

ellicottvilleNOW

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The Tee Bar Under New Ownership

Ice Cream Boutique to Reopen Next Week with a New Name, New Look, and More Sweet Treats



BY MARY WEISER

Earlier this month, Dina DiPasquale and Kim Reading announced that Kay, Noelle, and Olivia Anzivine are the new owners of the Tee Bar! Located at 8 Washington Street, the Tee Bar is known for its delicious cold treats and logo wear, and the new owners (pictured at left) are excited to add their own twist on these offerings, as well as some new products and a new name: Anzivino's. With a projected opening date of Monday, September 23rd, Anzivino's will be ready to welcome customers just in time for a busy fall season in Ellicottville.

On September 9th, the former owners handed the keys to sisters Noelle and Olivia Anzivine and their mother, Kay, who have been busy working on interior renovations ever since. Originally, Noelle and Olivia were looking for a space to rent to open a clothing boutique that would include their swimwear line. Noelle said, "The opportunity came up for the ice cream, and we could not pass that up because it's something so new and exciting!" Throughout the past week, the Anzivines have been hard at work rearranging and painting the store, which will have a totally different look when the work is completed.

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LACROSSE FIELD
MAP
& RESTAURANT
DIRECTORY
... pages 08-09

ELLICOTTVILLE
LACROSSE
FESTIVAL THIS
WEEKEND

A full weekend of exhilarating sportsmanship is set to take place September 21st and 22nd when Ellicottville hosts the highly anticipated Lacrosse Festival. This two-day event promises to bring together lacrosse players of all ages and skill levels from across the Northeast region for a series of friendly competition and lots of fun.

For more information on this weekend's festival including registration, event schedules & accommodations, scan the QR code.



ROTARY CHILI COOK-OFF SILENT AUCTION IS NOW LIVE ONLINE

The preparations are set. The baskets for the raffle are assembled. At least sixteen chili makers are planning their best recipes. An esteemed panel of judges has been chosen and people from near and far are ready to taste what is promising to be a true culinary delight for the senses. The event starts at 4:00pm next Saturday, September 28th and runs until 7:00pm. The location is the newly remodeled upstairs of Madigan's. The silent online auction is now up and running with incredible high-ticket items to be auctioned off due to the generosity of local businesses, manufacturers, vendors, B&B proprietors, car dealerships, artists, craftsmen, country clubs, friends of Rotary and on and on ... page 04

NIGHTMARE HAYRIDES IS BACK TO SERVE SCREAMS THIS FALL

It is time to embrace the fact that the end of September through October 31st is extended Halloween! And what better way to celebrate the return of spooky season than taking a trip out to 6319 Sommerville Valley Road in Ellicottville, NY on a weekend evening and boarding a hayride that is sure to give you chills and thrills. That's right, the Nightmare Hayrides is readying to open for their 2024 season and they've got a great crew of haunters ready to make you shriek. EllicottvilleNOW spoke with owner Karen Kent who gave us the scoop on what guests can expect ... page 04

FESTIVE FALL ADVENTURES

Take time to explore the outdoors and find yourself immersed in the sights our area has to offer.

Adventure Guide... page 06



EA2EVL Fondo Set for October 5th

Limited Spots Left for Charity Bike Ride to Benefit Erie Cattaraugus Rail Trail



The Erie Cattaraugus Rail Trail (ECRT) is hosting a 42-mile charity bike ride from East Aurora to Ellicottville on Saturday, October 5th. The EA2EVL Fondo kicks off at 10:00am at 42 North in East Aurora and follows Route 240 to 242 into Ellicottville, ending with a finish line party at Holiday Valley featuring food, drinks and music. Organizers are capping registration at 450 riders; only a few spots remain!

"Following three sold out events, we're inviting riders to join us for our fourth annual ride this October," announced Mary Brummer, ECRT Board President. "Thanks to our supporters, the first 1.5 miles of the ECRT trail in Orchard Park are complete - it's our model for success. With the funds raised from EA2EVL 2024, our goal is to extend that same surface all the way to the West Falls Depot."

... page 04



SALAMANCA SENECA FALLING LEAVES FESTIVAL

Fall is the best season! The leaves are changing from green to pretty colors, the air is crisp and perfect for a comfy sweater, and pumpkin spice, apples and cinnamon are the go-to flavor profiles. There is no better way to enjoy all of those things than with a fun fall outing. Head down to Jefferson Park in Salamanca, NY October 4-6th and take part in the annual Salamanca Seneca Falling Leaves Festival. EllicottvilleNOW spoke with Salamanca Mayor Sandra Magiera about what's new and exciting this year ... page 11



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Publisher's PICK

TEE BAR UNDER NEW OWNERSHIP

Anzivine Family Bringing New Look, New Name, More Ice Cream... with a Twist



The former Tee Bar at 8 Washington Street is currently closed and under renovation, but is expected to reopen under the name, Anzivino's, as early as next week.

BY MARY WEISER

Earlier this month, Dina DiPasquale and Kim Reading announced that Kay, Noelle, and Olivia Anzivine are the new owners of the Tee Bar! Located at 8 Washington Street, the Tee Bar is known for its delicious cold treats and logo wear, and the new owners are excited to add their own twist on these offerings, as well as some new products and a new name: Anzivino's. With a projected opening date of Monday, September 23rd, Anzivino's will be ready to welcome customers just in time for a busy fall season in Ellicottville.

On September 9th, the former owners handed the keys to sisters Noelle and Olivia Anzivine and their mother, Kay, who have been busy working on interior renovations ever since. "It just kind of happened so fast," said Olivia. "We've always loved ice cream, so we just thought it'd be the perfect new venture and opportunity." In addition to co-owning Anzivino's, the sisters have a podcast together and their own swimwear line. "We are always doing things together," Olivia continued. "This was the perfect opportunity to get into something that we've never done before..."

Originally, Noelle and Olivia were looking for a space to rent to open a clothing boutique that would include their swimwear line. Noelle said, "The opportunity came up for the ice cream, and we could not pass that up because it's something so new and exciting!" Throughout the past week, the Anzivines have been hard at work rearranging and painting the store, which will have a totally different look when the work is completed. Their target opening date is Monday, September 23rd or within a few days of that date.

In addition to a new interior, customers can also look forward to some new menu items. Noelle said, "The menu the Tee Bar offered will be staying, but we're also adding cider slushies for fall, and then we're also doing cider slushies mixed with a vanilla soft serve and a donut on top for a fall special. We're really excited about that!"

