

Welcome to Ski Season: Gear up!

Holiday Valley ready to spin lifts Dec. 3rd; Demo Day set for Dec. 18th

The resort's 64th ski season will open on Friday with 4 lifts servicing 6 trails, weather permitting. Hours of operation: 9:00am-4:30pm. Night skiing will start Dec. 10th. Details on page 04.



The anticipation is at an all time high. After a summer of playing in the sun and watching the Mountain Ops team tear down the old Yodeler lift and then erect a brand new high speed detachable quad in its place, Holiday Valley has finally been able to fire up the snowmaking guns and start the process of blanketing the resort in snow. And some recent help from Old Man Winter has really helped take the hype to the next level.

Throughout Ellicottville, people are shopping for new gear. As a result, the local ski and snowboard shops are experiencing preseason visitation numbers that rival some January weekends. Excitement is in the air and it's not just because of the holidays. Our local shops give us the rundown on what's hot this season.

... page 07

LITTLE SOMETHING SMALL

Don't be fooled by the name, for there's really no minimizing the impressive exhibit that is "A Little Something Small Works Show.' Featuring 110 pieces created by 40 regional artists, this show is composed of original works that are on display at the Arts Council Gallery, 110 W. State St. in Olean. From oil paintings to watercolors to jewelry, pottery, and so much more, all pieces are one-of-a-kind handcrafted works of art created by the arts council's members, and all pieces are for sale. With the holidays quickly approaching, there's no better time to find that unique gift that is sure to be treasured for many, many years to come ... page 14

HoliMont anticipates Dec. 18th opening

HoliMont is expected to open for the 2021-'22 ski season on Saturday, De-cember 18th. Welcoming back their Canadian members after being apart for so long has made the club feel whole again, according to HoliMont's Sales/ Marketing Manager, Jennah Bradley. "And our staff has been working hard to make this season better than ever!'

The resort is excited to introduce their new beginner area, equipped with a 650' conveyer belt. And once again HoliMont is offering Trial Memberships, as well as the Weekday Experience Pass, which gives the public a great deal on weekday skiing and snowboarding.

... page 08

Interview with Bella Bacon

Ellicottville native talks about filming for 'Roots'; upcoming Dew Tour



BY CAITLIN CROFT

In 2017 I was first approached by our publisher to write a story about Bella Bacon, a local girl who was turning into a bit of a freeride phenom. Since then, Bella has earned her way into star studded camps, competition tours, ski movies and a spot on the US Rookie Team.

It was my pleasure to interview both Bella and her mother, Christine, again this past week. We talked about Bella's transition to her new home and school in Utah, skiing with legends for Faction Skis' film, "Roots", and what she hopes to accomplish in the future with her career. Of course, we also included some fun banter, including her favorite food, off-snow activities, and the one superpower she wishes she had.

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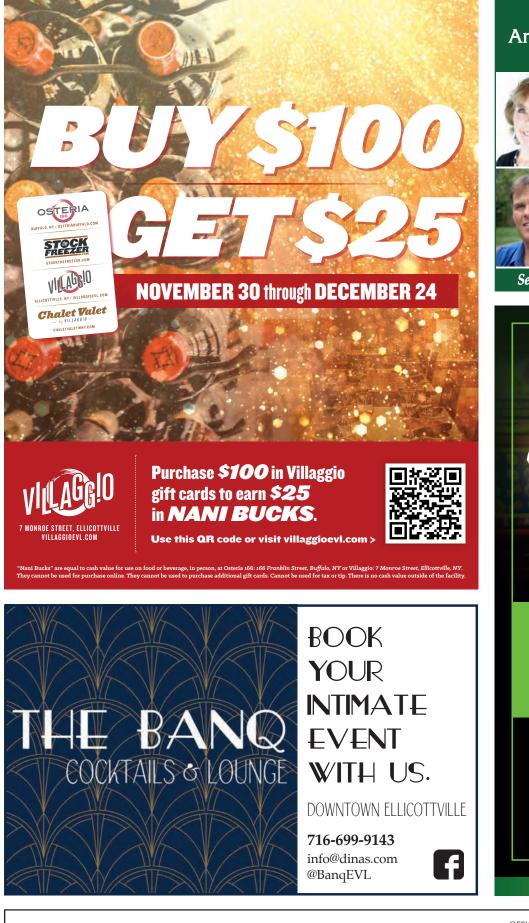
REMEMBERING BOB, THROUGH IRISH CHRISTMAS

Winter is officially here and with it Ellicottville transforms its Hallmark village into a winter wonderland. There are events near weekly to usher in the beginning of the season - from Food Pantry fundraisers to Ellicottville's annual Christmas Stroll to the lovable Reindog Parade (see page 04). Another event that ranks high on the must-attend list is Irish Christmas, set for Friday, Dec. 17th. We recently talked with community members about Irish Christmas, its beloved founder, and the magic that surrounds it all ... page 03

SHOP ELLICOTTVILLE'S HOLIDAY MARKETPLACE pg. 12-13 | OLEAN PLANS COOKIE CRAWL AND RUDOLPH 5K pg. 17



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PUBLISHED EVERY OTHER THURSDAY + DECEMBER 2-15, 2021... Page 03



Remembering Bob McCarthy, through Irish Christmas



Just a few of the items up for auction at this year's Irish Christmas fundraiser.

BY CAITLIN CROFT

Winter is officially here and with it Ellicottville transforms its Hallmark village into a winter wonderland. There are events near weekly to usher in the beginning of the season, and Irish Christmas, set for Friday, Dec. 17th, is one you don't want to miss! (Publisher's note: Irish Christmas needs no introduction, however, if you are new to the event, you can read up on the event details in our previous issue, posted on ellicottvilleNOW.com.)

As someone who isn't a "generational resident" of Ellicottville, the foundation of people who keep Irish Christmas running is made up of some of the best people I have ever met ... maybe that is why I got "stuck" here post-university. They continue to teach me how to be a better person and more active part of the community. One of our patron saints, if you will, was the late Bob McCarthy .

"He had a pulse on what the less fortunate needed and knew how to get the fortunate to step up," Bob Illig, long-time friend of McCarthy, told me earlier this week over a cup of coffee at Katy's Cafe. "I remember the first Irish Christmas at the old Gin Mill; McCarthy parked a tractor trailer outside the bar for people to fill up [with gifts]. It was quite a sight."

So what is Irish Christmas?

"McCarthy came up with the idea 16 years ago when the Rotary Club of Ellicottville's Family Support (an affiliate of Rotary's Foundation for Youth) was taking over 'Santa's Workshop'," explained Greg Cappelli, Rotary member and friend of McCarthy. "The family who had been supporting Santa's Workshop had to pass it on."

Cappelli admits that he thought Irish Christmas was a crazy idea ... auctioning off a handmade pie box with a homemade pie ... "but then the night came and one of the pies and pie boxes sold for \$900!

Needles to say, a tradition was born. Cappelli echoed Illig's sentiments, "Bob had insight to people's generosity, as he was the most generous person I knew."

The pie auction is the basis of the Irish Christmas event. A pie or cake or specialty dessert is paired with a pie box or birdhouse or other locally handcrafted treasure. Supporters bid on these items - and they are generous! - knowing that the proceeds will help families have a happier holiday season.

