

ellicottvilleNOW



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FREE

Ellicottville to Kentucky

Local family spearheads efforts to provide household items and Christmas gifts to tornado victims



photo / Brian McFadden

BY BRENDA PERKS

It started with a Facebook post. J.P. O'Connell saw a photo of a man whose family lost everything in the Kentucky tornadoes. He reached out to this man, asking what he could send them to help. "It all just spawned from there," O'Connell said. "I put a post up on FB asking for donations, and they started pouring in from the community."

Efforts were organized to gather household items, linens, toiletries, and even toys. "With it being the holiday season and all these families losing everything, we wanted to do what we could to make sure that some of these kids at least had some new toys to open up on Christmas morning," O'Connell said.

Filling a 26-foot box truck with donations from the community, O'Connell and friends hit the road Dec. 23rd.

... page 03

Village Board considers offer to accept County funds to build parking lot on Mill St.

During the Dec. 21st meeting of the Ellicottville Village Board, preliminary moves were authorized in a proposed parking lot on Mill Street.

Trustee Doug Bush said he was approached by Cattaraugus County offering to help the Village buy a landlocked 2-acre property on Mill Street for \$375,000. The land purchase and construction are expected to cost about \$1 million.

"They will fund the purchase price and help in finding grants to do construction," Bush said, with another \$20,000 estimate for engineering design.

... page 04

YEAR IN REVIEW: HIGHLIGHTING THE GOOD NEWS OF 2021

We all thought 2021 was going to be our year. Communities across the nation welcomed a milestone of unmasking and the return of live events. Family reunions, holiday get-togethers, sporting events, school functions, our Canadian friends ... Yet here we are, closing out the year masking back up and trying to figure out day-to-day what we're suppose to be doing - or not doing - per NYS guidelines. Wasn't the pandemic suppose to be over by now? It has certainly proven to be another deeply challenging year, if you want to look at it that way. Or perhaps we should look at the flip side, and realize how far we've come ... page 10

Learn To Love Winter!

Holiday Valley offering ski and snowboard package deals through January



@holidayvalley

BY DASH HEGEMAN

As the final days of 2021 quickly culminate, fans of Ellicottville find themselves focused on thoughts of colder days filled with lake effect snowstorms, freshly groomed corduroy and making turns with family and friends.

Holiday Valley has a number of activities on the calendar for you to look forward to in the New Year. The Holiday Valley Snowsports School is spearheading initiatives geared towards learning to ski/ride as well as improving on those skills. January is "Learn a Snowsport Month." From Jan. 2-31, 2022, half priced Learn-to-Ski or Snowboard packages for ages 12 and up are just \$38.50 during the day or \$30.50 at night. NOW is the best time to get on the snow and try something new!

... page 04



@anvisitorsbureau

CHOOSE YOUR TRAIL: HIKING, BIKING, DINING

The Allegheny National Forest Region offers a variety of hiking, biking and cross-country skiing trails to keep your winter weekends exciting and active. After playing in the outdoors, a wonderful destination to unwind is the Westline Inn. Nestled in the forest just south of Bradford, the Westline Inn features a casual pub with bar seating and shuffleboard, a separate area to enjoy fine dining in a rustic décor, plus the option of overnight lodging. What makes the Westline Inn stand out? You can access recreation trails right outside their door! ... page 07

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Publisher's PICK

Ellicottville to Kentucky: Local family spearheads efforts to provide household items and Christmas gifts to tornado victims



photo / J.P. O'Connell

Volunteers arrived at the donation center in Benton, KY just in time for Christmas.

By **BRENDA PERKS**

It started with a Facebook post. J.P. O'Connell saw a photo of a man who's family lost everything in the recent tornadoes that ripped through Kentucky. The man is thankful that he and his wife and two kids survived, although one daughter was taken to the hospital.

They have no home to go back to.

O'Connell reached out to this man on FB Messenger, asking what he could send them to help. "It all just spawned from there," O'Connell said. "I put a post up on FB asking for some donations, and they started pouring in from the community."

Because that's what our community does. It doesn't matter if we know these victims or not, Ellicottville has the reputation to band together and help out anyone in need. And right now, Kentucky needs all the help they can get.

Efforts were organized by O'Connell and his wife, Jenna, to gather as many items as possible - houseware items, linens, toiletries, and even toys. "With it being the holiday season and all these families losing everything, we wanted to do what we could to make sure that some of these kids at least had some new toys to open up on Christmas morning," said O'Connell.

Filling a 26-foot box truck with donations from the community, O'Connell hit the road in the early hours of Wednesday, Dec. 23rd with fellow friends Tui Osborne and Paul Aswad. The team arrived at the Elks Lodge Donation Center in Benton, Kentucky around 1:00pm that day, and what they felt when they arrived was nothing short of overwhelming.

"You could tell who had lost everything. There were lines of people slowly walking around, waiting for their turn to receive supplies," O'Connell said. "It was such a somber tone. But at the same time, it was really cool to see everyone coming together to help these people. So many trucks from all over the country were there. Even convicts from the jails were helping alongside law enforcement officers. Everyone was there to lend a hand, and that just gives you such a great sense of hope, as a country. We are all here for each other."

The three Ellicottville volunteers took their places to help out as much as they could while there, unloading trucks and organizing inventory. "We stayed for awhile and helped distribute items to people, including toys to kids. Any extra cash donations we had leftover after paying for the truck and gas, we actually handed out to families waiting in line."

The Ellicottville crew returned home late the following night, and the impact made on them has fueled O'Connell to keep local efforts going. "We're planning another trip back down there," he said. "Once families are settled into their new places and the donation centers have a better idea of what items they still need, we plan to do another drive to collect those supplies and take them down."

O'Connell anticipates a late January/early February trip. EllicottvilleNOW will provide updates as details come together.

And as for that man who's Facebook photo initially sparked O'Connell's desire to help ... his daughter suffered a collapsed lung and broken finger, but has since been released from the hospital and is back with her family, recovering.

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LOCAL SCENE

Holiday Valley in January: Learn to love winter with discounted learn-to-ski or snowboard packages

By DASH HEGEMAN

A new year is nearly upon us, and so as the final days of 2021 quickly culminate, fans of Ellicottville find themselves focused on thoughts of colder days filled with lake effect snowstorms, freshly groomed corduroy and making turns with family and friends.

Holiday Valley has a number of activities on the calendar for you to look forward to in the New Year. The Holiday Valley Snowsports School is spearheading initiatives geared towards both learning to ski and snowboard as well as improving on those skills.

