

# Ellicottville NOW

LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ♦ February 8-14, 2024



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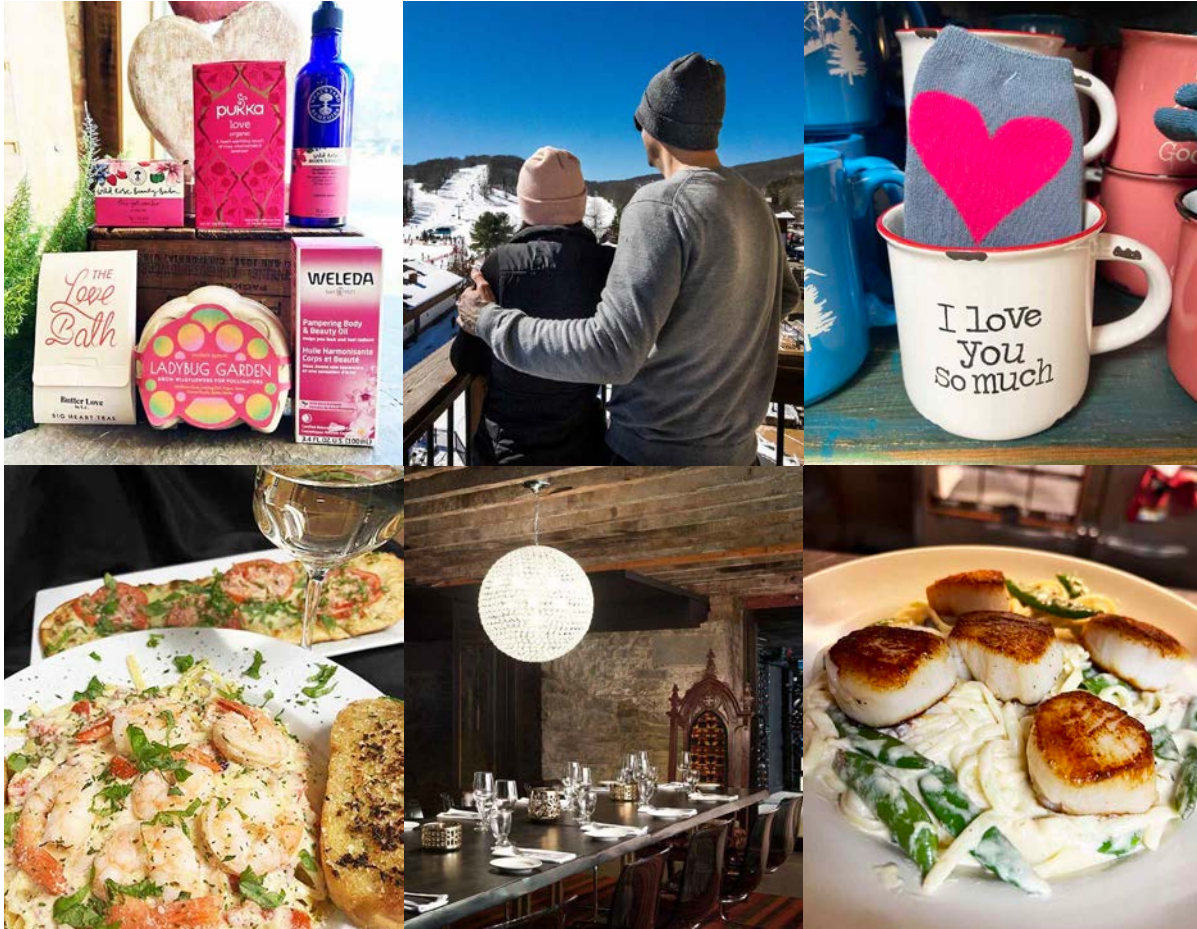
Official Newspaper of the Village & Town of Ellicottville and Town of Great Valley, New York

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**FREE**

## Step Up Your Valentine's Game

Whether You're Coupled Up or Flying Solo, Ellicottville's Businesses are Ready to Treat You!



It's not that you need a special day of the year to show your loved one how much you adore them, but Valentine's Day gives us an opportunity to "think outside the box" when it comes to planning a little something extra special. Sure, chocolate and flowers make good gifts (we would never say no to those), but sometimes it's the thought that goes into a gift and the quality time spent together that counts.

Forget the pressure to plan the perfect date! No matter what your idea of fun is, Ellicottville has got something to inspire couples (or singles!) of all ages and all stages of relationships - from a first Valentine's Day to a 50th.

Book a romantic getaway at Holiday Valley Resort for two and enjoy in a complimentary champagne and strawberries basket, stop into the Winery of Ellicottville and indulge in their wine and chocolate pairing, or head to Myer's Steakhouse in Salamanca for a lovely date night dinner special.

If you prefer a gift that your significant other can unwrap, many of our local businesses have hand selected unique items to stock in-store. Browse our Valentine's Day Shopping Guide inside!

... pages 08-09

### "ME & MY BOO" PARANORMAL INVESTIGATION AT THE WILDWOOD SANITARIUM

Since Valentine's Day happens to fall in the middle of the week, a lot of us will be celebrating over the weekend. Did you forget to make plans? Maybe you're just tired of the same old V-day tropes like flowers, candy, dinner, etc. Perhaps you and your significant other would like to do something unique together to celebrate.

One option is to visit The Wildwood Sanitarium (located at 71 Prospect Avenue in Salamanca, NY) on Saturday, February 17th, where you can join a group for an overnight adventure called, "Me and My Boo Public Investigation". This event is made for couples. The cost includes dinner, the tour, investigation time and a sleepover for two people. All you need to bring is yourselves, a flashlight, and anything you need for a comfortable evening away from home.

... page 11

## WINERY OF ELICOTTVILLE TO HOST YOGA RETREAT FEB. 17TH

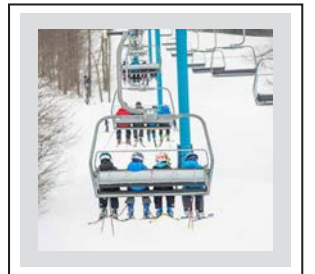
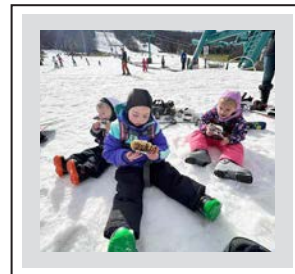
Have you been feeling less than your best lately? Winter weather/rainy day blues starting to damage your calm? Maybe stress and anxiety are weighing you down. How about you take a day and treat yourself to some yoga and wine? You can do it in one place if you claim a spot at the Winery of Ellicottville's Yoga Retreat, happening Saturday, February 17th from 8:00-11:30am. Yes! Yoga and wine... together! Doesn't that sound heavenly?! (That's actually rhetorical, because of course it does!) Winery owners Sam and Beth Sheehy were happy to get this event going after they were approached by Vinyasa & Mindfulness Teacher & Sound Healing Practitioner Jen Siebert about a possible collaboration ... page 07

### MARDI GRAS PARADE APPLICATIONS NOW BEING ACCEPTED

Pull out the masks and break out the beads, the wildest weekend you'll ever experience is just around the corner! Mardi Gras and Winter Carnival Weekend in Ellicottville delivers a New Orleans style celebration with a ski town twist. Mark your calendars for March 9-10th and make plans to share in all the zany fun with your friends and family! Applications for floats and walking groups are now being accepted, so gather your ski buddies, co-workers or just yourself and start planning your very own Mardi Gras parade theme! ... page 04

### instaNOW

Check out some of our featured InstaNOW photos! Want to see yours? Share your photos on IG, tag us and use #evlnow! Find the grid on page 15.



## Local Dog Donates to Animal Rescues

Willy Goat Adventure Calendar Sale Raises Over \$2,000 for Animals in Need

SUBMITTED BY WILLOW

We are happy to announce that we raised \$2,200 for Celebration of Canine Lives Sanctuary in Cuba, NY! Yes, over \$2,000 this year! As you may already know, this calendar was extra special because it featured all of my 6 pups that were rescued with me back in 2014. This is our 5th year making the calendars!

We were also able to donate \$500 to Pip-Skey's Foundation for Homeless Animals. This foundation's mission is focused around fundraising that will be distributed to small, local animal rescues and shelters. They create and host exciting fundraising events throughout the year and disperse the funds to small, local animal rescues to alleviate their financial burdens of taking care of the rescued animals. So amazing!

... page 03



### ANNUAL POWDER TO PROSECCO EVENT RETURNS TO HOLIMONT

Now in its third year, Powder to Prosecco is returning to HoliMont for an exciting two days of education, skiing, community, and fun! Mud, Sweat n' Gears owner Kim Reading is looking forward to celebrating the camaraderie of women skiers with Leslie Baker Brown, three-time NCAA All American, 1982 NCAA GS Champion, Middlebury Hall of Famer and the global leader of Blizzard Tecnica's Women 2 Women Project. The fun kicks off Thursday, February 22nd at Mud, Sweat n' Gears with a relaxed information session, wine and cheese, and continues all day on Friday, February 23rd at HoliMont for a full day of demos and skiing. ... page 04





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# Publisher's PICK

## LOCAL DOG MAKES DONATION

Sale of Willy Goat Adventure Calendars Raises Over \$2,000 for Animal Rescues



SUBMITTED BY WILLOW

We are so very happy to announce that we raised \$2,200 for Celebration of Canine Lives Sanctuary in Cuba, NY!! Yes, over \$2,000 this year!