Irish Christmas is powered by the Rotary Club of Ellicottville, which does SO much for this community - from sponsoring thousands of dollars in scholarships, to purchasing new iPads for the school, and much more. I caught up with Greg Cappelli earlier this week to talk about this year's Irish Christmas event versus last year, to talk about what attendees can expect, and of course, to talk about Bob.

CROFT: How did doing a virtual auction in 2020 affect things?

CAPPELLI: The virtual auction was what our generous supporters saw as a replacement for the live event in the face of Covid. They surpassed all expectations and it turned out to be the most successful Irish Christmas ever!

CROFT: What precautions are being taken this year to host a safe in-person event? **CAPPELLI:** We hope to have the live event this year, but we do not want to put anyone in a potentially dangerous environment, so at EBC's suggestion, we will hold it in their outdoor

"Irish Christmas" continued page 17

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LOCAL NEWS

SKI SEASON 2021-'22

Holiday Valley spinning lifts Dec. 3rd; night skiing to begin Dec. 10th



ELLICOTTVILLE, NY - Holiday Valley's President, Dennis Eshbaugh announced today their 64th winter season will begin on Friday, December 3, 2021, weather permitting. Hours are from 9:00am-4:30pm with 4 lifts open: Yodeler, Mardi Gras, Tannenbaum and Creekside, and approximately 6 trails. Limited services and beginner, intermediate and advanced terrain will be available. Night skiing will start on December 10th.

According to Eshbaugh, "We're especially excited about the new season as it is the Grand Opening of the new Yodeler Express Quad Chairlift. This is our fourth high speed quad lift at Holiday Valley and we are proud to say that it was built by our Mountain Crew."

The new lift was purchased from Doppelmayr USA, based in Salt Lake City, Utah. The Yodeler Express services all levels of skiers and snowboarders, and will be easier for beginners to load and unload, resulting in more efficient lift operations. A champagne toast will be held at 8:45am on Friday, along with a few remarks from Eshbaugh, Steve Crowley Director of Mountain Operations and Jim Curtis Mountain Manager. The resort is holding a "Golden Chair" contest on Facebook to choose one lucky person to ride with Dennis, Steve and Jim on the first chair ride.

Holiday Valley has another reason to celebrate as they were ranked the 2nd best winter resort in the East for 2022 by readers of SKI Magazine. The ranking of 2nd is the highest that Holiday Valley has ever achieved. Holiday Valley excelled in many categories including snow, grooming, guest service, access, lodging, après ski, nightlife, character, lifts, dining, family friendliness, value, and overall satisfaction.

TAMARACK CLUB ACHIEVES GOLD CROWN STATUS

ELLICOTTVILLE - Tamarack Club General Manager, Rich Sandler, is pleased to announce the Tamarack Club at Holiday Valley achieved Gold Crown Status for RCI Vacation properties for year 2022.

This designation by RCI (Resort Condominium International) recognizes resorts that have demonstrated an ongoing commitment to quality and guest satisfaction. A Gold Crown Resort property is the highest of the three RCI Award Designations. The Gold Crown status is recognition of the Tamarack Club's commitment to delivering exceptional guest experiences, which was reflected in a compilation of Exchange Guest Comment Card assessments based on resort quality, service delivery, and overall vacation experience. The RCI Gold Crown Resort award designates resorts that have met or exceeded specific standards in the areas of unit housekeeping, unit maintenance, hospitality and check-in/check-out procedures, and an evaluation of resort facilities, amenities and services.

The Tamarack Club is particularly popular because of its central location within Holiday Valley, the many amenities available to guests including the Ellicottville Oasis Spa, John Harvard's Restaurant and underground parking, and the variety of room types within the property.

Sandler commented, "My team worked very hard to make this happen. Our Facility Manager personally visits every room before check in. The Front Desk Manager and his team greet each RCI guest by name during their stay. And the Owners Services Manager connects with RCI guests by phone ahead of their visits and again during their stays. I'd like to congratulate them all for this award."

RCI is a vacation exchange and travel network. Tamarack owners have the option of joining RCI where they can exchange one or more of their Tamarack weeks for vacations at affiliated properties around the world.

CHRISTMAS STROLL

Community invited to celebrate the true meaning of Christmas Dec. 11th



ELLICOTTVILLE - Slow down the pace during the holiday rush and take some time to celebrate the true meaning of Christmas during Ellicottville's annual Christmas Stroll. This year's Stroll, originally scheduled for Dec. 4th, has been moved to Saturday, Dec. 11th to allow for additional planning. The Christmas Stroll welcomes all to a day of friendship as locals and visitors come together to remember the season and the story behind this special time of year.

"Ellicottville is a great place to come out and experience a relaxed pace and to take the time to enjoy a nice representation of the reason we celebrate during the holiday season," said Gwen Bush, organizer of the event. "Come out and remind yourself what Christmas is all about."

Holy Name of Mary Roman Catholic Church, located on the corner of Jefferson and Martha Streets, will have their display of Nativity and Angels for all to see. The sidewalks of downtown will be filled with the sounds of the season as festive music permeates the air, coupled with the soft voices of sauntering carolers. Keep an eye out for the Christmas elves who will also be out and about, spreading holiday cheer and handing out candy canes.

Local businesses have been busy decorating their storefronts, showcasing beautiful holiday themes for your enjoyment as you window shop throughout the afternoon. Once those noses are good and chilled, bring the little ones in from the cold for a hot chocolate break at The Tee Bar, which will be offering tasty holiday cookies. Just down the street and around the corner at Villaggio, Santa is expected to make his grand appearance at 4:00pm.

"What would the Christmas Stroll be without a special visit from Jolly Old St. Nick and his cheery elves?" said Jessica Wallace, Business Development Manager of the Ellicottville Chamber of Commerce. "We invite everyone to come out and enjoy an afternoon in our own little snow globe, to be together and celebrate friendship and fun! Plus, where else are you going to find a Reindog Parade?"

At 4:30pm, a spectacle like no other will take over the village, as many of our K9 friends, dressed in their holiday best, will march alongside their owners down the main drag to the gazebo.

"It's one of the most anticipated events during the holiday season here in Ellicottville," said Wallace. "Just picture it: dogs of all shapes and sizes, donning Christmas sweaters, antler headbands, sparkly bling and festive bells, parading down Washington Street, with crowds lining both sides of the street cheering them on ... it's magical entertainment at its best! It's always a crowd pleaser!" Those interested in participating in the Reindog Parade should meet at the post office parking lot at 4:30pm. There is no charge to participate.

The evening will come to a conclusion at the gazebo at 6:00pm with a Living Nativity featuring the local children of Ellicottville. Dressed the part to play the roles of angels and shepherds, these children will tell the story of that very first Christmas - the journey and the birth of Jesus.

"This pageant has become an iconic staple of the holiday season here in Ellicottville and is a great representation of the true meaning of Christmas," said Bush. "Come share in the story. Come celebrate the season and our community."

For more information on this year's Christmas Stroll including a full schedule of the day, head over to ellicottvilleny.com or call 800-349-9099.

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PRODUCT PICKS

Local shops gear up to start the season; HV to host Demo Day Dec. 18th



BY DASH HEGEMAN

The anticipation is at an all time high. After a summer of playing in the sun and watching the Mountain Ops team tear down the old Yodeler lift and then erect a brand new high speed detachable quad in its place, Holiday Valley has finally been able to fire up the snowmaking guns and start the process of blanketing the resort in snow. And some recent help from Old Man Winter has really helped take the hype to the next level.