January is Learn a Snowsport Month: From January 2-31, 2022, half priced Learn-to-Ski or Snowboard packages for ages 12 and up are just \$38.50 during the day or \$30.50 at night. Learn-to-ski or learn-to-snowboard packages include a beginner lesson, beginner area lift ticket and rental equipment. Register at Creekside Lodge during the day or at the Rental Shop at night. Daytime lessons (ages 12+) are at 10:30am and 1:30pm (it's advised that you arrive at least a half hour early to give yourself time to get your equipment) and nighttime lessons are at 5:30, 6:30 and 7:30pm. If you have always wanted to take up skiing or snowboarding, this is the perfect budget-friendly way to begin that also allows you some excellent instruction from some of Holiday Valley's best snowsports coaches.

Learn to Love Winter Day: If you're going to live in an area where winter takes up a significant portion of the calendar year, it's best that you find ways to enjoy being outdoors during that time period. On Friday, January 7th, cultivate a love of winter by learning to ski or snowboard for only \$25! The Beginner's Package includes: beginner's lesson, beginner's lift ticket and rental equipment for skiing or snowboarding. Bring your friend, your significant other or your children - skiing and snowboarding are twice as fun when you have a buddy! And if you're already a skier or rider, Holiday Valley encourages you to introduce a friend and change their life! Ages 3 and up. Lessons at 10:30am and 1:30pm.

Your Turn Women's Clinic: This 2-day clinic (January 20th-21st) is perfect for the intermediate to advanced level woman skier who wants to have more control, more confidence and more fun with their skiing. Lisa Ballard is a respected coach and former US Ski Team member who has a unique way of presenting the technical aspects of good skiing in a concise and easy to understand method. Lisa and several of Holiday Valley's



women instructors will lead the groups through free skiing, drills, non-intimidating race training and video analysis. Women's ski demos are included. Registration is limited, don't be disappointed! Discounted lift tickets and lodging packages are available through holidayvalley.com.

Canadian Friendship Week: As we continue to welcome our friends from north of the border back to Ellicottville, Holiday Valley is bringing back Canadian Friendship Week. From January 3-7, 2022, lift tickets and rental equipment are offered at Par for Canadian cash. Get more details at www.holidayvalley.com or call Resort Services at 716-699-2345.

Village Board considers offer to accept Cattaraugus County funds to build parking lot on Mill Street

By KATHLEEN KELLOGG

The Ellicottville Village Board of Trustees voted to amend the zoning code for secondary dwelling units and/or lockout rooms during a virtual meeting held Dec. 21st.

The vote followed a public hearing in which Village Attorney Rich Stanton, acting as interim planning director, provided a brief overview of the amendment and the Board heard two men offer comments about the rules for development.

Stanton said a committee met several times over six months and made recommendations for lot area requirements that will "buffer" the surrounding properties to provide for more housing opportunities while limiting density and protecting residential neighborhoods and the rural quality of the village.

Stanton added that the amendment is in line with the Comprehensive Plan and has been posted on the municipal website. A moratorium on accessory apartments remains in effect through January 31st.

Dan Rider, of Mechanic St., commented about the village's limited building opportunities but said short-term rental restrictions are good.

"The village is full, and size is restricted by some old law in some century," Rider said, adding that new restrictions seem to create smaller size homes, while some larger lots have more than one home. "What you're really doing is legislating shacks or sheds or call them what you want, you're not encouraging decent livable and good-looking housing."

Comments were also made by Kevin Lester, of Jefferson St., who said he has a large family, and his children and grandchildren use the house when they come to town and ski. He said he plans to move to Ellicottville soon and hopes to subdivide his property and add a beautiful home that he would live in.

"There are not many lots available; families want to build a house, for in-laws, not necessarily for short term rental ... but there should be things set up that the Board can work with individuals that can add to their property," said Lester.

Both men said they favor more building, but with regulations.

After the close of the public hearing, the Board took action, agreeing on a negative declaration for the environmental review and voting unanimously to approve the zoning amendments.

Next, preliminary moves were authorized in a proposed 121-spot parking lot on Mill Street after a brief report from Trustee Doug Bush.

Bush said he was approached by Cattaraugus County offering to help the Village buy a land-locked 2-acre property owned by Norm Leyh on Mill Street for \$375,000. The land purchase and construction are expected to cost about \$1 million.

"They will fund the purchase price and help in finding grants to do construction," Bush said, with another \$20,000 estimate for engineering design. Once the Village ratifies a purchase contract, a \$10,000 refundable deposit must be paid within three days.

"It gives us a piece of property that the County will reimburse us for that we can use for parking," said Bush. "The county was very supportive of Ellicottville because we're one of the economic engines for the area."

Mayor John Burrell suggested borrowing the \$375,000 from the Sewer Fund to transfer it into the General Fund and make the purchase - if the county reimburses the Village and the money can be paid back to the Sewer Fund by March 31st.

The Board voted to authorize Stanton to verify the reimbursement timing, begin a phase 1 environmental review and to begin the State Environmental Quality Review process as lead agency.

In other matters, Burrell announced that Cattaraugus County sent a \$15,169.89 mortgage tax apportionment check.

The Board also voted to accept a \$30,000 engineering planning grant from the New York State Environmental Facilities Corporation.

Village Engineer Ben Slotman said the grant will pay for a \$36,000 engineering study to locate sources of I and I, or infiltration and inflow of water leaking into the Village's sewer collection system through manholes, downspouts and broken cleanouts. The Village must contribute \$6,000, representing a 20% local match. Bids would be advertised, a contractor would be chosen in February and field work would be done in the spring, for a completion of the study by the end of June.



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NEW GEAR'S EVE

Allegheny State Park encourages all to #GetOutside and move more in 2022



SALAMANCA - What better way to end the year or begin the new year than with a bike ride or a hike. Allegheny is offering three unique events to celebrate and enjoy the outdoors.

New Gear's Eve Bike Ride begins at Camp Allegheny on Dec. 31, 2021 at 6:00pm. Grab your bike and some friends to join Allegheny staff and WNYMBA members for the last ride of the year. Bring lights, wear warm and reflective gear and a helmet. No one will be left behind. Participants may be split into different paced groups, if necessary. There will be a social to follow the ride in the Mess Hall at Camp Allegheny. Bring your own snacks. Masks are required indoors and when social distancing cannot be maintained. Questions: Call the Environmental Education Department 716-354-9101 ext. 232.

First Day Hike: Get your New Year off to a great start Jan. 1st with a hike in Allegheny State Park along the new Quaker Run Area Multi-Use trail. The Quaker Run Area is where Allegheny State Park was born 100 years ago, and this year's "First Day History Hike" is an easy 3+ mile trek (round trip) featuring 20 historical tidbits of information about the features that can be found in this area of the park. The Quaker Store Museum will be open, and members of the Allegheny State Park Historical Society will be on-hand to answer questions about the park and its history. The Friends of Allegheny State Park will be providing hot chocolate and coffee next door at the former gift shop. The First Day Hike will run from 10:00am-2:00pm. Dress for the weather and be sure to wear appropriate footwear and/or snowshoes. Masks are required indoors and when social distancing cannot be maintained.