As you already know, this calendar was extra special because it featured all of my 6 pups that were rescued with me back in 2014. This is our 5th year making the calendars and we just happened to luck out. We pointed out to the printing company some minor misprinting on the photos that most people may not even notice, but we did. When we reached out to let them know and explain we're raising money for a local animal rescue, they offered to re-print the calendars but we asked for a partial refund instead because it would be a lot of work to hustle another 80 calendars (and this project is already a lot of work). Instead of a partial refund, we got a full refund! So instead of having to subtract the printing costs, we got to add them to the total amount!



Here we are pictured in CCLS's first dog room that is just weeks away from getting it's first rescue dog! Like most things post-covid, construction takes longer than expected and Megan has been working very hard to see its completion. There's just a few electrical things that need to be done then the rubber flooring goes in and she can begin! Rather than waiting to get a bunch of rooms done, she is going to start with the first and keep growing so that she can start taking animals right away.

Megan and her family are such wonderful people and we couldn't be more happy to help them out thanks to all of YOUR support! This wouldn't be possible without all of you buying calendars and some donating a little extra. A special shout out to my @holiday-valley team for writing a check for \$250 while all still buying calendars! Also a special shout out to @biodomeproject for being my calendar hub and raising another \$170 in their CCLS donation jar!

To learn more about CCLS, visit their website and read about them in my online store. Please give them a follow on Facebook!

### ANOTHER PAWTASTIC DONATION!

We are so happy to announce that we were also able to donate \$500 to @pipskeys\_foundation through my calendar fundraiser!

The total amount raised was \$2,700 this year so we wanted to share the love. After donating funds to CCLS, we wanted help out our good friend, Chrissy! Chrissy and her family own @conklinfamilyranch and were our neighbors at the @jamestown-publicmarket all last summer so I always enjoyed sneaking over to their tent to see what snacks they had on-hand when I wasn't slinging mushrooms for @snow-beltgardens.



Chrissy started Pip-Skey's Foundation for Homeless Animals in September of 2023 as it was always a dream of hers to find a way to help. Pip-Skey's Foundation's mission is focused around fundraising that will be distributed to small, local animal rescues and shelters. They create and host exciting fundraising events throughout the year and disperse the funds to small, local animal rescues to alleviate their financial burdens of taking care of the rescued animals. So amazing!

Please like and follow her page to see all the exciting fundraising events they will be hosting this year! And thank you all so much again for your support so that we could make this happen! You can also follow my page on IG page (@willygoat\_adventures) to keep up with all of my adventures!

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# LOCAL

## POWDER TO PROSECCO

Mud, Sweat n' Gears Brings Women2Women Event Back to HoliMont



By MARY WEISER

Now in its third year, Powder to Prosecco is returning to HoliMont for an exciting two days of education, skiing, community, and fun! Mud, Sweat n' Gears owner Kim Reading is looking forward to celebrating the camaraderie of women skiers with Leslie Baker Brown, three-time NCAA All American, 1982 NCAA GS Champion, Middlebury Hall of Famer and the global leader of Blizzard Tecnica's Women 2 Women Project. The fun kicks off Thursday, February 22nd at 6:00pm at Mud, Sweat n' Gears and continues all day on Friday, February 23rd at HoliMont.

The program begins at Reading's store with a relaxed information session. "On Thursday night, we have wine and cheese for the ladies, and Leslie comes in and talks about the Women 2 Women program and the new equipment from Blizzard Tecnica," Reading explained. "It's a great little social gathering afterwards where the women can talk to Leslie directly."

So what exactly is the Women 2 Women project? Founded in 2015, Women 2 Women is a global Blizzard Tecnica program whose mission is to create "a diverse and engaged community of female skiers and outdoor enthusiasts by being a trustworthy and credible source for product, education and inspiration." In addition to being the global leader of this program, Leslie Baker-Brown is also the North American marketing manager for Blizzard Tecnica. "She's one of the only female product developers in the industry," Reading noted. "She's sort of like the pioneer behind women-specific skis... She kind of broke through that glass ceiling and is very well known in the industry for developing women-specific products."



The program provides annual opportunities for women to apply for scholarships to further their education in the snowsports industry. One of last year's recipients was Hanna Lee, who has worked as a boot fitter at Mud, Sweat n' Gears for 10 years. This scholarship gave her the opportunity to attend ski boot fitting school in Waitsfield, Vermont just this past September. "I've been able to use the skills I worked on at boot school to help me become a better boot fitter at MSG," said Lee. "That training definitely helped me become a little more confident in selling and fitting ski boots!"

Lee's learning opportunity wasn't limited to her boot fitter school experience, though. She explained, "For the past three years, Leslie and her colleague at Blizzard Tecnica, Sam Tischendor, have spearheaded a series of women's boot fitting Zoom meetings, which I have participated in. It's a great way to meet and talk to other female boot fitters in the ski industry. Sam is a clinical sports podiatrist and works as a boot fitter in Telluride, Colorado so she has a lot of knowledge and experience as a female boot fitter. She and Leslie make a great team and are doing an excellent job of reaching and connecting women in the industry."

Powder to Prosecco is the perfect event to connect with this incredible community of women, and Reading invites all women - regardless of ability - to join in! After Thursday night's gathering, participants convene at HoliMont from 10:00am-3:00pm for a full day of demos and skiing. Baker-Brown and local Blizzard women ambassadors will be demonstrating the award-winning collection of women's skis from their 23/24 lineup. "What made the Women 2 Women program famous was the Blizzard Black Pearl 88, so we'll have those on-hand, but then they also have a new ski," Reading explained. "It's called the Blizzard Sheeva 9, which is a really fun kind of all-mountain ski that the ladies can try out."

No Powder to Prosecco event is complete without some time on the slopes! Skiing with Baker-Brown is one of the highlights of the event, noted Reading, and it's this camaraderie that Lee enjoys the most. "My favorite part of Powder to Prosecco is always the spirit of the group," said Lee. "Everyone is so curious and eager to learn. I think it's awesome that these women are taking the time to learn for themselves about skiing and having the proper equipment."

Friday's activities also include a break for lunch at HoliMont and, new for 2024, an apres party at Villaggio with giveaways and a raffle. Tickets are limited to 50 participants and are on sale now at MSG and online through their Facebook event: <https://fb.me/e/1HU-DKjTj>. Discounted lift tickets can be purchased separately at HoliMont for those who are not members. To learn more about Women 2 Women, visit <https://www.blizzard-tecnica.com/us/en/about-w2w> or search Mud, Sweat n' Gear's on social.

## WINTER MUSIC JAM

Ellicottville Prepares for Another Weekend of High-Energy Entertainment



ELLICOTTVILLE - Come in from the cold and warm up to the high-energy sounds of lively music in all the downtown hot spots during Ellicottville's Winter Music Jam, February 23rd, 24th and 25th. Produced by the Ellicottville Chamber of Commerce, many of the restaurants and bars have hopped onboard to offer a solid line-up in a variety of genres all in one weekend!

"We're always looking for a reason to celebrate the season," said Brian McFadden, Executive Director of the Ellicottville Chamber of Commerce. "There's nothing better than a day of outdoor adventure on our local ski hills, then heading downtown to listen to some of the greatest party bands in our region. Plus, with all the shopping and dining options available in a four-block footprint, you and your friends can experience the full package when visiting!"

This year's Winter Music Jam will welcome close to 20 live performances, and there are NO cover charges for any of them, making a trip to Ellicottville an easy decision. Book your lodging, pack your bags and dig out your dancing shoes! From indie-pop to country hits to classic rock n' roll - covers and originals - you'll find a complete schedule of bands and locations on the chamber's website, so you can strategically plan your musical adventure around town.

"We guarantee just one day isn't going to be enough, so why not make a full weekend out of it?" said Barb Pump, Executive Assistant for the Chamber. "Many of our local accommodations still have availability for Winter Music Jam weekend, but don't wait until the last minute, as many of them fill up fast!"

For a full line-up of this year's Winter Music Jam performers, or to view lodging and dining options and other activities, head over to [ellicottvillenyc.com](http://ellicottvillenyc.com). And be sure to follow @visitellicottville on IG to stay connected.

## MARDI GRAS PARADE

Application Window for Floats and Walking Groups NOW Open!



ELLICOTTVILLE - Pull out the masks and break out the beads, the wildest weekend you'll ever experience is just around the corner! Mardi Gras and Winter Carnival Weekend in Ellicottville delivers a New Orleans style celebration with a ski town twist. Mark your calendars for March 9-10th and make plans to share in all the zany fun with your friends and family! From themed activities on the slopes to a full schedule of entertainment downtown, Ellicottville comes alive with plenty of colorful costumes and high-energy vibes.