Olivia added that the cider slushies are a collaboration between Anzivino's and Pumpkinville, which is providing the cider and the donuts. This winter's menu will feature a hot chocolate bar and other seasonal treats. "We have a lot of Ellicottville local merchandise, but we're also going to be adding some cute fashion pieces, too," said Olivia. "It's going to be a little mix of everything. We're working on doing boba tea, as well." The sisters emphasized that there will be something for everyone to enjoy at Anzivino's throughout every season of the year.

One of the best surprises for the new business owners has been the level of support from the Ellicottville business community. "Everyone has been so nice and helpful and welcoming," said Olivia. "We all do different things but we complement each other so well."

Tee Bar co-owner Kim Reading (pictured right, with Dina DiPasquale) also expressed her gratitude for the Ellicottville business community, as well as the Tee Bar's hardworking employees, customers, supportive friends and family. Reading said, "The business community in Ellicottville is a special place because everybody works together, and all the businesses co-exist and sort of feed off each other."



Reflecting on the past seven years in business, Reading said, "For Dina and I, it's been really fun. We both run other businesses, and this one was just sort of like a playful outlet that we loved from start to finish." While the transition has been bittersweet, Reading is pleased to know the business is in good hands. "Olivia and Noelle are full of enthusiasm," she noted. "They have a lot of fresh ideas, and they're keen on adding more merchandise to the store... I love the energy. I think that they'll be successful because of the level of energy they bring."

For news and updates from Anzivino's, follow the business on Instagram and stay tuned for their new website, which is currently under construction. While Anzivino's does not have set hours yet, the business will likely be open almost every day and will stay open a bit later in the evening for those after-dinner ice cream cravings! For more information, email shopanzivinos@gmail.com.

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LOCAL

EA2EVL FONDO

Limited Spots Left for Charity Bike Ride to Benefit Erie Cattaraugus Rail Trail



EAST AURORA - The Erie Cattaraugus Rail Trail (ECRT) is hosting a 42-mile charity bike ride from East Aurora to Ellicottville on Saturday, October 5th. The EA2EVL Fondo - or non-competitive bike ride - kicks off at 10:00am at 42 North in East Aurora and follows Route 240 to 242 into Ellicottville, ending with a finish line party at Holiday Valley featuring food, drinks and music. Organizers are capping registration at 450 riders and there are only a few spots left. Registration is open at www.ea2evlfondo.com.

The event raises funds to continue to build, open and maintain the 27-mile multi-use ECRT Trail. The previous 3 years EA2EVL events raised over \$150,000 in donations, which were used to clear and open the first 1.5 miles of the rail trail that runs along a former rail line from Orchard Park to Ashford. The funds raised from this year's event will help to push the trail south, improving sections in the town of Aurora into West Falls.

"Following three sold out events, we're inviting riders to join us for our fourth annual ride this October," announced Mary Brummer, ECRT Board President. "Thanks to our supporters, the first 1.5 miles of the ECRT trail in Orchard Park are complete - it's our model for success. With the funds raised from EA2EVL 2024, our goal is to extend that same surface all the way to the West Falls Depot, a total of 6 miles."

2024 event sponsors include National Fuel, Highmark Blue Cross Blue Shield, Craig Small Law and 42 North Brewing, along with Tom's Pro Bikes, who is also providing tech support to riders on the course. Learn more about ECRT at www.ecatrail.org.

ROTARY CHILI COOK-OFF

Event Just Over One Week Away; Silent Auction is Online and LIVE!



ELLICOTTVILLE - The preparations are set. The baskets for the raffle are assembled. At least sixteen chili makers are planning their best recipes. An esteemed panel of judges has been chosen and people from near and far are ready to taste what is promising to be a true culinary delight for the senses.

The event starts at 4:00pm next Saturday, September 28th and runs until 7:00pm. The location is the newly remodeled upstairs of Madigan's. In addition to the basket raffle, there will be 50/50 drawings, live entertainment from Michael Dietrich, bread and cornbread provided by the Ellicottville Bake Shop and Madigan's Restaurant, and desserts provided by Cupcaked. Prizes for the best chili will be awarded to the top three entrants as decided by the judges, and there will be a "People's Choice" award as voted on by the guests sampling the goods. This award is a trophy designed by local artist Darlene Allen and must be seen to be believed. There is no cost to attend this fun event and a \$10.00 fee to taste all the chili. Cash, Venmo and credit card payments with a QR code will be accepted. An ATM is on-site.



And now, the silent online auction is up and running with incredible high-ticket items to be auctioned off due to the generosity of local businesses, manufacturers, vendors, B&B proprietors, car dealerships, artists, craftsmen, country clubs, friends of Rotary and on and on. Some of these items include an authentic, autographed Rasmus Dahlin jersey; a Cutco Galley +6 thirteen-piece cutlery set with block; a golfer's paradise package for foursome with carts at Springville Country Club and Penn Hills Country Club; a ski package with

"Rotary Chili Cook-Off Live Auction" continued page 14

TIME TO GET SPOOKY

Nightmare Hayrides Back to Serve Screams on September 27th



photos / Nightmare Hayrides

BY JESSICA SCHULTZ

It is time to embrace the fact that the end of September through October 31st is extended Halloween! (It's pretty much that time of the year for me all year, it's just officially that time for everyone else.) And what better way to celebrate the return of spooky season than taking a trip out to 6319 Sommerville Valley Road in Ellicottville, NY on a week-end evening and boarding a hayride that is sure to give you chills and thrills.

That's right, the Nightmare Hayrides is readying to open for their 2024 season and they've got a great crew of haunters ready to make you shriek. Owner Karen Kent provided us with some great information on what guests can expect this year.

At the moment, as far as anything new in concerned, Karen says that, "You never know from day to day. A lot of it depends on the haunters that are working that night. We are still working on the setup for this year, so a lot can change from now until we open."

What remains the same (if it's not broke, don't fix it as the old timers say), is how your trip into the unknown will go. Without giving the spooky secrets away, Karen explained, "You enter a building where you get on the hayride that last about 20 minutes and takes you around a 22-acre field, where there are all kinds of scary creatures and fun things to see. After you return to the building, you walk through the Gothic Chamber and down a dark a dreary wooden maze where there are haunters to greet you. If you make it through there, you will enter the haunted barn and go through a jungle, a claustrophobic wall, and lots of hallways which will lead you to the vortex tunnel. Don't think the barn isn't haunted because it has many haunters in it!"



The "haunters" really put effort into their characters and aim to scare your pants off as best they can (figuratively speaking of course). But this isn't just for adults. While it is geared towards an older crowd, they do get many small children. It may be too much for the littles who are easily frightened but sometimes, the kids are the ones who love it and their parents are too scared to go. So really, it is a family friendly environment that people of any age can enjoy, just gauge your children's fear tolerance before making plans.