Suggested parking areas are the Quaker General Store, Quaker Picnic area or Bear Caves parking lot. Participants can pick up a "First Day Hike" bandana at the Quaker Store Museum and a hiking guide at Quaker Rental or the Museum. For more information, please contact the Environmental Education/Recreation Department at 716-354-9101 ext. 232 or email AlleghenySP@parks.ny.gov.

First Day Bike mirrors the First Day Hike event at Allegheny State Park held on the Quaker side of the park. Next Level Mountain Biking will be leading a ride in the Red House area. Meet at the Administration Building at 11:00am on January 1, 2022. The pace and the length of the ride will be moderate and be determined by the participants. No one will be left behind. Participants may split into different paced groups, if necessary. Fat bikes are suggested, given the range of conditions likely to be present, however, use your best judgement for the conditions of the day. Questions: Contact Kristian Reiber at nextlevelmountainbiking@gmail.com or phone 716-785-2685.

The New York State Office of Parks, Recreation and Historic Preservation oversees more than 250 parks, historic sites, recreational trails, golf courses, boat launches and more, which are visited by 78 million people annually. For more information on any of these recreation areas, call 518-474-0456 or visit www.parks.ny.gov.

Free Covid Testing at Holiday Valley

ELLCOTTVILLE - Holiday Valley offers free Covid-19 testing inside their Holiday Valley Facilities building located at 6129 Route 219. Testing times are Thursdays and Fridays from 2:00-6:00pm, and Saturdays from 9:00am-1:00pm. PCR (molecular) and antigen tests are performed at no cost, thanks to Community Testing Service. The rapid test results are available within 5 to 10 minutes and the PCR test results are available within 24 to 48 hours. Appointments and insurance are not required.

FIRST DAY HIKE

Allegheny National Forest Region offers winter-friendly trails for the entire family



By LINDA DEVLIN, ANF VISITORS BUREAU

Welcome in the new year with a First Day Hike at the Kinzua Bridge State Park, and then keep the fun going hiking or cross-country skiing on the Kinzua Valley Rail Trail in Westline, Pennsylvania ...

FIRST DAY HIKE

Start the New Year in a healthy way by joining in the fun of a First Day Hike at the Kinzua Bridge State Park. "First Day Hikes are a great way to make a resolution to enjoy nature and get more exercise and keep it on the first day of the year," said DCNR Secretary Cindy Adams Dunn. "They also help remind people that our state parks and forests are open for healthy outdoor adventures in all four seasons, including winter. Consider taking a hike and spending time outdoors to start 2022."

The Kinzua Bridge State Park's First Day Hike is a guided hike and will take place Jan. 1, 2022 from noon to 1:00pm on the General Kane Trail. The trail is 1.5 miles and is easy in difficulty level. Dress in layers for the weather and wear appropriate shoes/boots. Meet in the Overflow Parking Lot at the Kinzua Bridge State Park. In case of extreme weather, check with the park office at 814-778-5467 for possible event cancellation.

After the hike, enjoy visiting the Kinzua Bridge Visitors Center. Explore the fascinating history of the Kinzua Viaduct, first constructed in 1882 of wrought iron, rebuilt of steel in 1900, and then re-invented as the Kinzua Sky Walk following the tornado of 2003. Today, the Kinzua Sky Walk is open daily from 8:00am to dusk. Admission is free.

Winter hours at the Kinzua Bridge Visitors Center start Jan. 3, 2022. The Visitors Center will switch from seven days a week to six, closing on Sundays. Daily Hours will be Monday to Saturday from 8:00am-4:00pm except on the following holiday weekends: Martin Luther King Days (Jan. 15-17th) and President's Day weekend (Feb. 19th-21st). The park is located at 296 Viaduct Road, Mt. Jewett, PA.

KINZUA VALLEY RAIL TRAIL

Snow or no snow, the Kinzua Valley Trail is a fun destination for a day spent in the outdoors. Trail highlights include a beautiful covered bridge, the woodland ambiance of nature and the soothing sounds of Kinzua Creek, a woodland stream which runs alongside the trail.

The Kinzua Valley Rail Trail is open for hiking, biking, and cross-country skiing. The trail winds alongside Kinzua Creek following the old "Valley Railroad" grade. The trail is 10 miles in length, connecting the Red Bridge Campground in the Allegheny National Forest, the village of Westline, to the new trailheads along Route 219 (also known as Tally Ho).

Additional trailheads are in the village of Westline near the intersection of Westline and Church Roads and the Red Bridge Recreation Area along Route 321 north of Kane, PA. The 8-foot-wide trail has a crushed limestone surface and a difficulty rating of moderate. Equestrian use is permitted from the Rt. 219 trailhead to Westline.

For information on this trail and other trails in the Allegheny National Forest Region go to www.visitANF.com/trail-central.

"Allegheny National Forest" continued page 21

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YEAR IN REVIEW

GOODBYE 2021 ... CHEERS TO A NEW YEAR!

Highlighting some of the great local moments from this past year

By BRENDA PERKS



We all thought 2021 was going to be our year. Communities across the nation welcomed a milestone of unmasking and the return of live events. Family reunions, holiday get-togethers, sporting events, school functions, our Canadian friends ... Yet here we are, closing out the year masking back up and trying to figure out day-to-day what we're suppose to be doing - or not doing - per NYS guidelines. Wasn't the pandemic suppose to be over by now?

It has certainly proven to be another deeply challenging year, if you want to look at it that way. Or perhaps we should look at the flip side, and realize how far we've come. On a local level, there have been some pretty amazing things that have taken place this year, accomplished by a community that always works together. Let's highlight a few of those feel-good moments ...

THANK GOODNESS FOR SKI SEASON

January 2021 ... We still had a ski season. So many rules in place - masks all the time, only ride with your group on the chairlift, limited indoor availability - but we had a ski season. Being able to ski and snowboard is what keeps many of us sane. And despite the pandemic, ski resorts across the area saw a surge in visitor numbers. (If the only way to socialize is to be outdoors, you might as well learn to enjoy it, amiright?) Holiday Valley was able to bring back a few in-person clinics (hooray!), while some events and fundraisers mixed in-person with virtual (such as the Penguin Paddle), or were cancelled altogether out of safety precaution (ahem, the Boardroom Banked; but not to worry, BB4 is on schedule to be in-person come March 2022 and will no doubt be bigger and better than ever!)