Throughout Ellicottville, people are shopping for new gear. As a result, the local ski and snowboard shops are experiencing preseason visitation numbers that rival some January weekends. Excitement is in the air and it's not just because of the holidays. Holiday Valley will open any day now; much to the delight of all its fans.

As far as ski and snowboard gear goes, these are almost unprecedented interesting times. Due to certain supply chain shortages, some brands' gear hasn't even been delivered yet. Every shop in the area is doing its best to outfit customers in equipment that will work for them - whether it's a seasonal rental or something brand new and fresh off the delivery truck.

If you find yourself in the market for new gear but not sure exactly what you want, then block December 18th off in your calendar because that is the date for Demo Day at Holiday Valley. Starting at 9:00am and running until approximately 3:00pm, Demo Day is the per-fect opportunity for you to see firsthand what is new and exciting in the ski and snowboard world.

Not only do you get to try out some of the top new equipment, as long as you have your own boots and a valid Holiday Valley lift ticket or pass, you get to try it for free! And because Ellicottville's amazing specialty shops will be slopeside of the Holiday Valley Lodge, joined by reps from some of the top brands in the business, you'll have the opportunity to ask all the questions you want about what equipment will work best for you. So whether you ski or snowboard, Demo Day has the latest and greatest gear for you to check out.

LET'S BREAK IT DOWN

It might be cold outside but according to Trey Clauss, The City Garage crew is going to bring the heat with the gear they will be showcasing. The K2 Mindbender Collection of freeride skis not only looks great but also covers a range of abilities from intermediate to expert. They'll also have the Salomon Stance, an ultra-versatile ski that thrives in any type of condition and every type of terrain. Last but not least, The City Garage will have the Armada Declivity and Reliance on hand at Demo Day. No matter where you want to shred and what conditions you find yourself in, these Armada sticks will take you there in a full throttle fashion and are a freeride ski that should be on your radar.

The Mud Sweat 'n Gears team will have an array of some of the top skis out there. Nick Sciara let us know that they'd have something for everyone at Demo Day. Ladies, you can look forward to checking out the Volkl Secret and Kenja. If you're a hard-charging woman who prefers stiff, heavy skis, the Secret might be perfect for you. And the Kenja is a ski for the rad woman who loves to ski everything on the mountain with speed and precision.

Next up is the Nordica Santa Ana, which delivers serious all-mountain fun. Its perfectly balanced design and construction, including a narrower platform, deliver quicker edge-to-edge transitions and better grip for more precise carving. MSG will also have the Wild Belle series, which is tailored to the unique needs of female all-mountain skiers. These skis deliver

"HV Demo Day" continued page 21

INTERVIEW WITH BELLA BACON

Ellicottville native talks about filming; upcoming Dew Tour



BY CAITLIN CROFT

In 2017 I was first approached by our publisher to write a story about Bella Bacon, a girl who was turning into a bit of a freeride phenom in the area. Since then, Bella has earned her way into star studded camps, competition tours, ski movies and a spot on the US Rookie Team. It was my pleasure to interview both Bella and her mother Christine for the third time this past week. Winter is FINALLY here and Bella looks to her second season on the US Rookie Team.

CAITLIN: It's been roughly 18 months since we last caught up and I feel like there is so much ground to cover. We last left off when you departed Ellicottville as a family to pursue

your shot on the US Rookie Team. What was it like making the transition to Utah? **BELLA:** It was kind of a tough transition at first - we'll blame COVID on that - but I just finished up my junior year at the Winter Sports School, and I've met a fun group of friends. I guess it's finally staring to feel like home.

CAITLIN: Was there an "on-boarding" process with the US Rookie Team? What did that look like?

BELLA: Yes, definitely a lot to learn. I'm on year 2 and I feel like I'm still learning about the US Freeski Team. We've had webinars, fundraisers, an entire team of staff for support, testing and training. I'm really grateful for this opportunity.

CAITLIN: Skiing - despite being a "solo" sport - you need support off-snow that I'd argue is more important sometimes than on-snow ... what was it like having your family there to go through the ups and downs?

BELLA: It was so important having them here with me. I'm not sure I would've been able to do it without them.

CAITLIN: One aspect of skiing that I love is how it expands your network of peers ... has it been fun getting to know your teammates?

BELLA: It has been so much fun! One of the best parts of having a best friend on the team is being able to ski, train and travel together. It's also fun to be able to compete against and push each other.

CAITLIN: What's your favorite off-snow team activity? BELLA: Mountain biking and hanging out with friends.

CAITLIN: You're an avid Faction skier; they've sponsored you for some time now. Tell me how it felt to be featured in this year's ski movie?

BELLA: It was honestly a dream come true skiing with some legends that I've looked up to since I've been in Slope. They're such a fun, positive, supportive group of ladies who absolutely rip ... it was a week I'll never forget, already can't wait for my next trip.

CAITLIN: The City Garage held a viewing party on the patio of the Yodeler Lodge at Holiday Valley. Tell me what it's like to have this kind of support from across the country. BELLA: That was so awesome! After watching so many ski movies at the Depot, it meant so much to me that they wanted to watch "Roots".

CAITLIN: There is some irony in there, people from your hometown watching "Roots" at your home hill. You told me once that Rap music helps to pump you up ... does this still hold true?

BELLA: I'm mellowing out in my old age, haha! Not too much into rap these days. I'm

"Bella Bacon" continued page 21

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GETTING READY FOR A NEW SEASON!

HoliMont is expected to open for the 2021-'22 ski and snowboard season on Saturday, December 18th, and to say we are excited is an understatement! Welcoming back our Canadian members after being apart for so long has made our club feel whole again. Our staff has been working hard to make this season better than ever! With the build of our new beginner area that is equipped with a 650' conveyer belt, a newly paved HoliMont Drive, along with a few slight, but noticeable changes made to the chalet, only adds to what HoliMont is already known for: impeccable ski conditions and great family atmosphere.



Although HoliMont is a private ski club, we are open to the public Monday through Friday (except Christmas week). Come experience the premium snow grooming and no lift lines when you purchase a HoliMont Weekday Experience Pass. This gives you 10 weekday lift tickets, 2 half-priced tickets to give to a friend, and 2 lessons at a great discounted price! To purchase a Weekday Experience Pass, visit our website at www.holimont.com.



----> FREE COVID TESTING

HoliMont is offering Covid testing throughout the entire winter season. This is available for anyone who is interested. You do not need to be a member of HoliMont or have health insurance to participate. The testing site offers a rapid antigen test and a PCR test. You can find the testing site at the bottom of HoliMont's Sunset lift, in the parking lot, located on Ridge Way Road. For more information and hours of operation, visit our website at www.holimont.com.



CHRISTMAS WEEK AT HOLIMONT

Christmas week at HoliMont begins December 27th and runs through Dec. 31st. During this week, we are open to Members and guests only. We plan to have many fun-filled activities for all ages as we are excited to celebrate the holidays with our HoliMont family.

TRIAL MEMBERSHIP

For anyone interested in becoming a member of HoliMont, but not sure if it would be the right fit for your family ... we are offering a Trial Membership program where you get all the perks of being a member for one year, but without the commitment. For more information and pricing, call 716-699-2320 or visit our website at www.holimont.com.





