

Ellicottville NOW

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What's Your Valentine's Day Style?

From Pop-up Shops to Tea Time to a Simple Evening Out on the Town, We're Highlighting Our Favorite Local Flare



BY BRENDA PERKS

It's not that you need a special day of the year to show your loved one how much you love them, but Valentine's Day gives us an opportunity to "think outside the box" when it comes to planning a little something extra special. For those on a budget, it can be hard to come up with fun, creative ideas that won't break the bank. Luckily, there are some great inexpensive options that you can choose from locally to make this year's Valentine's Day a sure-fire hit. From cooking classes and adventures on-snow to DIY gifts and a cozy night out on the town, we're listing a few unique and memorable Valentine's Day ideas for couples.

No significant other? Gather your girlfriends, plan a daddy/daughter date... heck, treat yourself to a fun pair of socks from The Purple Doorknob, an inspirational book from Kazoo II and snuggle up on the couch with your K9 companion... it all sounds pretty dreamy to me!

For a few "date night" options, flip to page 03. To see what many of our local shops and restaurants are offering, turn to the centerspread. Happy Heart Day!

... pages 12-13

2023 WINTER MUSIC JAM

Pack your ski/snowboard gear, your best après outfit (or three) and an extra shopping bag, because you'll want to make Feb. 24-26th a full experience to remember! Ellicottville's Winter Music Jam will feature three days of live music in all the hot spots, complimenting the list of outdoor fun, shopping and dining you'll enjoy here in Ellicottville. Produced by the Ellicottville Chamber, there are over a dozen bands scheduled to play, with additional bands being confirmed each week!

Whether you're prowling for rock n' roll, soulful blues, or a good country party, the entertainment planned for Winter Music Jam weekend is sure to cater to all music tastes.

Take advantage of all three days of live entertainment by turning your visit into an overnight stay at any of the hotels, condos, B&B's or vacation properties available in and around the village.

... page 04

A MONTH OF FUN AT THE ELLICOTTVILLE MEMORIAL LIBRARY

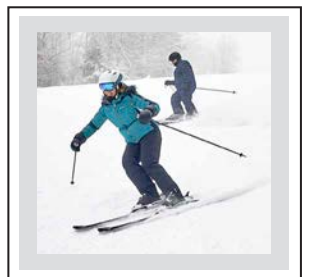
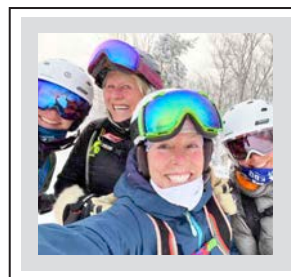
The Ellicottville Memorial Library is hopping in February! From Crafts with Cathy on Tuesdays at 2:00pm (creating breathtaking felted landscapes) to the 2023 adult reading challenge of reading 12 books in 1 year (the month of February's challenge is to read a romance novel), they've got a lot of great stuff going on! Coming up on Wednesday, February 15th at 6:00pm the library is offering an opportunity to meet a fantastic writer, Isaiah Rashad II who will be hosting a book talk and author reading. February 17th is the start of the annual library book sale, and on February 22nd, the library will host a special artist presentation by Fileve Tlaloc - a multigenerational, creole South African-American artist born and raised in New York City ... page 14

CRCF Board Elects New Director; New President Named

The Cattaraugus Region Community Foundation board recently elected Sean Cornelius to its board of directors and named its slate of Foundation officers for 2023, including the election of Lucy Benson as board president, while naming Dr. Yogini Kothari an honorary board member. The board also re-elected six current board members to another three-year term, and elected all of its officers for 2023, including Mike Kasperski as VP, Sharon Myers as 2nd VP, Wendy Brand as treasurer and Audra Stevens as secretary ... page 07

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.



ECS VARSITY BASKETBALL

Both the Boys & Girls Squads Wicked Hot on the Stretch Run to the Playoffs



photo / Rich Rumfola

BY RICH RUMFOLA

Heading into the final week of the high school basketball regular season, both the boys and girls programs in Ellicottville continue to lead their respective leagues and look to nail down home playoff games with a strong finish to the 2022-23 season.

By virtue of an unfortunately lopsided, 55-19 victory over the visiting Forestville Lady Hornets Friday, Feb. 3, Ellicottville Basketball Coach Tracy Rozler's Lady Eagles remain perfect in the Chautauqua-Cattaraugus Athletic Association East 2 division, and ranked 2nd in all of Section VI Class D. As for the boys, Athletic Director & Head Basketball Coach Dave McCann's squad is riding high after winning seven of their last eight games, including seven-straight league victories.

... page 04



Dan Kruszynski, Laura Finnigan & Tracey Godfrey of the Ellicottville/Great Valley Volunteer Fire Department celebrate the installation of the new ambulance.

EVL/GREAT VALLEY AMBULANCE CO. GETS A NEW RIDE

On Sunday, February 5, EllicottvilleNOW was invited, along with board members and crew from both Ellicottville and Great Valley, to attend the new ambulance reveal for the Ellicottville-Great Valley Ambulance Service by President Steve Ward. (Steve has been the president for over 25 years!) This is the first time the company has gotten a new emergency vehicle since 2014 and Steve wanted everyone who was interested to come and take a look at the new machine before it begins its service ... page 04



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NOW *this ...*

What's Your Valentine's Day Style?

From Pop-up Shops to Tea Time to a Simple Yet Elegant Evening Out...



Jessica Gilbert, owner of Ava Grace Fashions in Ellicottville, will set up shop at HoliMont this Saturday from 9:00am-4:00pm, along with other great V-Day vendors.

BY BRENDA PERKS

It's not that you need a special day of the year to show your loved one how much you love them, but Valentine's Day gives us an opportunity to "think outside the box" when it comes to planning a little something extra special. For those on a budget, it can be hard to come up with fun, creative ideas that won't break the bank. Luckily, there are some great inexpensive options that you can choose from locally to make this year's Valentine's Day a sure-fire hit. From cooking classes and adventures on-snow to DIY gifts and a cozy night out on the town, we're listing a few unique and memorable Valentine's Day ideas for couples. No significant other? Gather your girlfriends, plan a daddy/daughter date... heck, treat yourself to a fun pair of socks from The Purple Doorknob, an inspirational read from Kazoo II, and snuggle up on the couch with your K9 companion... it all sounds pretty dreamy to me!

POP-UP SPECIALS

Coffee bar, dessert bar... how about a flower bar? You may remember our feature article back in December on Katie Samland, whose "Great Valley Christmas Cabin" was chosen to be featured in this winter's issue of Country Rustic magazine. Known as @littleblueranch on Instagram, Samland has made quite a name for herself as a result of her Covid-19 hobby - DIY home decor projects. Now, she is bringing her side passion to downtown Ellicottville, where she will set up a full Flower Bar inside Daff Dry Goods.