With the threat of Covid still at the helm early on in 2021, Villaggio owner Nick Pitillo conjured up another idea that would allow those looking for a safe space for their family while enjoying the slopes. Mini-chalets were constructed and stationed at the base of HoliMont's Sunset lift, providing seasonal renters with their own personal retreat, where they could gather with their group - away from the public - to meet for lunch, warm up (yep, the mini-chalets were heated), store their equipment, and feel safe.

Over in the sled world, a major schedule shift took place for the Amsoil Snocross championship race, but again, thanks to it being an outdoor event, Seneca Allegany Resort & Casino in Salamanca was able to keep their stop on the circuit. And following a six-month closure, the Seneca Iroquois National Museum reopened to the public - again, under very strict rules. Although the shutdown presented many challenges for the museum, it also provided them an opportunity to focus their attention on their new online store, which now plays an important role in supporting the museum as a whole. Silver lining?

NEW PROJECTS AND SPECIAL PARTNERSHIPS

In the days after Holiday Valley closed out its 2020-'21 winter operations, its Mountain Ops crew began a project that completely changed the dynamic of one of its most iconic lifts - replacing the fixed-grip Yodeler chairlift with a high-speed detachable quad - a \$4 million project. Crews worked all spring, summer, and into the fall, finishing up just in time for this season's opening day. The new lift, developed by the Austria-based Doppelmayr, sits just slightly east of its old location and ends where the Champagne Warming Hut was. In turn, the Warming Hut has been moved to where the old upper Yodeler lift house sat. A little "swap-a-roo" and visitors are reaping the benefits of quicker lift rides, which means more ski time!

Rewind: A couple years ago, Ellicottville Coffee Company owner John Rounds developed a new roast commemorating Autism Awareness/Acceptance Month called Rock Autism, with a portion of the proceeds donated to the non-profit organization of the same name, which supports the autism community with contributions to music and arts programs for youth and adults living on the autism spectrum. Fast-forward to 2021, and the coffee shop has also connected with WNYMBA (Western New York Mountain Biking Association). The shop's newest roast, "Take the Black Trail" donates a portion of the coffee sales directly to WNYMBA to support their trail work efforts. Now you can drink coffee and do good at the same time!

A FULL SUMMER OF AWESOME!

Artists from around the globe banded together to create the Statues for Equality initiative, producing larger-than-life bronze statues of various women who've played important roles in the balance of gender and racial representation. In June, Ellicottville became home to one of these statues through the summer. On loan from Griffis Sculpture Park, a 10' bronze statue of Cheryl Strayed was installed downtown on the gazebo lawn. A novelist, essayist and memoirist, Strayed is best known for her memoir, Wild: From Lost to Found, a story which chronicled her 1,100-mile solo hike on the Pacific Crest Trail on which she embarked after losing her mother to cancer. A beautiful addition to the Four Corners of downtown Ellicottville, the statue attracted much attention from visitors and was a perfect pairing for a town who's business district is approximately 80% woman-owned.



@holidayvalley photos / Ashley Baron



Brad Poole. If you don't know his name by now, we'll gladly introduce it to you. Poole pulled off an incredibly impressive feat of running 266 miles through the entirety of Cattaraugus County in a period of less than one week in 2020 - all in the name of raising funds for the Cystic Fibrosis Foundation. Heading into 2021, this guy decided to up the ante, attempting 300 miles in 72 hours. The morning of June 9th, Brad laced up his running shoes and started his mission strong, but on Day 2 and 80 miles in, the warrior fell to Rhabdomyolysis - a disabling condition in which one's muscle tissue breaks down and protein leaks into the bloodstream, potentially causing kidney failure. Brad was hospitalized and advised not to return to his run. "I was sitting in the hospital scrolling through Facebook and I started seeing all these posts of people running miles for me. As much as I wanted to be out there, I was overjoyed to see people from the community and even outside of the community coming together to help me out and raise awareness for CF." Total combined mileage surpassed 1,000 and the event raised over \$40,000 for Cystic Fibrosis awareness and research. (Note: Brad DID return to his run, and finished with another 20 miles under his feet.)

Speaking of raising money for a cause, a handful of local avid bicyclers took to the pavement for the Empire State Ride, a 500+ mile route across NYS fueled by their determination to raise money for cancer research. The Holiday Valley/HoliMont team of Dennis and Jane Eshbaugh, Bonnie Koschir and Debbie Stein, plus Sean Crotty, and Howard Hanna real estate agent Rick Jackson, joined hundreds of others in the journey from NYC to Niagara Falls, with all of Ellicottville rooting them on.

Summer events made a huge comeback following a pandemic-forced hiatus. The Ellicottville Chamber unveiled its newest themed weekend, Red Head Days. Holiday Valley hosted their annual Mudslide obstacle race. And everyone's favorite, Summer Music Festival, brought high energy tunes back to the slopes with performances by Tommy DeCarlo of Boston and Steve Augeri, former lead singer of Journey, plus the Buffalo Philharmonic Orchestra in one of the best concert venues in the region. There's no better way to celebrate America's birthday than at Ellicottville's Summer Fest.

42 North debuted their newest festival, "Hilltap" at Holiday Valley's Spruce Lake. Stroll the Streets brought families back out to the sidewalks on Friday nights, and the Ellicottville Farmers Market showcased a variety of fresh local produce and artisan crafts.

Allegany State Park celebrated 100 years. Ellicottville hosted its bicentennial events (they actually turned 201 this year but due to Covid ... you know), and Senator George Borrello made a special trip to Ellicottville to present Mayor John Burrell with a proclamation recognizing Burrell's 55 years of service with the Ellicottville Volunteer Fire Department. Plus ... the benches came out! After a long year of staring at bare sidewalks, the village benches were put back where they belong. Many of them, adorned with plaques, are more than just places to sit and rest. They are engraved with memories. Members of our community. Loved ones. Our friends. Our mentors. They are currently stored away for the winter, but will certainly be enjoyed again once the snow melts.

HoliMont went from being a wintertime club for members and guests to a four season destination when they added downhill mountain biking trails with lift access. The new trails received rave reviews, attracting bikers from all over the region. HoliMont is already mapping out new trails to build come springtime.

FROM FALL BACK INTO WINTER

On the school front, Ellicottville Central completed \$8.4 million in capital improvement projects which aimed to vanquish multiple issues facing the school, including a final end-all to the flooding that has plagued the school year after year. A stone terrace now

accentuates a resurfaced athletic field, and parking lots have been completely redone, with much-needed added parking spaces. The interior of the school saw an overhaul of the kitchen, adding square footage, storage and new appliances. The dining area also received a facelift with new flooring, and a new roof was installed over the high school wing. Add in more new flooring in the elementary gym, new wireless clocks and updated security, and ECS is as beautiful as ever.

