes out in my work; no mountain vistas - it's very tree-centric. It's really about the shapes, the lines, and the forms close up."

Huntington credits his high school art program for his start, though he didn't originally plan to become an artist. "I intended to go into science," said Huntington, reflecting on his high school graduation plans. "I always painted and drew on the side." While challenging family circumstances prevented him from going to college, he got a job at a local grocery store to pay the bills, get insurance, and of course, buy paint. "I was heading

"25 Day of Minis" continued page 22



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Country Christmas

December 2nd

"Light Up the Night" Christmas Parade

7:30pm

Memory Tree Lighting

(immediately following parade)

December 3rd

Randolph Holiday Arts & Crafts Show

Randolph Central School 10:00am - 4:00pm







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ELF ON THE SHELF

Scout Elves are Heading to Ellicottville for the Holiday Season



ELLICOTTVILLE - With snowmaking underway and Christmas music on the radio, the holiday season - without a doubt - is here! There are many reasons why people come to visit Ellicottville, but when the holidays are on the horizon, many would agree that there's no other place they'd rather be!

Looking ahead, Christmas in Ellicottville, the Ellicottville Chamber of Commerce's annual celebration of lights, will kick off November 25-27. Visitors and event-goers can expect a fun-filled activity schedule, similar to years past but with a few new additions. The Chamber is excited to announce that they're working with local businesses to host another window decorating contest - but this year, they are asking the public to vote for

Coinciding with the kickoff celebration and tree lighting ceremony on Nov. 25, local businesses are encouraged to have their windows decorated as the voting polls open to the public that day. The polls will be kept open until December 6 and the winner will be announced at the Ellicottville Chamber of Commerce's Christmas Party, December 8.

Visitors traveling to Ellicottville for the holiday season kick-off celebration can also expect the return of Santa's mini donkeys (who stole the show last year), as well as horse drawn carriage rides, cookie decorating with Cupcaked Bakery, fire truck rides, children's crafts and activities at the Wingate, pancake breakfast with Santa, and much more! A full schedule can be found at ellicottvilleny.com.

New this year (and a classic Christmas tradition), Elf on the Shelf is going to be making its way into the local businesses. "We're very excited to announce that the widely popular, mischievous scout elves will be landing in Ellicottville this year!" said Jessica Wallace, Business Development Manager at the Ellicottville Chamber of Commerce.

For those who may not know about this worldwide tradition, once a scout elf is adopted and has been given a name, the elf receives its Christmas magic and can travel to the North Pole to tell Santa and his helpers about his adventures. The Scout Elf returns each morning, in different places to watch the festive fun, and to keep the naughty and nice list in check! This family favorite tradition has kids jumping out of bed to see where the elf has landed and what kind of games he's been up to!

The Chamber invites families to explore the village and find where the Scout Elves have landed. Saint Nick is giving each elf a QR code so families who spot one of the elves can enter into a drawing. The elves are expected to land Thursday, December 1 with a planned departure to the North Pole on Monday, Dec. 21.

To stay up to date on all the holiday activities be sure to visit ellicottvilleny.com!

CHRISTMAS BAZAAR

Saturday, November 26 at the United Church of Ellicottville

ELLICOTTVILLE - An annual holiday event that many in the community look forward to is the United Church of Ellicottville's Holiday Bazaar. Bring your friends and families Nov. 26 to shop many talented craft vendors, enjoy homemade soups and snack on "Kelsey's Kookies". The Holiday Bazaar will take place inside the church, 53 Elizabeth Street (on block past the post office) from 9:00am-4:00pm.

MUD, SWEAT N' GEARS

Product Picks, Leasing Programs, Lifestyle Wear





INTERVIEW BY BRENDA PERKS

Fresh snow, the humming of the HKDs, and the crisp, cold air has our village buzzing with anticipation for ski season. Our local ski and board shops are brimming with excitement to share their passion with all who walk through their doors. Pair up your new kit, get those edges sharpened, and dust off them goggles, because ski season is at our doorstep! Over the next several weeks, we'll check in with area outfitters to find out what products are hot, what services are a must, and what brands offer the best Aprés fashion. First up: Mud, Sweat n' Gears...

eNOW: Can you let us in on the MSG staff's top product picks for this season?

HANNA LEE: Atomic Maven/Maverick skis, Marker Squire bindings, Tecnica Cochise 105W, Sidas Footbeds, Skida Hats, Sweet Protection Switcher Helmet, Oakley Flight Deck goggle, Hestra Gloves.

DREW PIGANELLI: Blizzard Cochise Skis, Tecnica Cochise 120 ski boots, Look

Pivot Binding

JUSTIN EVERETT: Volkl Deacon 76 skis, Nordica Pro Machine ski boots, Marker Griffon bindings, Giro Tor Helmet, Giro Contact Goggle, Leki Trigger Ski Poles, Hestra Fall Line Gloves, Lenz Heated Socks, Sidas Footbeds.

MARTY BENZINGER: Line Sakana skis, Look Pivot binding, Sidas Footbeds, Helly Hansen Outerwear, Darn Tough Socks, and a little container of Dermatone for my pasty

NICK SCIARA: Rome Ravine Snowboard, Rome Vice Binding, Ride Lasso Pro Snow-

MATTHEW CUNNINGHAM: Rome Artifact Snowboard, Rome Bodega Snowboard Boot, Rome Vice Binding, Under Armour 4.0 Base Layer, Stance Socks, Oakley Fall Line M goggle, Sidas Footbeds.

AARON McCARTER: Volkl Blaze Skis, Tecnica Cochise 120 ski boots, Atomic Shift

ALISSA POTTER: Elan Wildcat 82 skis, Dalbello Veloce 95 ski boots, all things The North Face, Sorel Hi-Line Chelsea boots, Dakine Fleetwood Mittens.

