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FREE

Slide Into the Weekend and Show Your Support!

Have a Flippin' Fun Time When the Annual Penguin Paddle Returns to Holiday Valley



@holidayvalley

BY MARY WEISER

For over 35 years, the Bill Lounsbury Adaptive Ski Program has been providing adaptive skiing lessons to individuals of all ages, and Program Director Sue Whistler invites everyone to be a part of this great mission through the 2024 Penguin Paddle! On Saturday, February 24th, all are invited to the slope side of the Yodeler lodge at Holiday Valley Ski Resort for a fun day of sliding, food, music, prizes, and more!

Whistler explained that the program was named after Bill Lounsbury, who was a ski patroller at Holiday Valley in the 1970s and early 1980s. "He lost a leg to cancer," she explained. "He taught himself to ski on one ski and continued to ski. He eventually passed away from cancer, and the program was started in his memory. It's supported by Holiday Valley and the ski patrol, who started donating equipment to the program, and it just evolved!"

The Penguin Paddle kicks off at 10:00am on Saturday, when registration opens for the Penguin Races at the base of Yodeler. For a \$1 donation, participants will receive their garbage bag, which they wear (along with a helmet) for the races that begin at 1:00pm.

... page 04

GET READY FOR WINTER MUSIC JAM WEEKEND

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, taking place THIS WEEKEND, February 23rd-25th. Produced by the Ellicottville Chamber of Commerce, many of the restaurants and bars have hopped on-board to offer a solid line-up in a variety of genres all in one weekend!

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. If you haven't already, book your lodging, pack your bags and dig out your dancing shoes!

To view the full schedule of acts, scan the QR code below.



... page 04

LEAP DAY - WHY WE HAVE AN EXTRA DAY EVERY FOUR YEARS

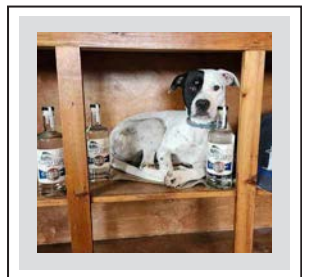
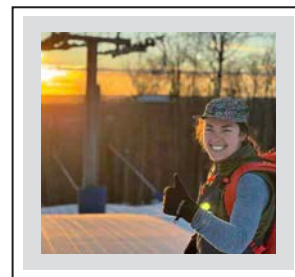
You will always remember Leap Year because it goes all the way back to 46 BCE, when Julius Caesar reformed the Roman Calendar. Before that time, a year in Rome was shorter than ours (minus 10 days), divided into lunar months, with an occasional month thrown in to balance things out. To say the least, it was complicated. Ahh, but the Greeks had a calendar based on the sun so with the help of his astronomer, old Julius, who deemed himself one step lower than a god, created a new system. Turns out this guy ended up being so hated for thinking he was untouchable, so a group of Senators resolved the situation by simply having him assassinated. But not before changing the calendar ... page 03

UPPENADAM: AN INTRO COURSE TO UPHILL TOURING

Interested in meeting new friends and doing a little uphill trekking? Come out to Holiday Valley on Sunday, February 25th, you can join in the "UppenAdam" Intro To Uphill Touring event. Led by local skier and podcast personality, Adam Sauerwein, he describes the event by saying, "UppenAdam is a community building event. With the growing popularity of ski touring/split-boarding, we've seen a lot of people walking up the hills. It's being offered, because (personally) I saw an opportunity to grow the culture and community that exists in other mountain towns and decided that now is a great time to help cultivate that." ... page 04

instaNOW

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Profile: Ellicottville's Postman Retiring

Tim Woodin to Make Last Delivery February 29th



BY CAROL FISHER-LINN

"Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds." I asked Tim about the rain, sleet and hail stuff. He said there were times when the storms in Buffalo or elsewhere delayed mail for days even though there was no snow in Ellicottville.