Speaking of school ... 458 wins, 160 losses and 34 ties. Those numbers may not mean much alone but when put together, they encompass 34 years of history for former Ellicottville Central School girls soccer coach Mary Neilon. Neilon became a pioneer as commander of Ellicottville's girls soccer program. She turned a relatively uncompetitive side into one of the most decorated high school teams in the state, capping off her career with the seventh all-time victories in New York for girls soccer. Four state titles, nine final-fours and 25 sectional championships later, Neilon's story on the sideline has led to her induction into New York's Soccer Hall of Fame, which took place at the NYS HOF championship game held at Niskayuna High School near Albany. The ECS Lady Eagles traveled with Coach Neilon to be part of her special day.

Local skateboard advocates (SK8EVL) began fundraising efforts in 2019 to build a concrete skatepark in Ellicottville, and this fall, they reached their goal of \$250,000 which includes major sponsorships from the Niagara Frontier Automobile Dealers Association, the Rotary Club of Ellicottville, Sheldon Precision, LFM Management, among others. The funds raised are being matched by The Skatepark Project/Ralph C. Wilson Jr. Foundation, and construction is slated to begin next spring.

Holiday Valley received its highest ranking ever in SKI Magazine's reader survey, taking the #2 spot in the East! SKI readers chimed in with their opinions on everything from on-hill experiences and resort services to off-hill amenities, and when it was all said and done, HV beat out many heavy hitters on the east coast. How lucky we are to have such an amazing resort right in our backyard!

What else happened? Pumpkinville made a huge comeback this year with the addition of their Beer Garden. The Canadian border opened back up. And E'ville native/freestyle skier Bella Bacon made her debut at the Dew Tour, claiming the award for "Breakthrough Skier of the Year" ... pretty cool! You can bet this girl is surely on the up and up!

THE BEST PART OF IT ALL

Perhaps the most exciting part of 2021 ... all of the new businesses that have opened! Despite the challenges of a lingering pandemic, many entrepreneurs carried out their dreams of starting up a new business or opening up 2nd or 3rd locations. And they are thriving! (In your face, Covid!) That in itself is enough to make 2021 a prosperous year full of hope. Ellicottville Arc Custom Welding. Timberhut. Fattey Beer. Good for the Spirit Gifts. GI Threads. Blue Collar Workwear. Ava Grace Fashions moved to a new location with more space. Mad Crazy Batter Bakery celebrated one year in business. E-Ville Spirits celebrated 20 years! The Rose Garden in Great Valley reopened its doors. Firefly Bagels quickly grew to expand their offerings at Katy's Cafe. And Rafi's Platter, renamed Kabob House, is getting a second chance.

As the weather grows colder and we enter another new ski season (not to mention a new variant now on the loose), we find ourselves revisiting some of those safety precautions that we had hoped would be long gone by now. Both Holiday Valley and HoliMont now offer free Covid testing sites, and mandates from NYS's governor are being re-implemented. Who knows where we'll go from here. But one thing we do know, is we'll do it together. Cheers to 2022. Stay safe. Stay healthy. See you on the slopes!

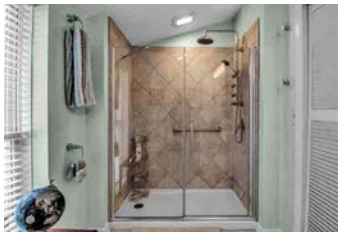


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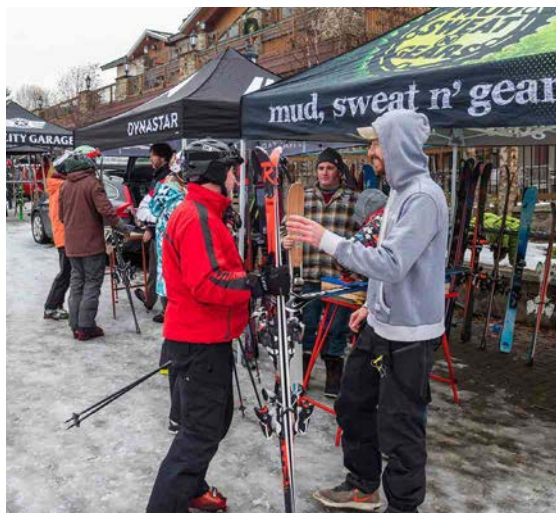


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- 7 Learn to Love Winter Day - Learn to ski or snowboard for \$25
- 18-19 Adult Race Clinic
- 20-21 ... Your Turn Women's Ski Clinic with Lisa Densmore-Ballard
- 21 Intense Milk Night Rail Jam

FEBRUARY 2022

- 2 Tell A Friend Freeride Tour
- 12 Intense Milk Night Rail Jam
- 25 Telestock Telemark Day
- 26 Penguin Paddle Fundraiser

MARCH 2022

- 6 Boardroom Banked
- 12-13 Winter Carnival
- 18 Rail Rider Night Rail Jam
- 19 Intense Milk Day Rail Jam
- 19 Rail Rider Jamboree Music Festival
- 20 Foxfire Super G
- 26 Pond Skimming



Scan to view the entire 2022 Events Calendar

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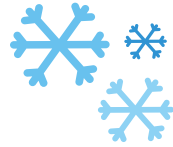
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HEALTH & FITNESS

Core Performance: Consistency is the Key to Fitness

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

Through my years as a personal trainer and group fitness instructor, I have noticed the one main ingredient that keeps people from reaching their fitness goals. That ingredient is CONSISTENCY! People tend to be impatient when it comes to exercise. Too many times people do not give their exercise plans enough time to reap the benefits they are looking for.

No matter what we do in life, we will not achieve the success we want unless we work at it day in and day out for months and months. The same goes for your exercise programs. You can have the best trainer in the world, and the best diet to follow, but if you do not stick with it consistently, you will wind up spinning your wheels. This can be very frustrating for someone who is trying to achieve fitness goals.

I feel there are three main components in any exercise program to build lean muscle and lose unwanted body fat. These components are strength training, cardiovascular exercise, and proper nutrition. All three are equally important on achieving your goals in fitness.

If one is not executed consistently, the other two will suffer and so will your progress. Don't get me wrong - to assume we can be perfect, 100% of the time will just be setting ourselves up for failure. Our goal should be to follow our programs the best we can day in and day out, most of the time. The longer the time you stick with something, the better you'll become at it.

Strength training has always been my favorite piece of the exercise equation. Depending on your goals, you should perform some type of strength training with weights anywhere from 3-6 times per week. The importance of strength training is that it will help increase your lean, tone, body mass, thus giving a better shape to the body and increasing your basal metabolic rate. Muscle is like a 24-hour furnace, so we must be sure we maintain or even increase our lean muscle to keep the metabolism on the rise.