"Come make your own felt flower bouquet for your loved one this Valentine's Day," expressed Daff owner Laura Solly. "Stems range from \$2-\$5 depending on the flower, so to build a bouquet for that special someone will only be about \$20-\$25! It's a great gift that will last forever!" Samland and Solly are teaming up to offer Samland's Little Blue Felt Flower Bar this Saturday, February 11th from noon-3:00pm.

Another sweet (literally!) pop-up event is scheduled for the same day at HoliMont and will feature Cupcaked, Silver Linings Jewelry, and Ava Grace Fashions. Shop and indulge anytime between 9:00am and 4:00pm. You can't go wrong with fresh baked desserts, beautiful handmade necklaces, bracelets and other accessories, and fashionable women's clothing that scream "I Love You".

"Ava Grace Fashions is so excited to be back at the pop-up event at HoliMont again this year," said shop owner Jessica Gilbert. "I will have great Hearts and Love-themed sweaters and tees available, as well as our signature amazing hoodies that everyone loved last year." Not to be left out, Gilbert is also bringing a selection of great gifts for kiddos, including a new line of 3-D puzzles, alongside pampering items for moms. "I love being able to set up and make shopping that much easier for the skiers who attend this event," continued Gilbert. "I will see you there!"

TEA FOR TWO

Lucky Day Homestead recently launched a diverse calendar of workshops focused on the art of homesteading. Passed down from generation to generation, owner Emily Tingué is sharing her family recipes with the public, and what a great way to spend time together with your significant other or good friend... (or go it solo!)

There are still a few spots open for this Saturday's "Blending Spices and Loose Leaf Teas" class, where participants will learn about different herbs and edible flowers, the drying process, and how they can be used throughout the year. Discover various blends, their benefits, and create your own brews and spice sacks to take home, for drinking and for cooking. Additional details about the class, including time and cost, plus a list of upcoming workshops, can be found by searching Lucky Day Homestead on Facebook. If you miss out on Saturday's Blending Spices and Teas workshop, you can still treat your loved one with a future Lucky Day adventure.

"Give the gift of a Lucky Day experience... gift cards for other workshops, forest foraging guides, cooking classes or a stay in the Couples Cabin would be a great way to spend time with your other half," expressed Tingué.

TONY N' TINA'S WEDDING

A 30-minute drive south of Ellicottville and you can treat your date to a live performance of Tony n' Tina's Wedding at Togi's Playhouse. Produced by Bradford Little Theatre, this fun and interactive show casts the audience members as the wedding guests. Be sure to use the bathroom before the curtain rises - I hear this play is downright hilarious... (and

"NOW This... Valentine's Day" continued page 07

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LOCAL

ECS VARSITY BASKETBALL

Both Boys and Girls Squads Hot on the Stretch Run to the Playoffs



Lady Eagles senior center Ryah Quinn battles for position during Ellicottville's 54-point win over the home team Catt.-LV Lady Timberwolves on Jan. 19.

BY RICH RUMFOLA

Heading into the final week of the high school basketball regular season, both the boys and girls programs in Ellicottville continue to lead their respective leagues and look to nail down home playoff games with a strong finish to the 2022-'23 season.

By virtue of an unfortunately lopsided, 55-19 victory over the visiting Forestville Lady Hornets Friday, Feb. 3, Ellicottville Basketball Coach Tracy Rozler's Lady Eagles remain perfect in the Chautauqua-Cattaraugus Athletic Association (CCAA) East 2 division, and ranked 2nd in all of Section VI Class D with only three games remaining in the 2022-'23 regular season.

The Lady Eagles sport an 11-5 record overall and their 7-0 record against league competition evokes the image of Sherman's historic "March To The Sea," by the way the Ellicottville girls have flattened every team in their path over the past few weeks. Six of their seven league wins have come with double-digit margins of victory - in fact, the closest any opponent has gotten to the Lady Eagles on the scoreboard was Franklinville, which only lost by eight points, 54-46, at Ellicottville Central School at the end of January.

Despite the relative youth of the roster (Ellicottville will only graduate two seniors from the hoops team this year), the girls play well as a unit on the floor.

"The core of this team has been with me since I coached JV (four years ago)," Rozler said after the Forestville game. "They know each other well and though sometimes we can show it better, we realize we are a family and we work hard for each other."

Rozler's team plays an unyielding, tenacious style of defense, which often leaves opponents running in circles and all but defeated by the end of the first quarter in many of their games.

The Lady Eagles are led by senior forward Allison Rowland and junior guard Dalayala Alexander, who are tops on the team in all relevant statistical categories, as well as the leaders the other girls look to for strength and direction. Rowland has scored a little over a hundred points thus far and pulled down about the same number of rebounds, but reveals her strong competitive nature by admitting she is more proud of the rebound total.

"When I get the rebound, it means I've out-rebounded nine other people on the floor and I'm the one who gets the ball," Rowland said. She then went on to explain where she thinks her competitive fire might have come from by adding, "Definitely growing up with a house full of brothers, I'm not going to let anyone push me around."

Alexander is the Lady Eagles' floor general and the Ellicottville offense flows through her hands on every trip up the court. The junior sharpshooter's 152 points (including 24 three-point shots) lead all scorers, and her 27 assists trail only Rowland's total of 30 on the team. Refusing to take any credit for herself, Alexander points to her teammates for the Lady Eagles' success thus far this season. "We've all played together for so long, we run our offense pretty good," she explained. "We move it around to all five (players) on the court and work so well as a team."

A dominant defensive force in the middle of all of it, senior center Ryah Quinn leads the team with nine blocked shots and her tally of 104 rebounds trails only Rowland's total of 109 for the team lead. "Now that the regular season is almost over, we've been working hard in practice to get stronger as a team," Quinn said after the Forestville game. "We're determined to get a big 'W' to end our season."

Only three regular season contests remain for the Lady Eagles. They'll play host to Catt.-LV Friday, Feb. 10 and travel to Franklinville Tuesday, Feb. 14 - both of these are CCAA East 2 contests. In their final tuneup before the really important games begin, the Lady Eagles will take on a very strong Clymer squad in a non-league showdown on Friday, Feb. 17 in The Ward at ECS.

Looking towards the postseason - from Coach Rozler to each of the team's standout players and down - the Lady Eagles are determined to learn from last season's early playoff departure at the hands of the Pine Valley Lady Panthers.

"We learned that we have to come out strong and play as a team," Rozler reflected. "We got a lot of fouls early and when our starters fouled out later in the game, that really hurt us."

