

ellicottvilleNOW



LOCALLY OWNED AND PUBLISHED ♦ Nov. 19-Dec. 2, 2020
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Village Holiday Lighting Party

Chamber invites YOU to celebrate the start of the holiday season here in Ellicottville ... Virtually



Gather the family, pour some hot cocoa and dress in your cozy Christmas pajamas. This year's ski tree lighting ceremony is going virtual. Join the party on Facebook!

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One of the best ways to describe downtown Ellicottville in the Christmas season is that it is nothing short of your favorite Hallmark movie. Every year the Ellicottville Chamber of Commerce kicks off the holidays with the amazing Ski Tree & Village Lighting party, but we know that everything will not be the same this year. However, thanks to the virtual world we live in, you can still join your Ellicottville friends and family and get into the Holiday spirit! With all of the current state and federal mandated guidelines, things will look much different than years past. The Village lighting event WILL happen again this year, but it will be done virtually. That means grab your loved ones, some hot chocolate, and curl up on your couch and watch the tree and village lights bring us into this joyous and merry season. Join in by watching the Chamber's Facebook Live at 6:00pm on Nov. 27th ... you don't want to miss it!!

The Gift of Giving: Local Groups Collect for Families in Need

By Panos Argitis ... Whether it's opening the largest present under the tree or dressing up in your favorite red and green outfit, many of us who celebrate Christmas are fortunate enough to enjoy a fulfilled and healthy holiday. Some families, however, are faced with difficult and costly realities that dim the holiday spirit. In an effort to make this Christmas season memorable for all, initiative groups such as the Project Christmas Elves at ECS and The Station Bistro's staff in West Valley have formed donation drives that aim to give back to surrounding communities.

... page 04

TEACHER PUSHES FOR PERSONAL FINANCE COURSE REQUIREMENT

By Shelby Toth ... Cathie Nason has made teaching students personal finance at Ellicottville Central School her mission. The Business and Computer Science teacher has been with the school for five years now, and has taught the personal finance course for as long. Nason was recently awarded a grant by Next Gen Personal Finance (NGPF) for \$10,000. This great achievement comes just after Nason presented to the Board of Education to have Personal Finance be a class that all students are required to take before graduating, which was unanimously approved ... page 07

EBC Tap+Bottle & Taqueria Opens

There's a new flavor in town, and it boasts authentically inspired Mexican al pastor dining, plus a brew pub and bottle shop



@ellicottville_tapbottle

BY BRENDA PERKS

Ellicottville Brewing Co. launched their newest location, EBC Tap+Bottle & Taqueria with a soft opening Nov. 11th. Inspired by owner Peter Kreinheder's love for Mexico and EBC's recent collaboration projects with the Falling Piano Brewery in Mexico City, visitors can enjoy authentic al pastor dining, plus a combination brew pub and carry-out bottle shop (coming soon.) "The idea of Tap+Bottle is not only an opportunity to focus on EBC and Empire Brands, but to showcase products from other brewers from all around NYS," Kreinheder explained. "Our attention upon opening (once licensing comes through) will be brewers from the 5-boroughs of NYC and the Hudson Valley."

... page 03



@homegrownpediatrics

BUSINESS SPOTLIGHT: HOMEGROWN PEDIATRICS

By Mary Heyl ... In the 1950s, approximately 50% of a doctor's meetings with patients were in-person house calls. The family doctor who treated all children in the household - from infancy to young adulthood - was a familiar, if not standard practice. "Developing a relationship with your patient is so important," noted Dr. Kate Johnson. "In the past, the 'old fashioned way' of providing care, allowed time for that. There's actually a whole slew of doctors who are trending in that direction again, and I'm excited to be part of that." ... page 10



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NOVEMBER 27th

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Ellicottville's newspaper, published bi-weekly in print & on-demand online

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ellicottvilleNOW is distributed in Ellicottville and select locations throughout Cattaraugus County and Chautauqua County, NY. Sign up for FREE updates at ellicottvilleNOW.com/subscribe.

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Advertising Rates
Available upon request. Deadline for print, digital & classifieds: Monday prior to publication release. Please contact one of our sales reps for a release schedule, rates and additional information.

ellicottvilleNOW is published by DesignPerks, 9 W. Washington St., PO Box 1077, Ellicottville, NY 14731. ellicottvilleNOW is released every other Thursday in print and online at ellicottvillenow.com. Copyright © 2020 by DesignPerks. All rights reserved. Reprinting in whole or part is forbidden except by permission from DesignPerks.