PATRICK WALLACE: Lenz or Hotronic Bluetooth Heated Socks, Blizzard Rustler 9 ski, Tecnica Cochise ski boots, Marker Duke bindings, any waterproof outerwear.

RYAN PETERS: The Cockcicle Decapitator Bottle Opener, K2 Party Platter snow-

MIGUEL AZCARATE: Atomic Redster 9.8 skis, Nordica Pro Machine 120, Sidas

Footbeds, Lenz or Hotronic Bluetooth Heated Socks, The Northface Freedom Bibs. **KIMBERLY READING:** Blizzard Black Pearl 88, Tecnica Mach 1 95W ski boot, Marker Squire biniding, all things Parajumper, Kari Traa base layer, Hestra mittens, and Mud, Sweat n' Gears branded Trucker Hats.

eNOW: We can always count on MSG to bring in a fresh selection of lifestyle wear each year. What do you have hanging on the racks this season?

MSG: We carry a fun and trendy selection of lifestyle wear... more this season that ever before! Lots of sweaters, casual jackets, shirts and tops, hats, scarves, and sporty bags, footwear, etc. - perfect après ski and resort wear. We're really excited about The North Face this season for its retro appeal. The North Face has managed to carve out a sweet spot between essential outdoor gear and the influencer must-have to the nostalgic necessity in your closet. Sorel Footwear is a must for a girl on the go! They're chic, they're versatile, and best of all, they're comfortable. We have a big selection of shoes and boots fit for every forecast. We're also big fans of Jetty, Kari Traa, Toad & Co, Prana, Alp n Rock... just to name a few.

"Mud, Sweat n' Gears" continued page 21

SPORTS

F-E TITANS FALL SHORT

Randolph Cardinals Win Class D Football Title



Titans quarterback Gian Nuzzo scampers across mid-field during the opening drive of the Class D Championship game last week at Highmark Stadium.

The Randolph Cardinals defeated Franklinville-Ellicottville, 30-14.

BY RICH RUMFOLA

The Franklinville-Ellicottville Titans' 2022 season came to an end Thursday afternoon (Nov. 10) with a 30-14 loss to the Randolph Cardinals in the Section VI Class D championship football game at Highmark Stadium in Orchard Park. The Titans, who finish the season with an 8-3 record, caught everyone by surprise on the first offensive possession of the game, when they took the opening kickoff, drove the length of the field and put the first points on the board with a 26-yard touchdown pass from senior quarterback Gian Nuzzo to junior running back Hunter Smith.

"It was surreal," Smith explained of the moment he crossed the goal line to put his team in the lead. "With the noise of (the crowd) yelling and cheering and then looking up to see 200 fans jumping up out of their seats - it's a feeling I'll never forget," he added.

Unfortunately for Titans Nation, however, the rose-colored glow and early happiness quickly faded, as the undefeated Cardinals (11-0) revved up a relentless and punishing ground attack. Senior running back Xander Hind scored the first of his four rushing touchdowns of the day on the very next drive and added two more scores in the second quarter to give the Cardinals a 22-8 halftime lead. Hind finished the day with 195 rushing yards on 37 carries and added three, two-point conversions to his total point tally.

In the opening drive of the second half, the Cardinals took the kickoff and held the ball for the entire third quarter and into the fourth quarter before finally scoring to give Randolph a 30-8 lead. The Titans were able to cut into that Cardinal lead a little bit when Nuzzo connected for his second touchdown pass of the day to sophomore running back Billy Slavinski on a 4-yard toss mid-way through the fourth quarter - making the score 30-14... but by then, the Franklin-ville-Ellicottville squad was simply out of time to mount any kind of serious comeback.

"It's tough we couldn't get the win, Nuzzo reflected after the championship game. "But I have no regrets - we all played our hearts out."

Senior linebacker Brad John was one Titan who rose to the occasion of the biggest game of the year and definitely played his heart out. Refusing to leave the field late in the fourth quarter, John was seen hopping to the line of scrimmage on one foot to continue play. He finished the game with 6.5 tackles and for his efforts, he was awarded the Cross Training Athletics Character Award.

On the season, the Titans offense flowed through the senior signal caller, Nuzzo, who completed 35 of 75 pass attempts for 592 yards and eight touchdowns. Nuzzo also led the team in rushing, with 925 yards on 155 carries. He scored 13 rushing touchdowns and also chipped in with a receiving touchdown on one of only two pass receptions this season.

Although most offensive linemen can go their entire careers without being mentioned once in offensive highlights, it is the case that a great deal of the Titans' offensive success came behind the blocking of senior offensive linemen Tyler Gibas and Koda Curtis.

When Nuzzo did put the ball in the air, junior running back Beau Bielecki proved to be his primary target, as Bielecki led all Titans receivers with 344 yards and a pair of touchdowns. Though the stats were not available for Bielecki's two-point conversion attempts, the speedy receiver was seemingly unstoppable whenever head coach Jason Marsh called his number after a Titans touchdown. In the Titans' 49-3 blowout of visiting Portville in the Class D semi-final game, Bielecki returned a pair of interceptions for touchdowns, including a tone-setting

BIKE TRAILS AT SCHOOL?

Growing the Future of Bicycling From the Grassroots

8-year-old Declan Georger, followed by 11-year-old Logan Georger, show how to ride a "skinny" feature on the new bike/walking trail at Colden Elementary.

THE RESERVE OF THE PARTY OF THE



By RICH RUMFOLA

When New York State awarded the Colden Elementary School \$12,000 through its 'Creating Healthy Schools and Communities' initiative, the school's Wellness Committee proposed a walking path behind the school and through the surrounding woods. As the hub of a family of five avid mountain bikers, Colden's Erin Georger had a much larger vision for all the opportunity that the planned quarter-mile loop could provide. As the Co-Chairperson of the Wellness Committee and a registered nurse, she recognized the tremendous value to the entire community in having a well-designed, properly constructed walking path that could also be used by children and beginners to learn the lifelong sport of bicycle riding.