During the regular season for high school hoops, public high schools from Chautauqua

"ECS Varsity Basketball" continued page 12

FRESH TO THE FLEET

Ellicottville-Great Valley Ambulance Service Unveils New Ride



BY JESSICA SCHULTZ

Chances are the person reading this has had a trip or two in an ambulance for one reason or another. (I, myself, once fell off a porch and cracked a couple ribs on the way down.) You call 911 and they dispatch a local crew to pick you up with their flashy lights to take you in. But what is the background behind those crews? Where do those ambulances come from to serve the community members in their times of need? Buckle up... we have a story for you.

On Sunday, February 5, EllicottvilleNOW was invited, along with board members and crew from both Ellicottville and Great Valley, to attend the new ambulance reveal for the Ellicottville-Great Valley Ambulance Service by President Steve Ward. (Steve has been the president for over 25 years!) This is the first time the company has gotten a new emergency vehicle since 2014 and Steve wanted everyone who was interested to come and take a look at the new machine before it begins its service.

"We are a non-profit organization," Ward said. "All of our funding comes from insurance billing; we do not use any municipal funds. This is the first ambulance we've been able to purchase without needing to take any loans. Our insurance billing funds also cover our equipment and gear. Our goal is to take whatever we make and put it directly back into our company."

"We now have 3 ALS ambulances and one ALS flight car," he continued. "The flight car is important because it can provide quick care and bring much needed help to a scene or to another company when they need extra hands. Our new ambulance, like our other ALS versions, has a state-of-the-art gurney loader and defibrillators amongst other necessities to save a person's life."

Two of those ambulances are currently stored in the Great Valley Firehall and one in Ellicottville's, but that changes based on calls/needs. The newest ambulance actually took awhile to reach the company, as they experienced manufacturing delays due to the onset of Covid-19. After a long two year hiatus, it has arrived!

Jack Rogan, the first instructor of the company (way back when it began in 1972), was all smiles at the meet-and-greet event, sharing the story of how he was one of the co-founders with Dana Fitzpatrick way back when. Laura Finnigan, Great Valley's Ambulance

"Ellicottville-Great Valley Ambulance" continued page 12

WINTER MUSIC JAM

Chamber Preparing for Another Full Weekend of Live Music Feb. 24-26th

ELLICOTTVILLE - It's beginning to look a lot like... WINTER! Now that we're midway through ski season and it appears the snow is finally here to stay (fingers crossed), let's turn it up a notch with another weekend of superior live music sounding throughout the entire village!

Pack your ski/snowboard gear, your best après outfit (or three) and an extra shopping bag, because you'll want to make Feb. 24-26th a full experience to remember! Ellicottville's Winter Music Jam will feature three days of live music in all the hot spots, complimenting the list of outdoor fun, shopping and dining you'll enjoy here in Ellicottville. Produced by the Ellicottville Chamber of Commerce, there are over a dozen bands scheduled to play, with additional bands being confirmed each week!

"Winter Music Jam is a weekend meant for friends, families and fun!" stated Jessica Wallace, business development manager for the Ellicottville Chamber of Commerce. "We are excited to share our picturesque town with all our visitors, and we look forward to spoiling them with good snow, great food, and really good music!"

Whether you're prowling for rock n' roll, soulful blues, or a good country party, the entertainment planned for Winter Music Jam weekend is sure to cater to all music tastes. Take advantage of all three days of live entertainment by turning your visit into an overnight stay at any of the hotels, condos, B&B's or vacation properties available in and around the village.

For a full line-up of this year's Winter Music Jam performers, or to view lodging and dining options, head over to ellicottvillenow.com. And be sure to follow @visitellicottville on IG to stay connected.

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COMMUNITY

SPECIAL APPOINTMENTS

Cornelius Elected to Board; Benson Named President; Kothari Honorary Director



Pictured: Sean Cornelius (left) and Lucy Benson
Photos courtesy @cattfoundation

OLEAN - The Cattaraugus Region Community Foundation board recently elected Sean Cornelius to its board of directors and named its slate of Foundation officers for 2023, including the election of Lucy Benson as board president, while also naming Dr. Yogini Kothari an honorary board member. The board also re-elected six current board members to another three-year term.

Cornelius is the president of Weed Ross Agency, an insurance agency with locations in Ellicottville, Randolph and East Aurora. Cornelius has some 20-years' experience in the insurance industry, beginning with working in his father's State Farm office in his native Erie, PA during summers home from St. Bonaventure University. Cornelius joined Weed Ross in 2014 and was named president in 2016. Cornelius will serve on the Foundation's grant allocations committee, which he first joined in 2022.

The board of directors also elected Lucy Benson as board president. Benson joined the CRCF board in 2016 and has faithfully served in a number of roles on the board in her 7 years of service. Benson has been the chair of the grant allocations committee since 2018, and has been an elected officer since 2018. She was first elected as secretary in 2018 and served as board vice president for two years prior to being named president.

The board also named Dr. Yogini Kothari an honorary CRCF board member in recognition of her outstanding service and dedication to the CRCF board and community. The CRCF board of directors elects honorary board members in recognition of their dedication and service to the board and its mission. Honorary board members may continue to attend board meetings and events but do not vote. Dr. Kothari served as a board member from 2005-2018. Through her board tenure she was a member of the Foundation's scholarship committee, which she co-chaired for a number of years, as well as the grant allocations committee. Shortly after joining the board, Dr. Kothari and her husband Dr. Ashok Kothari together established the Kothari Family Endowment Fund, which provides a number of annual grants including two Kothari Family Health Care Scholarships for aspiring health care professionals each year and annual grants to the Olean Food Pantry and other organizations. Over the years the fund has made possible more than \$30,000 in grants and scholarships. The fund has grown to now support two annual scholarships of a minimum of \$1,000 each. Dr. Kothari and her husband were honored as the Friends of the Foundation in 2022.

"The board could not think of another individual more deserving of honorary board member status," said Lucy Benson. "It is rare to find an individual like Dr. Kothari who is eager to lend a hand and meet any need in the community. Dr. Kothari exemplifies the giving and selfless nature that makes a great board member and community volunteer."

The board also elected all of its officers for 2023, including Mike Kasperski as vice president, Sharon Myers as 2nd vice president, Wendy Brand as treasurer and Audra Stevens as secretary.

Shabana Chauhdry, Tony Evans, Mary Freeman, Mike Higgins, Sharon Myers and Carol Stitt, all currently serving board members, were re-elected for a three-year term beginning in 2023.

"We are so pleased to welcome Sean Cornelius to the CRCF board of directors, as well as all of our re-elected board members and newly appointed board officers," said CRCF Executive Director Karen Niemic Buchheit. "It is the guidance and leadership of the board that has made CRCF the supportive, trusted and responsive leader in philanthropy it is today, and I have no doubt that Sean and all of our board members will only continue to raise the standard for CRCF in the years to come."