Having attended the ride myself more than once, it's always a little different no matter how many times you go, but my favorite part besides riding in the wagon and seeing all the spooktacular attractions has got to be the haunted barn. It's dark, confusing, filled with jump scares, and other neat things. Karen herself doesn't have a favorite part of the ride, "I really have no favorite, I could be bias, but I think it's all great and all our haunters in the field or the barn do a great job."

Afterwards, if you've got a little dry mouth from screaming in terror or your stomach could use some substance after triggering it's adrenaline rush so many times, you can stop at the snack shack. There you will find reasonably priced cheeseburgers, hamburgers, hot dogs, chili, soups, nachos, pretzels, walking tacos, cookies, and more. Their drinks include hot cider, hot cocoa, and nice refreshing water, so you can refuel and unwind while you celebrate surviving the Nightmare.

This is a staple fall attraction in Ellicottville, NY. Karen ended with, "This is the 33rd year we have done this. My family and I really enjoy seeing all of the happy and excited faces so plan on having a great time. We also have a souvenir shop where you can buy sweatshirts, t-shirts, blankets, and hats to commemorate the experience. Looking forward to seeing old and new faces when we open for the season this year!"

The Nightmare Hayrides begin Sept. 27th and run till Oct. 27th, only Friday, Saturday and Sunday nights from 7:30pm to 9:30pm. No reservations accepted. It is \$30 per person. Kids ages 5 years and under are free. Make sure you come dressed for the weather, the hayride runs rain or shine. To keep up to date on any changes or general information, visit nightmarehayride.com or visit their Facebook page.

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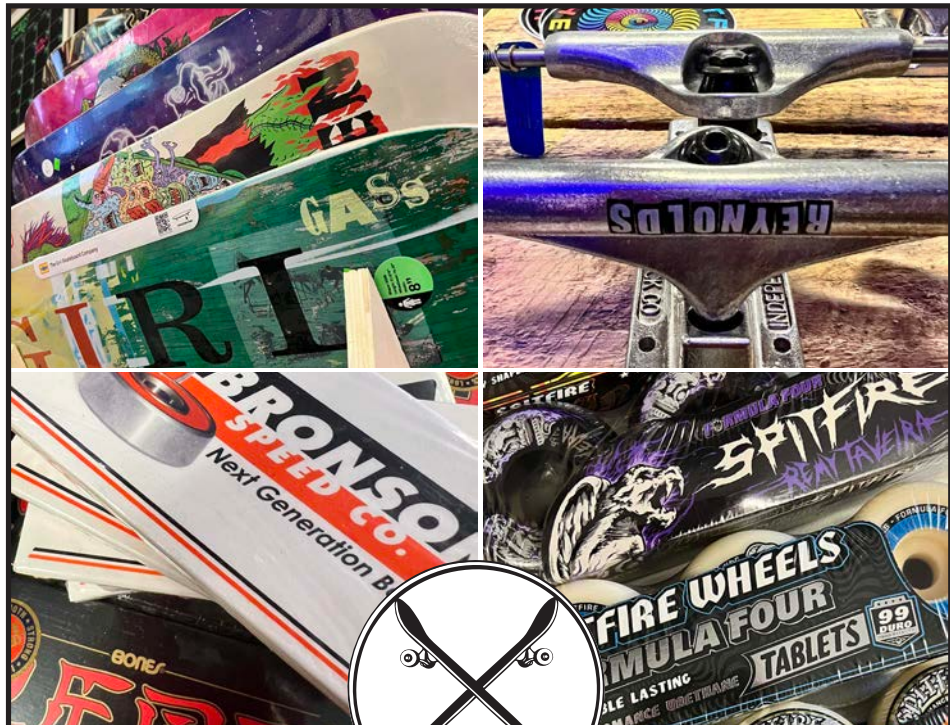

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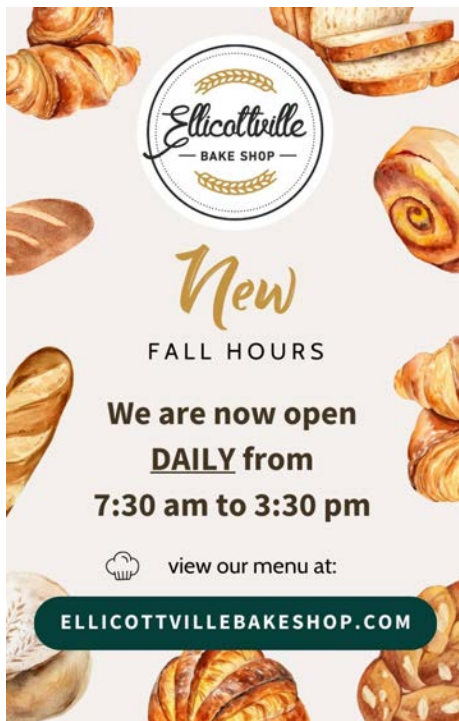
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Selected as “One of the World’s Top 10 Most Beautiful Skywalks and Viewpoints in the World” by the Culture Trip UK, the Kinzua Sky Walk is an engineering marvel with breathtaking views of the Kinzua Gorge. It’s open now through November 18, 2024. The Kinzua Sky Walk extends out 624 feet into the Kinzua Gorge offering panoramic views and featuring a walkway with a set of railroad tracks leading to the end of the overlook, which has a partial glass floor. At a stunning height of 225 feet above the valley floor, visiting the Sky Walk is an exciting opportunity to “Walk the Tracks across the Sky.”



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716-379-6450
parks.ny.gov

Allegany State Park is the largest state park in New York, divided into two sections - the Red House and the Quaker area. The Red House area is a staple location to take the family for a cookout, hike, or a combination of any outdoor activities. Autumn is a great time to take advantage of the 5 miles of paved bike paths, hiking trails, fishing, cabin rentals, camping areas, and more. The park is one of the best places to view spectacular fall foliage! Visit parks.ny.gov to find more information and to make camping/pavilion reservations.



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@ Allegheny National Forest Region
I-80 to the ANF
1-800-473-9370
visitanf.com

Perfect for touring on your motorcycle, the Allegheny National Forest (ANF) and Kane, PA, is the heart of the world’s finest hardwood forest. This route into the Allegheny National Forest passes close to Cook Forest State Park, the location of the finest strand of ancient timber in Pennsylvania, including the third tallest tree in the eastern United States. Several state record trees are in this park. Once you arrive in Kane, PA there are many historic sights to see, restaurants to eat at, and local artisans to purchase souvenirs from. Hop on your bike and take the ride! Visit anf.com for even more tour routes.