"I was really surprised when my sons came home from school and told me they knew plenty of other kids who didn't know how to ride a bike yet," she explained. "That's when I started to realize that we could end up with so much more here than just a walking path."

Georger began with the simple notion that every child deserves to be able to ride a bike. Then she considered that in Colden, the proposed wellness trail would give all students the chance to be part of a school-based, learn-to-bicycle program - without regard for who could afford it. With the initial funding in place for the project via the grant, Georger checked in with the Western New York Mountain Biking Association (WNYMBA), an organization she and her husband David belong to, for help with designing and then creating the actual trail. A non-profit organization of approximately 350 members, WNYMBA is not only responsible for the creation and maintenance of trails, the group also seeks to grow the sport through grassroots initiatives just like the Colden Elementary Bike Trails and also by creating educational opportunities for youth and beginner riders.

Although WNYMBA was limited in the amount of ground work and trail construction it could help with this summer, it is expected group members will help "build out" the existing path next Spring, as well as contribute to the construction of the second phase of the project. When Phase II of the project continues in the Spring, trail designers envision creating more-difficult trails a little further up in the woods around the school, where young cyclists can build confidence and grow their technical ability.

Probably the most significant help the Colden Elementary Bike Trails project got from WNYMBA this summer, however, was when the group's Vice President, Chris Holmes, was able to put Georger in touch with two of the region's biggest supporters of mountain biking - Springville's Greg Culver and Ellicottville native Chris Perks. Culver and Perks have spent most of their lives supporting and creating outdoor playgrounds for skiers, snow-boarders, and the entire mountain biking community - from Sprague Brook to the HoliMont Bike Park. (If you have ever ridden in the park at any of the local ski areas in the last 20-plus years, chances are you were navigating through Perks' handiwork at some point.)

An artist, graphic designer and marketing guru, Culver also provided the project with logo designs and created logo shirts for the first fundraising event through his business, Hot Wing Designs. "I started with a Google roadmap overview of the Elementary School and I just looked down and drew the line that I wanted the bike trail to follow," Culver explained. And just like that, with a few strokes of Culver's pen, the Colden Elementary Bike Trails were born. But now that there was a trail on 'paper', it was time to create the real path - outside in the ground - and that's where Perks, the 'Builder of Parks' came in.

"In terms of wooden features for our trail, we reached out to HoliMont to see if they'd sponsor one feature," Georger explained. "Then Chris Perks told us that as long as we supplied

"Colden Elementary Bike Park" continued page 21

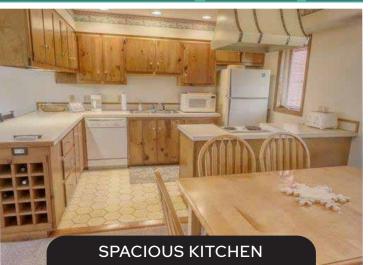




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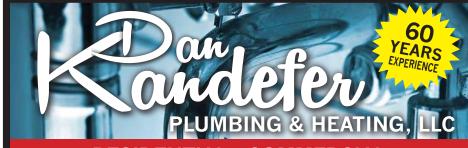
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INTERVIEW

A BOY BAND CHRISTMAS PART II



DECEMBER 10th · 8:00PM

By Melanie Hulick

As I mentioned in the previous issue of ellicottvilleNOW, I had the opportunity to talk with three of the headliners of "A Boy Band Christmas", which will be performing two shows at Seneca Casino's Niagara and Allegany event centers December 9 and 10, respectively. This issue features Jeff Timmons of 98 Degrees.

There was something familiar while catching up with Timmons, as I had interviewed him in 2004 for another Christmas show with Jim Brickman & Friends. During our conversation back then we found out that we grew up about a half hour from each other in Ohio. Our high schools were football rivals - which we still debate as to who has the better team.

When we realized that almost 20 years have passed since we last saw each other, we both knew one thing... neither of us has aged at all. Some things have changed - the singer who was the father of two is now the father of five. Timmons, the founding member of 98 Degrees, has delved into all aspects of the entertainment industry but hasn't limited himself to exploring "out of the box" behind the scenes things that he has enjoyed.

The worldwide, fan favorite group decided to take a break in 2001, but has since gotten back together and will be celebrating their 25th anniversary next year with a couple of exciting projects in the works, which he mentions in the following conversation.

Life for Timmons has been a rollercoaster ride, but he attributes the high he has been on to his current wife, Amanda, saying, "I met her at a time when I was going through a very difficult time in my personal and professional life. I was so discouraged and she literally changed all that the second she came into my life. She is supportive, encouraging and makes great business decisions

With all the years behind him, Timmons has found the secret to success. "You have to have some sort of foundation. You can go out there and be on TV everyday, or touring the world like we were doing, but if you don't have things in order in your personal life, or the support system, then what's it all worth, right? If you don't have someone to share it with... it's great to experience for yourself, but really you don't do it - at least I don't do it for myself - I do it for my family and for opportunities for other people and I do it to be creative and it all sort of ends up being empty if you can't share the wins and exciting things with the people you care about.'

You can follow Timmons on all social media platforms. For ticket information to us upcoming shows at Seneca Niagara and Seneca Allegany visit senecacasinos.com.

A Conversation with Jeff Timmons

HULICK: I was so excited that I was going to be able to talk to you again. I believe it was 2004 when we last saw each other.

TIMMONS: I know! Can you believe it's been that long already? It's crazy!

HULICK: Of course you and I haven't aged at all over those years. **TIMMONS:** (laughs) I love you. You're too kind.

HULICK: You have really kept busy. I can't believe all you've accomplished.