MEALS ON WHEELS

Cattaraugus County Department of the Aging Looking for Volunteers



Every year, the Dept. of the Aging hosts a Volunteer Appreciation Dinner to honor and recognize the program's volunteers. You, too, can help!

BY CAROL FISHER-LINN

Tax season is coming. No surprise there. What might be surprising is that opportunities exist for retired individuals, or those looking for something to do to occupy their minds or stay busy to become part of the AARP team that assists in tax preparation. Alternately, as an RSVP volunteer (Retired and Senior Volunteer Program) you may also choose from a wide variety of volunteer opportunities. Here are only a small portion of places where the many volunteers serve in Cattaraugus County: SPCA; American Red Cross; HomeCare and Hospice; Senior Wellness & Nutrition Program - Dining Centers and Meals on Wheels deliveries. RSVP members lend helping hands and hearts at food pantries, adult day care centers, Rehab Center, Genesis House, Interfaith Caregivers, Salamanca Youth Bureau, and Salvation Army. They drive the County veteran's van, keep the I-86 rest stop stocked and clean, and you can find RSVP volunteers at the Pines (Machias and Olean), Olean General Hospital and the Olean Library.

Then you have the National Senior Service Corps which place older volunteers in assignments throughout their communities. This is actually the main umbrella for the RSVP program. (Obviously from what you see listed above, it is a "one stop shopping"-for senior volunteers.) Another is the Foster Grandparent Program, linking seniors to children who need their help. And the Senior Companion Program, which places volunteers with adults needing extra help to live in the community, i.e. frail, elderly persons.

Presently, according to Ellen Say Herner, Cattaraugus County Aging Department RSVP Director, there are 374 registered Department of Aging volunteers in Cattaraugus County. The County could use 450. Say Herner tells us that the greatest need for volunteers presently is for people willing to deliver meals to the homes of the 700 persons they presently serve. Most are seen once per weekday. Those more rural and inaccessible will receive a weekly delivery of meals which are freshly prepared in the Department of Aging kitchens and flash frozen. One of the extra advantages to the recipient is the one-on-one contact, however brief, where the well-being of the individual can be assessed by the volunteer. Even the weekly recipients can plan on that weekly visit and a brief socialization, which can mean a great deal to them.

From January 2022 to December 2022, the Department of Aging has registered 23,736 volunteer hours. Translated into cash savings to the county, Say Herner calculated that \$710,893.00 has been saved in just one year by those selfless volunteers. Imagine the millions saved over the course of the years!

Here's what's really neat about volunteering: RSVP offers flexibility and choice. It matches personal interests and skills to opportunities to help solve community problems. You can serve two or forty hours, your choice. "RSVP volunteers provide hundreds of community services. They tutor children in reading and math, help build houses, help get children immunized, model parenting skills to teen parents, participate in neighborhood watch programs, deliver meals, plan community gardens, offer disaster relief to victims of natural disasters, work with animals, work at homeless shelters and hospitals and help community organizations operate more efficiently."

This writer had to ask... "why do people do it?" Say Herner replied: "Helping their community. Giving back. Adding quality to life, new friendships, staying active. Learning new skills." Bonus: mileage is covered and some of the programs offer insurance and modest stipends to help offset the volunteering costs. Presently, volunteers range in age from their 20's to their oldest volunteer who is 100! There is room to volunteer for anyone wishing to open their heart and lend a helping hand. If you are interested in volunteering or learning about other ways you can help, call 716-373-8032.

NOW THIS... VALENTINE'S DAY

cont. from page 03

features a rowdy reception! It may be the most fun wedding you've ever attended!) Togi's Playhouse is located at 18 Welch Ave., Bradford, PA. Performances are scheduled for February 16-18th at 6:30pm each evening; doors open at 6:00pm. \$35 per person includes dinner and show; cash bar. Find details at bradfordlittletheatre.org.

MAKE IT AN ADVENTURE, OR KEEP IT SIMPLE

For those that love the great outdoors, living in an adventure town makes date planning easy peasy. Get out on the snow together - whether you're skiing, tubing or snow-

shoeing, you can count on having a blast, and no doubt you'll build up an appetite after all that activity... let's eat!

You can never go wrong with a traditional sit-down Valentine's Day meal at any of Ellicottville's fine dining establishments, including the Silver Fox (Ellicottville's only steakhouse), Villaggio (Italian anyone?) or Dina's (upscale and locally sourced). Katy's Fly-In of Great Valley has a special "Valentine's Dinner for Two" menu planned; \$60 per couple includes two glasses of wine, beer or champagne, one appetizer to share, two entrees and a dessert to share. Find the menu on their FB page and call in your reservation before they fill up!

For more sweet V-Day ideas, turn to the center spread of this week's issue and view our special #shoplocal #eatlocal Valentine's Day gift guide. Happy Heart Day!

#shoplocal #eatlocal

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COMPATIBILITY READINGS

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

For Valentine's Day, Suzy Woo is offering \$50 off Compatibility Readings between any 2 people. For ONLINE readings, use code Feb50Comp at checkout. Or treat yourself to \$50 off an Individual Birth Chart Analysis (Astro Personality Profile). If booking for an ONLINE session, use code Feb50Ind at checkout. For in-person sessions, \$50 will be deducted from the balance at the end of your session.



JEWELRY BY BRIGHTON

Daff Dry Goods
17 Washington Street • 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 (or to take home for you; no judgment here). They will definitely fall head over heels for these heart shaped accessories. Make sure to check out the rest of their collection too! There is always something for that special person (or yourself) to love!



WINE & CHOCOLATE

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

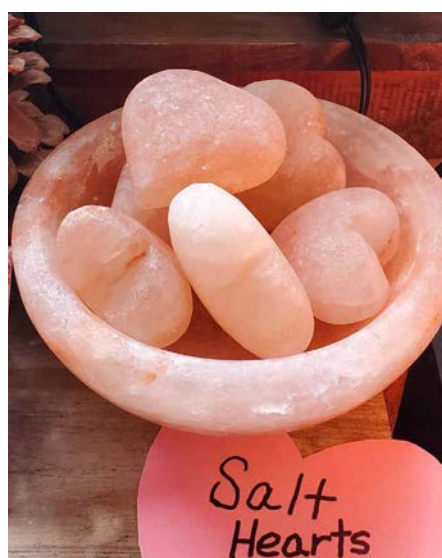
Wine and chocolate are synonymous with Valentine's Day, so what better way to enjoy them than with a Wine + Chocolate Pairing? We have expertly matched four Watson's Chocolates with four of our handcrafted wines. Each pairing is created to heighten notes in the wine and enhance the flavors in the chocolate.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



ROMANTIC GETAWAY

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716.699.2345
holidayvalley.com

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HAPPY HEARTS

Ellicottville Salt Cave
32 W. Washington Street • 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, you can heat it in a 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. It's a perfectly unique gift for that special person.