Old timers may very well remember young Tim, the local high school kid who mowed everyone's lawns. After graduation, he launched a fifteen-year career as the produce department manager at the old Quality Market. As fate would have it, he had a conversation with then Ellicottville postmaster, Ann Vogtli (who doesn't remember Ann with fondness?), who suggested he apply for a position at the postal service.

... page 07



365 DAYS OF WELLNESS... RIGHT HERE IN ELLICOTTVILLE

As a full-time student, I'll be the first to say that life gets hard. Balancing classes, having a good social life, and navigating being away from home for the first time in my life can get stressful. And being stressed is absolutely not fun. Not only do I not feel good, but I see it in my work and relationships as well. That's why resetting is so important, and the 365 Days of Wellness program is here to help! The program holds sessions every Monday night at Mountainview Massage, part of Warrior Fitness & Wellness. Each session is devoted to bringing guests a space to learn about and practice holistic wellness techniques, both for relaxation and to give guests the tools to practice mindfulness in moments of stress and beyond ... page 12



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Publisher's PICK

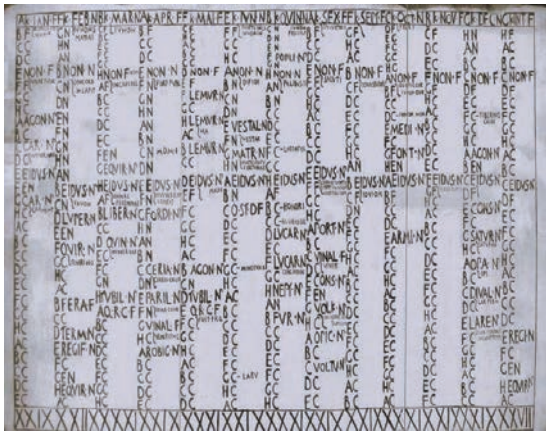
THE LEGEND OF LEAP DAY

February 29th Meant More Than Just Balancing Out the Calendar



BY CAROL FISHER-LINN

You will always remember Leap Year because it goes all the way back to 46 BCE, when Julius Caesar reformed the Roman Calendar (pictured below). Before that time, a year in Rome was shorter than ours (minus 10 days), divided into lunar months, with an occasional month thrown in to balance things out. To say the least, it was complicated. Ahh, but the Greeks had a calendar based on the sun so with the help of his astronomer, old Julius, who deemed himself one step lower than a god, created a new system. Turns out this guy ended up being so hated for thinking he was untouchable, beyond all mortal beings and could do what he wanted. He demanded so many titles and honors from his Senate that even the kow-towing Senators feared he would try to declare himself king. So, a group of Senators had the situation resolved by simply having him assassinated. Oops guess he got a tad overly imperial; J.C. permanently left the room.



But not before changing the calendar. There remained a wee bit of a discrepancy, but it was resolved by adding one extra day to the shortest month. Of course, it was more complicated, but you get the idea. So, bottom line, nearly every four years, we add an extra day to the calendar in the form of February 29th, also known as Leap Day. Put simply, these additional 24 hours are built into the calendar to ensure that it stays in line with the Earth's movement around the sun. Of course, we moderns complicated things by adding leap seconds in 1972, but finally everyone across the globe got on board, knowing that a second could be removed now and then to catch up with the Earth's rotation. Aren't you glad you asked?

As a youngster, I recall that leap year was an empowering year for young (or old, I suppose) women who were given the freedom to propose marriage without waiting for their reluctant suitor to pop the question. Back then, we celebrated Sadie Hawkins Day with dances and fun celebrations. Anyone remember Li'l Abner? Sadie Hawkins, from Dogpatch, was homely as an old coon hound and at 35, still a spinster. In desperation, her Paw called together all the bachelors in town and set up a foot race. Whoever she caught had to marry her. In Wikipedia, "The storyline sometimes also includes the Sadie Hawkins Eve Dance which is held on the previous evening, when the young women wear hob-nailed boots and stomp on their partners' feet, to make the bachelors run slower during the event." Imagine!