To help keep you more dedicated, I would find a workout partner or hire the help of a qualified personal trainer. I am more likely to go to the gym if I know there is someone waiting for me that I am accountable for. Also having a training partner or trainer will keep you more focused and motivated during your workouts and will keep you from getting bored of the same old routine.



Cardiovascular activity is necessary to keep the metabolism roaring and help you burn some extra calories that will lead to fat loss. The main reason I choose to do a good amount of cardio is that it allows me to eat more food and still make the fat loss results I am looking for. Some people who rely on diet alone to lose fat usually find themselves losing weight but also a lot of muscle. Keeping a little bit more food in the diet, but using cardio to burn more calories will end up in retention of lean muscle while losing the fat.

I would recommend doing your cardio first thing in the morning, 30 minutes plus, before breakfast. This way it is out of the way, and it will really boost your energy for a good portion of the day to follow. It is a little tough in the beginning, but after a week, you will feel

"Core Performance" continued page 21

Inner Peace & Strength: Bi-Polar Disorder - My Life, My Journey, My Adventure

BY LAURA WIDGER, LCSW

Bi-Polar disorder is a mental health disorder associated with periods of mood swings shifting from depressive lows to manic highs. Bi-Polar disorders are very common, affecting more than 3 million people per year according to research conducted by the Mayo Clinic. There are two types of bi-polar categories: Bi-polar I disorder and Bi-polar II disorder.

A diagnosis of bi-polar I must include a period of mania followed by hypomania or a major depressive episode. Whereas, bi-polar II must include a period of hypomania followed by a major depressive episode.

Mania or a manic episode is defined in the American Psychiatric Association: Diagnostic Criteria-DSM-5 as: a period of abnormally/persistently elevated/expansive/irritable mood and abnormally and persistently increased goal-directed activity or energy, lasting at least 1 week, as well as, a combination of at least 3 of the following inflated self-esteem or grandiosity, decreased need for sleep, more talkativeness than usual or pressure to keep talking, flight of ideas or subjective experience that thoughts are racing, distractibility, increase in goal-directed activity or psychomotor agitation, and an excessive involvement in activities that have a high potential for painful consequences. These symptoms and mood disturbances are sufficiently severe to cause marked impairment in social or occupational functioning or to necessitate hospitalization to prevent harm to self or others, or there are psychotic features.

Hypomania or a hypomanic episode is defined as: a distinct period of abnormally and persistently elevated, expansive, or irritable mood and abnormally and persistently increased activity or energy, lasting at least 4 consecutive days or present most of the day, nearly every day. The additional indicators of hypomania mimic that of mania with the difference being hypomania is associated with an unequivocal change in functioning that is uncharacteristic of the individual when not symptomatic, the disturbance in mood and the change in functioning are observable by others, and the hypomanic episode is not severe enough to cause marked impairment in social or occupational functioning or to necessitate hospitalization.

A major depressive episode is defined as the bunching of 5 or more of the following symptoms: depressed mood most of the day, nearly every day reported by self or others, marked diminished interest or pleasure in all, or most all activities most of the day/nearly every day, significant weight loss or weight gain without dieting, insomnia or hypersomnia nearly everyday, psycho-motor agitation or retardation nearly every day, fatigue or loss of energy nearly every day, feelings of worthlessness or excessive/inappropriate guilt nearly every day, diminished ability to think or concentrate, or indecisiveness nearly everyday, recurrent thoughts of death/suicidal ideations/suicide attempt/plan to commit suicide.

As we transition from the break down of bi-polar disorders, let us hear "in lay man's terms" what life truly is like with bi-polar disorder. Professional and local mental health therapist Cassidy Glover, LMHC, describes her life with a diagnosis of Bi-polar I disorder. The following questions posed assist in shedding light on bi-polar.

WHAT IS BI-POLAR? WHAT DID YOU EXPERIENCE?

Cassidy states, "Bi-polar disorders are like big or mini roller coasters. With bi-polar I, you go up these really really big highs and then you go really down low. Type II is like a kiddie coaster ... the highs are not as high. The highs are more like irritability and anger which just last and last and last, which then puts you at risk of losing friendships because you are so angry/irritable at everyone and everything and you have no idea why. The lows are not as long lasting as with Type I. It might be that you just don't jump in the shower for several days or your sleep is affected but you are still doing your job and the minimal day-to-day things. With Type I, you could be in jeopardy of losing your job because you cannot get out of bed and you struggle to just function. You can be in jeopardy of losing friendships because you are so manic. Mania could have then led you to do very unhealthy and risky things.

"I am diagnosed with Bi-polar Type I. When I experienced mania, I would drink and spend money I did not have. I would party and stay up for 4-5 days in a row. Then when the depression piece would hit me, I wouldn't have a job anymore; I couldn't get out of bed. My parents were there to help me. I wouldn't have a place to live, money, or food if it wasn't for them. I would drink to numb. I would hardly eat or shower."

WHAT ARE THE CHALLENGES OF LIVING WITH BI-POLAR?

Cassidy says, "Well, now that I have been taking my medication for years, I am stable. I am able to function like anyone else, at the same time. In order to get me to where I am now, I went through periods of time where I was medicated then I wasn't.

"Being medicated and being a mental health professional can be hard. I understand where people are coming from, however, I do not want my diagnosis to in turn cause people to question me professionally. Another struggle is watching my son grow up. My son has a higher likelihood of having bi-polar with the strong genetic link. I find myself very observant and aware of my son.

"Inner Peace & Strength" continued page 21

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SUZY'S STAR READINGS

January astrology: Happy birthday Capricorns!



By REV. SUZY WOO, B.MSC

I hope you were able to breathe and relax over your holiday season and enjoy activities and people that you love! I actually took two days completely off and it was heavenly!

Don't feel bad if you weren't feeling it ... the holiday week definitely had tension packed into it, but that is now in the rear view mirror. What can we expect for January? Read on!

Happy birthday to the Capricorns! Capricorns are serious about winning, accomplishments, business and work! Capricorn energy says "there is no crying in baseball!" It is more focused on business, discipline and deadlines than feelings.

The theme of January is the connections we have with other people in our lives ... our relationships will be spotlighted. We start the month still under the influence of a retrograding Venus (love, beauty, money) in Capricorn; definitely not a time for a new tattoo or redesigning a space. It's very possible to hear from people from the past such as exes, former business partners or coworkers. This will last until the 29th. January will show you what your relationships are made of. Are they sustainable? Are they outdated? Have certain ones reached their expiration date? Do you really even know these people?

On January 2nd we have a new moon in dry, business-minded Capricorn. You may feel the need to get serious and committal about something or someone. You may feel inclined to launch your own business, or revisit ideas about advancing within your work/career. You may be really excited to tackle new projects, accomplishments or set some serious longer-term, big-picture-type goals.