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Watson's Chocolates of Distinction
27 Washington Street • EVL
716.699.2805
watsonschocolates.com

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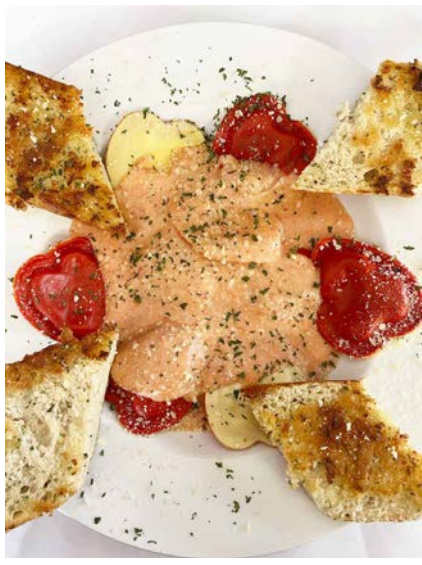
Are you looking for beautiful and unique finds? We have fun and flirty jewelry in from OMG Blings for Valentine's Day. You can wear them individually or stack them up for a more "WOW" factor. We also have a great selection of candles, clothing, accessories, and if you are really unsure what to grab the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



HEALTHY PAMPERING

Nature's Remedy
26 Monroe Street • EVL
716.699.4372
naturesremedy.com

Soaprocks: soaps or rocks? You decide. These beauties have always been a crowd favorite. Each soap has a different scent and unique look to it; no two rocks are ever the same. They make the best gifts for any occasion and Valentine's Day is a perfect time to grab a gift for your significant other. Come check them out today and say hi to your friends at Nature's Remedy when you do!



DINNER FOR TWO

Katy's Fly In
4836 Route 219 • Great Valley
716.699.2040
facebook.com/katysflyin

We are rolling out our special Valentine's Dinner for two menu. On February 14th from 4:00pm till 9:00pm for just \$60 a couple you can get two glasses or wine, beer or champagne, one appetizer, two entrees and one dessert to share. Lots of great things to choose from like Tuscan Chicken, NY Strip and Cajun crab stuffed haddock. The perfect way to treat the special person in your life this Valentines Day!



FINGERS & TOES

Ellicottville Oasis Spa @ Holiday Valley
Inside the Tamarack Club • EVL
716.699.8996
evilleoasis.com

What's a great gift for your Valentine with a local twist? E'ville themed Nail Polish makes a fabulous Ellicottville keepsake and is wonderful for the person in your life who loves to paint their fingers and toes. In colors like Board Naked, Love on the Lift, or BFFs in E'ville, you are sure to find something your special someone can love. Available now at Ellicottville Oasis!



GORGEOUS GOGGLES

The Boardroom Snowboard Shop
6113 Route 219 • EVL
716.699.5620
boardsandpowder.com

Make sure your loved ones are covered for Valentine's Day. A new pair of goggles is a fantastic way to ensure their eyes are safe on the slopes. The Boardroom has a wide variety for the men, women and the littles in your life. Boasting brands like Anon, Oakley, Burton, Smith Squad and Gordini with features like Perceive lenses, magna tech and no-slip silicone straps, this is a unique gift so they can head out to the slopes with style.



NINJA SUIT

The City Garage
5 Monroe Street • EVL
716.699.2054
citygarageskishop.com

Looking for a gift that is a little more practical? Stop in to The City Garage and check out their great gear/accessory selection. From Yeti cups to the Ninja Suit, there is something for everyone you love. The Ninja Suit is designed for alpine touring. Breathable, water repellent and highly functional, this is one of the best base layers you can get. Come get one for the winter sports enthusiast in your life!



BIKING & YOGA

Compass Cycling Studio
@ HoliMont • EVL
585.270.5166
compasscyclingstudio.com

Compass is offering indoor cycling and yoga classes right at HoliMont every weekend through mid-March! You do NOT need to be a member of HoliMont to attend! Take some time to exercise and create good vibes together. All information regarding pricing and class times can be found on their website: www.compasscyclingstudio.com Any questions, please reach out directly to nicole@compasscyclingstudio.com.



GIANT COOKIES

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

Nothing says Valentine's like a giant snickerdoodle or chocolate chip cookie. Dina's baked good case is just a small taste of the great many things they have to offer. A unique dining experience in a perfectly romantic chic atmosphere, be prepared to feast on options like Roasted Half Duck or 14oz New York Strip, and after you and your sweetheart are finished, grab one of these freshly baked cookies to go.



HEALTHY & RELAXING

Thrive IV Lounge
5 E. Washington Street • EVL
716.244.3286
thriveivlounge.com

Visit Thrive IV Lounge this Valentine's Day with your someone special for a healthy and relaxing experience of IV hydration! If you haven't tried it yet, it is a wonderful date night idea that will have you feeling refreshed and re-energized. Schedule your chair time, grab your honey and come on in for a fun and unique date night out. Find a full menu of hydration options on our website.



PARAJUMPER

Mud,Sweat n' Gears
18 Monroe Street • EVL
716.699.8300
mudsweatgears.com

Brr... said no one ever wearing a Parajumper puffy jacket! Help your loved one stay toasty this Valentine's Day with the right amount of puff and warmth. Mud, Sweat n' Gears carries great clothing and accessories including gloves, goggles, beanies, bags and more. Think about all the things that special someone in your life could use and give them the gift of great fashion for the time they spend on and off the slopes.



FAT BIKES & FASHION

Loud Underground
16 E. Washington Street • EVL
716.699.9162
loudperformance.com

This is the perfect time to introduce the special person in your life to the joy of trail riding with a fat bike. A fat bike is a bicycle with extremely wide tires, designed specifically to provide traction on the snow. So bundle up in one of Loud's great hoodies, pick out a pair of bikes for you and your sweetheart and hit the winter trails with ease this Valentine's Day.