NOW *this ...* by Brenda



@ellicottvillenow

BE LIKE TAYLOR.

I'm not going to lie ... this pandemic has me tired. Tired of making sure I have my mask before I walk out the door every day (and that my kids have theirs as well). Tired of sanitizing every time I touch something. Tired of keeping my distance from friends and family. My skin is cracking from washing my hands so much, masks seem to disappear on a regular basis now (has the sock-eating dryer targeted a new victim?), and I just want to hug people again.

For those struggling with "pandemic fatigue," you're not alone. However, being tired doesn't mean you give up or give in. Keep those face coverings fashionable, folks. Be like Taylor and follow the advice listed on the signs which have been posted around town by our local Village officials. With those precautions in place, there ARE ways you can still have fun - safely. Dining out, special activities, shopping (NOT panic buying), and celebrating the change of seasons. Here's a glimpse of what Miss Taylor and I have been enjoying around town ...

SNOW SEASON: I can't think of anything more exciting this time of year than hearing those snow guns at our local resorts firing up for the first time. It's an invigorating sign that snow sliding fun is just around the corner. Visit one of our local ski/snowboard shops and get your equipment dialed in. Our local resorts are staying upbeat and continue to prepare for ski season, keeping a close eye on guidelines and regulations as they are updated by the state. If you haven't purchased your ski pass yet, now is a good time to do so.

SOUP-to-SKATE: The Ellicottville Skatepark Committee, aka SK8EVL, which we are proud advocates for, hosted a really unique, community-driven fundraiser Nov. 8th. Originally planned for the end of March but cancelled due to COVID (story of our lives), Soup-to-Skate turned out to be a "SOUP"-er rad event showcasing handmade ceramic bowls created by school students and tasty soups donated by local restaurants. Organized in "walk-through" style, this event was a great example of how projects can continue to chip away at their efforts, even during a pandemic. To every single one of you who played a role in Soup-to-Skate - whether a donor or a bowl purchaser - Taylor says THANK YOU! We raised \$4,700 which, when matched by The Skatepark Project/Ralph C. Wilson Jr. Foundation, turns into \$9,400 towards the construction of a permanent, concrete skatepark here in Ellicottville. Whoah!

NEW FLAVOR: Ellicottville Brewing Co. launched their newest location, EBC Tap+Bottle & Taqueria with a soft opening Nov. 11th. Inspired by owner Peter Kreinheder's love for Mexico and EBC's recent collaboration projects with the Falling Piano Brewery in Mexico City, visitors can enjoy authentic Mexican al pastor dining, plus a combination brew pub and carry-out bottle shop (coming soon.) "The idea of Tap+Bottle is not only an opportunity to focus on EBC and Empire Brands, but to showcase products from other brewers from all around NYS," Kreinheder explained. "Our attention upon opening (once licensing comes through) will be brewers from the 5 Burroughs of NYC and the Hudson Valley. The Bottle Shop will allow customers to purchase all of these products not only for dine-in but also to take home." U-Pick 6-pacs, single can, cases and growlers to-go will all be available.

Indulging in many of the Taqueria's menu items during their soft opening, may I personally suggest the Creamed Elotes as an app (Mexican style roasted street corn in a light chile cream sauce with melted queso Cotija), and the Diego as a main course (Barbacoa style beef cooked in tomato and chili broth). Any of their tacos can be served in a bowl if you prefer. In other words, you've got options that will keep your tastebuds entertained. Located on Ellicottville's main drag, EBC's Tap+Bottle & Taqueria is open for lunch and dinner every day except Wednesday. Give it a try the next time you're looking for a little escape from hermit-life. And don't forget your mask! This virus has completely changed the way we do things, and it isn't going away any time soon. Let's buckle down, play it safe, support our local businesses and keep fighting the good fight.

Brenda Perks is the owner, editor and designer of *ellicottvilleNOW* and owner of *Design-Perks*, a graphic design company affiliated with the local media/marketing agency, PaNDA-GOAT Media. You can reach Brenda at brenda@ellicottvillenow.com.