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ART ON DISPLAY

TRI-COUNTY ARTS COUNCIL FEATURES ANNUAL 'SMALL WORKS' SHOW

Forty local and regional artists display over 100 pieces in special exhibit in Olean; all works are available for sale and make great holiday gifts!

By MARY HEYL



Don't be fooled by the name, for there's really no minimizing the impressive exhibit that is the Tri-County Arts Council's "A Little Something Small Works Show." Featuring 110 pieces created by 40 regional artists, this show is composed of original works that are on display now at the Tri-County Arts Council's restored 1920s building at 110 W. State St. in Olean. From oil paintings to watercolors to jewelry, pottery, and so much more, all pieces are oneof-a-kind handcrafted works of art created by the arts council's members, and all pieces are for sale. With the holidays quickly approaching, there's no better time to find that unique gift that is sure to be treasured for many, many years to come.

Sean Huntington, Tri-County Arts Council exhibit coordinator, is thrilled to see the return of the small works show for the second year. "Last year was our first year for our small works show," he said. "We had 87 pieces in that show and now we have 110. The quality is just amazing. I'm pleasantly surprised."

So what exactly makes a "small works" show? "Work must be under 12x12 inches for twodimensional, and under 12x12x12 inches for three-dimensional work," Huntington explained. "Everything is for sale, and each piece is different. Because the pieces are smaller, this makes them a fairly inexpensive, really cool Christmas gift!"

To Mikel Wintermantel, artist and executive director of the TCAC, the range of artwork is what is most impressive about the small works show. "I think it's a good show because it shows the diversity and depth of talent of the artists in the region here," he pointed out. "People walking in are thrilled with the results. It's fun [for the arts council] because we never know what we're going to get until the work starts to come in!"

Wintermantel is a luminous landscape oil painter and Copley master, whose work appears to radiate light. All of his paintings have custom frames that he builds, and he also works with a local company to craft custom mats. All of his pieces for the small works show have already sold, but his work is also available on his website at www.mikelwintermantel.com.

Although he is new to the role of director, Wintermantel is hardly new to the arts council. "The arts council started over 35 years ago in my one-bedroom apartment," he explained. "I was meeting with a group of younger artists, and it just continued to grow." In 1997, the Cattaraugus County Arts Council was officially formed, and over the next two decades, it occupied different spaces in Allegany, New York. In 2018, the name was officially changed to the Tri-County Arts Council to reflect all three counties served: Allegany, Cattaraugus, and Chautauqua. A year later, the TCAC moved to its current location at 110 W. Main St. in Olean.

According to Wintermantel, "Owner Jeff Belt and his crew have done a great job making it a destination space. Everyone remarks, when they see it in person, that it is such a beautiful venue." Visitors can stop by the TCAC to view the small works show and purchase artwork during the following regular hours: Tuesday through Friday from 12:00-6:00pm and Saturday from 12:00-5:00pm. The TCAC recently launched their redesigned website www. tricountyartscouncil.org, where the entire show is photographed and available for sale online.

Huntington loves that the small works show gives all of the TCAC's members the opportunity to showcase their work, and for some, this is their first opportunity to do that. Tara Walker, Ph.D., assistant communications professor at St. Bonaventure University, is a painter who works with oil pastels, watercolors, and gouache. A new member to the arts council, Walker is also new to the region, having moved to Olean from Boulder, Colorado last fall.

Walker explained, "I grew up experiencing a very different landscape: very dry, giant mountains. One of the things that was really striking to me [when I moved here] was the landscape and the moisture."

Indeed, many landscape artists tend to paint what they see, and Walker's move to western New York brought fresh inspiration to her art. "I find it really fascinating how many abandoned houses, barns, and structures there are out here," she said. "The moss and plants kind of take over. One piece that I have for the show is of a couple of barns in Allegany. There is also a little watercolor I did based on something I saw near my house: a bird in a puddle by the train tracks. I really liked the symmetry of the bird and the tracks in the reflection."

Although Walker has been painting for several years, this is her first art show, and she is inspired by the work of her fellow arts council members. To see more of Walker's work, follow her on Instagram at @fourcollybirds.

There are several participating artists who are well known throughout the region and all over the world. Visitors to Holiday Valley have likely seen Huntington's work, as his watercolor paintings hang in the main lodge. A full-time artist for the past 15 years, Huntington is a landscape painter who lives in Olean. This month, in addition to the small works show, he is showcasing his work in 25 Days of Minis, an online art show/sale that includes 54 professional artists from across North America.

Visitors to the TCAC may also be familiar with the work of Barbara Fox, a painter who has lived near Ellicottville for the past 30 years. Fox draws and paints using watercolors and oil paints. "Realism has always been my style over the years," she said. "From flowers to still-lifes to landscapes to portraits and figures. I've always kept my love of flowers!" Fox has created four pieces for the small works show, including florals, a bird painting, and a still life.

"I'm always working on new pieces, and I'm just delighted if someone loves one of my paintings enough to purchase it," she said. "I'm always honored whenever anyone purchases my artwork. I've been lucky enough to purchase others'. It really makes you happy when you can purchase something you love, that is handmade, a one-of-a-kind unique thing. If you love it, you'll always love it. You don't get tired of it. It really is a special addition to your home and it's nice knowing that you helped out an artist as well. It's not always an easy thing to make a living or even have a viable business doing this." To see more of Fox's work, visit barabarafoxartstudio.com or follow her on Facebook and Instagram.

Artist Eileen Weishan has called Cattaraugus home for the past 40 years and has been an active member of the arts council during much of that time. She served on the board of directors for 13 years, and she and her husband, photographer Mike Weishan (whose work is also featured in the small works show), have been involved in several other capacities, from volunteering to exhibiting. She said, "I've got two things in the show this year ... one is a photograph that I took when we were down in the Shenandoah Mountains in Virginia in June. We were hoping for nice weather, but it was rainy and foggy the whole time! I like to do macro photography and got a really neat close shot of this beautiful wildflower."

Weishan's second piece is a small wristlet (with a detachable strap), which she cut and sewed from Japanese kimono fabric. "Most of what I do is sew," she explained. "I started a business about eight years ago. I make beaded scarves, wraps, all sizes of wallets, handbags, and totes ... I use a lot of kimono fabrics. I use silk for scarves, but I also get men's fabric. It's a beautiful woven fabric - some is wool and silk, some is cotton ... they're unique. They make up beautifully and are not something you can find in stores around here. I have a line of just Japanese fabrics, as well as cottons, wools, and corduroy for other handbags and wallets." To view or purchase more of her work, visit www.eileenweishandesigns.com.

The TCAC's small works show runs through January 22, 2022. Even after the show, the arts council has work available for sale. Huntington said, "We have an artisan market that's here all the time - jewelry, sculpture, paintings, prints. We also have a pottery studio and classroom."

The arts council regularly hosts classes in pottery, painting, drawing, paper making, and more. An artisan's membership is just \$20 per year and is open to anyone in the tri-county area. Huntington added, "People can also come in and use our space to create, like a gym membership, for \$120 a year or \$12.50 per month." For more information, visit www.tri-countyartscouncil.org and follow the arts council on Facebook and Instagram.