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716-699-2205
pumpkinville.com

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SELF-GUIDED WINE TOUR

@ Winery of Ellicottville
@ Merritt Estate Winery
@ Flickerwood Wine Cellars

Make your own fall adventure and go on a self-guided wine tour with stops throughout beautiful western NY and northern PA. The Winery of Ellicottville in Cattaraugus County has great tasting options with adorable little charcuterie boards to accompany whatever you drink. Merritt Estate Winery is one of the first farm wineries in Chautauqua County, and offers tours and tastings. Flickerwood Wine Cellars in McKean County, PA is a great stop for food and wine, with an array of specialty wines like Moonglow or Flickerberry Dew. So grab your girls, your partner, or just yourself and go on a relaxing wine journey!



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11 Rock Hill Rd. • Panama, NY
716-703-0021
panamarocks.com

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ART + NATURE

@ Griffis Sculpture Park
6902 Mill Valley Rd. • East Otto, NY
716-667-2808
griffissculpturepark.org

Located between Ellicottville and Springville is a 425-acre outdoor art museum featuring over 250 large scale sculptures and is also home to a very unique event called Night Lights. An outdoor evening adventure unlike any other, a portion of the legendary park’s Mill Valley Road setting is transformed into a vibrant landscape that invites guests to venture on a self-guided tour where the trails and sculptures interact with creative lighting and live performers. There are only 5 weekends, so don’t miss out.



SLOW DOWN YOUR PACE

@ New York Amish Trail
Throughout Cattaraugus County
1-800-331-0543
amishtrail.com

When you arrive at any of the possible entrances onto the Amish Trail, please know that you are distanced from city life, busy streets and rush hour traffic. Commonly described as pastoral, original, or unblemished, this non-commercialized Old Order Amish settlement is filled with wonderful and interesting attractions. Shop handmade furniture and toys, beautifully handwoven quilts, and delicious baked goods. Slow down the pace and enjoy the crisp autumn air on this self-guided drive through the Enchanted Mountains.



PHOTO REWIND

A Perfect Blend of Rock n' Roll & Classic Cars

Last weekend, visitors from all over traveled to Ellicottville for its Rock n' Roll Weekend. The annual celebration featured live musical performances by The Fleetwood Mac Experience and famous Elvis impersonator Terry Buchwald, plus the ever-popular Classic Car Show on Sunday. The weather was gorgeous and the streets were filled with friends! Thank you to the Ellicottville Chamber of Commerce for putting on this great event!

photos / Rich Rumfola



ELLICOTTVILLE LACROSSE FESTIVAL

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LET'S EAT!

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www.pandagoatmedia.com
9 W. Washington St.

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- Greater Olean Area Events www.oleanny.com
- Pfeiffer Nature Center www.pfeiffernaturecenter.org
- Eldred WWII Museum www.eldredpawwiimuseum.com



POPULAR NEARBY DESTINATIONS WEST

- Cattaraugus County Tourism www.enchantedmountains.com
- NY's Amish Trail www.nyamishtrail.com
- Historic Randolph www.enjoyrandolph.org
- Chautauqua County Visitors Bureau www.tourchautauqua.com

POPULAR NEARBY DESTINATIONS SOUTH

- Allegany State Park www.nysparks.com
- Allegheny National Forest www.visitANF.com
- Kinzua Bridge State Park www.visitPAParks.com
- Zippo/Case Museum www.zippo.com

- A.** Ellicottville Village Park
11 Parkside Drive | Ellicottville, NY 14731
- B.** Chamber Fields at Holiday Valley
5081 US Route 219 | Ellicottville, NY 14731

This map was created using GIS technology.

Prepared by Cattaraugus County
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1 inch = 0.2 miles

Daniel T. Martonis - Real Property and GIS Director
Christopher D. Holewinski - GIS Coordinator



To Salamanca
Great Valley

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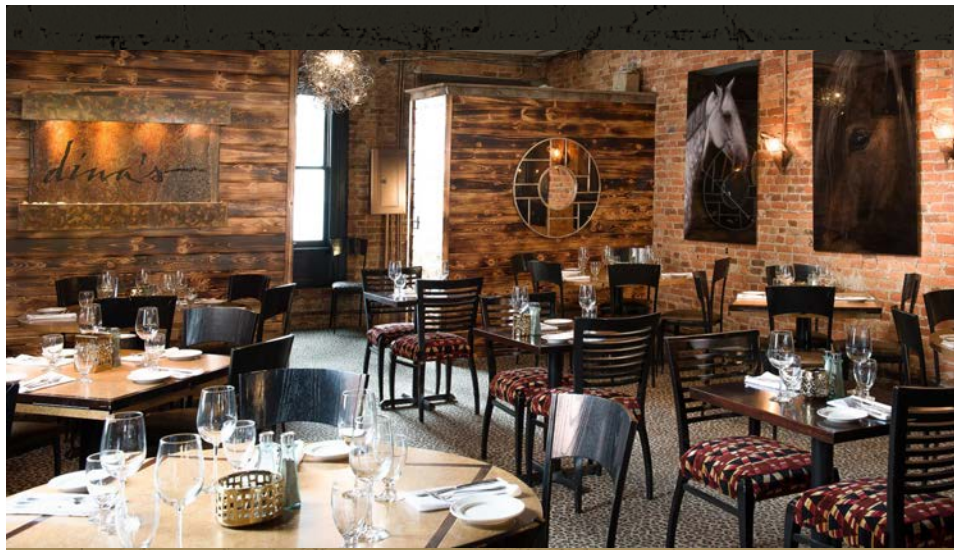


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REGIONAL

WORLDWIDE DAY OF PLAY

Audubon Community Nature Center Celebrates with Free Admission



JAMESTOWN – Celebrations of the Worldwide Day of Play are happening globally on Saturday, September 28th. Audubon Community Nature Center (ACNC) is recognizing this special day with free admission to the Nature Center building from 10:00am to 4:30pm. You are invited to come to Audubon and play outside on the trails, in the Nature Center, and in the indoor and outdoor nature play areas designed for kids.

ACNC has long understood that unstructured outdoor play is beneficial to children’s physical and mental development as well as their understanding and appreciation of the natural world. Its Green Play Area is a secure outdoor space where both kids and adults can make discoveries and feel more comfortable about the natural world through play.