"The highlight of the weekend is the annual Mardi Gras Parade down Washington Street," said Barb Pump, Executive Assistant of the Ellicottville Chamber of Com-

"Mardi Gras Parade" continued page 14





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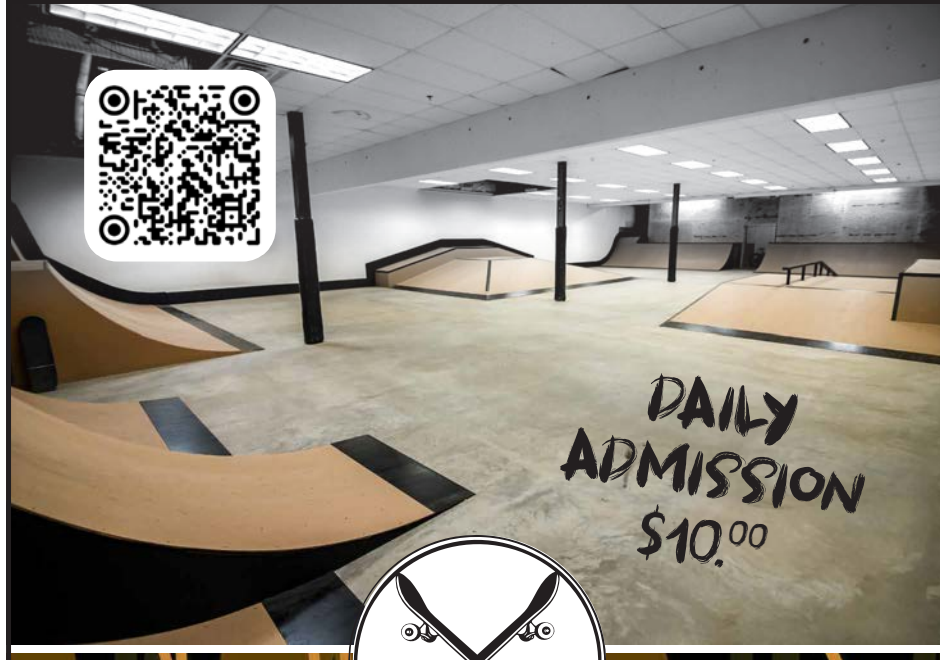
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# COMMUNITY

## FROM IRELAND TO ELLICOTTVILLE

A Kiss on the Blarney Stone Results in Whimsical Mother/Daughter Art



BY CAROL FISHER-LINN

Several months ago, you read in this paper about a book by local authors Katie Benatovich and Charity Burlingame, *Power Poems for Giraffes*, illustrated/designed by Carey Ann Welch and Neal Steward. From now through March, you can see more of Carey Ann Welch's work, along with delightful pieces by her nine year-old daughter, Simone Zella Phillips, inside the Ellicottville Memorial Library entryway. Prepare to be enchanted by their wonderful, whimsical presentations grouped around the walls honoring both Ellicottville and its famous ski culture, and the joy of being imaginative, joyful, hopeful, and maybe even a bit quirky.

Having an interest in the importance of kids enjoying education, Carey Ann started early teaching her daughter art since Simone was practically born, with a crayon in her hand. Like the book Carey Ann helped illustrate, her art focuses on how art makes one feel. Intentional or not, one cannot help but feel joy and lightness when looking at their combined works.

Called "Painted Winter" (Simone's idea), their presentation features "glittering-snow-inspired-art". They are certainly in the right place to love snow as they both do, catching the magical sparkles of falling or fallen snow enhanced by the bright, crisp blue winter sky. We here in the Southern Tier are so accustomed to our environment that we often take it for granted. Carey Ann and Simone give us a gentle nudge to stop and enjoy all the beauty, playfulness and magic that surrounds us. Hailing from Dubuque, Iowa near the great Mississippi River, Carey Ann was accustomed to snow, but was amazed at what happens in snow country when we are visited by a Great Lakes driven lake-effect snow event.



I suppose it was inevitable that Carey Ann would be in touch with whimsy and magical mystery and unknown enchanted forest creatures. You see, per her bio, she was "made" in Ireland the day her parents risked life and limb to lean over and kiss the Blarney Stone. Those of you who have traveled to the Emerald Isle with Bobby McCarthy and possibly have kissed the Stone can surely appreciate the grit and mysticism involved in that ritual. To begin with, kissing the Blarney Stone at the top of the castle is said to give one the gift of gab, which might explain Bobby McCarthy. But it is not

for the faint of heart. One must dangle down headfirst (used to be without safety bars which are now in place) and give it a smack. Carey Ann's viewpoint was surely meant to be.

Carey Ann's mom was an artist and her dad was a storyteller who grew up on a farm and told wild tales of fictitious (but believable to the child, Carey Ann) animals. She comes by all this talent quite naturally. Her mom, Ann, would give 4-5 year old Carey a brush as she was working a garden piece for example, and would encourage her to draw little animals onto the piece. It took no time at all for this budding artist to get bitten by the bug, which she then, fittingly, passed onto her child who also has an artist mother and writer father.

So, the beat goes on. Interestingly, Carey Ann's mom was a southpaw, who are known to often be very artistic (think Michelangelo, DaVinci, Klee). Both doodlers, Carey Ann says Simone is the better of the two. Doodling is also a form of art (think Dali, Jackson Pollock, along with famous people like Marlon Brando and Queen Victoria), so these local doodlers are in great company. And they are willingly sharing their unique talents with us.

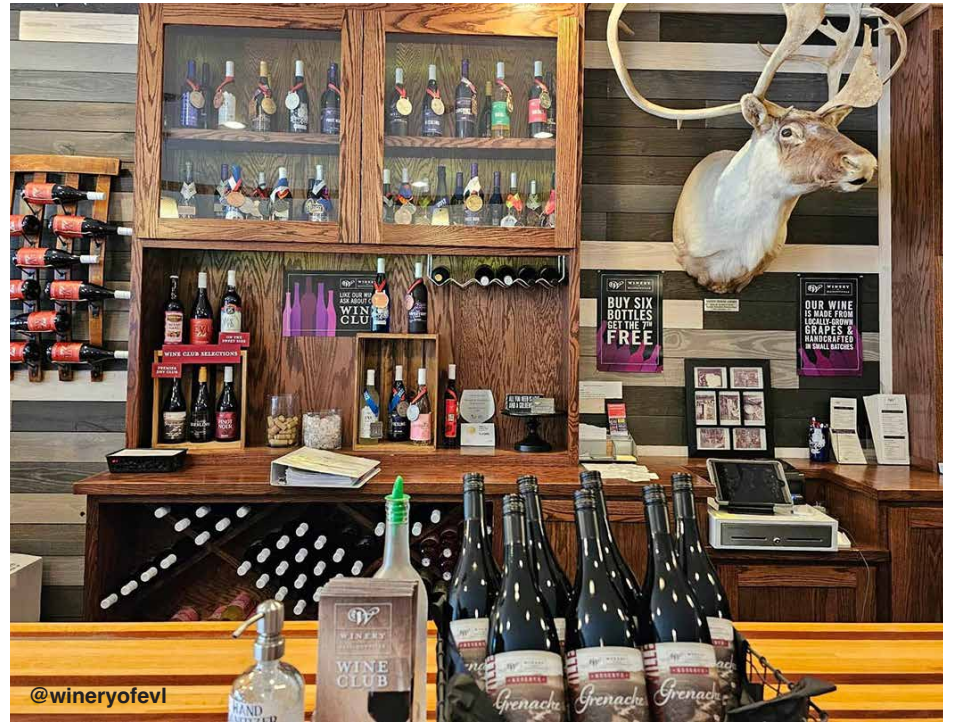
Carey Ann's mantra, "Kindness Rules", seems to have been handed down to Simone, as illustrated in her fine work. Having gone to the University of Fine Arts in Northern Iowa, Carey Ann keeps refining her work as time passes. Simone loves her art teacher at school and participates online in a Kids Cartoon Academy, honing her skills and developing new techniques in 3D clay and cardboard design.

Carey Ann currently works at HoliMont in Customer Service and has had her hand in designing stickers and coloring pages for the young skiers when they come in for breaks. She loves her work there, loves her art, and loves Ellicottville. Quite a love affair, indeed.

Be sure to stop in at the Ellicottville Memorial Library on Maples Road to see their work. It is best described in this quote from Carey Ann: "Paintings created at the intersection of humor and imagination. Inspired by freedom in vivid dreams and childlike imagination, I adore creating images that have yet to be seen. Blending the absurd with the known is an intoxicating and humorous process. My art is impishly sprinkled with hope, humor and surprise."

## WINE AND YOGA PAIRING

Wind Your Body Up & Your Mind Down at the Winery of Ellicottville Feb. 17th



BY JESSICA SCHULTZ

Have you been feeling less than your best lately? Winter weather/rainy day blues starting to damage your calm? Maybe stress and anxiety are weighing you down. How about you take a day and treat yourself to some yoga and wine? You can do it in one place if you claim a spot at the Winery of Ellicottville's Yoga Retreat, happening Saturday, February 17th from 8:00-11:30am.

Yes! Yoga and wine... together! Doesn't that sound heavenly?! (That's actually rhetorical, because of course it does!) Winery owners Sam and Beth Sheehy were happy to get this event going after they were approached by Jen Siebert about a possible collaboration. Beth said, "We were excited to welcome a group in for a relaxing morning!"