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THE GIFT OF GIVING

ECS's "Project Christmas" and The Station's "Christmas in the Valley" to continue, despite COVID-19

By PANOS ARGITIS

Whether it's opening the largest present under the tree or dressing up in your favorite red and green outfit, many of us who celebrate Christmas are fortunate enough to enjoy a fulfilled and healthy holiday. Some families, however, are faced with difficult and costly realities that dim the holiday spirit.

In an effort to make this Christmas season memorable for all, initiative groups such as the Project Christmas Committee Elves at Ellicottville Central School (ECS) and The Station Bistro's staff in West Valley have formed donation drives that aim to give back to surrounding communities. These drives offer more than a standard reminder of the festivities the holiday brings; they are put in place to provide an 'extra touch' of Christmas for local families.

Donation drives have always been part of each holiday season across the country. The ECS district, for example, has created a tradition behind its community-driven "Project Christmas." The initiative began in the early 1960s and has continued to care for families and village residents with each passing Christmas season. The project is led by employees, community members and students who volunteer to give and deliver presents along with monetary donations.

While the community behind Project Christmas had originally donated non-perishable foods along with gifts for children, this year the project has been forced to adjust its traditional ways due to COVID-19.

"This year gift cards will be given to parents/guardians, and it is hoped that the cards will be used in the spirit that they were meant for," the Christmas Project Committee stated. The committee hopes that the next holiday season will return to wrapped presents and a filled box of food. "Everyone hopes to have the holidays like they used to be."

Similar to ECS's Christmas Project, The Station Bistro is prepared to bring some holiday cheer to its neighboring family homes through the restaurant's "Christmas in the Valley" event. The Station's staff members created the event last year to deliver goods to families in need. This Christmas season, the restaurant will be hosting a cycle of complimentary meals at its West Valley location for families, made possible by community donations. The dinners will be themed around a toy-shop, where children can meet Mr. and Mrs. Claus and enjoy crafting gifts with elves and their parents.

Along with its effort to provide meals to local families, The Station is also set to deliver holiday-inspired boxes filled with goods such as cookies, hats, gloves and gift cards to the doorsteps of veterans and families across West Valley.

"I think it's good to just reach out to everybody, no matter what time of the year it is," founder and part-owner of The Station Bistro, Emily Tingué said. "This time is extra special to us, but it's something that we appreciate doing all year round and we hope that everybody likes giving back."

The community members responsible for making initiatives like Project Christmas and Christmas in the Valley possible will allow neighboring families to experience the holi-



@ashfordstationbistro

Along with organizing meals and donations for area families, 'Christmas in the Valley' will see the return of The Magic Mailbox, so kids can mail their letters to Santa.

day in harmony, which is what the Christmas spirit is all about.

As Christmas soon approaches, those who wish to serve Project Christmas or Christmas in the Valley can consider making a monetary donation. ECS will continue to accept donations throughout November and December; make checks payable to Project Christmas and mail to ECS-Project Christmas, c/o Nurse Karin Hager, 5873 Route 219, Ellicottville, NY 14731.

The Station's event is set to begin December 12th at their location on Depot Street in West Valley, with a Santa Claus meet-and-greet from 10:00am-4:00pm, followed by the family dinner at 5:00pm. Search The Station on Facebook/Instagram (@ashfordstationbistro) for updates on how you can contribute, or call Emily directly at 716-353-0193.

Cattaraugus County sheriffs spread holiday cheer through the Santa Sheriff Program

By CAITLIN CROFT

Did you know the concept of sheriffs predates our Constitution? The first recorded position in the U.S. was in 1660. Sheriffs and their jurisdictions are typically found in the rural corners of our counties. The Cattaraugus County Sheriff's motto is: "Professional, Responsive, Progressive Policing for Our Rural Communities."

Our local sheriffs do more than just policing ...

With cooler temps setting in and everyone busy "re-imagining" the holidays, the Santa Sheriffs are gearing up for their busiest year in a long time. The Santa Sheriff Program is a coalition of sheriffs, school resource officers and office employees. Together, with the help of the Cattaraugus County Benevolent Association (CCBA), they raise money and then with that money, spend countless hours of their free time to shop, wrap and deliver presents to those in need.

Catching up with Lt. Melanie Churakos, she gave insight on their efforts. "Once again we counted on our school resource officers to pick the families that we are helping. These SRO's are in the schools daily and have personal connections with many of the families on the list," she said.