TIMMONS: I've tried aligning myself with forward thinking people, not necessarily in the entertainment business. So I've been doing some out of the box things... of course I'm still producing music for other people and I've done a couple TV shows, dived into packaging and the ways you can distribute, worked in all the platforms on the way you can get exposure... so that was what became the focal point of what I was doing behind the scenes, aside from traditional music stuff.

HULICK: Is there one of those you like doing in particular? **TIMMONS:** I love the behind the scenes stuff, but I like working with artists, too. I'm doing some work in Japan, the Middle East and the Philippines. I like it all and with the technology of today it allows you to wear many hats and juggle different opportunities. As long as I'm staying busy and being productive with creative and talented, successful people, that's what excites me most.

HULICK: I know you are very goal oriented. What's one of the most recent things you've done and achieved the goal you set for yourself?

TIMMONS: I know 98 Degrees' most recent certification was 10 million - or something like that - albums sold and I knew we had sold more than that. I tracked down our record sales and we've been fortunate enough to collectively gather the data from our streams, so finally we were certified 15X platinum and half a billion streams so we just got certified with all that. I wanted to make sure our group got the notoriety they deserve collectively. We have a documentary that I've been pushing hard for years... the documentary of our group... that's in motion now, and with his being our 25th Anniversary, we're going to possibly start filming that at the start of next year and release that in the summer. Then there's some big things in regards to the charity organization called Victoria's Voice that I'm a part of... I'm on the Board of Advisors for that and we're trying to set up a massive concert at Allegiant Stadium and we've been fortunate enough to have a commitment from Mark Davis to let us use the stadium. Now it's about getting the logistics and details, the acts and the timeframe of when that's going to be. Those are some of the things that are in motion for this upcoming year.

HULICK: Wow! I'm so happy for you, Jeff. I love talking to you because you seem like

TIMMONS: Well one of the first stations to embrace 98 Degrees was Buffalo's Kiss 98.5. They had a contest that whatever high school turned in the most index cards to the radio station would win a concert by 98 Degrees. There was a shortage of index cards in the whole city... they ran out of them. It was a massive campaign and it made national news and USA Today at the time. So we have an affinity for the area. There's a cool vibe there... kind of a mid-western vibe to upstate New York and we love coming there.

HULICK: So you're doing a show at Seneca Niagara December 9 and then traveling to their Seneca Allegany property for a show the very next day. You will go through the village of Ellicottville on the way. When you get to the light at the end of the village on your right will be a tree made out of skis.

TIMMONS: (long pause) Out of skis? Like in snow skis?

HULICK:(laughs) Yes. It's the coolest thing. Watch for it. **TIMMONS:** Absolutely! I'm gonna have to make them stop at it!

HULICK: Do you ski at all? **TIMMONS:** Not very well. I've snowboarded a couple times and that didn't go very well either. (laughs)

HULICK: (laughs) Yeah, you don't want to get laid up with everything you have to do. **TIMMONS:** I can barely move around in my old age as it is!

HULICK:(laughs) I know what you mean. I bent over to pick up the cat's water bowl the

TIMMONS: And you're like what happened! (laughs)

HULICK: Being that this is a Christmas show you will be doing, would you mind if I asked you some Christmas questions? **TIMMONS:** You can ask me anything you want.

HULICK: Do you have a family tradition you've carried on?

"Interview: 98 Degrees" continued page 22

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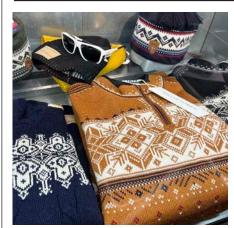
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SANTA CLAUS LANE PARADE

The City of Olean has several traditions and activities visitors are invited to participate in. On November 25 at 7:00pm, watch Olean's Santa Claus Lane Parade followed by Santa and Mrs. Claus lighting the town's decorations! The 2nd Annual Jingle Bell Jubilee offers an abundance of holiday activities and events on December 2 and 9 including sleigh rides! You can also visit Santa's Cottage in Lincoln Park on December 7 and 14 from 5:30-8:30pm.

SILVER BELLS

The City of Salamanca is hosting their iconic Silver Bells Santa Parade on Saturday, December 3 at 6:00pm. There will be festive lights, hot cocoa and cookies for all, and of course - Santa! Come celebrate the holiday season in the city where famous lyricist of "Silver Bells", Ray Evans, was born. To participate in the Parade, download an application at salamancachamber.org.

IN THE HEART OF AMISH COUNTRY

Randolph's Country Christmas is fun for the whole family! The fun kicks off with the "Light Up the Night" Christmas parade at 7:30pm on Friday, December 2. The Memory Tree Lighting is immediately following the parade. Looking for a great opportunity to pick up the perfect one-of-a-kind gift for the holidays? Randolph Central School is excited to announce the annual RCS Arts and Crafts Show will take place at the High School and Elementary School Gyms of Randolph Central School District on Friday, December 3 from 10:00am-4:00pm. Browse the vendors along with a concession stand and bake

dors along with a concession stand and bake sale. Shoppers will find a variety of outstanding goods ranging from wooden cutting boards, stained glass, alpaca products and organic soaps. Expect a lively atmosphere for all ages with a door prize, raffles, and lots of food vendors (chili, soups, walking tacos, baked goods). Last but not least, Santa will be at the Randolph Free Library from 11:00am-1:00pm on Saturday, December 3.

ALL ABORD THE SANTA EXPRESS!

Take a walk back in time, stroll downtown Gowanda, shop local, and celebrate an old-fashioned Christmas at the Annual Christmas in Gowanda event, Saturday, December 3. There will be plenty of fun family activities and even a fireworks show after the always-anticipated parade. Make your plans now to hop aboard the Santa Express Train Ride with Santa - the train travels from Gowanda to Dayton, NY and back during the first three weekends of December. To view the train schedule and purchase tickets, go to nylerailroad.com.