Exactly what type of yoga will this include and who will be running the class? Well, the day is actually going to have activities for all yoga skill levels - like Vinyasa Flow Yoga, which is a fast paced series of movements where you string postures together through breaths. And on the opposite end of the spectrum, Restorative Yoga, which is a restful practice that is all about slowing down and working your body with passive stretching. The session will also include Reiki (a form of energy healing utilizing gentle touch) and sound journey (a form of meditation where the practitioner uses sounds, singing bowls etc. to help you relax and deepen your self awareness), guided meditation and journaling as well. Yoga mats, blocks, straps, blankets and eye pillows are being provided.



The instructors are a family pair. First is Jen Siebert, who originally pitched this concept to Sam and Beth at the Winery. She is a 200 Hour Vinyasa and Mindfulness Teacher and a Sound Healing Practitioner. Then there is Cora Utegg, Jen's niece. She is a NYS licensed massage therapist and is the owner of Deeply Rooted Wellness in Fredonia, NY, is a 200 Hour Yoga Teacher and a Level 3 Reiki Master. Together they share a family love of wellness, yoga, meditation and mindfulness practices. They are the perfect guides to help you clear your head and start your weekend off right.



Of course, all that working out and getting your head straight is going to make you hungry. So Cora and the Winery are providing a light brunch to help you balance it all out. Beth said, "Cora will be offering fruit, vegetables, coffee, tea, and pastries, while the Winery is including charcuterie and an optional wine tasting with the purchase of an event ticket which includes 3 wines. Glasses of wine are an additional cost for \$8."

That brings us to the nitty gritty details. The Yoga Retreat is limited to 20 spaces and the cost for the event is \$120 per person. Cash, check (U.S. only) and credit card will be accepted the day of. Your ticket includes all of the yoga/meditation activities, brunch and optional wine tastings. You can reserve your space by texting Jenn at 716-680-1398. Any questions about the retreat or if you have any dietary restrictions, please let Jenn know so that they can do their best to accommodate your needs.

If you can't get into this session, don't be too upset. Beth said, "We are hoping this goes well and we would love to do this again." So there might be another opportunity for you to be a part of the fun in the future.

The Winery continues to add new features all the time. Be sure to check out their new Happy Hour, which they host every Friday, Saturday and Sunday from 5:00-7:00pm, when they offer specials like \$6 glasses of wine, \$4 bottles of beer and light food fare. They are also currently planning events for the spring and summer so they encourage everyone to keep an eye on their social media pages and make sure to stop into the Winery to stay updated.

"We are always trying to find ways to not just be in but be a part of our community," Beth said. "This event will bring our patrons and us closer together. And if we can all relax and stretch and enjoy each other's company over a glass of wine and snacks while we do it, all the better!"

The Winery of Ellicottville is located at 14 Monroe Street, downtown Ellicottville, NY. Search them on Facebook and Instagram to keep up with events and promotional announcements and make sure you reach out ASAP to secure yourself a ticket for the Yoga Retreat! To learn more about the Winery, call 716-699-1055 or visit wineryofellicottville.com.



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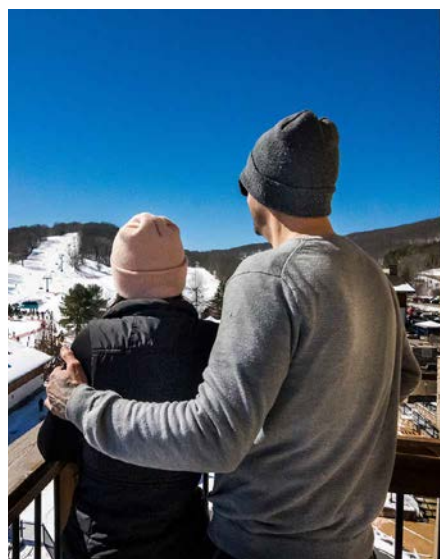
For 75 years, Watson's has been known for sponge candy... and personalized Valentine's hearts. This is a perfect way to show someone you're thinking of them on Valentine's Day Now available not just in our physical store but also available by ordering on our website, ready to be shipped, we hope that the traditions continues for you and your loved ones for years to come!



### A LITTLE BIT OF HEARTS

Daff Dry Goods  
17 Washington St. • EVL  
716.699.2293  
daffevl.com

We are all about hearts here at Daff Dry Goods. Spread the love with a Brighton heart piece for your significant other, a simple coffee mug to tell them your feelings directly or an adorable pair of socks. They will definitely fall head over heels for these heart featuring accessories. Find the perfect gift for your special someone(s) at Daff Dry Goods. There is something for everyone to love!



### ROMANTIC GETAWAY

Holiday Valley Resort  
6557 Holiday Valley Rd. • EVL  
716.699.2345  
holidayvalley.com

Treat your special someone to a midweek getaway on the slopes! Ski & Stay at Holiday Valley between February 11-15 and get a special Champagne & Strawberries for 2 basket in your room. Add a restaurant credit at Edna's at the Tamarack Club on to your reservation to make your evening even more special. Nothing beats a day out, an evening meal and a night in together to complete the Valentine's Day magic. Go to holidayvalley.com to book.



### DATE NIGHT DINNER

Myer's Steakhouse & Inn  
460 Wildwood Ave. • Salamanca, NY  
716.945.3153  
myerssteakhouse.com

Just a stone's throw from Ellicottville sits Myer's Steakhouse and Inn, a fantastic place to take someone you love out for a lovely meal. This Valentine's Day they are offering a Date Night special that includes two 6oz filet mignon, 4 seared scallops and a bottle of wine. And since it will also be Ash Wednesday, fish fries will be available. Reservations, especially during special holidays, are extremely recommended.



### SATISFYING SELF CARE

Ellicottville Oasis Spa @ Holiday Valley  
6447 Holiday Valley Rd. • EVL  
716.699.8996  
evilleoasis.com

This year at Oasis Spa, Valentine's Day is all about the self love, so celebrate with a HydraFacial! The HydraFacial is one of the most powerful, non-invasive skin resurfacing treatments available today. It combines cleansing, exfoliation, extraction, hydration and antioxidant protection that removes dead skin cells and impurities, while simultaneously delivering moisturizing serums into the skin. Treat yourself!



### SURF & TURF SPECIAL

Villaggio  
7 Monroe St. • EVL  
716.699.2199  
villaggioevl.com

Treat those special people in your life to a decadent Valentine's Day meal at Villaggio. You can get a tender 4oz filet mignon paired with a 4oz cold water lobster tail, served over a delightful saffron risotto and finished with a healthy serving of roasted root vegetable medley. All that food for just \$45 per person - now that's a sweet deal to gift your sweetheart! Don't forget their amazing regular menu offerings are available as well.



### GLITZ & GLAMOUR

Good for the Spirit Gifts  
11 Martha St. • EVL  
716.699.2871  
goodforthespiritgifts.com

Looking for a gift for a special person in your life? Or maybe something for you in the name of self love? Good for the Spirit Gifts has new high-quality gemstone pendants set in sterling silver! They also carry an array of other beautiful jewelry and gifts, including a wide variety of decorative and usual crystals with purposes like love, protection and joy. Stop in and pick up something to add some sparkle to your Valentine's Day.



### FUN & FLIRTY

Gado Gado  
26 Monroe St. • EVL  
716.699.2128  
gadogadoellicottville.com

Are you looking for beautiful and unique finds? Here at Gado Gado, we have fun and flirty jewelry from OMG Blings for Valentine's Day. You can wear them individually or stack them up for a more wow factor. We also have a great selection of candles, clothing, accessories, and if you are really unsure what to grab the #1 in your life, you can always grab a gift card and let them choose something special for themselves.





**UNIQUE JEWELRY**

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Give your skater BF/GF some jewelry that matches their passion. These necklaces by Lilith's Creations are custom made for DCT and uses recycled skateboard bearings, paired with hand selected charms and stones including black lava stone and aventurine, with slipknot cords for perfect adjusting. Shop other fun and affordable gift ideas including skate-branded socks, keychains, snapbacks and more.



**DINNER FOR TWO**

Katy's Fly In  
4836 Rt. 219 • Great Valley  
716.699.2040

We are rolling out our special Valentine's Dinner for two menu. On February 14th from 4:00-9:00pm for just \$60 a couple, you can get two glasses of wine, beer or champagne, one appetizer, two entrees and one dessert to share. Lots of great things to choose from like Orange Whiskey Chicken, NY Strip and Bruschetta Shrimp Alfredo. You've got the perfect way to treat the special person in your life this Valentine's Day!



**HEALTHY PAMPERING**

Nature's Remedy  
26 Monroe St. • EVL  
716.699.4372  
naturesremedyny.com

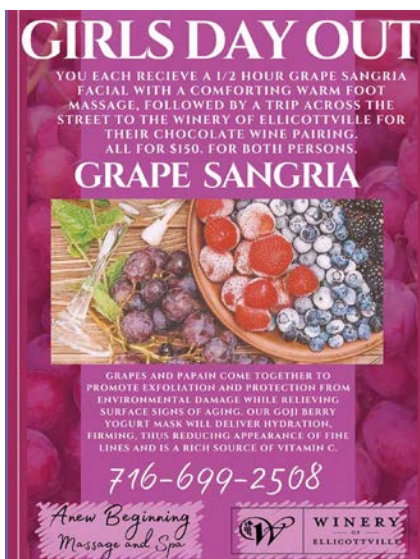
Love is in the air at Nature's Remedy! They have a plethora of locally made, healing and healthy Valentine's Day gifts. Try their Weleda Pampering Body & Beauty Oil or wide selection of teas. You can even give a gift that keeps on giving with the Modern Sprout Ladybug Garden. Just plant in your garden and wait for the wildflowers to bloom. Stop into the shop and browse to feel the love, love, LOVE!