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REGIONAL

GET INTO THE HOLIDAY SPIRIT IN OLEAN, NY

Greater Olean Area Chamber of Commerce invites families out for a special Cookie Crawl and Run Run Rudolph 5k

OLEAN - Staff at the Greater Olean Area Chamber of Commerce have been busy lining up activities, vendors and more for its Jingle Bell Jubilee, Dec. 3rd and 10th. Two of those activi-ties include the Cookie Crawl and the Run Run Rudolph 5K - both are set for Friday, Decem-ber 10th. Erica Dreher, Member Services Manager stated, "The cocoa and cookie crawl is a family-friendly community event where you pay a small ticket fee, receive an (empty) cookie box, and then go to local businesses along North Union Street and fill the box with cookies."

Angee's Restaurant, Village Green, Union Tea Café, and Green Acres with La Dolce Vita are four stops along the crawl. Attendees will redeem their voucher at each place as they crawl along Union Street under the holiday lights. They may start or end wherever, but an additional stop will be at the Jingle Bell Jubilee under the pavilion where pop-up vendor, Crystal's Confections, will be waiting for you. Redeem your voucher for a sugar cookie, small container of frosting and a knife to decorate at the jubilee or at home. The fee to crawl is \$10/ individual or family of four for \$30. To register, please go online to shop oleanny com or stop in at the Chamber to sign up. Cookie packs are available for pick up at the Chamber office.

Dreher added, "The Run Run Rudolph 5K is a GO! Participants will leave Four Mile Brewing Co., winding their way through the streets of Olean to the roundabout at Main Street, and will run under the holiday lights on North Union Street to Lincoln Park.'

The fee to register for the run is \$15 through December 6th and will go up to \$20 from Dec. 7th through race day. The fee includes a Blitzen Bag of Bling – holiday light headband, Santa gaiter, arm light band, and holiday bulbs necklace as well as a finisher's medal. Participants are encouraged to show their holiday flair with awards of Shop Olean Gift Certificates being given to the Most Merry individual and group - \$50 and \$100, respectively. There will be no official time kept for this festive frolic. To register, please call 716-372-4433 with participant information or go online to shop.oleanny.com.

Meme K. Yanetsko, GOACC COO stated, "Other confirmed activities are listed below. Our staff is excited with the participation levels from our school, arts and retail groups."

• Miller's Farm Market will be will host a wreath decoration class on Friday, Dec. 3rd. Dubbed the Miller Wreath Jubilee class, cost is \$25 for a 20" wreath. To reserve your spot, please call with payment to Miller's Farm Market at 716-372-2521.

• Hill View Stables of Olean will provide horse and wagon rides around Lincoln Park both nights, Dec. 3rd and 10th.

• The Regina A. Quick Center for the Arts will set up both Fridays from 6:00-8:15pm with a family photo craft, a series of kids make-n-take activities, and an adult make-n-take activity. • The Tri-County Arts Council will have a make-n-take ceramic ornaments workshop. Folks can paint, decorate and then spray their ornament with a clear coat. They will have a ribbon tied on them for hanging. Supplies are limited and the arts council is having this as a free activity but donations are appreciated.

For more information or questions on any of these events, please contact GOACC at 716-372-4433 or email santa@oleanny.com.

IRISH CHRISTMAS

cont. from page 03

garden. We plan to check temperatures of attendees. With the Covid infection rate in-creasing, there is a chance that we will move to a Virtual Only event like last year. We will make that decision and announce closer to the December 17th event date.

CROFT: The Rotary contributes to an endless list of community programs in Ellicott-

ville; what is one of your favorite projects the Irish Christmas has helped fund? CAPPELLI: Irish Christmas' main focus is to support Rotary's Family Support which funds Santa's Workshop and the Santa Sheriff programs. Both programs provide gifts for less fortunate families in the community. Family Support also helps families financially when a need arises, be it a house fire or illness or unexpected hardship out of their control. These assistance programs happen quietly year round.

CROFT: What types of items can someone expect to be auctioned off during this year's Irish Christmas?

CAPPELLI: An event favorite is the Irish Whiskey basket donated by Cynthia Gibbons and Mike Kay. This is not part of the online auction but is on display at E-Ville Spirits & Wines, where you can bid on it in-person. One of McCarthy's original pie boxes from 10 years ago and a birdhouse from Edna Northrup's collection (Bob made her a birdhouse for her birthday every year) will also be a part of this year's auction. Ed Fredrickson made a fabulous Bow Pie Box and this year he promised us a new hope chest.

CROFT: Wow! The list of items just gave me goosebumps! What is one of your favorite past auction items?

CAPPELLI: I have too many favorite Bob items over the years, but my new favorite auction item is always the elaborate birdhouses made by Ed Fred.

CROFT: What is the most popular flavor of pie? And which one is your favorite? CAPPELLI: I have to say Keg's Nanaimo bars are the best; I would be very foolish to pick some other. (chuckles) Tom Kneeland always does a Chocolate Mousse cake and a Tiramisu which are fabulous, too.

CROFT: Anything new for 2021?

CAPPELLI: There is always something new, but it is too early to announce. I can tell you we have an amazing Bob original Pine Cabinet that he had made for E-Ville Spirits. This great piece was donated by owner Shannon Carscallen. This piece is one of a kind!

BOB McCARTHY-ISMS

I polled a few people who were close to Bob to come up with a list of "McCarthy-isms" or what they thought Bob would say about the event if he was still with us. (I will try not to cry as I type these next sentences.)

Anne Northrup: "Irish Christmas was born from an idea of Bob's to raise a little money to help the local families in our community have a better Christmas. What started out with a small gathering at a local bar of friends in the community selling home baked pies at outrageous prices. Bob would also auction off one of his guided trips to Ireland. (Writer's note: How I wish I could have gone on one of these.) "The combination of just those two

things and he had a fundraiser!"

"It is a time to come together as one in the spirit of Christmas," Anne continued. "The spirit of giving and a remembrance of the good that Bob did for so many all year long ... Bob felt this event was 'magical' from its humble beginnings and it continues to be today, all of these years later because of the community that Bob inspired to carry it on."

Rotary President Doug Anderson: "To me, Irish Christmas means community. Many of the same faces and also new community members come out to support Bob McCarthy's spirit - the spirit of giving and supporting the Ellicottville community through the Rotary Club of Ellicottville." (Anderson cannot wait for the pies.) "The best local pie bakers turn out spectacular pies and cakes!"

Greg Cappelli: "Bob had a very interesting look on life. McCarthy was a special education teacher and spent so much of his time helping others with their challenges in life. To quote a McCarthyism would not do him justice. When he passed, Anne Northrup created a bracelet with 'WWBD *What would Bob do' on it. She created a way for all of us to remember to lead with our heart."

Bob said once, "I love doing Irish Christmas, which is a night of Irish magic. I don't know how the magic gets there, but it just does. That's the beauty of it.'

Ed Fredrickson: "Bob was one of the first people I met at Holiday Valley when I started working there in 1986. We quickly became friends. He was a great friend and loved Ellicottville so much.'

Katy Arena of Katy's Cafe: "He built all of the handcrafted tables in the old cafe where the Tee Bar now resides. Bob would say, 'You just gotta believe.' He said it on different occasions but also about Irish Christmas ... I always carry that with me. The quote has so many different meanings to me, but I think mostly it reminds me to remember that there is goodness in people and a little bit of 'Irish Magic' still exists."

Arena continued, "Irish Christmas is special; it's obviously changed over the years and it will never be the same without Bob. I can still hear the excitement in his voice when even talking about the event each year. Irish Christmas will always have a little bit of magic. I mean, how can it not when at the end of it all, Family Support helps bring Christmas to children in need. So please, if you are interested in making a pie for auction or want to donate to help make a little Irish magic happen, please reach out to me."