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The Purple Doorknob
11 Washington Street • EVL
716.699.2084
purpledoorknob.com

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booking.holimont.com

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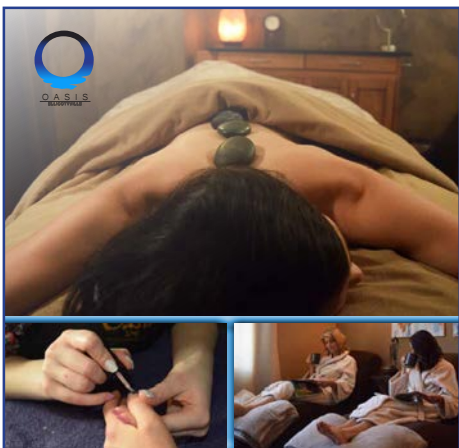
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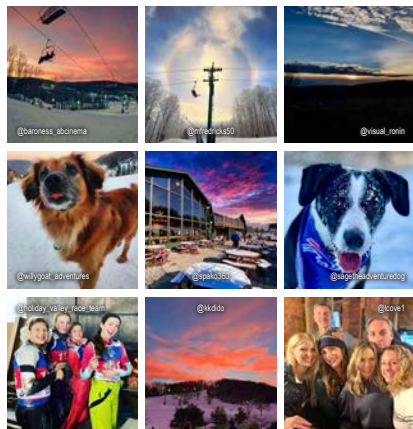
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HEALTH & FITNESS

Core Performance: Consistency is Key to Fitness

By **KIM DUKE, CERTIFIED PERSONAL TRAINER**

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

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

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

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

STRENGTH TRAINING

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

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

CARDIOVASCULAR EXERCISE

Cardiovascular activity is necessary to keep the metabolism roaring and help you burn some extra calories that will lead to fat loss. Some people who rely on diet alone to lose fat usually find themselves losing weight but also a lot of muscle. Keeping a little bit more food in the diet, but using cardio to burn more calories will end up in retention of lean muscle while losing the fat.

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

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

PROPER NUTRITION

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



blow it for 2 days, etc.

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

NO, this does not mean ice cream, BUT once in a long while, you can indulge and enjoy. Moderation is the key. If you mess up and indulge in one or two of your meals, the day is not ruined; just start back to your diet for your next meal following.

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

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

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

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

Inner Peace & Strength: The Winter Blues

By **LAURA WIDGER, LCSW**



Winter, snow, ice, skiing, fires, chill, sadness, cheer, excitement are a few words people use to describe this time of year. What is your spin on the winter months? Are you living your best life with the winter activities and energy? Or is summer warmth more your bread and butter? Do you find yourself becoming depressed or just down during the colder/darker times of the year? Do the "winter blues" affect your energy, motivation, and abilities to get through your day? Do you experience a sudden loss of pleasure in your life during this time of year? If you find yourself nodding your head "yes yes yes," then perhaps you know what Seasonal Affective Disorder is and feels like very well.

According to the National Institute of Mental Health, between 5-9% of the American population experience Seasonal Affective Disorder, otherwise

known as SAD, each year. Symptoms and bodily responses of SAD follow a seasonal pattern, with presence during the fall and winter months and a recede in the springtime. The symptoms of SAD can affect people in some or all of these categories: physically, emotionally, cognitively, as well as behaviorally.

These categorical symptoms can be broken down. Physical symptoms of SAD are: low energy, appetite changes, weight gain or loss, muscle tension, pain, stomachache, headache, sensations of being weighted down or walking through water. Emotional symptoms

of SAD are: depressed or anxious mood, sadness, feeling blue, decreased enjoyment or interest in things previously liked, and irritable mood. Cognitive symptoms of SAD are: trouble concentrating, forgetfulness, thoughts about being worthless or a failure, negative thoughts about winter, and/or thoughts about death or suicide. Behavioral symptoms of SAD are: less active, withdrawing from others, crying, sleep problems, and changes in eating.

So what if you experience a handful of these symptoms and know SAD oh too well? What can you do about it? Several strategies that have been proven effective are: understanding your specific symptoms first and foremost, then moving your body by increasing your activity levels which has a direct correlation to mood, next producing a neutral or positive inner voice which can help motivate you to move your body. There is a famous mantra saying: fake it until you make it, which emphasizes the fact that you might not want to get up and move but once you do the motivation will follow.

A few more strategies noted by Kelly Rohan in her book, "Coping with the Seasons: A cognitive behavioral approach to seasonal affective disorder" are: creating self-statement or coping cards, involving yourself in positive social interactions or making a point to interact with others, engaging in competency experiences or doing activities that make you feel skilled and competent, and participating in things that are not compatible with feeling depressed. Lastly, purchasing a happy light or light therapy lamp and remembering that what you think has a direct correlation to how you feel can certainly benefit your livelihoods during these cold months of the year.

Laura Widger is a NY State Licensed Clinical Social Worker with 15 years of experience in the field of emotional wellness and mental health. She owns and operates Inner Peace and Strength - Mental and Emotional Health, and specializes in trauma healing with children and adults. She lives in Cattaraugus County with her husband, children, and German short haired dog. Laura personally and professionally strives to promote internal self leadership and the discovery of true genuineness and balance within.

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Generac Generators Propane and Gas **hollandpropane.com** Modine Hot Dawg Heaters

ECS VARSITY BASKETBALL

cont. from page 04

and Cattaraugus counties compete in the Chautauqua-Cattaraugus Athletic Association (CCAA) East and West, with schools located mainly in Chautauqua County in the West division and schools located in Cattaraugus County in the East.



In an effort to keep competition fair and travel distances minimal, the CCAA also separates schools with more athletes enrolled in a sport from schools with smaller numbers participating. For instance, the CCAA East or West 1 division includes bigger schools and the CCAA East or West 2 division would be for smaller schools. Ellicottville is considered to be in the smallest class of schools and therefore competes in the CCAA East 2 league/division.

Just when you feel like you're getting a handle on which schools compete in the various leagues of the CCAA, it's time to realize that all of those schools belong to the New York State Public High School Athletic Association (NYSPHSAA), which is the organization that conducts the state playoff system for all sports. Come playoff time, Ellicottville is a member of Class D (smallest schools) and Section VI (Western New York region).

As for the boys, Athletic Director and Head Basketball Coach Dave McCann's squad (9-6 overall, 7-0 league) is riding high after winning seven of their last eight games, including seven-straight league victories.

In a stunning reversal of fortune for the Eagles, the team used the Christmas recess to shake free of a dismal 2-6 start to the season, including four-straight losses going into the holiday break. McCann attributed the Eagles' turnaround to hard work in practice and the team coming together in the face of adversity to be a stronger unit, instead of letting the losses keep them down.

"The way we were losing (by two points to Westfield), it felt like we were going to break through," McCann said. "[The players] knew they were close. They showed flashes of what they were capable of and it encouraged them to get stronger."

Senior center Gavin Dietrich's (pictured above) 156 points (9.8 points per game average) are both tops on the team, as the Eagles' big man continues to combine the strength and power required to play the game effectively in the paint with the sweet outside shot of a point guard.