According to Lt. Churakos, the number of families this year has nearly doubled since 2018. "We are helping about 70 children this year. Fundraising was a challenge with the COVID-19 pandemic, but we are aware that the need could be worse," she said. "We were

not able to hold a fundraiser like we typically do for the Santa Sheriff Program, but I am sure that with COVID slowing or shutting down some people's wages, many may be struggling to make donations like they have done in the past."

Along with the Santa Sheriff Program, there are other efforts that the Sheriff's Office and CCBA support ... "whatever cause that one of our employees requests, that the rest of the members vote on and agree with ... illness, death, serious accidents, etc.," Lt. Churakos stated. "Our members consist of every person that works at the office. We support people who are in crisis or have a cause that they are acting on."

Churakos spoke constantly to this "silver-lining" mentality which got me thinking. In our own county, there are children and families that never really had those traditions and institutions we are all yearning to keep intact this year. With the holidays just around the corner and everyone stressing about what we "can't have or can't do," let's rally around the giving spirit that the season brings. Let us - as a community - take a look at what we still have and how we can give to those in need.

Those interested in making a donation to the Santa Sheriff Program can do so by contacting the Cattaraugus Region Community Foundation (CRCF) of Olean at 716-301-2723. Direct donations can be made on CRCF's website (cattfoundation.org, search Santa Sheriff Fund), or by sending a check to the Cattaraugus County Sheriff's Office, 301 Court St, Little Valley, NY 14755, Attn: Santa Sheriff Program.

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GRANT RECIPIENTS

OUTDOOR RECREATION

Kaleigh Wilday Foundation awards grants to three Ellicottville organizations



Pictured: Skip and Greta Wilday (center) with Ellicottville Skatepark lead advocate Brenda Perks and her daughter, Taylor (left) and Brenda's son, Mason (right).

SUBMITTED BY CATTARAUGUS REGION COMMUNITY FOUNDATION

OLEAN, NY - Ellicottville is a place beloved by the Wilday family.

It is also a place that was important to young Kaleigh Wilday during her life.

The Wildays are avid skiers and outdoor adventurers and spend much of their time during the winter months in Ellicottville, and according to Skip Wilday and Greta Wilday, that time spent in Ellicottville has led to deep relationships that have lasted over the years.

When Kaleigh Wilday tragically passed away in 2002, support for the fund that Skip and Greta established to honor the legacy of their daughter, the Kaleigh Wilday Endowment Fund at the Cattaraugus Region Community Foundation, came from long and far, but a significant part of that support, then and now, came from Ellicottville, said Skip Wilday.

In honor of that early and lasting support of the Ellicottville community, this year's grant distributions from the Kaleigh Wilday Fund, made every year around Kaleigh's birthday, Nov. 10th, will provide support to community organizations that support recreation and youth, this year with an added focus on organizations in the Ellicottville community.

This year's grants include: \$1,000 for the Cuba-Rushford PTA, \$1,000 for the Cuba-Rushford Central School Alaska Trip Fund (CRCS Outdoors), \$1,000 for the youth programs at the Cuba Circulating Library, \$2,000 for the Kaleigh Wilday Every Kid Deserves a Y Fund at the YMCA of the Twin Tiers and \$500 to sponsor a Cattaraugus Gives prize for an organization that serves youth.

Additionally, the fund will make possible three new grants for organizations in Ellicottville: \$1,000 for the Ellicottville Skatepark Fund, \$1,000 for the Ellicottville/Great Valley Recreational Trail Fund and \$200 to the Nannen Arboretum Society.

This year's grants total \$7,700.

The fund also supports two annual scholarships: the Kaleigh Wilday Scholar Athlete Award for a Cuba-Rushford Central School graduating senior who has played on a scholar-athlete team and an annual \$1,000 scholarship for a Cuba-Rushford graduate attending Jamestown Community College.

For Skip and Greta Wilday, who recommend each year's grant recipients, this year's grants represent a very special tribute to the Ellicottville community.

"This felt like an important thing to do this year," said Skip Wilday. "Ellicottville is an important place for us, of course, and it was a place where Kaleigh spent a lot of time. "From the very first days of the fund, so much support came from Ellicottville that it feels only right to give back to causes that we know Kaleigh would have loved," he added.

The Ellicottville Skatepark Fund at CRCF supports fundraising efforts to build and maintain a permanent, concrete skatepark in Ellicottville. With support from The Skatepark Project (formerly the Tony Hawk Foundation) and Ralph C. Wilson Jr. Foundation, SK8EVL (the advocating committee for the project) is now entering the final stages of their fundraising efforts. Thanks to a matching grant from The Skatepark Project, the entirety of the grant will be matched.