Aside from Sadie, ancient legend has it that St. Patrick came to St. Bridget's rescue when she lamented that women were not allowed to propose marriage to men. The Irish saint generously designated a day that came around only once every four years where women could indeed do the proposing. In some places, February 29th is known as Bachelor's Day. The tradition found its way to England where the Brits added a bit of a twist. If the woman were to be rejected, he must pay her a debt for her trouble in the form of fabric to make a skirt, or many pairs of fine gloves, perhaps to hide the fact that she didn't get the ring she wanted.

Were you or someone you know born on February 29th? You are an official "Leapling," making you one of about 5 million worldwide. The odds of being a Leapling are about 1-in-1,461. Some notable Leaplings are actor Dinah Shore, public speaker Tony Robbins and rapper JaRule. Shore, for instance, born in 1916 would only have celebrated 27 birthdays if she were around today. Leaplings celebrate their birthdays on February 28th or March 1st. They even have a club, The Honor Society of Leap Year Babies.

Looking for some fun things to do on Leap Day? Our friend at the Post Office, Tim Woodin, is retiring. Now, that's a BIG Leap, so make sure you stop in to wish him a fond farewell! You could rent a movie about a Leap Day proposal, "Leap Year" starring Amy Adams. Write a Leap Day letter to yourself and put it away until 2028 (which is when the next Leap Year will happen). Bake a frog shaped cake. Visit the twin cities of Anthony, Texas and Anthony, New Mexico which are the self-proclaimed Leap Year Capitals of the world, with a birthday party for all Leaplings. Of course, any day is a good day to do something special for someone else. Leap into someone's life on February 29th and make their day extra special!



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EVENTS

PENGUIN PADDLE

Slip-Sliding Event Returns to Holiday Valley to Benefit Adaptive Ski Program



@holidayvalley

By MARY WEISER

For over 35 years, the Bill Lounsbury Adaptive Ski Program has been providing adaptive skiing lessons to individuals of all ages, and Program Director Sue Whistler invites everyone to be a part of this great mission through the 2024 Penguin Paddle! On Saturday, February 24th, all are invited to the slope side of the Yodeler lodge at Holiday Valley Ski Resort for a fun day of sliding, food, music, prizes, and more! This event is the program's main fundraising event of the year, and it's easy to see why it's become an annual tradition for the hundreds of people who participate every year.



Whistler explained that the program was named after Bill Lounsbury, who was a ski patroller at Holiday Valley in the 1970s and early 1980s. "He lost a leg to cancer," she explained. "He taught himself to ski on one ski and continued to ski. He eventually passed away from cancer, and the program was started in his memory. It's supported by Holiday Valley and the ski patrol, who started donating equipment to the program, and it just evolved!"

During 1988, the founding year of the program, there were four instructors, 14 students, and 32 lessons taught. Now, there are more than 40 volunteer instructors, many of whom are certified by the Professional Ski

Instructors of America, who teach over 250 lessons over the course of a ski season. The Penguin Paddle raises money to purchase and maintain specially designed adaptive ski equipment and to fund the ongoing adaptive training programs for the volunteer instructors.

The Penguin Paddle kicks off at 10:00am on Saturday, when registration opens for the Penguin Races at the base of Yodeler. For a \$1 donation, participants will receive their garbage bag, which they wear (along with a helmet) for the races that begin at 1:00pm. Races are divided into age groups, starting with ages four to six through adults 21 and over. Whistler said, "We start serving lunch at 11:30am for \$8. It's an outdoor cookout with hot dogs and sausages, plus there is a beer and wine tent."

Raffle tickets are on sale now from any LASP instructor and can also be purchased on the day of the event at Yodeler until the drawing at 3:00pm. Tickets are \$5 each or five for \$20. Prizes include a season pass from Holiday Valley, a \$400 gift card to Villaggio restaurant, and a pair of skis from The City Garage (winners need not be present to win). From 10:00am-2:00pm participants can take part in the silent auction and Wine Wall. Speaking of the silent auction, Whistler said, "The gift baskets are really nice! Local merchants contributed all sorts of things. For the Wine Wall, our staff donates two bottles of nice wine each and that gets packaged up, so people can buy it and it's kind of a surprise as to what's inside!"