**WINE & CHOCOLATE**

Winery of Ellicottville  
14 Monroe St. • EVL  
716.699.1055  
wineryofevl.com

Wine and chocolate are synonymous with Valentine's Day, so what better way to enjoy them than with a Wine & Chocolate Pairing? We have expertly matched four Watson's chocolates with four of our handcrafted wines. Each pairing is created to heighten notes in the wine and enhance the flavors in the chocolate. While a Valentine's date is a fabulous time to enjoy this treat, you can stop in whenever you like and indulge!



**GIRLS DAY OUT**

Anew Beginning Massage & Spa  
9 Monroe St. • EVL  
716.699.2508  
anewbeginningny.com

Come out to Anew Beginning with your girls for a special Girls Day Out promotion. You each receive a 30 minute Grape Sangria facial along with a comforting warm foot massage, followed by a trip across the street to the Winery of Ellicottville to indulge in their chocolate and wine pairing. You get all of this for just \$150 (for both persons). Now that's the kind of Valentine's Day outing every woman needs!



**COUPLES GEAR**

Loud Underground  
2 Bristol Lane • EVL  
716.699.9162  
loudperformance.com

This month is the perfect time to come check out LOUD Underground's new location! At 2 Bristol Lane in downtown Ellicottville, they have exactly what you need for your loved one this Valentine's Day, making you and yours the cutest looking couple on the slopes! There are plenty of options to choose from, and with sales on all winter gear and completes, NOW is the time to take advantage of HUGE savings!



**EXPERIENCE FINE DINING**

Dina's Restaurant  
15 Washington St. • EVL  
716.699.5330  
dinas.com

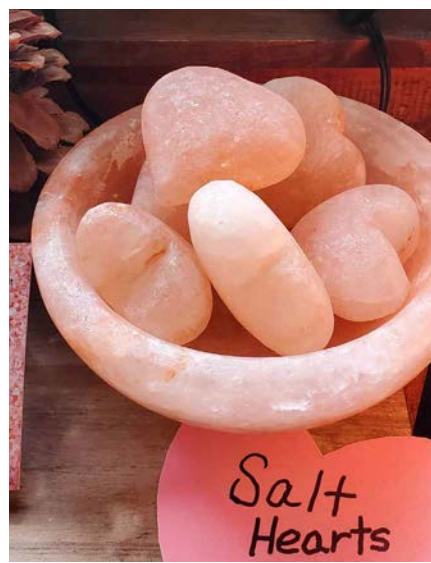
Beyond their delicious food, Dina's provides unique dining experiences for those special occasions. Get your special someone together for an extraordinary dining experience in Dina's Wine Cellar. Enjoy a private meal with a dedicated server and the finest of wines from their cellar. Truly a unique experience that your significant other and your friends can celebrate together. Please contact them for wine cellar availability.



**HAPPY HYDRATION**

Thrive IV Lounge  
5 E. Washington St. • EVL  
716.244.3286  
thriveivloungewny.com

Pucker up for Thrive IV Lounge's February Valentine's Day specials! When you purchase a platinum HydraFacial, receive a free Lip Perk on them (offer valid Feb. 1-14). Take \$25 off a couple's IV session (offer valid Feb. 10-14, in-office service only). To schedule an appointment, visit their website at thriveivloungewny.com or call/text at 716-244-3286. Walk-ins are welcome!



**SALT STONE HEARTS**

Ellicottville Salt Cave  
32 W. Washington St. • EVL  
716.699.2068  
ellicottvillesaltcave.com

Surprise your sweetie with a Himalayan Heart Shaped Salt Stone. Very versatile, you can put it in the fridge and use it to ease bruising or heat it in dry heat source (such as a heating pad, never the microwave), coat it with some coconut or jojoba oil and use it for a therapeutic warm massage. Grab the instructions for keeping your stone fresh when you pick one up. Its a perfectly unique gift for the special person in your life!



**SPIRIT OF THE OCCASION**

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716.597.6121  
ellicottvilledistillery.com

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**THINGS TO CHECK OUT**

### HOLIDAY VALLEY TUBING CO.

Open Thursday-Sunday, the Holiday Valley Tubing Park is pure winter fun! With up to 20 lanes and a cozy warming hut at the base of the hill, it's the perfect place for a family outing.

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Stop by the Holiday Valley Mountain Shop for all of your official Holiday Valley licensed apparel and a fantastic selection of outerwear from brands like 686, Obermeyer, Picture, North Face and the best selection of kids outerwear you will find!




**FIND MORE INFORMATION AT HOLIDAYVALLEY.COM**  
6557 Holiday Valley Rd. | Ellicottville, NY 14731 | 716-699-2345



# REGIONAL

## BREAKFAST WITH THE BIRDS

Audubon Community Nature Center to Host Pancake Breakfast



JAMESTOWN - Morning birding and breakfast is a great way to start the day! You are invited to Breakfast with the Birds Saturday morning, February 17th. Join Audubon staff and volunteers any time between 9:00-11:00am as they make a delicious pancake breakfast to go with a morning at the bird feeders.

The weekend celebrates the Great Backyard Bird Count, a project of Cornell Lab of Ornithology, National Audubon Society, and Birds Canada that launched in 1998 to track where birds end up in the winter just before they begin migrating in the spring. There will be bird quizzes, bird programs and helpful volunteers who are counting birds at the Nature Center's feeders. They will show you how the count works as well as how to identify some of those hard-to-identify birds.

Bring a little bit of extra cash with you to participate in a basket raffle to win a birding basket full of bird books and supplies for adults and children alike. Cost for the event is \$16, \$12 for Nature Center members and children ages 3-15, free for ages 2 and under. Paid reservations are requested by Tuesday, February 13th. The price increases by \$5 for later registrations.

For more information and to register, please call 716-569-2345 during business hours or go to [AudubonCNC.org](http://AudubonCNC.org) and click through "Programs and Events."

### AUDUBON SEEKING EVENT SPONSORS/PARTNERS

With this new year, Audubon Community Nature Center (ACNC) is inviting businesses and individuals to receive some publicity for themselves while they support nature education. Every year Audubon presents major events that bring thousands of visitors to the Nature Center. The events for 2024 include:

- Audubon Lights: March 22nd-April 6th
- Dragons and Fairies Festival: June 15th
- Wild 5K: July 27th
- Monarch Butterfly Festival: August 31st
- Enchanted Forest: October 4-5th

Businesses, organizations and individuals who make a financial commitment to any of these events support school programs that include over 12,000 student contacts yearly in Chautauqua and Warren counties. They also support a committed group of over 200 volunteers who contribute more than 12,000 hours of service annually, a 570-acre property with six miles of nature trails available to the public free of charge daily from dawn until dusk, and ACNC's Animal Ambassadors program.

In return, Audubon Event Sponsors are named on Audubon's website, social media and event posters, and receive free event tickets. Benefits increase depending on the level of sponsorship. FSC Systems, Kwik Fill and Buffamante Whipple Buttafaro, P.C. have already stepped up to sponsor Audubon Lights.

The Audubon Community Partners program recognizes individuals, businesses, and local foundations who support ACNC at the \$2,000 level and above. Businesses that choose this level of sponsorship are recognized throughout the year in the bi-monthly newsletter and through the two on-site Community Partners displays. Community Partners play an essential role in supporting ACNC's events, programs, buildings and grounds. Current Community Partners include: Bruce and Juline Battler, Carnahan-Jackson Foundation, Chautauqua Region Community Foundation, Curt and Susie Westrom, Holmberg Foundation, Hultquist Foundation, Jessie Smith Darrah Fund, Lenna Foundation, Ralph C. Sheldon Foundation, Bob Frucella's Tax Service, Bush Furniture/A Brand of eSolutions Furniture, Hal and Mary Conarro, Doug and Lamae McCullor, National Fuel Gas Company, Weinberg Financial Group, and Whirley Drinkworks.

To learn about becoming an Audubon Community Partner or Event Sponsor, contact Public Engagement Specialist Jeff Tome at 716-569-2345 or [JTome@AudubonCNC.org](mailto:JTome@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 natural play space, 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 Monday-Saturday 10:00am-4:30pm and Sunday 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 or visit [AudubonCNC.org](http://AudubonCNC.org).

## ME & MY BOO INVESTIGATION

Have a "Spooktacular" Paranormal Date Night at the Wildwood Sanitarium



BY JESSICA SCHULTZ

Since Valentine's Day happens to fall in the middle of the week, a lot of us will be celebrating over the weekend. Did you forget to make plans? Maybe you're just tired of the same old V-day tropes like flowers, candy, dinner, etc. Perhaps you and your significant other would like to do something unique together to celebrate. One option is to visit The Wildwood Sanitarium (located at 71 Prospect Avenue in Salamanca, NY) on Saturday, February 17th, where you can join a group for an overnight adventure called, "Me and My Boo Public Investigation."