From 10:00am to 3:00pm, no reservations are required for children ages 2–6 and their favorite adult(s) to drop in to enjoy the Green Play Area with its mud kitchen, water wall, loose parts, and more. An educator or volunteer will be available throughout the day to assist, but adults must supervise their children. To learn more, click through Programs and Events at AudubonCNC.org.

Audubon Community Nature Center is located at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown, NY, and Warren, PA. You can visit the nearly 600-acre nature preserve, check in on the live birds of prey, enjoy the native tree arboretum, and hike over five miles of trails dawn until dusk daily for free.

The three-story Nature Center building houses interactive displays, a collection of live animals including the Hellbender exhibit, and the Blue Heron Gift Shop. Visitors are welcome Mondays through Saturdays 10:00am-4:30pm and Sundays 1:00-4:30pm. Nature Center members and SNAP/EBT cardholders have free building admission daily. Building admission is also free every Sunday for non-Nature Center members.

To learn more about Audubon and its many programs, call 716-569-2345, find Audubon Community Nature Center on Facebook, or visit AudubonCNC.org. Check out AudubonCNC.org/about for a quick fly-by visit.

Audubon Community Nature Center builds and nurtures connections between people and nature by providing positive outdoor experiences, opportunities to learn about and understand the natural world, and knowledge to act in environmentally responsible ways.

BEST IN SHOW

Southern Tier Biennial Winner to Exhibit Work at Tri-County Arts Council

OLEAN - The Tri-County Arts Council presents “Buck Up Buttercup” featuring 2023 Southern Tier Biennial Best in show winner, Tammy Renée Brackett, September 21st-October 26th in the Peg Bothner Gallery at the Tri-County Arts Council, 110 West State Street in Olean, NY. A public reception will be held Saturday, September 21st from 5:00-7:00pm.

The Southern Tier Biennial is held every other year and includes visual artists ages 18 and older from the nine counties of the Southern Tier: Allegany, Broome, Cattaraugus, Chautauqua, Chemung, Steuben, Schuyler, Tioga, and Tompkins. Of the over 400 entries in the 2023 biennial, only 51 pieces were selected for survey show.



Founded in 2005 to make a measurable and positive difference for rural artists, the Southern Tier Biennial affords artists an opportunity to take part in the process of a professional art competition and be rewarded for those efforts. This project is produced by the Tri-County Arts Council, the Cattaraugus Region Community Foundation, and made possible by an endowment from the estate of F. Donald Kenney. To learn more, visit www.southerntierbiennial.com.

Each biennial is juried by new jurors and, therefore, the shows they create are different in tone and scope, yet equally true to the definition of “a regional survey of visual art.”

“Artist Exhibit: Buck Up Buttercup” continued page 14

A FALL TRADITION

Salamanca Seneca Falling Leaves Festival Returning October 4-6



By JESSICA SCHULTZ

Fall is the best season! (Prove me wrong.) The leaves are changing from green to pretty colors, the air is crisp and perfect for a comfy sweater, pumpkin spice, apples and cinnamon are the go-to flavor profiles, and there is no better way to enjoy all of those things than with a fun fall outing. Head down to Jefferson Park in Salamanca, NY October 4th through the 6th and take part in the annual Salamanca Seneca Falling Leaves Festival.

This event is always a really good time with plenty of entertainment, food and fun for the whole family. EllicottvilleNOW spoke with Salamanca Mayor Sandra Magiera about what’s new and what to expect at this year’s festival.

eNOW: Falling Leaves is a hugely anticipated event. What’s new for 2024?
SANDRA: A scarecrow contest is new this year. We have about 10 groups that are participating. They have to bring everything and then have 2 hours to build their scarecrow, which will be judged and the winner will win a \$500 prize.

eNOW: What about rides and games?
SANDRA: Although we will not have the carnival rides this year, we will have 5 inflatable games/rides. A 27-foot slide, a Bungee Run, a 4-person Wrecking Ball, and a 27-foot Slam and Jam basketball game. Also, back after several years are “I Got It” Bingo and wrestling on Sunday afternoon. Pony rides, face painting, mechanical bull rides, and a balloon man will be on-site and are all free. We will also have the favorite “Minute to Win it” game where you can win money prizes.



eNOW: So even though the midway is out this year, there are still plenty of great activities for kids to do. Now we can’t forget the reason a lot of people head down to the festival, which is for the food. (Okay, it’s why I go anyway.) What will be on offer this year?
SANDRA: Food featured this year are some of the usual favorites and some new options as well. There will be steak sandwiches, curly fries, BBQ ribs, Special T’s pizza, Greek food, Polish food, Indian Tacos, Abuela’s Kitchen will be serving up their Puerto Rican dishes, fresh squeezed lemonade, snow cones, candy apples, and more. Truly something to fit everyone’s tastes.

eNOW: How about live entertainment?
SANDRA: Friday from 12:00-6:00pm, J.D. Gardner will be the DJ with his “Rez Road Sounds,” then from 6:00-10:00pm, Band “XIII” will be performing under the tent. Saturday is full of live performances. From 2:00-2:30pm, the Seneca Dancers will be with Hoops of Hope, then from 2:30-5:30 pm, Wasted Whiskey will be under the tent, and to round out the evening, there will be a Bon Jovi tribute band sponsored by the Seneca Gaming and Entertainment from 6:00pm until 9:00pm. Sunday of course boasts the Grand Parade at 1:00pm, followed by the Seneca Dancers from 2:30-4:30pm. Then from 3:00-3:30pm, Down Beat Percussion will be jamming and the evening will end with the Xcite Wrestling show from 3:30-5:30pm.

eNOW: And will there be vendors this year? What are some of the products they’ll be selling?
SANDRA: We have 75 spots for craft vendors and we had to turn people away, because we are filled up this year. We definitely need more space for next year. There will be a variety of items. Tumblers seem to be popular right now, t-shirts, Christmas ornaments, Native crafts, wood crafts, and a bunch more. Most are returning from last year, but we do have a few new vendors this year that you’ll have to come down and see yourself!

eNOW: Falling Leaves is an important time of year for the community. What do you feel makes the event so special?

“Salamanca Falling Leaves Festival” continued page 14

HEALTH & FITNESS

Core Performance: Deadlift Variations for Building Strength, Grip & Muscle

By KIM DUKE, CERTIFIED PERSONAL TRAINER

Few weight room exercises are quite as iconic as the deadlift. The ultimate test of raw strength, it's picking a weight up from the floor to lockout. Although a staple in strength training, there are many different ways to perform the deadlift, with many things to consider when choosing which deadlift variation will be best for your fitness goals.