"Kaleigh Wilday Grants" continued page 14

INSIDE THE CLASSROOM

Ellicottville teacher advocates for Personal Finance course as a requirement



Pictured: Cathie Nason
Photo by Clara Kosinski, ellicottvilleNOW

By SHELBY TOTH

Cathie Nason has made teaching students personal finance at Ellicottville Central School her mission. The Business and Computer Science teacher has been with the school for five years now, and has taught the personal finance course for as long.

Nason was recently awarded a grant by Next Gen Personal Finance (NGPF) for \$10,000. This great achievement comes just after Nason presented to the Board of Education to have Personal Finance be a class that all students are required to take before graduating, which was unanimously approved.

Certainly most people would agree that teaching students personal finance is an incredibly helpful life skill. In Nason's class, the group covers topics ranging from credit cards to mortgages, apartment buildings to choosing a college, and many other facets of finances.

"It's such an important skill," Nason emphasized.

Perhaps the best part of her class, though, is its flexibility.

"It changes a lot, which is what I like about the course because I don't teach the same exact thing every single year," Nason said. "Like this year, we've talked more about how this pandemic is affecting a lot of people's personal finances. It's a fun class, and it's something that I think students really get something out of, that they can use for the rest of their lives."

She went on to explain other ways in which the college credit-optional class can shift. If her group of students is already money conscious for example, she does not have to spend as much time in that section as with other groups.

To help teach the class, Nason has employed the help of NGPF's computer software. She explained that the program "helps students get more involved" with the material they are learning.

"They have a lot of interactive games," Nason said. "It makes the students really think. And it's something different than just me talking."

Before this year, Nason also brought in many guest speakers to help supplement the learning. In fact, the intention of the grant was to help fund speakers and field trips to add an extra dimension for the students.

"I hope to take [the students] on cool field trips," Nason said. "Go and visit different places and talk to different people ... maybe talk to some financial advisors."

Nason also mentioned mimicking the style of day trips to cities that other schools in the state take. While those schools usually have a shopping or fancy dinner focus, Nason's group would take the opportunity to learn different aspects of finance while there, such as see the difference in the cost of living from, say, Buffalo to Ellicottville.

For the time being, Nason is going to hold on to the grant in hopes of using it in the brighter future ahead. Ellicottville is the first public school in the state of New York to receive this grant, and only the second school overall. Thanks to the dedication of Nason, the current freshman class of 2023 will be the first to have Personal Finance as a requirement. Congratulations to her and the school for the impressive work done to help Ellicottville's students.



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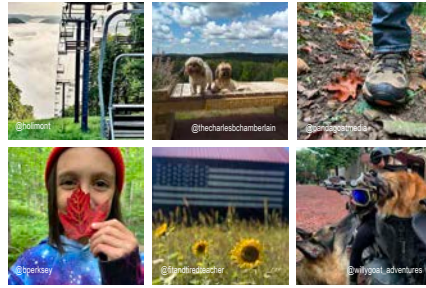


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IN BUSINESS

HOMEGROWN PEDIATRICS

The way medicine was meant to be



Pictured: Dr. Kate with her daughter, Emmy
@homegrownpediatrics

BY MARY HEYL

In the 1950s, approximately 50% of a doctor's meetings with patients were in-person house calls. The family doctor who treated all children in the household - from infancy to young adulthood - was a familiar, if not standard practice. "Developing a relationship with your patient is so important," noted Dr. Kate Johnson. "In the past, the 'old fashioned way' of providing care, allowed time for that. There's actually a whole slew of doctors who are trending in that direction again, and I'm excited to be part of that."

That's right: Dr. Kate Johnson, whose new practice, HomeGrown Pediatrics, opened at 5 Park Square in Ellicottville earlier this year, makes house calls, answers texts from her patients, and spends lots of time getting to know them - however long that takes. "I just spent an hour and a half with a teen because I could," she remarked. "I really got to know him because there was no rush. I did a home visit today for an infant. I see all my babies until they're six months old in their home. It's absolutely lovely."