Let's start off with a little history about The Wildwood Sanitarium and what makes it the perfect spot for a paranormal investigation. The sanitarium opened in 1906 as an osteopathic hospital treating patients with non-contagious diseases such as addiction and mental illness. The hospital later treated tuberculosis patients in 1923. Their treatments included a bath house in the basement, fresh air, and a good diet. They also used light bath therapy, which is like a modern day tanning bed. Stepping into the building almost feels like stepping back into the 1800s. You can book special events, private investigations and ghost tours by visiting their website at [wildwoodsanitarium.com](http://wildwoodsanitarium.com).

February 17th's event is made for couples. The cost is \$75, which includes dinner, historical tour, investigation time and sleepover for two people. (That's a spooky good deal!) Dinner will feature pasta with your choice of red or white sauce, side dishes and non-alcoholic beverages. All you need to bring is yourselves, a flashlight and anything you need for a comfortable evening away from home.

The event will begin with a historic tour of the property. The tour will be hosted by the current owners of the sanitarium, Brooke Przystal and Zachary Przystal. They will guide guests around the location and talk about the full backstory of the facility, along with sharing paranormal experiences associated with the sanitarium. They will also include details of the restoration that has taken place and future restoration plans.

Then it's on to the fun part - the investigation! (Time to put your ghost hunting pants on!) The investigation during the event will be hosted by volunteers that help care for the property and have a love for Wildwood. Guests will be led through all four floors of the building with various pieces of paranormal equipment that can be seen on all the ghost hunting shows. The equipment will be used to try and communicate with spirits that still reside in the building, and sometimes loved ones of guests even pop in!



"We host these paranormal investigations and history tours not only because it's a passion of ours, but also to fund the restoration of The Sanitarium to its former glory," said Brooke. "It's a beautiful building with a lot of historical value that should be saved and remembered."

Don't be afraid of missing out on your opportunity to do some investigating if you already have weekend plans. Brooke and Zachary host many events throughout the year. "We have a lot of events in the works

for this year including the 'There is Hope Paranormal Convention', a fundraiser for mental health and suicide prevention, on October 12, 2024," Brooke explained. "The convention will bring paranormal and supernatural special guests from around the country that have been featured on TV, movies, and social media. We'll also have various types of vendors, special lectures, and a silent auction."

Any future events can be found at [www.wildwoodsanitarium.com](http://www.wildwoodsanitarium.com) and on The Wildwood Sanitarium's Facebook page.

Most recent upcoming events outside of the Me and My Boo Public Investigation is the Single Specters Investigation, which is tailored to those who do not have a partner to accompany them on Sunday, February 18th and then the Public Investigation with the Bump in the Night Society on March 16th. So there are plenty of chances to come out and do a little spooky sleuthing.

If you are interested in more information on any upcoming events, want more details on the history of the Sanitarium, or are thinking of booking a private investigation, (They also host birthdays, so you could have a birthday bootakular.) just reach out to Brooke and Zachary at 716-801-5786 or email [thewildwoodsanitarium@gmail.com](mailto:thewildwoodsanitarium@gmail.com).



# LIFESTYLE

## Core Performance: Drinking Pop

By **KIM DUKE, CERTIFIED PERSONAL TRAINER**

In my last article I shared how processed and “ultra-processed” foods were a major contributing factor to our nation’s obesity and declining health. This week I wanted to zero in specifically on pop.

Pop, like all things, can be enjoyed in moderation. And while it’s pretty common knowledge that soda isn’t the greatest for your health, what really happens to your body when you drink pop? You may have seen various videos online showing how soda can be used to clean pennies, create soda-bottle volcanoes when paired with Mentos mints or even corrode metal. And according to a 2021 article published in Preventing Chronic Diseases, 63% of adults in the U.S. drink pop at least once per day.

According to the CDC, drinking pop frequently is associated with weight gain, obesity, type 2 diabetes, heart disease, kidney disease, non-alcoholic liver disease, tooth decay, cavities and gout. Additionally, adults and adolescents who drink pop frequently are more likely to have less healthy behaviors, including smoking, not getting enough sleep and more screen time. The following three health concerns were so glaring that I decided to focus this article primarily on them.

1. Chronic pop consumption rots your teeth: Drinking pop is associated with tooth decay (dental caries), enamel erosion and tooth loss. Anything really acidic and anything with a lot of sugar can cause tooth “rot”. Pop is quite acidic and usually has high amounts of sugar, which gets turned into lactic acid by plaque and microbes in the mouth and starts to dissolve the teeth.

In addition to damaging your teeth, pop can also impact your oral hygiene in several ways, including changes to saliva and gums. “Saliva plays a crucial role in oral health, as it helps to neutralize the acid in your mouth and wash away food particles and bacteria. However, drinking pop can decrease your saliva production, making it harder for your mouth to fight off harmful bacteria,” says Ankit Patel DMD at 24/7 Dental. “Also, the sugar and acid in pop can irritate and inflame your gums, leading to swelling, bleeding, and even gum recession. If left untreated, gum disease can result in tooth loss and other serious health problems.”

2. Pop contains flame-retardants: Some popular pop brands, including Mountain Dew, use brominated vegetable oil - a toxic flame retardant - to keep the artificial flavoring from separating from the rest of the liquid. This hazardous ingredient (sometimes listed as BVO on soda and sports drinks) can cause bromide poisoning symptoms like skin lesions and memory loss, as well as nerve disorders. If that’s not a good enough reason not to “Do the Dew,” I don’t know what is.

3. Drinking pop makes you a lab rat: Many American pop brands are sweetened with high-fructose corn syrup, a heart-harming man-made compound derived mainly from genetically engineered corn. The problem? Genetically engineered ingredients have only been in our food chain since the 1990s, and we don’t know their long-term health impacts



because the corporations that developed the crops never had to test them for long-term safety. Case in point: Some recent findings suggest that genetically engineered crops are linked to digestive tract damage, accelerated aging, and even infertility!

Pop impacts your insides by damaging your oral hygiene, irritating your stomach and changing your gut microbiota. Because of its high added sugar content, it can contribute to a myriad of health problems associated with high added sugar intake, including metabolic syndrome, diabetes and cardiovascular disease. Enjoying a pop occasionally can be refreshing, but drinking it frequently/daily is associated with adverse health effects. If you’re craving pop but worried about the impact on your health, consider a healthier, less-risky alternative, such as flavored seltzer, kombucha or sparkling tea.

*Kim Duke is a certified personal trainer and owner of Core Performance Fitness and Training, located at 55 Bristol Lane, Ellicottville, NY. Kim resides in Ellicottville where she raised her two sons, Zach and Nik. For more information about her studio and her services, visit her Facebook page, go to [www.coreperformancefitness.com](http://www.coreperformancefitness.com) or call her directly at 716-698-1198.*