"Last year's event was the most financially successful as most of our donors knew with Covid that the need was most acute," Cappelli told me. "Even if you cannot attend, there are Irish Christmas donation boxes set up in many of the local stores and restaurants and you can pick up a 'Bob in Top Hat' lapel pin as a thank you for your donation."

Looking back on my most profound Bob moment, it was a few days before his sudden passing. He told me to always keep trying, and that if I kept trying every day things would work out like it should. If only I knew how right he was in that moment. Bob had a way of seeing past the exteriors that people show to the world. He knew how to get to the heart of things, and this is why his legacy is filled with love, community and kindness. So let's celebrate Bob and the causes he believed in. See you at Irish Christmas, Dec. 17th.

ellicottvilleNOW

HEALTH & FITNESS

Core Performance: Breathing While Working Out

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

Working out can be tough and tiring. Of course, challenging yourself a little more each time you exercise is necessary if you're trying to reach a specific fitness goal. But don't forget about the other, smaller tweaks that can improve your workout performance and, by extension, your results. One of those small things that can make a big difference is paying attention to your breathing.

It sounds simple, and in a way, it is! After all, breathing is something you are born knowing how to do, and your body typically does it on autopilot. But there are different ways to breathe which can be adjusted depending on a variety of conditions, and the respiratory process that goes on inside your body to regulate every single breath is seriously complex.

Take for example your diaphragm, which is a muscle located between your thoracic cavity (chest) and abdominal cavity and should be the main workhorse that powers your breathing whether you're exercising or not. Yet many of us don't fully engage this muscle when breathing, and instead take shorter, more shallow breaths that begin and end in the chest. This increases your heart rate and blood pressure, which can ultimately increase feelings of anxiety and stress, and even make you feel short of breath.

Diaphragmatic breathing, on the other hand, is your best bet for efficient, effective breathing. This specific type of breathing, which engages the diaphragm muscle with every breath, involves slowly breathing in through the nose or mouth (preferably the nose), filling up your abdominal area (versus your chest) with air, and then slowly exhaling as the stomach collapses. When exercising, diaphragmatic breathing can help ensure core activation and that you're breathing deeply enough to deliver enough oxygen to the muscles, which prevents them from fatiguing earlier.

To demonstrate this kind of breathing, I tell my clients to take a deep breath through their nose and then to exhale as if they are an airplane decelerating upon landing. I also have them pay close attention to how their core responds by tightening like a girdle.

Now the trick is when to exhale and when to inhale. The answer can be found in my last article about concentric, eccentric and isometric components to each exercise. (See ellicottvilleNOW.com archive 11-18-21 issue.)

For strength training in general, breathing out on the concentric phase of the lift (when you're doing a bicep curl, the concentric portion is when you lift the weight toward your shoulder, and the eccentric portion is when you lower it back toward the ground) is the



most commonly recommended technique. That's because when you exhale and squeeze the air out, you increase core engagement. In strength training, a tight core equals more power and more stability - and you want to have that extra help on the most challenging part, the lift.

The bottom line on breathing: While breathing is one of the most natural, automatic processes in the body, paying attention to your breath during a workout can help make sure you're breathing as efficiently and effectively as possible. The techniques above can be intuitive for some people and a learned skill for others, which is why it's important to become mindful and stay mindful of your breathing as you move.

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

Inner Peace & Strength: Decorate For The Holidays Early ... It Can Create More Happiness



As the month of December is here and you find yourself either itching to or procrastinating against stringing those lights, standing up your tree, hanging up ornaments, or outwardly preparing for Christmas, Hanukkah, or Kwanza, psychologists say DECORATE AWAY - it can make you more happy.

Oftentimes the holiday season has one of two impacts on individuals, creating an oscillation between these two experiences: 1) memories of joyful childhood times, traditions, and cheer come to mind, or 2) sadness, grief, feelings of overwhelm and anxiety surface. Regardless of where you swing on this pendulum at any given time, the light and aesthetically decorative visuals can boost dopamine - the happiness hormone.

Psychologist Deborah Serani confirmed on the Today Show that it is true: decorating, displaying, and bringing out holiday décor can definitely lift your mood. She states, "It

By Laura Widger, LCSW

does create the neurological shift that can produce happiness. I think anything that takes us out of our normal habituation, the normal day in day out ... signals our senses, and then our senses measure if it's pleasing or not. Christmas decorating can spike dopamine, a feel-good hormone."

What is it exactly about the holiday decorations that jumpstart those happy hormones? Psychologist Serani states, "For starters, the bright lights and colors. Chromotherapy - or color therapy - is a type of treatment where the theory behind it is: colors can influence and increase energy levels and in turn boost happiness. Or maybe it is just the ambiance in general ... who can resist smiling at the sight of a Christmas tree being lit up for the first time? Of course, there is the nostalgia factor as well."

If you find yourself swinging on the pendulum representative of Christmas cheer, then placing the decorations up early will bring you back and re-create those joyful feel-good emotions. If you find yourself dreading the holiday time and replaying traumatic memories from your past, it is now time to change perspectives during this time. Psychologist Elizabeth Lombardo suggests, "If you struggle during the holidays, start a new tradition. Whether that be going away, seeing a movie as a family, volunteering, etc. This change can create new associations. The next time the holidays roll around, you will subconsciously connect that time of year with your newer, happier memories."

No sense in waiting at all! String the lights, dust off those ornaments and nativity scenes, light your candles, center your tree ... your happiness can depend on it!

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



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CONNECTIONS

Suzy's Star Readings: Sagittarius Season

By Suzy Woo, B.Msc.



Did you feel the energy shift? October showed us people's true colors, and perhaps the cold reality of certain situations in our lives. It may have been ugly. The big reason was to help us become more accountable for where we are in life; with the goal being to make more intuitive and conscious choices of who we spend our energy with and what we give focus to.

Now, the air is much lighter as it is Sagittarius season; which is ruled by the largest planet in our solar system, Jupiter. By contrast, think of the themes of Halloween with dry, cold, death and endings vs. Christmas/Hanukkah, warm, light, opening our hearts and giving.

We all have an area of life ruled by Sagittarius energy in our personal birth chart. This is

where we feel most abundant, where we take chances, feel expansive, really enjoy life, and maybe exaggerate. This energy loves to party and does not like to be told what to do. It is a fire energy, which thrives on adventure! Hiking, walking, anything in the great outdoors - this energy loves to be in motion. It has no filter (blunt, direct) and is jovial, fun, outgoing and witty. Where we find Jupiter in our charts we love to 'go big!' It also represents our belief systems/philosophy in life.

Sagittarius is represented by the archer, the teacher, the centaur, and Santa Claus. It represents hope. When all the chips are down, you can trust a Saggie to always see the bright side as this is the eternal optimist. It is the higher mind, higher education, the laws, and breaks down barriers and boundaries that separate. It is the world view, the big picture. Everything with Jupiter and Sagittarius energy is big. It loves the bells and lights of a casino, a party, and can

HV DEMO DAY

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a fun, playful, and powerful ride that's stable at any speed. Finally, the Blizzard Black Pearl 88 skis shine on corduroy, in soft off-piste snow, over bumps and around the trees.