How does she do it? Dr. Kate explained, "The typical practice is dictated by insurance. It's not uncommon for doctors to see 45 to 50 patients a day. The patients wait for 30 minutes or more to be seen for 10. I see families that want to come here; we don't charge insurance companies. Parents pay a monthly fee for care for their child, similar to a gym membership."

A full membership, which starts at \$50 a month, includes well visits, acute care, and access to Dr. Kate. Importantly, a family with three children pays no more than \$100 per month. Even more surprising? "I see quite a few teens, all the way up to age 26," she said. "Patients over 20 years old pay \$40 a month." While many parents of young children text Dr. Kate after hours with simple questions, like recommended pain reliever dosage, "I do a lot of texting with my teen and young adult patients. They feel like they can actually ask the questions that maybe they don't feel comfortable asking in office."

By cutting out the "middle man" - that is insurance - Dr. Kate is able to provide more care to her patients and save them money, as insurance co-pays, especially for multiple children, are often more expensive than her monthly membership rate. "I don't have to bill or code or wait for any insurance company to pay me," she explained. "My patients are getting better care and more of my time and attention. They never wait to be seen, and I don't turn away sick patients who come in for care. If a patient needed to contact me outside of the hours of 8:30am to 5:00pm in the insurance world, I would have said 'Sorry, I can't help you because the insurance company won't allow it.' But I'm not bound by those policies." Dr. Kate is also one of few doctors in the area who is certified to do medical ear piercing, a service she offers to anyone, not just her member patients.

Since Dr. Kate opened her doors in February, she has signed a new family ever week. A Cattaraugus native, she explained, "Because my husband and I are from this area, I know who our clientele is. I work a lot with bigger families, and I know how difficult it is to have to drive to Orchard Park or even further to receive care." Although most HomeGrown Pediatrics patients are local families who pay for monthly memberships, Dr. Kate does provide acute care visits for out-of-town visitors, like skiers, who are in the Ellicottville area for a short period of time.

It's true that some people, including Dr. Kate's mother, are skeptical about the benefits and even the financial sustainability of a practice like hers - that is, until they experience it, themselves! "She tried it, herself (at another practice), and absolutely fell in love with

"Homegrown Pediatrics" continued page 14

BOARD MEETING NOTES

Village discusses skatepark design, leaf pick-up, Intermunicipal Agreement



@ellicottvillenow

BY CAITLIN CROFT

The November meeting of the Ellicottville Village Board opened with Good News. Two checks were received from the county: one for sales tax (\$120,859.37) and the other from our share of mortgage tax (\$7,248.42).

Next, there were motions for the following: approve the special meeting minutes, financial report and audit of claims. All motions were accepted.

Mayor's Report: Mayor John Burrell asked the Board to consider putting out a Request for Proposal (RFP) on a design for the proposed Ellicottville Skatepark. The cost for an initial design is estimated at \$5,000 and would allow the Village and the Skatepark Committee to use the design for fundraising efforts and community input. There was pushback from some members of the Board urging that they wait to see if the skatepark is granted a fundraising deadline extension. The Ellicottville Skatepark is involved in a matching grant from The Skatepark Project (formerly the Tony Hawk Foundation) and Ralph C. Wilson Jr. Foundation to raise money to build a permanent, concrete skatepark in Ellicottville's Village Park, and had a November 2020 fundraising deadline. Due to COVID-19, the Mayor and Ellicottville Skatepark Committee have asked for an extension. The Board tabled the matter until an extension decision from The Skatepark Project is received.

There were motions to approve the following: Planning Report, Code Enforcement Report, DPW Report and Engineer's Report. The motions on all carried.

DPW Report: The new DPW truck has been picked up. The old truck was sold to Fitzpatrick & Weller and the check should be received any day. There were questions on the leaves as some were still putting them out in the roadway. This is an issue because they clog up the sewers. It was decided that Mary Klahn (Village Clerk) will look into having door hangers with the major changes to the refuse law listed on them. Trustee Greg Cappelli also advised that the information can be found on the Village website and to have directives to visit the site on the door hangers.

Engineering: A proposal for an Intermunicipal Agreement with the Town of Concord has been drafted for the Board's review. This would consist of maintaining and operating two waste water systems in Concord, specifically the one at Kissing Bridge and the other that services Crane Ridge. This will be reviewed and the matter was tabled.

Parks: The newest Trustee Sean Lowes advised that the trees have been trimmed back as part of pre-winter care.