Whistler has enjoyed seeing the fundraiser grow and change over the years. "Years ago, they used to bring in penguins from Sea World in Ohio," she noted. While the only participating penguins now are humans in garbage bags, the event is no less exciting and, most importantly, allows LASP to continue its mission of making skiing accessible to all. "Holiday Valley is wonderful," Whistler said. "They are hugely supportive and do an awful lot to support the program, including giving us our building. We're very appreciative."



Learn more about the Lounsbury Adaptive Ski Program and the Penguin Paddle at www.lounsburyadaptive.org. For those who are interested in becoming a volunteer instructor or are interested in lessons, scholarships, and the disabilities LASP serves, email info@lounsburyadaptive.org.

WINTER MUSIC JAM

Another Weekend of High-Energy Entertainment Hits Ellicottville This Weekend



@visitellicottville
@villaggio_evl



By BRENDA PERKS

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, taking place THIS WEEKEND, February 23rd-25th. Produced by the Ellicottville Chamber of Commerce, many of the restaurants and bars have hopped on-board 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. If you haven't already, 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 or by scanning the QR code above, 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. "This weekend is the perfect opportunity to treat you and your friends/family to an experience you'll always remember. We're sure you'll want to come back again!"

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. And be sure to follow @visitellicottville on IG to stay connected.

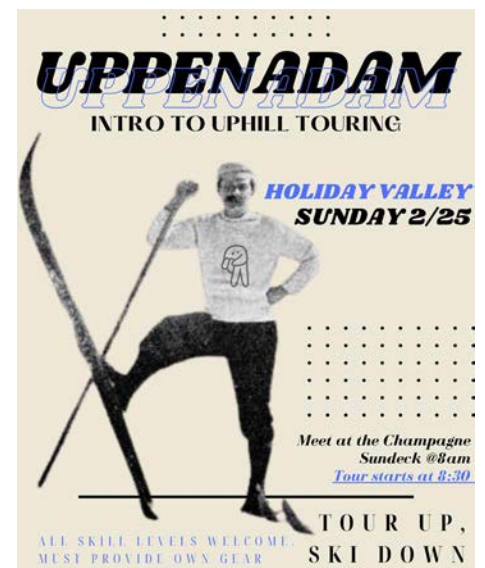
UPPENADAM

Local Skier and Podcast Personality to Host Intro to Uphill Touring Event

By JESSICA SCHULTZ

Interested in meeting new friends and doing a little uphill trekking? If you come out to Holiday Valley Resort on Sunday, February 25th, you can join in the "UppenAdam" Intro To Uphill Touring event.

Led by local skier and podcast personality, Adam Sauerwein (@mradamx), he describes the event by saying, "UppenAdam is a community building event. With the growing popularity of ski touring/split-boarding, we've seen a lot of people walking up the hills. This is an opportunity to meet people, ask experts and learn a little bit more about an extremely intimidating activity. It's being offered, because (personally) I saw an opportunity to grow the culture and community that exists in other mountain towns and decided that now is a great time to help cultivate that."



So what should you expect if you decide to tackle the uphill journey? Adam stated, "The event will be held on the 25th and will start at 8:00am. Participants will meet on the Champagne Sundeck of Holiday Valley's Yodeler Lodge. The main objective of this event is to promote community, so everyone is encouraged to make new friends, ask questions, and get comfortable with their uphill gear. The experts will help the beginners, and everyone can learn something from each other. After that, a mellow uphill tour

"UppenAdam Intro to Ski Touring" continued page 14



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PROFILE

ELLICOTTVILLE'S POSTMAN

Bidding Farewell to Tim Woodin, Making his Final Delivery on Leap Day



BY CAROL FISHER-LINN

"Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds."