To learn of more events and activities in Cattaraugus County that will surely spark the holiday spirit in you, visit EnchantedMountains.com.

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To Donate to Roswell Park Cancer Institute, go to:

give.roswellpark.org



EXPLORE PA

DISCOVER A STAR IN THE FOREST: KANE, PENNSYLVANIA

Where to Sip, Dine and Stay... Make it an Adventure!

By Linda Devlin, ANF Visitors Bureau

The holidays are a time to travel to meet with family and friends to celebrate the season. Nearby in Kane, PA (approximately 55 minutes south of Ellicottville, NY) you will discover a number of fabulous restaurants including the new Twisted Vine Winery & Eatery, Table 105, Texas Hot Lunch 4-Sons, and Logyard Brewery. Shop at Artworks on the Summit for local artisan creations and at Field Street Boots for outdoor wear. At the McCleery Wolf Center learn about the conservation efforts in Kane which saved the Lobo wolves from extinction.

Be sure to bring your hiking boots to enjoy the Knox & Kane Rail Trail. Foodies will enjoy shopping for Christmas food specialties such as Korv sausage, along with farm fresh meats and poultry, home canned fruits, spices, and sauces at Bells Market.

FOODIE ALERT! TWISTED VINE WINERY & EATERY OPENS

If you are a foodie, you will enjoy exploring the menu of Twisted Vine Winery & Eatery at 117 N. Fraley Street in Kane, Pennsylvania. This is the second restaurant opened in Kane by successful restauranteur Riki Tanaka, who also owns Table 105, a favorite for fresh seafood and delicious steak entrees.

Twisted Vine Winery & Eatery has a modern, light and bright décor along with a new Italian themed menu. Begin your dining experience with one or more of the appetizers. The Avocado Crab Appetizer caught my eye - panko fried avocado with spicy surimi crab salad and sriracha aioli sounds delicious, but so does the Drunken Pot O Clams steamed in garlic, butter, and Twisted Vine's white wine reduction, served with crostini points. The Mussels - a pound of Blue PEI Mussels in a spicy house tomato broth served with crostini - also sounds delicious.

Entrees are organized under "From the Garden," "From the Farm," "From the Sea," "From the Field," and "Pasta". Pasta is the major focus of this Italian themed restaurant. Lobster Mac and Cheese - cold water Canadian lobster layered in a decadent gruyere and white cheddar cheese sauce and baked to perfection - is the perfect comfort food on a wintry night.

NEW PLACES TO STAY IN KANE

Lofts@TwistedVine is a spacious, newly built, second floor Airbnb located above Twisted Vine Winery & Eatery. Amenities include four bedrooms, each with a queen bed, two full bathrooms with a shower/bathtub combo. The oversized living room and dining area can easily accommodate eight adults with comfortable seating on leather couches and oversized chairs with a 65" Roku TV. The kitchen is fully equipped with brand new stainless steel appliances. At 2,000 square feet, the Lofts@TwistedVine can be the perfect meeting place for a group of friends, or a new location to host a family get together!

Lofts@Tanology is a brand new Airbnb rental in a completely renovated building with a contemporary style and a fully equipped kitchen. This rental offers two bedrooms with queen size beds, a full bathroom, leather reclining couches, a 65" Roku TV, and easy, flexible check-ins with a new keyless entry system. Reservations my be made for either apartment by clicking on www.airbnb.com/h/loftattanology.

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HEALTH & FITNESS

Core Performance: An Excellent Time to Get Ready for Winter

By Kim Duke, Certified Personal Trainer

When I was much younger, I always looked forward to getting a new wall calendar for my bedroom. Each month you would look forward to viewing a different picture while you crossed off the days below. In my opinion and without exception, November seemed to always have the worst one. I am partial to November since that is the month I celebrate my birthday. One particular calendar had quotes for each month and November's was the following: "No shade, no shine, no butterflies, no bees, no fruit, no flowers, no leaves, no birds, November!" (insert emoji with a sad face).

However true these words may be, I know November is a great time to get your winter fitness in motion, because before you know it, the snow will fall and you will find your-self trudging through/shoveling snow. Lugging equipment/holiday gifts and racing down-hill/trying to stay upright on icy sidewalks. All of this requires the use of many muscle groups. Building and maintaining these muscles should already be built into your fitness routines. The bad news is that for many, this is not the case. The good news is that there is still plenty of time to get your body in good shape for this upcoming season. The more strength and conditioning you can do will ultimately keep your body safer from injuries and fatigue.

The following are some tips for you to get started and stronger. If you are already involved in a fitness routine, you may find some the following ideas as useful as well.

Here's a quick, general overview of how to train for skiing:

- Boost muscle power. Strengthen the areas that get worked the most: your quads, glutes, hamstrings and hips. Focus on isometric drills that build strength and muscle endurance. Be sure to balance your workouts with a focus on opposing muscle groups (i.e. quadhamstrings or hip flexors IT bands)
- Focus on balance. Work your core and the muscles around your hips, which in turn helps provide stability to injury-prone areas such as the knees. TRX bands, stability balls and BOSU balls are excellent pieces of equipment for this. Always ask a professional for assistance if you are not well acquainted using these tools.
- Build endurance and cardio. Condition your body so you can easily ski run after run without packing it in before you're ready. Walking or better yet hiking the ski hills will blast your cardio and legs, glutes and core. Mountain biking is another excellent endurance builder.
- Always stretch. This can be done a number of ways. Using a foam roller on your back, glutes, and IT bands is an excellent way to stretch and activate blood flow. TRX bands offer versatility and help improve range of motion. Don't have either of these? Go with some simple stretches for your quads, calves, hamstrings and core. Remember to hold



your stretch 25-30 seconds and breathe.