Special Events: Trustee Doug Bush has asked that a letter be drafted to BOCES as they held a walk for Veterans Suicide Prevention that did not go through the proper channels of approvals. The Village has set requirements that all events must follow and although there is great support for the cause, protocol needs to be adhered to.

Refuse: Before sending out a new request for quotes on the Waste Collection Contract, Cappelli has asked that Board members review it within the next 30 days and give their input.

There was a motion to adjourn and ayes carried. The next meeting of the Ellicottville Village Board will be held Tuesday, December 15, 2020 at 6:00pm. The meetings are being held virtually; please contact Mary Klahn, Village Clerk at 716-699-4636 for login instructions.



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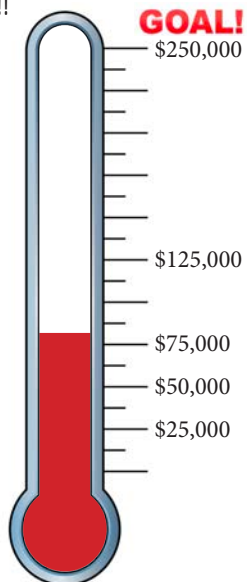
- Make a direct donation to our fund on Dec. 1st which will put us in the running for additional monetary prizes. (Watch for donation links on Facebook.)
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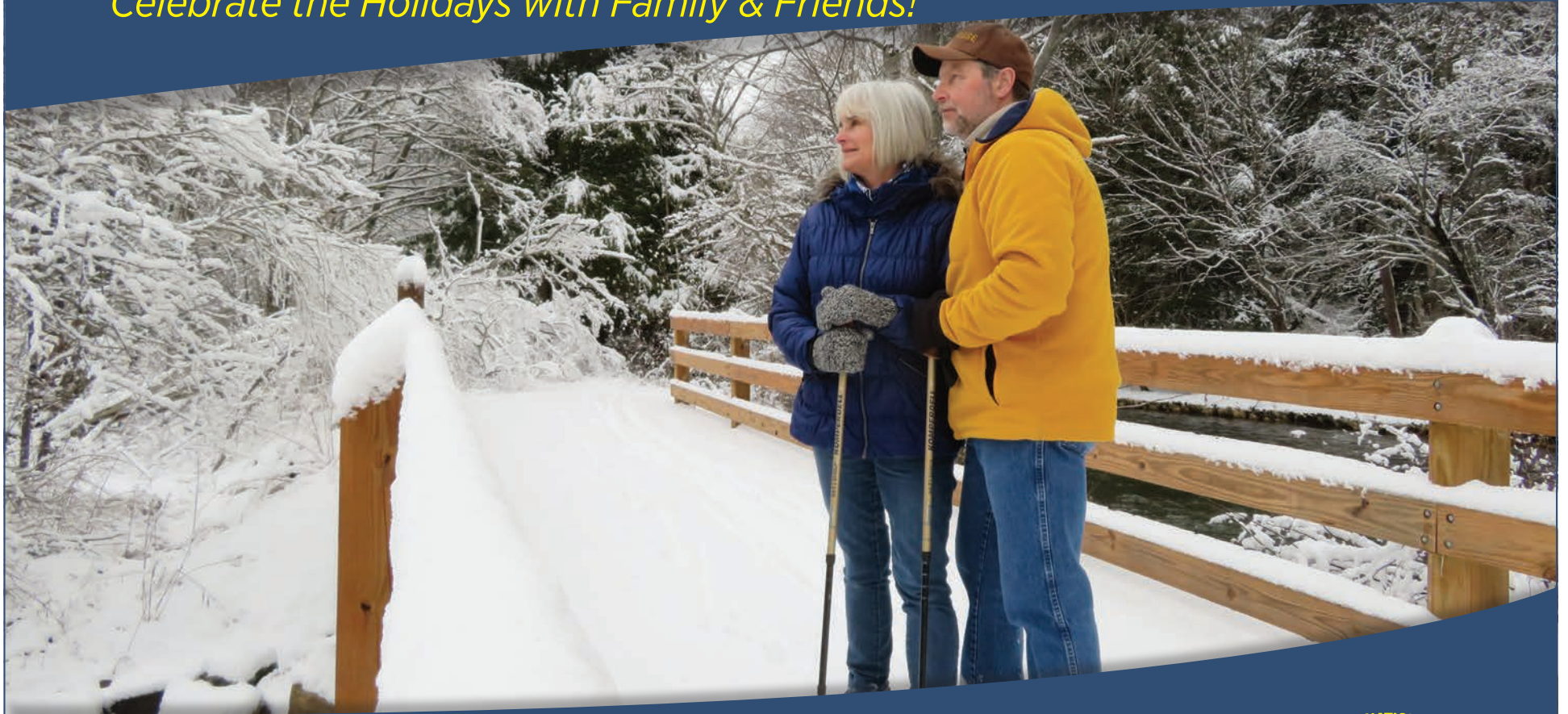
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HOMEGROWN PEDIATRICS