This time a year ago, Dietrich's season was cut short after an accident left his right foot in a cast and him watching his team play from a seat on the bench. "It feels good to be playing again," Dietrich said of his return to the court this season. "It was a long journey back for me. I learned some valuable life lessons." Also a defensive standout for the Eagles, the 6'-5" Dietrich leads the team in rebounds (98) and blocked shots (14).

Forward Owen Chudy has proven to be a formidable force on both sides of the ball this season. The 6-2" junior ranks second on the team in the categories of points scored (149), points per game (9.5), rebounds (84), steals (24) and blocked shots (10). The only reason Chudy is not at the top of more stats categories, is because they don't have more stats categories than that!

Meanwhile, coach McCann's backcourt tandem of guards, Caedon and Braylon Wyatt, is having a season reminiscent of the Old Testament - offensively, the twin brothers givevth (they have combined for 74 assists - that's more than the next four Eagles assist totals combined) and as defenders, the seniors aggressively taketh away, with Braylon swiping the ball 22 times, and brother Caedon - sporting the hands of a close-up magician - taking the ball from opponents a jaw-dropping 47 times!

In what will likely be their final season as teammates in organized sports, the Wyatts reflected on the connection they shared, where with one look, they each knew what the other was thinking and likely to do next. "It's been cool as friends to have the chance to play together for our senior year," Caedon said after a recent game. Brother Braylon concurred but added, "It'll be kinda sentimental for us at the end, though."

As of the time this paper went to press, Ellicottville had yet to play the Eagles of North Collins in the biggest game of the regular season. Heading into their Monday, Feb. 7 showdown, Ellicottville was the No. 1-ranked team in the CCAA East 2 and winners of seven straight league games, including a 22-point torching of the No. 2-ranked Eagles of North Collins. As both teams will make the playoffs, the big takeaway for the winner of this game would probably mean a higher seed and a home playoff game.

Following the North Collins contest, Ellicottville will have three games remaining in the regular season - all of which will take place on their home hardwood, and culminating with a Feb. 16 tilt versus Class C rival, Portville, in a non-league game. Playoffs will follow soon after.

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ELLICOTTVILLE-GREAT VALLEY AMBULANCE

cont. from page 04

Captain, was on-hand to explain how calls work. "We provide the ambulance and equipment to the EMTs and firemen who get called out to emergencies. Our staff here maintains the vehicles and equipment to make sure it's clean and ready for use and the department that's been called out, drive and handle said equipment we provide."

Everyone at the ambulance company is a volunteer; there are no salaried employees. Currently, in regards to emergency staff, they have 7 active ALS personnel and 25 EMTs and drivers. Ward informed us that "the biggest problem we've always faced is the lack of volunteers for the company. The training, while not extreme, does require a level of attention and time that most people aren't interesting in pursuing. There are new requirements, restrictions and expectations that are different from 10, even 5 years ago. We can always use new members."

Finnigan did let us know that while beginners do have to take the initial courses in-person, those who just need to re-certify can actually use the internet to put in their 40 hours and be all set from home.

So if you are looking for a position that allows you to help people, this is a great opportunity! You can reach out to President Steve Ward at 716-474-7297 for better guidance on the path or just any questions about the ambulance service you may have. But we recommend volunteering if you are able, because if we run out of volunteers... who you gonna call?



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CLASSIFIEDS

COMMUNITY

ROTARY CLUB SOCIAL NIGHT: If you live in the Ellicottville area and have ever thought you'd like to be part of a group dedicated to community service, support for area youth, as well as global causes such as polio eradication, sanitary drinking water and worldwide peace initiatives, why not come and meet the current members of the Rotary Club of Ellicottville for a night of fun? The Club invites members of the community to join them at Villaggio Restaurant on Thursday, February 16 from 6:00-7:30pm to learn more about the Club, its mission, and how you can help. Hors d'oeuvres will be served and a cash bar will be available. Villaggio is located at 7 Monroe Street, downtown Ellicottville. For more information, please contact any member of Rotary, or call Club President John Weismantel at 716-228-7288.

COMMUNITY

SPAGHETTI SUPPER: Saturday, February 18th starting at 4:00pm at St. Paul's Lutheran Church, Ellicottville. \$15 per person includes salad, spaghetti and meatballs, dessert and drink. More info can be found on their Facebook page.

EMPLOYMENT

LEAD CARPENTER: Must have at least 5 years experience. Apply in person to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: gmnickolson@aol.com.

EXPERIENCED CARPENTERS: Apply to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: gmnickolson@aol.com.

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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.

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PLACE YOUR AD: Classified ads appear in both print and online! Cost: \$10 per issue, 40 words or less, 25¢ each additional word. Call 716-699-9816, email info@ellicottville.com, or stop by our office at 9 W. Washington St. Ads can also be placed directly on our website at ellicottvilleNOW.com.

HOSPICE BOUQUET SALE

Order Flowers and Spread Hope to Terminally Ill Patients and Their Families

By CAROL FISHER-LINN

HomeCare & Hospice Foundation is holding their 29th Annual Spring Bouquet Sale to benefit members of our community facing life-limiting illness. All proceeds from the bouquet sales will benefit terminally ill patients and their families throughout Allegany, Cattaraugus, Genesee, and Wyoming counties. They are offering 18-stem bouquets for \$20. Orders should be placed by phone (716-372-2106) no later than Friday, February 10th at 4:30pm, or online at <https://springbouquet.givesmart.com> until February 17th.

The bouquets will be delivered to pickup points the week of March 5th and available for pickup in the Olean area, Monday, March 5th or Tuesday, March 6th. For Wyoming and Genesee County orders, office pickups will be Thursday, March 9th or Friday, March 10th. Other pick up locations: Batavia Office: 29 Liberty St., Suite 6; Little Valley: 211 Erie St.; Wellsville: 194 N. Main St.; Arcade: 563 W. Main St.

BECOME A VOLUNTEER

The foundation is always looking for volunteers. If you are interested in being an event volunteer for bouquet sorting and deliveries, please contact Cassie Kelsey at the Olean office at 716-372-2106 or Pat Meek in Batavia at 585-343-7596.

Please take a few moments to read about the hospice care offered in this area. The decision to opt for hospice care can be difficult, yet it is good to have a bit of information at hand to be able to make the best decision for your loved one. How does one know when it is time for hospice care? It is true that services can commence when a patient's physician determines that the patient has six months or less to live. There are many instances when the patient outlives that time period and can be re-evaluated for extended services, if needed.

Hospice in our area provides the following helpful services to those enrolled: A registered nurse is available 24 hours a day to take your call. Compassionate nurses are highly trained to assist in a patient's plan of care and track disease progression, answer questions and offer emotional support, assess patients and consult with physicians, and a very important service, provide pain and symptom control. The Hospice medical director offers additional expertise in symptom management. Social workers meet with patients and their families to assist with the emotional stress of illness and caregiving. They answer questions, assist in completion of advance directives, refer to community organizations and help in understanding and completing forms. They meet with patients and families upon request to provide spiritual and emotional support. Hospice aides provide personal care and individual attention to patients. Volunteers visit with patients and provide respite and relief for family members.