Demands on your body during the ski season vary greatly depending on how long and how often you ski. An important principle to remember is that you must be stronger than what your activity requires. A large amount of injuries occur to the fatigued skier who loses form and ability to react to the terrain appropriately. When that fatigue does set in, there is little benefit to pushing through it as it can lead to a disappointing injury.

Sound like a lot? Don't be daunted. A little sweat both before and during the season will lead to your ability to enjoy your sport of choice.

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

Inner Peace & Strength: You Are Enough

By Laura Widger, LCSW



We live in a whirlwind of a society that is constantly telling, reminding, and reaffirming us that we are just not enough. Whether that "not enough" storyline be: not smart enough, not wealthy enough, not skinny enough, not educated enough, not skilled enough, not pretty enough... the list just goes on. We live in a world that perpetuates scarcity and the hamster wheel spiral of not enough-ness.

ENOUGH!?!? At some point, what if we just sit with, affirm, and commit to flipping the switch - embracing being enough or ok just as you are. This task no question, is no easy feat, as our culture, jobs, peer groups, social media presence, etc. are fueling not being enough. However, in recent years, one restorative anecdote to the perpetual not enough thought train is gratitude.

Gratitude is the warm and heartfelt feeling you get when you experience appreciation, thankfulness, and the recognition of joy. Gratitude researcher Robert Emmons defines gratitude as being two-fold. He states, "First, gratitude is an affirmation of goodness. Grat-

itude is affirming that there are good things in the world, gifts, and benefits that we have received. Secondly, to experience gratitude is to recognize that the sources of goodness are outside ourselves. Gratitude is acknowledging that other people, higher spiritual powers even, give us many gifts, big and small, to help us achieve the goodness in our lives."

To expand upon Robert Emmons definitions, what if when the "not enough" vortex arrives, we just become aware that it has pulled into the station. Next, what if we gently guide the wheel towards gratitude as an alternative menu item and then expand our awareness within then outside ourselves. What if we envision a dimmer switch slowly turning down the intensity of not enough narratives and slowly brightening our abilities to experience and express gratitude and thankfulness.

To touch upon Emmons' point that gratitude is the recognition of goodness, what if we lean into those who know, believe, and affirm we are enough. What if we express to our loved ones that they are enough. What if, just maybe in time, we begin to believe that we truly are enough.

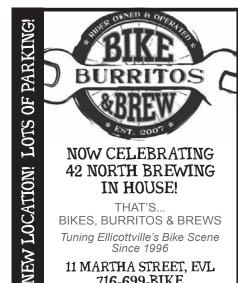
In closing, Brene Brown reminds us that, "Practicing gratitude is how we acknowledge that there's enough and that we truly are enough."

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 owns and operates Inner Peace and Strength - Mental and Emotional Health, 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.

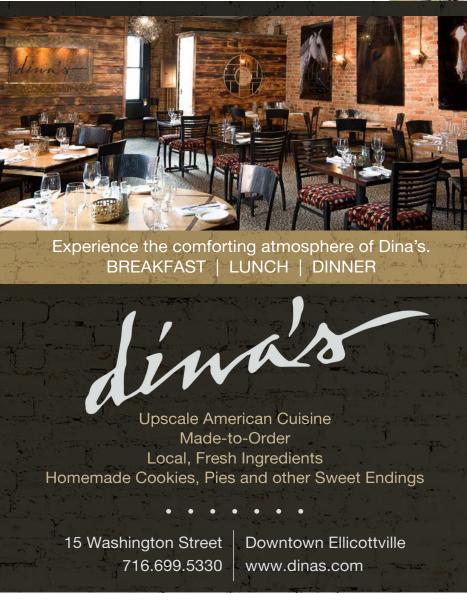


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NOW THIS...

cont. from page 03

cal community and shop til you drop. Not only are you doing good for the business, but for your community as a whole.

ERA TEAMS UP WITH TOYS FOR TOTS

Want to do more good? ERA Team VP Real Estate in Ellicottville has made it their mission this holiday season to ensure that every child has a gift to open Christmas morning. To celebrate the gift of giving, ERA staff is inviting the public to join their efforts by bringing in a new, unwrapped toy through November 29. Buddy the Elf is anxiously awaiting in the ERA lobby and will donate all collected items to the Toys for Tots campaign. If you can't make it to the Ellicottville office, you can donate via their Amazon Wish List. Follow @erateamvp_ellicottville on IG and find the link in their bio.

If your business is organizing a fundraising drive this holiday season - or anytime of year - let us in on the details so that we can share it with our readers. Email us at info@ellicottvilleNOW.com.

Brenda Perks is the publisher of ellicottvilleNOW and owner of DesignPerks, a graphic design company affiliated with the local media/marketing agency, PaNDa-GOAT Media. Reach Brenda directly at brenda@ellicottvillenow.com.

MUD, SWEAT N' GEARS

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eNOW: Demos, equipment leasing, custom bootfitting...

MSG: Mud, Sweat n' Gears has a broad selection of high-quality ski and snowboard 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 a few times, then a daily rental might be the right way to go. If you're intending to ski more, but aren't ready to purchase, then leasing could be the best choice. Not sure? Ask us, and we'll help you determine what's appropriate for you. 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 boot adjustments and 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 renting just a ski or snowboard.

If you're in the market for new equipment, but haven't settled on a specific pair, we encourage our customers to "try before they buy". Mud, Sweat n' Gears has a fleet of cream-of-the-crop demo skis from several brands including Nordica, Head, Blizzard, Volkl, Rossignol, Elan and Atomic.