The deadlift can be performed with different types of weights and loads. The most common are with kettlebells, dumbbells, or a standard barbell, with advantages and differences to each. One thing to consider in a deadlift is the height of your start. A barbell with plates is at about shin height, while a kettlebell with a high handle begins slightly higher. A dumbbell will begin lower, forcing you to lower your chest more.

For someone new to deadlifts, the higher positions might be easier to work from, while the dumbbell may be a bit more challenging. Another thing to consider is the weight of the deadlift. Dumbbell and kettlebell deadlifts will naturally be a lighter load, while a barbell can be loaded with considerably more weight. Additionally, the weight displacement of a dumbbell may be a bit more challenging.

I am going to break down just three common deadlift variations. Take what works best for you and start hitting those deadlifts on the gym.

TRADITIONAL DEADLIFT: a conventional deadlift is a full-body exercise, meaning it activates and challenges most muscles in the body. Chiefly, it is the ultimate test for hip hinge strength. It attacks the posterior chain, including the glutes, hamstrings and lower back. Along with this, it challenges grip strength and the upper back and shoulders.

How to do it:

1. Place your feet at about hip-width under the barbell so the bar covers your shoelaces, toes pointed forward.
2. Bend over and grip the barbell just outside the hip-width with an overhand grip.
3. For the starting position, lean over the barbell with hips set back tight. Have the shoulders back and down, keeping the lats active.
4. Push through the feet to stand, focusing on firing through the glutes and hamstrings. Stay controlled and keep the back, lower and upper, active throughout. Proceed to stand completely up.
5. Bring the barbell back down in a controlled fashion, letting the bar ride down your hips and legs and back into starting position

SUMO DEADLIFT: This variation of a conventional deadlift has you use a wider stance - wider than your grip. While this lift trains the same muscles as the standard deadlift, a sumo stance will engage the legs and quads more, and the back a little less. This makes the sumo a good variation for those working through an injury.

How to do it:

1. Place feet wide under the barbell, typically outside shoulder width, toes pointed outward slightly. Place your grip overhand and inside of your stance. The hips will be lower, with the chest up more and the back angle a little lower as well.
2. Push into ground to stand, keeping the chest up and driving through the legs.
3. Stand tall until the legs are locked out and you are upright.
4. Return the barbell to the ground, letting your legs bend back to the starting position, while keeping the back and core tight and controlled in your descent.



ROMANIAN DEADLIFT: The RDL is a great exercise to build muscle in the posterior chain, as it emphasizes the lower back muscles. In addition, reps are done without touching the barbell or weights back to the ground, keeping muscles activated in the upper body throughout the entire set.

How to do it:

1. Stand up with a bar or load like a conventional deadlift, feet hip-width apart.
2. From the top of the deadlift, brace your core and keep the shoulders back and activated.
3. Bend over and lower the bar by shifting the hips backward, keeping the legs mostly straight, only letting them too bend to allow the hips to shift back and to maintain balance.
4. Bring the bar as low as comfortably possible without touching the plates to the floor (about shin height).
5. Once in position, fire the glutes and hamstrings to bring the weights and yourself back to starting position.

The best deadlift variation is going to depend on what your goals are. Regardless of what variation you use, a deadlift focuses on hip hinge strength - the posterior chain firing to lift heavy things up. It's vital for athletes and everyday life as well. This is a functional movement that should be a part of anyone's training program.

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 (Core Performance Health and Fitness), Instagram (@cptcoreperformance), go to www.coreperformancefitness.com or call 716-698-1198.

LUNCH AND LEARN

"Simplify Your Life at Your Pace" Workshop September 24th in Olean



OLEAN - As part of PACE Month (Program of All-Inclusive Care for the Elderly), Total Senior Care (TSC) will host a Lunch and Learn on Tuesday, September 24th at noon. The event, titled "Simplify Your Life at Your Pace," will take place in person at the Olean Business Development building, third-floor Erick Laine Boardroom, 301 North Union Street, downtown Olean.

TSC, a PACE center serving Allegany, Chautauqua, and Cattaraugus Counties, invites family members and caregivers to learn about the benefits of the PACE program. "While our PACE program is designed for those aged 55 and older, we aim to share this valuable information with their families and caregivers. Our primary goal is to help seniors continue living comfortably at home with the extra support they need," said Roxanne Padlo, TSC Executive Program Director.

Attendees will gain insight into the TSC PACE program, which provides and coordinates healthcare services and support for individuals who would otherwise require nursing-home-level care. PACE aims to help seniors live comfortably and independently within their communities for as long as possible. The Lunch and Learn is a free educational workshop and not a sales pitch. To register, please contact TSC at 716-379-8474 or email rpadlo@totalseniorcare.org.

Since March 2019, Total Senior Care has been dedicated to serving the community with the mission of "Today, Make a Difference." The program offers all services at no out-of-pocket cost to enrolled participants.

Services include, but are not limited to, PACE center activities, interdisciplinary team services, outpatient medical care, hospital inpatient and emergency services, sub-acute rehabilitation, prescription coverage, home care, home-delivered meals, durable medical equipment (DME), transportation, adult day care, and nursing home care.

Total Senior Care offers a comprehensive array of services, allowing you to receive all the assistance you need from a single program, with coordinated healthcare all managed under one roof. For more information or to arrange a tour, please call 716-379-8474, visit totalseniorcare.org, or email rpadlo@totalseniorcare.org.

OPEN HOUSE RESOURCE FAIR

Cornell Cooperative Extension Invites All Residents to Event at Cuba Library

ELLICOTTVILLE - On Wednesday, September 25th from 1:00-5:00pm, Cornell Cooperative Extension (CCE) Cattaraugus and the Cuba Library located at 39 E. Main Street, Cuba, NY 14727 will be hosting an Open House Resource Fair. This event, which is intended for homeowners, renters, landlords, senior citizens, families, and small businesses will serve to educate and assist community members. It is open to all residents of Allegany and Cattaraugus Counties and will be especially beneficial to individuals of low to moderate income. Information will be available on: home repair; affordable housing; childcare; long-term care; Head Start services; Medicaid application assistance; nutrition; healthcare; recreation and retirement; workforce development; and energy efficiency programs for homeowners and renters.

Representatives from USDA-Rural Development, JCC Workforce Development, Creekside Chapel, Office of Aging for Cattaraugus and Allegany County, ACCORD Corporation, Bishop Sheen Housing, Directions in Independent Living, Northern Energy Services and Training, Fidelis Care, and CCE will be present.

"We are excited to be able to offer programs and services that are directed to different community needs," said Emily Edmunds, CCE Sustainability Educator. "This event is aimed at encouraging community engagement, sustainability actions, and addressing local challenges." CCE and the Cuba Library invite residents of Allegany and Cattaraugus County to the Open House Resource Fair. Mark your calendars for this important event. For more information or to register, visit: <https://cattaraugus.cce.cornell.edu/events>.