## Suzy's Star Readings: Couples Compatibility

By **SUZY WOO, B.Msc**

### WHAT DO ZODIAC SIGNS NEED FOR A PARTNER?

<p><b>CANCER</b></p> <p>need a/an...  <b>SOCIABLE</b>  <b>RESPECTFUL</b>  <b>DUTIFUL</b>  <b>OBLIGING</b>  <b>INTERESTING</b>  <b>TACTFUL</b>  <b>SENSIBLE</b>  <b>INFLUENTIAL</b>  <b>COMPETENT</b>  <b>PROMISING</b></p> <p>partner.</p>	<p><b>AQUARIUS</b></p> <p>need a/an...  <b>PASSIONATE</b>  <b>DEPENDABLE</b>  <b>KIND</b>  <b>FORBEARING</b>  <b>INDUSTRIOUS</b>  <b>ATTENTIVE</b>  <b>GALLANT</b>  <b>BROTHERLY</b>  <b>OBJECTIVE</b>  <b>ORDERLY</b></p> <p>partner.</p>	<p><b>LEO</b></p> <p>need a/an...  <b>UPBEAT</b>  <b>DYNAMIC</b>  <b>ATHLETIC</b>  <b>POWERFUL</b>  <b>BOLD</b>  <b>ADVENTUROUS</b>  <b>LOUD</b>  <b>STRONG</b>  <b>EXPRESSIVE</b>  <b>VAIN</b></p> <p>partner.</p>	<p><b>GEMINI</b></p> <p>need a/an...  <b>SILENT</b>  <b>MINDFUL</b>  <b>SKILLFUL</b>  <b>BEHAVE</b>  <b>TRUSTWORTHY</b>  <b>ENCOURAGING</b>  <b>PROVIDING</b>  <b>OPTIMISTIC</b>  <b>FORBEARING</b>  <b>DIRECTING</b></p> <p>partner.</p>
<p><b>CAPRICORN</b></p> <p>need a/an...  <b>LOYAL</b>  <b>RESPONSIBLE</b>  <b>HARD-WORKING</b>  <b>SKILLFUL</b>  <b>DOWN TO EARTH</b>  <b>HELPFUL</b>  <b>KIND</b>  <b>TOLERANT</b>  <b>FLEXIBLE</b>  <b>COURTEOUS</b></p> <p>partner.</p>	<p><b>PISCES</b></p> <p>need a/an...  <b>FREE-SPIRITED</b>  <b>FREE-SPOKEN</b>  <b>CHARITABLE</b>  <b>RELIGIOUS</b>  <b>CARING</b>  <b>INTELLIGENT</b>  <b>THOUGHTFUL</b>  <b>CREATIVE</b>  <b>HELPFUL</b>  <b>HUMOROUS</b></p> <p>partner.</p>	<p><b>ARIES</b></p> <p>need a/an...  <b>HUMBLE</b>  <b>POLITE</b>  <b>AMBITIOUS</b>  <b>ENERGETIC</b>  <b>LOVING</b>  <b>STRONG</b>  <b>HONEST</b>  <b>HUMANE</b>  <b>RELIABLE</b>  <b>GOAL ORIENTED</b></p> <p>partner.</p>	<p><b>VIRGO</b></p> <p>need a/an...  <b>ORDERLY</b>  <b>SYMPATHETIC</b>  <b>MORAL</b>  <b>RELIGIOUS</b>  <b>EDUCATED</b>  <b>PATIENT</b>  <b>UNDERSTANDING</b>  <b>DECENT</b>  <b>LOYAL</b>  <b>FRIENDLY</b></p> <p>partner.</p>
<p><b>TAURUS</b></p> <p>need a/an...  <b>ARTISTIC</b>  <b>ENTHUSIASTIC</b>  <b>ALERT</b>  <b>STABLE</b>  <b>KIND</b>  <b>DEPENDABLE</b>  <b>WISE</b>  <b>ASSERTIVE</b>  <b>COURAGEOUS</b>  <b>CAUTIOUS</b></p> <p>partner.</p>	<p><b>SAGITTARIUS</b></p> <p>need a/an...  <b>CHEERFUL</b>  <b>SIMPLE</b>  <b>SENSITIVE</b>  <b>POSITIVE</b>  <b>ADVENTUROUS</b>  <b>DETERMINED</b>  <b>METHODICAL</b>  <b>CARE-FREE</b>  <b>ENERGETIC</b>  <b>AUDACIOUS</b></p> <p>partner.</p>	<p><b>LIBRA</b></p> <p>need a/an...  <b>RESOURCEFUL</b>  <b>PROVIDING</b>  <b>HEADSTRONG</b>  <b>DEDICATED</b>  <b>FAITHFUL</b>  <b>LOVABLE</b>  <b>SERIOUS</b>  <b>STEADFAST</b>  <b>CALM</b>  <b>COLLECTED</b></p> <p>partner.</p>	<p><b>SCORPIO</b></p> <p>need a/an...  <b>GENTLE</b>  <b>SENSITIVE</b>  <b>CONSIDERATE</b>  <b>SOFTHEARTED</b>  <b>HONEST</b>  <b>AFFECTIONATE</b>  <b>EFFICIENT</b>  <b>SELF-WILLED</b>  <b>BRAVE</b>  <b>PERSISTENT</b></p> <p>partner.</p>

February is a real busy month energetically! Topics swirl around romance with Valentine’s Day, but this month really accentuates it because the cosmic lovers, Mars and Venus, both join together in the sign of Aquarius. What does this mean? You can suddenly enter, exit, revamp or make amends in a relationship!

How compatible are you with others though? Let’s bust some myths here and give you some insight. Same does not always get along with same! Fiery people can run together or totally butt heads!

If you only know your sun sign, use that. If you know your moon and rising sign, then use that. The sun sign represents your wants, moon is your needs, rising is what needs developing. It is fascinating that families - even adoptive families - have overlaps of at least one of these 3!

- Aquarius are awesome with itself and Scorpio. Dry twisted humor and a little anti-social.
- Scorpio totally does not get along with Libra but loves Aquarius, Leo and Cancer.
- Libra loves Taurus. They are both ruled by creative and sweet Venus. Pisces is good with these signs.
- Gemini loves everyone and blends great with Pisces, Libra, Aries and Sagittarius.
- Sagittarius loves other Sagittarius, Pisces, Libra, Leo, Gemini and Aquarius.
- Aries loves whoever will listen to them and run with them. They need Capricorns to keep them focused. These signs are compatible if the Aries stays motivated.
- Capricorns love other Capricorns, and Aquarius, Leo, Cancer.
- The fixed (Leo, Scorpio, Taurus and Aquarius) signs can be fabulous together because they are super focused and driven, but also stubborn.
- The mutable signs (Gemini, Virgo, Sagittarius and Pisces) can get so distracted that nothing gets done and no one can make up their mind, but they had a good laugh and end up with more ideas than they walked in with.
- Virgo is great with health and other earth signs like Virgo, Capricorn, Taurus.
- Earth and water are compatible: Taurus, Cancer, Virgo, Scorpio, Capricorn, Pisces.
- Finally, the air and fire signs are also compatible: Aries, Gemini, Leo, Libra, Sagittarius and Aquarius.

If you’d like to check compatibility, you can always book a reading with me at [www.suzy-woo.com](http://www.suzy-woo.com). Thank you my friends and have fun with this! What are your family’s sun, moon and rising? Your bestie? Your maybe date? Share with me!

Until next time, with love I remain your Sister from the Stars,  
 - Suzy Woo

*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](http://suzy-woo.com) or call 716-699-2871.*



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**THE ELICOTTVILLE TEAMS LISTINGS OF THE WEEK!**

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<p><b>6979 ROUTE 242 W</b> Incredible investment opportunity, 3 homes (12 bdms, 7 baths) surround by Holimont Resort. Walk to everything. Prime rental potential. <b>\$1,395,000</b> Listing Agent: Jennifer Courtney</p>	<p><b>5805 HUMPHREY ROAD</b> Custom built 4 bedroom, 3.5 bath Contemporary home only 5 mins from Ellicottville. Heated workshop. Panoramic Area Views! <b>\$795,000</b> Listing Agent: David Blanchard</p>	<p><b>VL 1 &amp; 2 ROUTE 219</b> 51+ acre parcel being split into two 25.76 acre parcels. Can be purchased as a whole. Open &amp; wooded parcels w/ stream &amp; scenic views. <b>\$134,900 ea.</b> Listing Agent: David Blanchard</p>

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**NOW HIRING:** The Gado-Gado team is looking for an addition. We're looking for a hard-working and motivated individual to work alongside us. Must be available on weekends and festivals! Email resumes and a brief introduction to gadogado98@hotmail.com. \*This is a yearly position, not seasonal.

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## FOR RENT

**ALPINE WILDERNESS LODGE VACATION RENTAL:** Available weekly or weekends, December 20th through September 30th. Sleeps 14. Pet friendly! Located only 8 minutes to Holiday Valley and Ellicottville. Surrounded by wildlife and hiking/snowshoeing trails. 60-foot deck overlooking pond. Book your skiing, hiking, biking, or fishing adventure TODAY! Please email ellicottvillefun@hotmail.com or call 716-244-0608.

## COMMUNITY

**VISIT ST. JOHN'S FOR SATURDAY SERVICE:** St. John's Episcopal Church is located at the village of Ellicottville's historic four corners. We host a visitor-friendly service every Saturday beginning at 5:00pm. Any and all are welcome to attend!

**DEAR FRIENDS OF THE LIBRARY:** The Ellicottville Memorial Library is now recycling used/empty and new/unused printer cartridges, cell phones/smartphones, old laptop computers and tablets. Please remove user info, passwords and unlock all phones and tablets before you donate. Computer hard drives will be cleaned of all personal information by CGRP. The library makes a profit on the sale of these items. Please include AC adapters and cords when possible. Just drop the items in our collection box. Thank you for helping us recycle! The Ellicottville Memorial Library is located at 6499 Maples Road. For questions, call 716-699-2842.

**RED CROSS BLOOD DRIVE** at St. Paul's Lutheran Church, 6360 Route 242 East, Ellicottville, NY, in the Community Room on Friday, February 9th, 2024 from 1:00pm to 6:00pm.

## GRANTS AVAILABLE

### Allegheny-Cattaraugus-Chautauqua Fund for Women Grant Application Open

**ALFRED STATION** - Announcing the open period for grant applications through the Allegheny-Cattaraugus-Chautauqua Fund for Women (ACC-FFW). Grant applications for individual grants are being accepted through March 15, 2024. A thorough review of applications will precede award notifications on or around April 30, 2024.

Grants are awarded based on demonstration of need and applicant explanation on how the money will be used toward continued betterment that facilitates sustained self-sufficiency. The amount awarded may vary from year-to-year, based on the number of applications and funds available, up to \$1,000 per grant.

Grant applications are being accepted online at <https://www.acffw.org/grants>, or by emailing info@acffw.org to request an alternative application vehicle (paper application or individual interview).

The vision of the Allegheny-Cattaraugus-Chautauqua Fund for Women is to be a resource that will provide financial assistance and open doors for women who seek continued betterment. The Fund for Women exists to invest in the lives of women in our communities in order to promote sustained self-sufficiency.