Custom bootfitting is a point of pride at Mud, Sweat n' Gears. For more than 20 years Mud, Sweat n' Gears has been aligned with some of the best ski boot brands in the business. There are currently more than ten bootfitters on staff who are trained and certified with the top industry pros at Masterfit University. Years of knowledge and expertise allow our bootfitters to perform all high-end fit measures and adjustments for a proper fitting ski boot. We believe custom bootfitting is the foundation for a great experience on the snow.

eNOW: You've got some pretty intense machines running in the back of the shop. No doubt you're one of the top "go-to" places for tuning. **MSG:** We take service seriously and have specialty services tailored for every skier and

MSG: We take service seriously and have specialty services tailored for every skier and rider from a novice to an elite racer. The MSG "Speed Factory" is home to the most innovative tuning machinery from Montana of Switzerland. We have a Montana Crystal Rock robotic tuning machine. In order to compliment the tuning machine, we also have a tool called the "Wax Future". This waxing 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. If you find yourself frustrated by catching edges, have no bite on hard snow, see damage on your base or you neglected your equipment over the summer, it's time for a proper tune-up at the Speed Factory.

eNOW: For those not familiar with the Ski Yard, can you provide a little snapshot? **MSG:** Ski Yard (www.skiyard.com) is our e-commerce sales platform. In 2015 we started selling a few things online and we've seen steady growth since the beginning. With an e-commerce website, we can be selling 24/7 to a limitless geographical area. From a customer's point of view, an "always open" store is more convenient for shopping. The majority of our current ski and snowboard gear is available on the website.

eNOW: What's new up at the East Aurora store?

MSG: Mud, Sweat n' Gears in East Aurora (669 Main Street) doubled in size during the summer months. When the retail space next to our existing store became available, we decided to expand our retail space by opening up the wall between the two spaces. As a result, we added approximately 900 (much needed) square feet of retail and back shop space. We now have an entire room dedicated to ski and snowboard equipment, along with bigger bootfitting benches. We were also able to expand our back shop service area. In addition to adding more work space, we added a Montana Crystal Rock robotic tuning machine and a Wax Future infrared waxing machine. Both stores now have the same state-of-the-art tuning equipment. With additional space, we'll continue to diversify the product lines and services we offer our customers.

Mud, Sweat n' Gears is located at 18 Monroe Street, Ellicottville and 669 Main Street, East Aurora, NY. Find them on FB/IG @mudsweatgears and at mudsweatgears.com.

F-E TITANS FOOTBALL

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pick-six on Portville's first possession of the game.

While many players at this level of high school football play a starting role on both sides of the ball, few made more of an impact than Hunter Smith did in 2022. Smith carried the ball 87 times for 583 yards and 10 rushing touchdowns and also pulled in six Nuzzo passes for 100 more yards and two receiving touchdowns. As a kick returner, Smith led the team in yardage gained, with 333 yards on 17 return attempts, and defensively, he finished the season with 57 tackles, second only to senior linebacker Ben Brol, whose 63 tackles were the most by any Titan this year. Another true two-way monster, Brol (who is the team's center on offense) chipped in with a pair of interceptions and a fumble recovery on the season and in the championship game, his 9.5 tackles were more than any other player had - regardless of which team they were on.

Remaining on the defensive side of the ball, defensive back Noah Shenk was like a wet blanket draped over the shoulders of the opposing team's receivers this season, as he led the Titans in interceptions this season with eight - three of which were returned for touchdowns in three consecutive games! Shenk chipped in with 23 tackles and 18 passes defended on the season. He racked up 198 return yards after his interceptions, including a 96-yard interception return for a touchdown. In fact, there were games this year when the junior had more receiving yards courtesy of the opposing team's quarterback than the opposing team's receivers did! Offensively, Shenk was the second-leading receiver on the team with nine catches for 241 yards and four touchdowns.

Titans fans who liked a good pass rush in 2022 knew to keep an eye on defensive end Billy Slavinski's fierce attack. The sophomore standout led the team in quarterback take-downs, with six sacks for negative 48 yards. Slavinski made 36 tackles on the year - nine of which were for a loss - and he also added three fumble recoveries.

Other standouts on the Titans defensive squad include defensive ends Owen Chudy and Hayden Trietley. Chudy's 55 tackles ranked him third on the Titans this season, while Trietley's 45 ranked him the fourth-leading tackler. Chudy recovered three fumbles and registered three quarterback sacks. He also tallied a total of eight tackles for a loss.

The Titans will graduate eight starters from the squad this year, with plenty of key positions (including starting QB) up for grabs in 2023.

"We got a lot of young players' toes wet this year and we really focused on playing for each other and the name on the front of our jerseys," Smith said with an eye to the future. "I'm really excited to see what next year brings us."

COLDEN ELEMENTARY BIKE PARK

cont. from page 08

the building materials, he would build all the features we needed!"

"When they first got in touch, it seemed like we could do more than just build one feature," Perks explained. "We talked about me building the trails, but decided it would be a better use of my time to build wooden features at home throughout the winter and have pre-built, drop-in-place features that would be ready to play on in the Spring." The manmade wooden features that'll be included on the mountain bike trail include berms, rollers and "skinnies" (narrow, skill-building features).

For Culver, a former bike & board shop owner in the town of Colden, the local mountain biking Mecca of the trails at Sprague Brook Park is the place these kids will graduate to. "That's really the third phase of the project," Culver explained. "We want these kids who first learn how to ride a bike at the Colden Elementary School to improve their skills, grow their confidence and move up to Sprague Brook Park."

Just like it's been said that it takes a village to raise a child, Georger found out that it also takes a village to build a bike trail. Donations of materials, time and money have come into the project from sources all around the community, including Rucker Lumber, Lowe's of Springville, Cappellino Chevrolet and Go Bike Buffalo, which provided the school with two new bike racks for the front of the building.

Colden Elementary School has signed up for the "All Kids Bike" program through the Strider Education Foundation and is accepting donations to help fund their complete kindergarten program at https://stridereducationfoundation-bloom.kindful.com/colden-elementary-school-2022/colden-elementary-school. The program consists of instructor training and curriculum, "balance bikes" that can be converted to pedal bikes, pedal conversion kits and helmets.