The Cornell Cooperative Extension educational system in Cattaraugus County enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

CCE Cattaraugus is a subordinate governmental agency with an educational mission that operates under a form of organization and administration approved by Cornell University as agent for the State of New York. It is tax-exempt under section 501(c)(3) of the Internal Revenue Code. The association is part of the national cooperative extension system, an educational partnership between County, State, and Federal governments. As New York's land grant university Cornell administers the system in this state. Each Cornell Cooperative Extension association is an independent employer that is governed by an elected Board of Directors with general oversight from Cornell. All associations work to meet the needs of the counties in which they are located as well as state and national goals. For more information, call 716-699-2377 or visit our website at <https://cattaraugus.cce.cornell.edu>. Cornell University Cooperative Extension provides equal program and employment opportunities.

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CLASSIFIEDS

EMPLOYMENT

JOB OPENING: Town of Ellicottville Highway Department Laborer, Commercial Driver, & Heavy Equipment Operator. The Town of Ellicottville, NY is seeking to hire a Highway Department Laborer, Commercial Driver, Heavy Equipment Operator to fill a full-time position with the Highway Department. The position involves operating equipment and performing manual labor with regard to maintenance and oversight of the town roads. Applicants with a High School Diploma (or GED) and a NYS Commercial Driver License (Class B) will be considered. The Town is accepting cover letters and resumes. Send to the attention of Scot Brumagin, PO Box 600, Ellicottville, NY 14731 or by email Scot.brumagin@evlengineering.com. The full job description is available at: www.ellicottvillegov.com.

LINE COOK WANTED: Villaggio is looking for a professional Line Cook to prepare food to the chef's specifications and to set up stations for the menu. Line Cook duties will consist of assisting the executive with their daily tasks. Must have experience on the grill and keep a clean, organized station. For more information, contact Andrea Austin: andrea@villaggio-evl.com or call 716-699-2199.

NOW HIRING: The Gado-Gado team is looking for a hard-working and motivated individual. Must be available on weekends and festivals! Please email resume to gadogado98@hotmail.com.

PUBLIC NOTICES

MUSEUM REPAIR: The Town of East Otto is accepting bids for repairs need at the Town Museum Building located at 8982 Reed Hill Rd., East Otto. Repairs to include: Replace Rotted Beam and Floor Framing Under Front of Building. Replace 11 Stone Piers with Concrete. Replace 6 Windows with Similar Wood Frame Single Glazed Windows. Repair Rotted Framing Around Windows as Needed. Remove and Replace Wood Clap Board Siding on Right Side of Building and Replace with Similar. Repair, Secure and Replace Bad Siding around Building. Remove and Replace Rotted Soffit on Left Side of Building. Scape all Loose Paint, Prime and Paint Building. An estimated start and completion date must also be included in the bid. Sealed bids must be received by the Town Clerk at 9393 Bowen Rd., East Otto no later than Monday, September 23, 2024. Work to be completed by June 30, 2025. Please contact Supervisor Ann Rugg with any questions at (716) 923-3690. The Town of East Otto has the right to accept and/or reject any or all bids based on the best interest of the Town of East Otto. Deanna Bowen, East Otto Town Clerk.

ROTARY CHILI COOK-OFF LIVE AUCTION

cont. from page 04

overnight at Holiday Valley; overnight stays at local B&Bs such as a two-night midweek stay at Seasons; a commemorative knife from Top Flight Early American Cutlery; a stainless steel fire pit, a Paint Party with artist Michelle Capizzi; artwork from local artists; Fat Tire Bicycle table light sculpture by Garth Jackson, end tables, an ash coffee table and a Bob McCarthy handmade trunk, to name a few. To access the live bidding just go to auctria.events/EVLRotaryOnlineAuction2024, scan the QR code, or go to the Rotary Club of Ellicottville Facebook page or Ellicottville Chamber webpage for more instructions. Credit cards will be accepted at this site. Items will be added daily, so you may want to visit the site frequently.



The Rotary Club of Ellicottville has existed in Ellicottville since 1999. Rotary is one of the largest and highest rated charity organizations in the world! This past year we have worked with ERA Team VP Real Estate to conduct a village-wide cleanup on Earth Day. We support the local high school by means of awarding three scholarships to graduating seniors and one to a BOCES graduate. Rotary also supported the eighth grade annual field trip to Washington, DC. Additionally, we support the Great Valley Food Pantry and work closely with the Chamber of Commerce to support each other's endeavors. We collaborate closely with the Rotary Club of Olean and St. Paul's Lutheran Church each year to hold a Halloween Youth Party in conjunction with their Trunk-or-Treat event. Our latest special cause is the Ellicottville All-inclusive Playground. We have been awarded a Rotary District grant which will be matched by our Club to provide two swing sets which can be enjoyed by all children in the community. This year, we will be providing a Thanksgiving dinner for the community. We also raise funds for global initiatives such as polio eradication, clean drinking water and many healthcare directives aimed at mothers and their children around the world.

This will be our biggest fundraiser of the year, and we hope that everyone can come out to support this in addition to having a fun day. You can also contribute directly to our Club through the Cattaraugus Region Community Foundation (cattfoundation.org) and designate the contribution to go to Rotary Club of Ellicottville.

SERVICES

FURNITURE REPAIR: Cosmetic and structural repairs for wood, upholstery and mechanisms. On-site or in-shop. Pumpkin Hollow Furniture. 716-604-6426. Find us on FB for before and after pictures.

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

THREE FIVE CLEANING SERVICES: Our team provides the following services: Airbnb rental management and cleanings, turn around, deep spring cleaning, decluttering and organizing any size projects, house staging/cleaning, years of experience. Will provide references. Contact 585-307-6422 for a Free Estimate.

FOR RENT

OFFICE SPACE FOR RENT: 520 sq. ft. of office space at 39 Mill Street available for rent. \$600 a month plus gas, electric, water and snowplowing. Must sign 3-year commercial lease. Call for details 716-699-4516 or 716-397-9527.

SKI SEASON HOUSE FOR RENT: In the Village of Ellicottville. 3-BRs, 2 baths, Jefferson Street. \$16-\$17k range depending on dates. Call 716-474-9206.