For the guys, MSG will have the Volkl Mantra with a tip and tail rocker - a true power freerider. The Titanal frame combined with carbon tips not only provides stability and damping effects but also great liveliness. The Volkl Kendo delivers impressive carving performance thanks to the three different radii in the sidecut. These enable precise power transmission, uncompromising liveliness and optimum turning behavior never before experienced with Titanal skis.

The Nordica Enforcers are Nordica's best-selling skis. They offer a more playful feel and even greater versatility, all while continuing to deliver its legendary all mountain performance. For a trusted ride that's especially smooth and stable, it pairs an all new carbon chassis with a new core profile and two sheets of metal. To close out their Demo Day selections, the Blizzard Brahma 88 will take the energy you give it and transfer that power into the snowpack, so you can rip down the mountain with confidence and ease.

On the snowboard side of things, The Boardroom will have the best gear from powerhouse brands like Burton, Lib Tech and Salomon. From park boards to freeride resort slashers, there is a board option for everyone. But the highlight offering will be the Burton Step On boots and binding system. All you have to do is ... Heel. Toe. Go. But it's not just about ease of use. Step On's heel-to-toe connection puts pro-caliber control where it matters most, providing an effortless connection for riders at every skill level. Step-On is easily one of the hottest items at The Boardroom, so if you're in the market for new boots and bindings, this is a set-up that you're going to want to check out. In the roughly five seasons that The Boardroom has been carrying Step On, it has sold well over 200 pairs to customers with nearly every one of them giving rave reviews on the functionality of the system and its ease of use. If you ride with any skiers in your crew, this binding will save you from a lot of scorn and judgement as they will never have to wait for you to strap in at the top of the slope again.

Dekdebrun's Apex Store will also be on-site offering skiers the opportunity to try out the Apex ski boot system. The holy grail of skiing is a boot that has it all: performance at the highest level in any terrain. Comfort and warmth from start to finish. The ability to walk easily and safely. Apex is like skiing in the comfort of a snowboard boot but with the control of a ski boot. It will exceed your expectations in every way.

With the start of the season nearly here and Demo Day and other fun Holiday Valley events on the docket, fans of winter are undoubtedly very excited to begin their snow-filled adventures. We here at EllicottvilleNOW wish you a safe and exciting winter. For more information on events at Holiday Valley, check out www.holidayvalley.com. lack discipline as in 'no off switch.' If you're going out on the town with someone with strong Sagittarius in their chart, you're in for a blast, but be sure to have a designated driver (they can lose sight of the 'off switch' and can get carried away in too much celebrating/libations!) Sagittarius energy is a little clumsy and bumps into things and doesn't take life too seriously. Every Sag has very strong déjà vu.

We start December with a total solar eclipse/new moon in Sagittarius on the 4th. Eclipses are large markers of change in our lives. We had a lunar eclipse at the end of November which was a bit of a darker, inwards reflective feel about what we need to feel safe and secure. This is very different as it is a solar eclipse/new moon, which is a new beginning marker, about what we want to do that is more in alignment with our beliefs. Where are we willing to 'go big?' What and who have we had enough of and will not come with us into this new phase?

The dreamy planet Neptune (ruler of Pisces) has been retrograde since the end of June, and on Dec 1st goes forward. This caused us to question where we feel we are being deceived, under an illusion, being kept in the fog. We can trust our intuition more now than ever before; we see the other shoe dropping in validation and confirmations around what we suspected or felt in our gut all along.

We have a full moon on Saturday, December 18th in chatty air sign, Gemini. The 17-19th will be a great time for conversing and being a social butterfly. Since it is an air sign though, be careful not to misplace things like your keys ... we can become a little more 'air-headed.'

On December 18th, Venus will go retrograde in the serious sign of Capricorn until the end of January. During this stretch, it is NOT a time to change your style, get a completely new hair cut or color, a tattoo, etc. Same with your home - don't do any cosmetic changes like painting a room in daring themes. You will feel very different when Venus goes direct and you will likely not appreciate your creativity you felt at the time.

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BELLA BACON

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finding more mellow music to keep me more relaxed.

CAITLIN: What's your favorite trick to throw and what trick are you working on currently? **BELLA:** My favorite trick is a 270 on ... I also keep working on it.

CAITLIN: That is a great mindset to have, just keep working on it. What's your favorite food to keep you fueled up?

BELLA: I can't get enough of Trader Joe's mac-n-cheese and pina colada protein smoothies lately.

CAITLIN: This will forever be my favorite question to ask you ... if you had one superpower, what would it be?

BELLA: I've always wanted to fly - not really a surprise, haha!

CAITLIN: No, this isn't a surprise and it shows in how your skills have improved. As you grow your skills, more and more opportunities seem to open up for you. It's remarkable to think you're hitting features that are multiple stories high. What's it like making the transition to big mountain skiing? Do you find there is more pressure, or are you un-phased? **BELLA:** A lot of the jumps I've been hitting out here are a whole new level. I've definitely started to feel the pressure this season with the Olympics coming up. but I have to keep reminding myself that I have a lot of time ahead of me.

CAITLIN: That is a great thing to keep in mind as you pace yourself. So ... X-Games? It's always been on your radar. Think it's within grasp for 2022?

BELLA: I feel like I'm at the place where anything is possible because the season is just about to start. My first Dew Tour is coming up in just over two weeks!

CAITLIN: Anything I missed or anything you want to tell your hometown family of fans? **BELLA:** I'd like to tell everyone - especially Maddox - to take one extra nightskiing lap on Yodeler for me! :)

CAITLIN: Christine, any closing thoughts?

CHRISTINE: We're so appreciative of the support, positive thoughts sent our way and prayers from our Ellicottville peeps, especially as we approach this new season. We can't wait to come home for maybe a spring skiing visit. Keep thinking snow!

Writer's note: The Winter Dew Tour returns to Copper Mountain, CO Dec. 16-19th. Keep an eye and an ear out for Bella Bacon as she prepares to take her spot in the competition. To keep following this fantastic young lady's path, visit bellabacon.com. ellicottvilleNOW

CLASSIFIEDS

EMPLOYMENT

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

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

COMMUNITY

A COMMUNITY BLOOD DRIVE is scheduled for Friday, December 10th at St. Paul's Lutheran Church, Ellicottville, NY from 1:00-6:00pm. Call 1-800-RED CROSS or visit www.redcrossblood.org to schedule your appointment.

SERVICES

ROVER MAKEOVERS: Professional pet grooming. Owned and operated locally by mother and daughter, Teresa Mercer and Calla Wagner. Call 716-364-2302 for an appointment. Located at 16 Elizabeth St., Ellicottville. "YOUR DOG IS OUR DOG." Dog collars and accessories also available for sale.

MARTENS CLEANING SERVICE: Local, professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential and business cleaning, rental property flips. Now booking ski seasonal rental cleanings. Call Christina Martens, 585-435-7158.

DAN KANDEFER PLUMBING & HEATING: Quality products and professional installation. Residential and commercial, 60 years of experience! Serving Ellicottville and the surrounding areas. Call 716-583-2034 or 716-945-5848.

ECS Project Christmas

The Ellicottville Central School Project Christmas committee would like to extend their deepest gratitude to the Ellicottville Community for their support of Project Christmas over the past decades. Unfortunately, due to COVID-19, Project Christmas will look like it did in 2020. In lieu of our traditional gift tags being sent out to various locations in the community and food drives being held, we are asking that if you would like to help, please consider a monetary donation.