cont. from page 10

it!" said Dr. Kate. She added, "I'm a smaller practice because it's just me, but it's still very sustainable." She noted that other doctors who have made a similar shift to a cash-pay/membership system have been running successful practices for nearly 10 years and are just as financially stable with 350 patients as they were at 2,500 patients in the insurance world.

It's a world Dr. Kate knows well, as she completed her residency at Women and Children's Hospital of Buffalo, including a year as Chief Resident, after graduating from medical school in 2008. She also trained at the Pediatric and Adolescent Urgent Care of WNY, where she continues to work a few times a month. While she values the training she received at traditional medical practices, she feels that HomeGrown Pediatrics now gives her the flexibility and the freedom to really know her patients. "This is where we're headed in medicine," she emphasized. "This is where we need to be."

What is the best way to learn more about HomeGrown Pediatrics? "Come to the clinic!" said Dr. Kate. "Until you come and visit, you don't get the full experience. I offer free meet-and-greets, and people can ask as many questions as they want." To schedule a visit and to learn more about the practice, visit homegrownpeds.com or call or text the office number at 716-257-4397.



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KALEIGH WILDAY GRANTS

cont. from page 07

The Ellicottville/Great Valley Recreational Trail Fund, also managed by CRCF, supports the efforts to build a recreational trail that will connect locations in Ellicottville and Great Valley. The first section of the trail was cleared in 2019.

The Nannen Arboretum provides home garden and natural resource education and an opportunity for nature appreciation and leisure for Ellicottville residents.

CRCF Executive Director Karen Niemic Buchheit praised the Wildays' caring tribute to the Ellicottville community. "Skip and Greta are incredibly caring people, and it is an honor to work with them in managing the Kaleigh Wilday Endowment Fund," said Buchheit. "They are always looking to give back, and all of these grants, including the new grants support efforts that provide important avenues for youth enrichment and activity."

Since the fund's beginning, the Wilday Fund at CRCF has made possible over \$126,000 in grants and scholarship awards.

Donations can be made to the Kaleigh Wilday Endowment Fund at CRCF, 301 North Union St., Olean, NY 14760 or online at cattfoundation.org.

HEALTH: COLD WEATHER HUNGER

cont. from page 13

heat mechanism, helping keep you warmer. The warmer we remain in cold weather, the less we crave carbs.

2. Make a Winter Activity Plan.

Put pen to paper and list all the things you did in spring and summer, then write a corresponding list of winter activities you could do. Not only does exercise burn calories, it also affects brain chemicals linked to appetite, so it can help control how much you eat.

3. Get a Daily Dose of Light.

If you think your food cravings may be related to shorter days, try to spend at least some time outdoors in sunlight every day. If that's not possible, talk to your doctor about light therapy - a way of increasing serotonin levels through exposure to artificial light.

4. Keep a Lid on Seasonal Goodies.

Halloween candy, pies, cakes and Christmas cookies just to name a few. Don't be afraid to toss out the leftovers in this group.

And remember, you're not alone in this battle. Like I now say on a daily basis, stay diligent and stay healthy. Do not beat yourself up or overthink it. Especially since the year is still 2020.

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.

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bonabobvw: And so it begins again... #evlnow #winteriscoming



thecharlesbchamberlain: First real #snowfall! #winterwonderland #evlnow #snowdog #winteriscoming #naturelover #liveyourbestlife



evillebikeandbean: #evlnow #chickenwingburrito #gobills



robert_kuechle: Beautiful weather for a hike #evlnow



andrea.solar.716: #handmask #cantwaitforskiseason #evlnow



karinapro73: First ornament is up! #evlnow #ellicottville #hvraceteam



chriscove: The Path to Enlightenment #landscapephotography #getlost #splendid_earth #agameoftones #leicaphotography #evlnow



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