LLC NOTICES

NOTICE OF FORMATION of Rene Solem, Family Health Nurse Practitioner, PLLC. Art. of Org. filed with Sec'y of State (SSNY) on 5/30/24. Cty: Cattaraugus. SSNY designated as agent of PLLC upon whom process against it may be served. SSNY shall mail copy of process to 5077 Rt 353, Salamanca, NY 14779. Purp: practice nursing as a nurse practitioner in family health & any lawful purpose.

NOTICE OF FORMATION: Olean Convenience, LLC. Filed 8/29/24. Cty: Cattaraugus. SSNY desig. for process & shall mail 1214 W State St, Olean, NY 14760. Purp: any lawful.

EMPLOYMENT

IMMEDIATE OPENING: ELICOTTVILLE CENTRAL SCHOOL

SPECIAL EDUCATION TEACHER: The Ellicottville Central School District has an immediate opening for a full-time, 4-year probationary Special Education Teacher. Candidates must be certified in Special Education; preference will be given to candidates certified in grades K-12. Salary based on experience and the current ETA collective bargaining agreement. EOE. This posting will remain open until the position is filled. Please call 716-699-2368 (ext. 1300) for an application.

SALAMANCA FALLING LEAVES FESTIVAL

cont. from page 11



SANDRA: I feel this event is special for the community because it gives us all a chance to see people we don't see all the time, and it's fair to all because all the activities are free, except the food and crafts. There isn't a lot to do in the city so this is usually the one big event (next to the Powwow) where people can come out and enjoy time with friends and family that isn't going to break the bank. It's just a positive for us.

eNOW: Are you working on any events heading into the winter season?

SANDRA: Coming up next is the October 31st community Halloween Parade and Trunk or Treat, also the Christmas Parade and the arrival of Santa at Jefferson Street Park, closer to the Christmas season, which is put on by the Seneca Salamanca Chamber of Commerce.

eNOW: What would you like to share with the community in closing?

SANDRA: I just want everyone to come and enjoy all the entertainment and support the vendors who have chosen to come to our city to show their crafts. We have a group of about 9 people who have worked hard on this festival since May. This is not just a city event, it's co-sponsored by the city and the Seneca Nation and it is organized by volunteers not all from Salamanca. So if you want to participate in the planning of next year's event, we are always open for new ideas. See you at the Park!

So if you want to get out and enjoy a little fall scenery and fun, there is no better place than the annual Salamanca Seneca Falling Leaves Festival in downtown Salamanca, NY at Jefferson Park on October 4th through the 6th. Follow along on their Facebook page for updates or at salamancasenecafallingleaves.com.

ARTIST EXHIBIT: BUCK UP BUTTERCUP

cont. from page 11

The 2023 jurors were:

- Andrea Alvarez, PhD is Associate Curator at the Buffalo AKG Art Museum, where she has worked since she joined as a Curatorial Fellow in 2017.
- Judy Barie is a Fine Artist and Curator. She splits her time between Pittsburgh, PA and Chautauqua NY, where she has served for the past 16 years as the Director of the Chautauqua Visual Arts Galleries in Chautauqua Institution.
- Tullis Johnson, Curator and Manager of Exhibitions and Collections at the Burchfield Penney Art Center, in Buffalo, New York, has organized more than 40 exhibitions of contemporary and historical art.

"I am a scavenger who works with remnants of what is left behind," says Tammy Renée Brackett. "I employ traditional craft techniques used by my late mother and grandmothers while responding to the male-dominated deer hunting culture that surrounds me in Western New York. I confront traditional ideas of gender and identity via contrasts, contradictions, and idioms. Working with the skin of an animal affords a level of intimacy with both the animal and with death. I will never forget the feeling of holding a deer hide, fresh off the animal, for the first time. The weight of it - feeling the simultaneous presence and absence of the live animal - I was not prepared for it. Now, after skinning countless deer. I am still in awe of the power of a deer hide to speak of life and death, of individual and herd. As a hide becomes leather, the deer's presence is replaced by a human presence. Many people are unaware that there was a time when the white-tailed deer was threatened by extinction due to the over-harvesting of them for their hides. The hides used in these works were salvaged from people who hunt to feed their families and would have otherwise discarded them. Others came from deer who had been struck and killed by vehicles. Some of them I tanned myself. Others were tanned by Indigenous peoples in Canada."

The Tri-County Arts Council advocates for the creation and appreciation of arts and culture in the region. TCAC is always open to the public and adding to their Artisan Market and class schedule at 110 West State Street in Olean, NY. New hours are Wednesday to Friday from 10:00am-5:00pm and Saturday from 10:00am-4:00pm.

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whimsydayphoto: This was the most stunning day nearing autumn to celebrate two wonderful people! Photo / Whimsy Day Photography #holidayvalley #evlnow #ellicottvilleny #skiwedding #wnyscenery



mcfm.longdogs: I already had my first pumpkin donut of the season! Yummy! #funingreatvalley #pumpkinville



villaggio_ev: Pasta bar Sunday masterpiece!



sendybendy : Bikes, sunshine, friends... @holimont_parks



bperksey: My favorite season is Soccer. Go Eagles! #ecs #ladyeagles #modified #soccerlife



cupcakedbakeryinc: Thank you for rockin' with us this weekend!



felt.casey: Found a new friend this morning. #evlnow



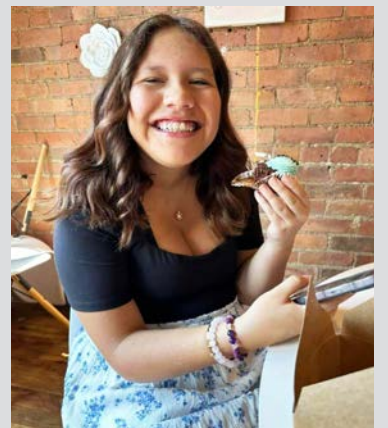
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holimont: As summer winds down, the adventures are just heating up. #holimontadventures #latesummerfun #familyfirst



hornhillpottery: Fire and earth. #ellicottvilleny #716 #slowliving #simple #cookingwithfire #handmade #coboven #ellicottville



audsnow: Sometimes we get to come out & have a little fun! A beautiful day!

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All proceeds to benefit the Rotary Club of Ellicottville



FALL FESTIVAL

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THINGS TO CHECK OUT

“CRAWL OUTTA FALL”
Join us on November 8 for the perfect kickoff to the Beer & Wine Festival. This Friday evening event kicks off at the Tamarack Club and then takes you into the Village of Ellicottville for a fun night of drink specials and fun!

**BEER & WINE FESTIVAL
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Indulge in the ultimate celebration of craft brews from throughout this region at the 20th Annual Beer & Wine Festival.




FIND MORE INFORMATION AT HOLIDAYVALLEY.COM
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