Mercury is going retrograde January 13th-Feb 3rd, mostly in the sign of Aquarius (though she will hike back into Capricorn towards the end of the month). No need to freak out; just give yourself extra time before any trips, verify your times and schedules, and if you can help it, don't enter into any brand new contract agreements. Expect schedules, emails and communication lines to get criss-crossed. It just happens (unless you are amongst the 1/3 of the population who was born under a Mercury retrograde).

We have a full moon in emotional Cancer Jan 27th - expect to feel this one. Full moons are always a time of emotional height and sensitivity, but Cancer is the most emotional sign, ruled by the moon itself. You might get moody. You might get hyper-sensitive, super sentimental, or you might burst into tears for no clear reason. Be in it, sit with it, and keep an open heart. Forgive where necessary and take time for self-care. The water of tears is deeply cleansing and ultimately healing.

Notice how you feel going through this month ... we start with a Capricorn new moon which can be looked at as a disciplined Dad type of energy (new moons are a time to set new intentions for the next 28-ish days), yet we wrap the month up in a nurturing Mom kind of energy (culmination of self-care and loving as a mother would). It's like the universe is giving us tough love in hopes we learn something deeper about our own selves, then resurface having realized our lesson.

2022 will be nothing like 2020-2021. We are launching into a whole new energy. Let me know how January goes for you! I love to hear from my readers! Email me anytime at hello@suzy-woo.com.

ANNOUNCEMENT! I am excited to be hosting Cassandra Joan Butler for a very special year ahead event at Holiday Valley on Sunday, January 9th. Get wise insights on what to expect for yourself, our country (the US is having its Pluto return - expect huge changes) and world trends for 2022. Fun, fascinating and accurate, see with real facts and timelines 'how astrology works!' It's so accurate you just can't make this stuff up! Tickets are \$45, and seating is limited. Get your tickets for Preparing for 2022: The Year of 'What Mat-

"January Astrology" continued page 21



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VILLAGE BOARD NOTES

cont. from page 04

Slotman added, “We can then put together solutions to make repairs and reduce the I and I.” He also invited stakeholders for the DWSP2 project to meet at 4:00pm on December 28th to continue drinking water protection planning.

Slotman then reported that the wastewater treatment plant boiler was replaced and is operational, but a wall unit heater has not yet arrived.

On the topic of the planned joint water project, Slotman said he anticipates a Health Department go-ahead, adding that a representative from Clark Patterson Lee last week advised the project is on target and will be ready to receive bids in February.

Trustee Sean Lowes of the Beautification Committee called for snow, praising the Village DPW and the Alley Katz for their work on the Gazebo and said he has noticed residents’ efforts into making homes look festive for the holiday season.

The Board accepted a letter of resignation from Village Prosecutor Susan Dowd, effective Jan. 21st. Stanton was then appointed to fill the position on an interim basis.

Burrell announced that the search committee will interview three candidates for the planning director job, and Village Attorney Rich Stanton will continue as interim director until a candidate is chosen.

They also authorized him to respond to two complaint letters from homeowners who believe they were unfairly ticketed for allegedly leaving garbage cans on the curb after collection.

Finally, the Board received a report about utility pole damage on Washington Street during a high wind event that also knocked out power. Power was restored and the pole was removed, but it was discovered that two of 12 cast iron utility poles on Washington Street need repairs. Cast iron utility poles on Van Buren are also owned by the Village. Public Works officials are determining a course of action.

The Board’s next regular session will be held Jan. 19, 2022 at 6:00pm. The public is advised to check the village’s website prior to the meeting. Zoom sign-in information will be posted if a virtual meeting is planned due to Covid-19 accommodations.

INNER PEACE & STRENGTH

cont. from page 17

“Another challenge I have is that I have to take medication everyday for the rest of my life. This is so simple but the thought can be challenging. I have to be mindful of my prescription refills and juggling that. A long time ago I would think: I am NOT taking medication for the rest of my life. However, as I have grown and my support system reaffirms, I just do so much better on my meds.

“Also, there still is the stigma around mental health and bi-polar. People don’t understand bi-polar. People have said that I am nuts. For me and for others diagnosed with bi-polar, we have to take our medications for our brains to function properly or to function in the best way that they can. I also recommend being engaged in counseling, at least in the beginning of the diagnostic period. Counseling does not have to be forever, unless you would like it to be. Especially with bi-polar I, you could have put yourself in some risky situations where even if you are stable on medications presently, you still have to process the potential past traumas that happened to then move forward. I recommend counseling for those diagnosed with Type II as well because you probably have some traumas you need to work through (pushing all your friends away, losing jobs, having limited or no support systems, etc).”

WHAT ARE SOME TIPS TO LIVING WITH BI-POLAR?

Cassidy states, “ My best advice for someone who thinks they possibly have bi-polar disorder(s) is to get connected with a mental health professional. Treatment or therapy will benefit you no matter what, as long as you are willing to be transparent and open up. For true bi-polar diagnoses, in order for one’s brain to function the way it is supposed to, medication is a must. My other suggestion is to not let people talk you out of this possible diagnosis or your experiences. Do not let others minimize what you are going through. Do not let others tell you that your significant mood swings are normalized or that the riskiness is ok. All these statements others can make can be the reason why you do not end up getting the help that you need. “

Cassidy then remarks, “There is life beyond bi-polar. Bi-polar disorder is a diagnosis you can learn about and the possible traumas experienced are experiences that can be processed and worked through. Medication has just been a god sent. You can be stable and a fully functioning member of society with either Type I or Type II. I am happy, successful and well liked. Being bi-polar is not a death sentence. I am bi-polar. I love my job. I love what I do. I have many friendships. I am living a perfectly functional life.”

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.

ALLEGHENY NATIONAL FOREST

cont. from page 07

After playing in the outdoors, a wonderful destination dining location is the Westline Inn. Nestled in the forest, south of Bradford and north of the Kinzua Bridge State Park, the Westline Inn amenities include a casual pub with bar seating and shuffleboard, a separate area to enjoy fine dining in a rustic décor, plus the option of overnight lodging. Folks in casual, outdoor clothing are welcome. The Westline Inn is located at 1 Westline Road, Westline, PA 16740. Learn more at www.westlineine.com.

For additional information on the area click over to www.visitANF.com or call 800-473-9370 for a free 2022 Adventure Guide for the Allegheny National Forest Region.



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CORE PERFORMANCE

cont. from page 17

so good doing it, you will be locked into a routine.

If there is no way you can do it first thing in the morning, I would do it right after you train with weights or at night after your last meal. Bring a headset with your favorite music to help the time go faster.