HOW IT ALL BEGAN

Hospice is a very old concept. Its history can be traced back to the 11th century and the Roman Catholic Church. "Hospice" was offered both to the sick and dying as well as travelers and pilgrims who had no place to stay. It wasn't until the mid-1900s when hospice as we know it today began to take shape, beginning with a British doctor, Dame Cecily Saunders who started working exclusively with dying patients. A speech she gave at Yale university in 1963 inspired medical workers to have discussions about providing end-of-life hospice care in America, modeled after the first centers opening in London.

Enter Dr. Elisabeth Kubler-Ross and her 1969 book *On Death and Dying*, placing emphasis on home care rather than end-of-life care in a medical facility, based on first-ever interviews with 500 dying people. 1974 ushered in the first hospice care center in America, and today it is a critical part of end-of-life planning for all Americans.

LEARN MORE

Hospice care is available through Medicare and other health insurance programs. Once people, especially caregivers, are comfortable with the concept of hospice, they discover that they can be more present for their dying loved one because of the helping hands they receive from hospice. Likewise, patients who are dying have the relief of knowing they can be kept comfortable either in a nursing home or in their own home if that is their wish, in familiar surroundings with family, friends and pets and they will be always kept comfortable and pain-free. Please go to hospicefoundation.org for an easily understood review of what hospice has to offer.

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MEET-AND-GREET

Author Reading, Artist Presentation and More at the Ellicottville Memorial Library



ELLICOTTVILLE - The Ellicottville Memorial Library is hopping in February! From Crafts with Cathy on Tuesdays at 2:00pm (creating breathtaking felted landscapes) to the 2023 adult reading challenge of reading 12 books in 1 year (the month of February's challenge is to read a romance novel), they've got a lot of great stuff going on!

Coming up on Wednesday, February 15th at 6:00pm the library is offering an opportunity to meet a fantastic writer. Isaiah Rashad II will be hosting a book talk and author reading. Isaiah is the author of several non-fiction books; he uses his life experiences to inspire his writing. He says, "In this modern society of uncertainty, the questions of what is right and what is wrong are answered through real life stories of murder, deception and betrayal

from the view of a gang member, United States Army veteran, and police officer. And you just may discover that what you believe to be wrong, may just be right!" Don't miss out on a fascinating conversation; the event is free and will certainly prove to be engaging and thought provoking.

February 17th from 10:00am-5:00pm is the start of the annual library book sale. Come browse a wide selection of donated books and stock up on great stories for your home collection. The sale will continue daily through March 13th during regular library hours and all proceeds will go to support the library.

On February 22nd from 5:30-6:30pm, the library will host a special artist presentation by Fileve Tlaloc. Fileve is a multigenerational, creole South African-American artist born and raised in NYC. As a trained anthropologist, she used her ethnographic skills to explore communities' values, challenges, and identities. Fileve's "Colored Pots Izinkamba AmaKaladi" are currently on display at the library. By transporting family, photographs, and snippets of scholarly work based on race onto these pots, the work explores the history, culture, and identity of the creole people in KwaZulu-Natal, South Africa, known as "Coloureds".

For additional information about any of the above events, or to learn about the many other classes and services available at the library along with new book releases, please contact the library at 716-699-2842. The Ellicottville Memorial Library is located at 6499 Maples Road, Ellicottville, just a short walk from downtown.

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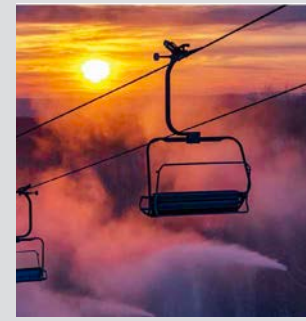
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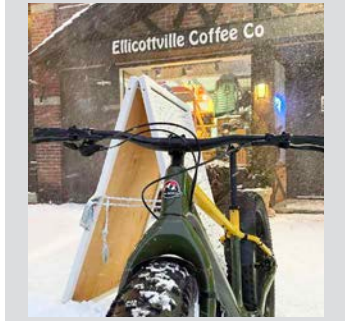
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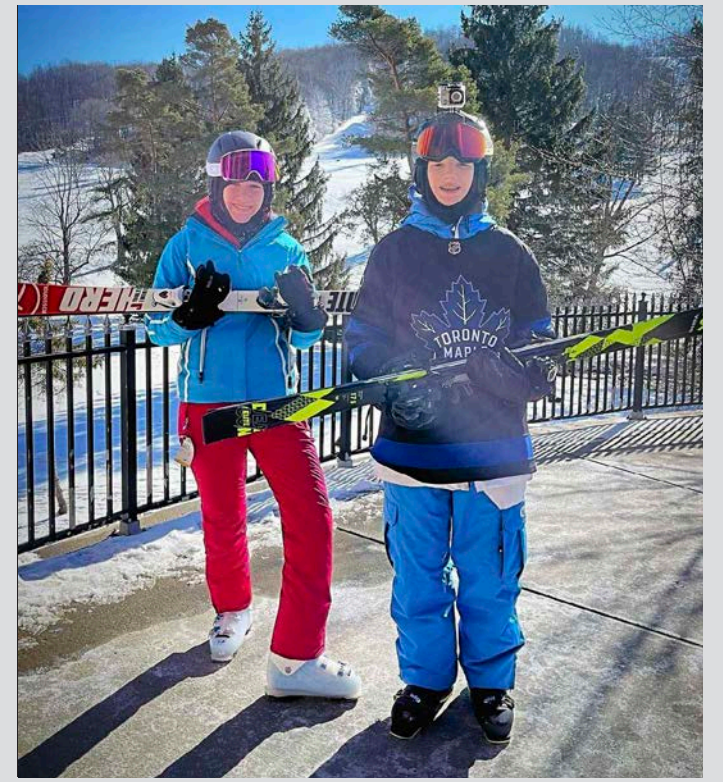
dash_913: Started today off right. All it took was a cold, yet sweaty, 20+ minute hike to get the goods #holidayvalley #evlnow



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lesliemorgan74: Blue Bird Day. #evlnow #traditions #skiseason2023 #holidayvalley



kellyoliverbonnay012: Got the GOLDEN CHAIR two times in a row on Yodeler today. Woop woop! #skievi #evlnow #winterfun #goldenchair




team_pritchard: Buffalo Horse Drawn Pub Crawls in town! #pubcrawls #thisisellicottville #placetolove #evlnow




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