The ACC-FFW was established in 2017 to combat poverty in the tri-county area by providing women the opportunity to seek financial assistance for long-term self-improvement, and by promoting philanthropy by and for women. The ACC FFW is a 501(c)(3) nonprofit organization. Donations to this fund are tax-deductible to the extent provided by law.

The Cattaraugus Region Community Foundation is the area's supportive, responsive, and trusted community foundation. Established in 1994, CRCF is growing good by connecting donors to the causes they care about most in the region. Grants from the foundation support many areas, including education, scholarships, healthcare, the arts, community development, human service, and youth development. To learn more, call 716-301-CRCF (2723), email foundation@cattfoundation.org, or visit online at [www.cattfoundation.org](http://www.cattfoundation.org). CRCF is also on Facebook ([facebook.com/cattfoundation](https://facebook.com/cattfoundation)) and Twitter (@CattFoundation).

## HOLIDAY VALLEY FREESTYLE

### Resort Hosts Three Days of Successful Training and Competition

Last weekend, February 3rd and 4th, 90 athletes and their families from six freestyle teams from mountains across the East visited Holiday Valley for 3 days of training and competition. It was an outstanding weekend at Holiday Valley. The two full mogul competitions took place on Firecracker. It was a tough course, but the coaches, athletes and many volunteers proved up to the challenge.

In the end, HV came out on top - on the podium and with many new friends from other mountains. The team from Blue Mountain - after driving more than 5 hours to get to Ellicottville - was so thankful for the weekend experience, their head coach said they will "definitely be back" when HV hosts another mogul comp. And it was topped it off with two sun-splashed afternoons that made those big moguls just a little bit softer.

Firecracker is a challenging black diamond trail, and when it's covered with moguls and jumps, it's gnarly! The Holiday Valley Freestyle Team (HVFT) had 26 podium finishes, including First-Place Combined Overall Female winner, Samantha Neil, and Runner-up Combined Overall Male, Owen Przepiora. Six HVFT skiers received first place awards. Sixteen of the youngest boys and girls (7 and under and 9 and under) took on those Firecracker moguls and conquered them.

The event would not have been possible without the 40+ event volunteers, including HVFT parents, family, friends, former HVFT parents and friends of Holiday Valley. They helped with more than 20 different jobs like course-chopping, starting, timing, scoring and score-running, announcing, judge-assisting, bib-packing, and lunch delivery. The Team would also like to thank their coaches, Training Center staff and Holiday Valley for making this event possible.

## D&D ADVENTURERS WANTED

The Ellicottville Memorial Library is starting a beginners D&D group for teens. Interested in fantasy? Games? Improv? This might be the group for you! Join us in creating characters, learning game mechanics, and embarking on wild adventures. Please contact the library at 716-699-2842 to sign up!

Other activities at the library include:

- Crafts with Cathy for Adults: Tuesdays at 2:00pm. Join Cathy in creating beautiful works of art. Coming Up: German Paper Cutting and Animal Silhouette Painting.
- Story Time: Every Wednesday at 9:30am. Join Dr. Kate for a few stories, sing a few songs, and make a craft! Themes: February 14th: Valentine's, February 21st: Animals at Night and February 28th: Numbers.
- Maker Space: Wednesdays from 3:00-5:00pm. Get creative at the library with new gadgets and interactive toys! Enjoy unstructured play, exploration and learning!

The Ellicottville Memorial Library is located at 6499 Maples Road.

## MARDI GRAS PARADE

cont. from page 04



merce, which produces the event. "Many of our local businesses and organizations spend numerous hours getting creative and putting together marching groups and floats to enter into the parade. It's always exciting to see what everyone comes up with!"

Gather your ski buddies, co-workers or just yourself and start planning your very own Mardi Gras Parade theme. Parade applications are now available at [ellicottvilleny.com](http://ellicottvilleny.com). The best part: It's FREE! The parade, which will take place Saturday, March 9th at 6:00pm, will make its way from Katy's Cafe to the Gazebo in front of Town Hall, led by this year's Queens (yes, plural... there are five of them!), along with Ellicottville's honorary Grand Marshall, Punxsutawney Phil!

"Mardi Gras Weekend always brings a great crowd of families, friends, locals and visitors," said Pump. "And Punxsutawney Phil makes it that much more exciting! The REAL Punxsutawney Phil! Kids get such a kick out of seeing the famous weather predicting fella. And with his prediction of an early spring, we're expecting the weather to be calm and cooperative."

Past parades have seen quite an eclectic mix of fun and creativity - from Old Man Winter and snow angels to minions and playing cards... even a group dressed in life size solo cups! How creative can YOU get?

The Ellicottville Chamber of Commerce reminds everyone that the Mardi Gras Parade is a family-friendly event. As a reminder, no alcohol is permitted in the parade, and while candy and trinkets such as bead necklaces can be handed out to spectators, marchers are asked not to throw items into the crowd.

For even more fun, keep an eye out for Holiday Valley's Winter Carnival schedule, which coincides with Mardi Gras Weekend and will surely keep the young and young at heart busy during the daytime hours.

Need more details? Head to [ellicottvilleny.com](http://ellicottvilleny.com) or follow the Ellicottville Chamber of Commerce on Facebook, @visitellicottville on Instagram and keep tabs on the latest leading up to the biggest party of ski season!



# instaNOW

Follow us on Instagram @ellicottvillenow

Share your photos with us and see them in our InstaNOW Photo Gallery!

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



Tagged images serve as granted permission for use by ellicottvilleNOW for promotional purposes of any kind in print • online • and on social media platforms.



@mudswatgears: We're excited and you should be too. Shop our winter sale and save 20% on all adult and junior outerwear. Shop early while the selection is good! #evlnow #shoplocal #shopsmall #thinksnow



@charlesbchamberlain: It takes more than one shot to get that amazing photo of Sassie, who has become a complete #diva! #evlnow #divadog



@shannonishepherd: Making tracks on this beautiful day!



@jcurtis1478: Going to be a nice day! #ellicottvilleny #evlnow



@lcove1: Out on the town with this guy. #evlnow #allinwhite #monochrome #ellicottvilleny #lovemyson #2girlsandaguy



@holimont: Is there anything more exhilarating than shredding slopes?



@mrsski815: Take random pictures of your kids after a day of skiing!



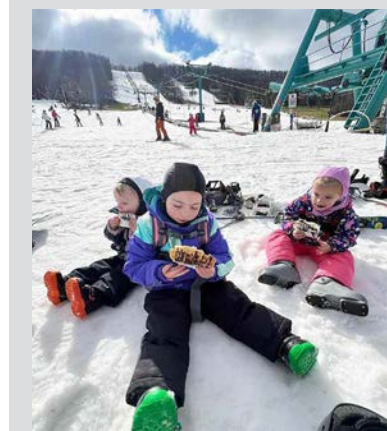
@dailycitytrain.skate: Let the DCT team help your kids burn off some post-classroom energy. Every Wednesday 3:00-6:00pm! #evlnow



@willygoat\_adventures: If you're headed south on the 219 from @visitellicottville be sure to get a glimpse of my first billboard premiere!



@team\_pritchard: "Good Day Sunshine" @holimont style. #thisisellicottville #evlnow #visitellicottville #placetolive



@kayla\_lyn4: Blue skies and chocolate waffles. #evlnow



# SALE

## Save On Select Winter Favorites!

follow us @mudswatgears  

### THE SKI CLUB OF LOCKPORT PRESENTS

# Ski 4 A Cure

FRIDAY **FEBRUARY 16** 2024

### The 2nd Annual Event to Benefit Roswell Park's Comprehensive Cancer Center's Greatest Needs

Join us this year on Friday, February 16th!  
HoliMont Ski Resort in Ellicottville, NY.  
9:00 am - 4:30 pm

Not a downhill skier or snowboarder?  
*It's OK - you can still participate.*  
**Cross Country Skiing & Snowshoeing available.**

**REGISTRATION FEE**  
**\$115 PRE-Registraton**  
**\$135 EVENT Day**

*Includes*

- All Day Lift Ticket
- Lunch catered by Dina's
- Free Demos by City Garage

**The Days Events**

- Free Scavenger Hunt
- Bombardier Ball Drop
- Free Self Time Race
- Costume Parade
- 50/50
- Basket Raffles

*Live Music & Event Prizes too!*

SCAN THE CODE TO HoliMont website - Events page

Click-on 2nd Annual Ski 4 A Cure

*It's not too early to kick start your fundraising with a self-donation or through your own fundraising!*

**NO DONATION IS TOO SMALL!**  
 Every dollar donated adds up to something greater than any of us could accomplish alone.  
 Together we can make an impact in this fight!

FOR QUESTIONS & MORE INFORMATION CONTACT  
 SCOLer Tom Doran | 716-860-1964 | tdoranwriter@gmail.com

## Winter Break School Special!

56 SLOPES   
 7 LIFTS   
 700 VERTICAL FEET   
 TERRAIN PARK!

**Great Snow & No Lift Lines ♦ Family-Centered ♦ Freedom & Independence**

### Discounted special on lift tickets for any school-aged child during the months of February & March!

**\$55 FLAT RATE FOR ONE WEEKDAY TICKET**

**\$200 FOR A 4-DAY PASS**

Good for Monday-Friday anytime in the months of Feb & March