The nutrition element can be the toughest piece in our fitness equation. This is where I find that biggest inconsistency lies in most people. Some are good for 2-3 days, and then blow it for 2 days, etc.

This viscous cycle will lead to frustration. Instead of following an extreme diet plan, I rather you follow a nutrition plan that is moderate and one you feel you can follow every day for most of the time. Find a plan that is filled with the healthy foods you like.

NO, this does not mean ice cream, BUT once in a long while, you can indulge and enjoy. Moderation is the key.

If you mess up and indulge in one or two of your meals, the day is not ruined, just start back to your diet for your next meal following.

Convenience is a big factor that affects the consistency of eating the right foods. I recommend you get in the habit of preparing your own meals ahead of time. This will eliminate the excuses of stopping off at a fast food place because you have nothing to eat. It will eliminate the excuse for skipping a much-needed meal.

The best thing about preparing your meals is that you know exactly what you are eating, and have complete control of the food you eat. It takes a minimum of around 2 weeks of a consistent eating regime to start boosting your metabolism and making results as far as lean muscle gain and fat loss.

A consistent routine will take some time to develop. After a couple of weeks, it will be part of your every day routine. Once you hit that level it is smooth sailing, almost "auto-pilot." You will get use to it, and there will come a point where you will not even think about it because it will be a consistent part of your daily routine. It is just a matter of convincing yourself that you can do it, and giving yourself time to get there.

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.

JANUARY ASTROLOGY

cont. from page 19

ters’ on the events page of either my website www.suzy-woo.com or Cassandra’s website at www.cassandrajoanbutler.com. I really hope to see you there!

Notice how you feel around the 20th-22nd of the month as we leave the workaholic corporate Capricorn energy and step into rebellious, for the people/by the people, humanitarian Aquarius energy! Oh the times they are a’changing! See you next month!

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, find her at suzy-woo.com or call 716-699-2871.

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"Breakfast With Santa" Raises Donations for Ellicottville Food Pantry

ELLICOTTVILLE - Each year, as a part of Christmas in Ellicottville, restaurants in the village take turns hosting a pancake breakfast with Santa. Over the course of Christmas in Ellicottville's Saturday breakfast at Finnerty's and Sunday morning at Villaggio, children and their families got a chance to talk to the Jolly Old Elf one more time before Christmas to express their wants for under the tree. These breakfasts raised donations for the Ellicottville Food Pantry in the form of non-perishable food items and cash donations. This year, on top of all the food donations (and there were a lot!), the Food Pantry received a check for \$783.00 from donations received at the door.



Thanks to the staff at both Villaggio and Finnerty's for donating their time as well as Sysco for donating the food and Tops Markets for the plates, utensils and 25 gallons of OJ. A special thanks to all who donated cash and food items.

Pictured: Val Germain, long-time volunteer of the Ellicottville Food Pantry, accepts a donation check from Jessica Wallace, Ellicottville Chamber of Commerce.

The Ellicottville Chamber of Commerce provides advocacy, promotional and benefit solutions for its members - setting the standard for excellence in member service, community collaboration, business growth while achieving a high quality of life in Ellicottville and the surrounding area. We foster and promote business with our members while stimulating local economic growth. For more information about the Ellicottville chamber of Commerce, including membership, visit www.ellicottvillenow.com.

Ellicottville Library Events

Youth Chess Club: From learning how to play, to getting better at the game, Youth Chess Club is a place for kids to have fun and learn! The Club meets on most Fridays from 3:30-4:45pm.

Young Adult Book Club: An opportunity for teens to get together and read a specific popular YA book once a month. The club meets on the last Thursday of each month to talk about the book they have read and enjoy tasty snacks.

Introduction to Meditation: This class is offered Tuesdays from 5:00-5:30pm. Open to beginners as well as practicing meditators. Participants can sit on a yoga mat (please bring one) or sit in a chair.

Crafts With Cathy: Come for a relaxing, stress free, creative break in your day! Every Tuesday from 2:00-3:00pm. Free program, all supplies provided. January's craft will feature needle felting.

Sign Up: For more information or to sign up for any of the above clubs/workshops, contact the Ellicottville Memorial Library at 716-699-2842.

Digital Materials: Don't forget that with your library card you can access over 23,700 eBooks and eAudiobooks and read or listen on any device. If you need assistance with accessing these materials, please stop in the library. Check www.ellicottvillelibrary.org for more information on new arrivals of books, coming events and classes, and browse the system catalog for books, eBooks and movies.

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Qnicolazzorealtor: Great experience this past Friday night at Dina's. The mussels & ribeye special were on point. Best seat in the village #evlnow



Qmrrski815: #holidayvalley #skikid #skitheeast #resortkids #skilife #evlnow



Qpandagoatmedia: The @holidayvalley mountain ops team has been pushing through like champs #evlnow



Qellicottvillenow: Holiday weekend on snow. @holimont #evlnow



Qteam_pritchard: Waiting on the December snow. @holimont #evlnow #snow #skitown



Qlizzard0421: #trenchersunion had its first day on snow at #holimont. Always a plus to hang with Frank afterwards at #monroestbrickandbrew



Qjtdaw6: Got a lot of runs in today! #holidayvalley #evlnow



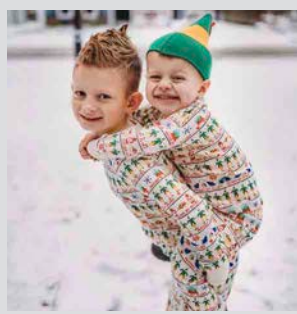
Qshellbell074: Christmas time #dogsofbuffalo #evlnow @ellicottvillenow #gobills



Qtreyning4life: The whole family! @holidayvalley #evlnow



Qhiyfarm: #cabinlife #ellicottvillenow #countryroads



Qkaitlinbrantner: Merry Christmas from my little elves #evlnow

Naturally Yours TO ENJOY!



Enjoy the **pristine winter woods** on snowshoes, skis, or in the comfort of your winter boots in the **Enchanted Mountains** of Western New York.

The **Art Roscoe Cross Country Ski system**, in Allegany State Park, has some of the best XC-skiing in Western New York!

Ski, snowboard, or relax at Holiday Valley Resort or HoliMont in the picturesque ski resort town of Ellicottville, New York.

Snowmobile on over 400 miles of well-maintained trails that connect to Allegany State Park, State Lands, and the Seneca Allegany Resort & Casino.

Go snow tubing at **Holiday Valley's Tubing Park** with 900 ft. lanes, group lanes and a Little Tubers area!

You can wrap up a fun-filled day at a group camp, a lodge or a warm winter cabin. Learn more about winter in the **Enchanted Mountains** at **EMFun.us/Winter** or 1-800-331-0543