Project Christmas will continue to provide Ellicottville Central School District families with a means to obtain food and gifts for their children, but it will be in a similar fashion to last year. Monetary donations to assist this service in our community may be sent to (checks payable to Project Christmas): Ellicottville Central School - Project Christmas, c/o Nurse Karin Hager, 5873 Route 219, Ellicottville, New York 14731.

Questions may also be directed to Nurse Hager AT 716-699-2318 (ext. 1604) or email: khager@ecsny.org. Thank you for your anticipated continued support. May you and your families have a very safe, healthy and happy Holiday Season!

SPECIAL CONDOLENCES

John A. Thomas • May 11, 1953 - November 26, 2021



ELLICOTTVILLE - John A. Thomas, 68, of Ellicottville, NY died Friday, November 26, 2021 at Olean General Hospital, Olean, NY following a long illness.

Born May 11, 1953 in Patterson, NJ, he was the son of the late Herbert A. Jr. and Loraine C. Manchester Thomas.

He was a graduate of San Francisco State University, earning his Bachelor's Degree in Theatre Arts.

John had been employed as a staff writer with The Villager, a newspaper in Ellicottville, NY, for over seven years and had been a freelance photographer. He enjoyed pho-

tography, the outdoors, skiing, and his two cats, Niles and Frasier. He was also an avid reader who enjoyed history.

Surviving are: a sister, Cheryl Barrera, Ellicottville, NY; a brother, Herbert (Sari) Thomas III, Northeast Harbor, ME; and several nieces and nephews.

There will be no visitation. In lieu of flowers, the family suggests memorials be sent to Almost Home Sanctuary, 6251 Hart Road, Little Valley, NY 14755. Funeral arrangements are under the direction of the O'Rourke & O'Rourke Inc. Funeral Home, 25 River Street, Salamanca, NY. E-condolences can be sent to orourke.orourkefh@gmail.com.

RENTALS

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

TELEMARK MOTEL, LOCATED ACROSS THE STREET FROM THE SUNRISE CHAIR is open for seasonal or monthly room rentals. All rooms have private baths, WiFi and cable. \$1,000/month plus tax or \$4,000 including tax for the season. Please email tektele@gmail.com or call 716-699-4193.

REAL ESTATE

FOR SALE - LOCATION LOCATION LOCATION: At the 1.62 acre property at the entrance to Holiday Valley is home to Slopeside Bar & BBQ and the Telemark Motel. Owned by the same family for 37 years. Opportunities like this don't happen frequently! Email tektele@gmail.com for info.

LAND FOR SALE, TOWN OF ELLI-COTTVILLE: Close to Rte. 219, 65+ acres zoned agriculture with hardwoods a plenty. Close to Holiday Valley and HoliMont. Minutes from all the seasonal activities of Ellicottville. Large stream for fishing with electric at property + a trail for hiking or riding. Several acres are cleared and could be developed. Details: CENTURY 21 Balesteri, 716-837-7000.

SUZY'S STAR READINGS

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The 21st is winter solstice and the shortest day of the year. Welcome back more daylight! The 22nd-24th the moon will be in loving, generous heart-centered Leo, encouraging us to be welcoming, playful, and fun-loving.

Dec. 24th is the final headstrong clashing of Saturn and Uranus - the old traditional, conventional ways vs. the new innovative, conceptual ways. Top-down systems, government vs. new age, holistic concepts, freedom and community. Structures vs. earthquake energy! This has been a tough transit that happened twice this year, with this being the third and final one, and will likely tip off a new movement/uprising.

Dec. 25th we move into a Virgo moon. Many of us may feel that 'not good enough, not this or that enough' insecurity but in the company of trusted people, that should not matter. Be mindful of who you spend your time with. No more phonies. No more worrying about people pleasing. Be with those who love you for who you truly are! This is a huge theme going forward into 2022 and beyond. BE YOURSELF! Don't stress yourself out over trying to impress anyone. Let your hair down, and be with those who appreciate you.

On Dec. 28th, Jupiter goes into Pisces - one of its favorite places to be! From this day til late May we will all become more intuitive, way more psychically sensitive. We had a little sampling of this energy back in April ... well it's back! This will be a time where it feels you are getting very strong spiritual guidance, maybe noticing orbs or splashes of energy in your periphery, strong feelings in your gut, big downloads or symbolism in your dreams, more psychic interaction and sensitivity. Trust your gut!

To recap: the first half of the month will be a bit more flowy while later in the month we get ready to dig in our heels and move forward with who and what is right for us on an individual and community level. We will be getting serious (Capricorn) about our plans moving forward, creating new foundations and new structures in an area of our lives.

For 2022-'23 you can count on major financial and food supply/distribution shake-ups. More corruptions will surface, shocking many, and we will be going into a very substantial spiritual awakening worldwide. Expect more technology, inventions, more technological platforms to 'air' our voices and bond together, and more evidence of our extraterrestrial family to become undeniably obvious. Less and less room for cover-ups, the people come to see the truth. Expect major change as America is having its Pluto return - that is a huge deal for another article.

Want to know how all this will play out for you personally? Reach out any time to schedule a chart analysis/personality profile at hello@suzy-woo.com.

Enjoy all the adventures Ellicottville has to offer during this wonderful season, and enjoy all those who matter to you most. Also please know that your loved ones who transitioned are really around you all the time, and they want nothing more than for you to know it. They love you and want you to know they will be there, especially around special dates like your and their birthdays, and the holiday season.

Very happy holidays to you and yours. Written with love by Your sister from the stars...

- Suzy Woo

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

Instantion Follow us on Instagram @ellicottvillenow

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Upload your photos using #evlnow / tag us. It's THAT easy!

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 \bigcirc faystar: Ellicottville is one of my fave places to be in the winters here. It's like being inside of a snow globe here! @ellicottvillenow



୍ଦdash_913: Tis the season... #makingsnow #ellicottvillenow #evlnow #hkdsnowmakers #thankasnowmaker #holidayvalley





○bperksey: #christmasspirit #santaklahns #tistheseaon #evlnow



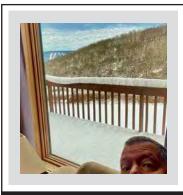
♀jcurtis1478: High speed construction crew. #ellicottvillenow #doppelmayr #holidayvalley



Ch_crofty: 2022 .. where you at? @boardroomeville #evlnow



ິ jmo_24: Yup. It's ski season @ellicottvillenow @holimont



Relive the navydude: #thanksgiving #gobills @ellicottvillenow



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♀baroness_abcinema: Willow and I are ready for winter! #myrideordie #evInow #powderpatrol



ີ hiyfarm: #smallbusinesssaturday #ellicottvillenow #shoplocal





♀escornelius80: Earning their first turns of the season. Lift not required. #holimont #ellicottvillenow #greerhill

Bob McCarthy's

FUNDRAISING AUCTION

Help Support Santa's Workshop By Bidding on Wonderful Handcrafted Items



View auction items online or at participating shops and restaurants in Ellicottville Place your bid in person or scan the QR code to place a virtual bid.

and/or Vircual

Friday, December 17th @ 7:00pm

Ellicortville Brewing Co. Beer Garden

and at www.BrooksLeFeberAuctions.com





Learn more about the Rotary Club of Ellicottville and other ways you can show your support:

www.ellicottvillerotary.com