With the grant money, Colden Elementary purchased 450 tons of gravel, six youth bikes, an adult bike and 18 helmets. The faculty and families of Colden Elementary held their annual chicken barbecue and halloween-themed "Creepy Coin Toss" to benefit the PTA last month, with all proceeds going directly towards the Bike Trails project.

"It's been a big passion of mine to see it progress from the point where it was going to be a walking/wellness trail to where it could be a truly unique addition to the community," Georger said.

For those who'd like to keep track of their progress, the Colden Elementary Bike Trails project has set up an Instagram account at @coldenelementary_trails.

Temperatures are expected to stay unseasonably warm for now - it's a great time to take the kids and check out the newest addition to the Colden Elementary campus!

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COMMUNITY

SANTA IN THE PARK FUNDRAIS-ERS: The Little Valley American Legion Post #0531 will host a Meat Raffle & Basket Raffle fundraiser on Saturday, Nov. 19 to support 'Santa In the Park' (toys for kids) and Christmas Fruit Baskets for seniors. The event will be held beginning at 7:00pm at the Little Valley American Legion, 5899 Route 353. To donate items for the raffle or to purchase tickets to the event, call the Legion Auxiliary at 716-581-3066.

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> Estate of Calvin Mercer November 5, 2022

INTERVIEW: 98 DEGREES

cont. from page 11

TIMMONS: Growing up we got to open one present on Christmas Eve. It's not that exciting of a tradition, but we carried that over with my kids.

HULICK: What is your must-have food for the holiday season?

TIMMONS: I am on a perpetual low carb diet and Thanksgiving is the one day of the year that I eat whatever I want... I don't eat sweets either, so I'll eat pumpkin pie, stuffing, mashed potatoes... everything you can think of... candied yams... I mean I'll stuff myself. I'll gain, and I'm not exaggerating, probably like 10 pounds on Thanksgiving Day and the day after.

HULICK: What was your favorite gift as a child?

TIMMONS: My parents were pretty great. They spoiled the heck out of us when we were kids. The very first discman I got was a renaissance with regard to technology. It had been cassettes and records before that point, but when I got my discman I carried that thing everywhere with me for a long time. It was a giant block too (laughs)... people reading this will be like what is that? What does that mean? Google it. (laughs)

HULICK: (laughs) That's funny... Google it. (laughs) What is your favorite Christmas carol and Christmas song.

TIMMONS: Oh man... so many of them. I love Christmas music. When I was a kid I was actually in the play, A Christmas Carol, for many years. Canton, Ohio had a big production of it every year. I would probably say my favorite carol is "O Holy Night". For a song for today I would say Mariah Carey's "All I Want For Christmas" is a legendary Christmas

HULICK: Do you have a favorite Christmas memory?

TIMMONS: I think the last time I was with my grandparents when they were still alive and my parents and all of us were together. I think that's probably the best one... the last time we were all together.

25 DAYS OF MINIS

cont. from page 04

towards being 30, and I thought, 'I really need to get this going or it's never going to happen'," he said of his goal to become an artist full-time.

That year, Huntington participated in shows at Chautauqua Institution and in Buffalo and made more money in one month than he did in an entire year. Despite the recession in 2008, Huntington continued pursuing his art career and is now well known throughout the region. Although the Covid-19 pandemic limited his travels, 25 Days of Minis has remained one of Huntington's favorite shows and one that everyone can enjoy from the comfort of their own home.

While many people purchase art through 25 Days of Minis to add to their own collection or begin a new one, Huntington said the online gallery is a great place to shop for gifts. "It's like a buffet of all these beautiful pieces - an incredible range of work from abstract pieces to hyperrealism to sculptures," he noted. "To gift a big painting is almost like an imposition, but a miniature is like a jewel to hang on your wall.'

To view Huntington's work, visit www.seanhuntingtonart.com or follow @SeanHuntingtonArt on Instagram, and be sure to sign up for his newsletter for updates on shows, new pieces, and Huntington's Cyber Monday sale, which kicks off at noon on Nov. 28.

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Ellicottville's newspaper, published every other Thursday in print and online Distributed in Ellicottville and locations throughout Cattaraugus County & Chautauqua County, NY

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PUBLISHER / EDITOR, LEAD DESIGNER Brenda Perks, DesignPerks of Ellicottville designperks@gmail.com brenda@ellicottvillenow.com

ASSISTANT DESIGNER, WEBSITE CONTENT MANAGER Meaghan Lucarelli info@ellicottvillenow.com info.designperks@gmail.com

DISTRIBUTION MANAGER Evan Evans

ADVERTISING SALES ASSOCIATES Brenda Perks Direct: 716-244-7573 brenda@ellicottvillenow.com Evan Evans Direct: 716-474-6812 evane716@aol.com

TEAM WRITERS / PHOTOGRAPHERS Caitlin Croft

Mary Heyl Kathleen Kellogg Melanie Hulick Spencer Timkey Dash Hegeman Louisa Benatovich Kim Duke Laura Widger Trevor Brachmann Ashley Baron Clara Kosinski Rich Rumfola Frank Ujvari

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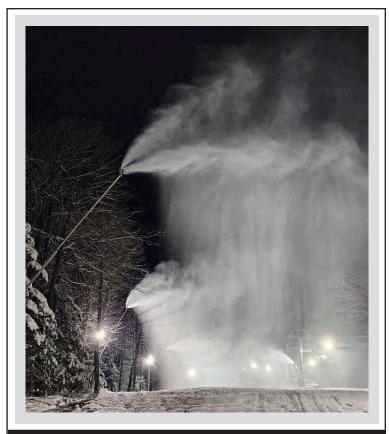




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