But, then we have this from aboutusps.com: The words above, thought to be the USPS motto, are chiseled in gray granite over the entrance to the New York City Post Office on 8th Avenue and come from Book 8, Paragraph 98, of *The Persian Wars* by Herodotus. During the wars between the Greeks and Persians (500-449 B.C.), the Persians operated a system of mounted postal couriers who served with great fidelity.

Another less well-known inscription can be found on the building that formerly was the Washington, D.C. Post Office and now is the home of the Smithsonian Institution's National Postal Museum. This, given to us by the historian of the United States Postal Service, October 1999: *Messenger of Sympathy and Love, Servant of Parted Friends, Consoler of the Lonely, Bond of the Scattered Family, Enlarger of the Common Life, Carrier of News and Knowledge, Instrument of Trade and Industry, Promoter of Mutual Acquaintance, Of Peace and of Goodwill Among Men and Nations.*

The original of this inscription was called "The Letter" and was written by Dr. Charles W. Eliot, former president of Harvard University. President Woodrow Wilson changed the text slightly before the inscription was carved in the white granite of the Post Office. If you re-read those words, you will realize how true they are.

I asked Tim about the rain, sleet and hail stuff. He said, there were times when the storms in Buffalo or elsewhere delayed mail for days even though there was no snow in Ellicottville. In fact, in the last five years, he recalls two different times when mail did not arrive for Ellicottville distribution. He said, back in the old days, that rarely happened.

Old timers may very well remember young Tim, the local high school kid who mowed everyone's lawns. After graduation, he launched a fifteen-year career as the produce department manager at the old Quality Market. As fate would have it, he had a conversation with then Ellicottville postmaster, Ann Vogtli (who doesn't remember Ann with fondness?), who suggested he apply for a position at the postal service. An ambitious and industrious young man, he was hired with a promise of only ten hours. Vogtli encouraged this young lad to accept, knowing he would eventually be given more. And so, his new career with the USPS began twenty-nine years ago, first in Delevan and then, one year later, in Ellicottville. Home at last.

We talked about unusual items that have been shipped. It was interesting to hear that a rifle could be sent via USPS but not a handgun. (Federal, not state-ruling.) Baby chicks can be mailed but not kittens or puppies. Shelly's hot dogs, scorpions, geckos, lizards, bees, and adult birds are also on the USPS "go" list. However, if you have a frog or dead animal to mail, you will have to go through UPS, which has fewer restrictions on live (or dead) creatures.

One of the more amusing stories Tim could tell ellicottvilleNOW was during the time they left the Post Office opened all night long during Fall Festival. The staff came into the Post Office in the morning and found people still asleep on the floor... sleeping it off. Only once can he remember when they had to call the police to eject one overnighiter. One of his worse memories was when they worked out of a trailer while the Post Office was being remodeled. Mail got wet, they got wet, and everyone was justifiably testy. Some of the most challenging times may have been during COVID but he said, "We always found a way to carry on." Interesting to note that they held mail for our Canadian friends for a year or more when they couldn't cross over to come to Ellicottville. We are nice that way.

Of course, Tim's fondest memories all center around people. The people he worked with over the years, and the fine people who use the services of the Ellicottville postal service, whom he says are some of the most generous, especially around Christmastime and other holidays. A good reminder for all of us to show our appreciation for the fine service they provide. Reminder: they are allowed to accept no more than \$20 as a gift at any one time.

Tim Woodin, we will all miss you and your kind gestures that did not go unnoticed over the years. May your retirement be filled with happy days with that soon-to-be new grandbaby and its sibling, and adventuresome and memory-making trips with your children and loved ones. Now, put your feet up, take a long coffee break, pull out those travel catalogs and start planning for the best years of your life.

"BUCK UP BUTTERCUP"

Southern Tier Biennial Art Exhibition Supported by F. Donald Kenney Fund



OLEAN - With funding from the F. Donald Kenney Fund at the Cattaraugus Region Community Foundation, the Tri-County Arts Council will hold its annual biennial art exhibition again this fall.

Since 2004, the yearly arts exhibition has received \$426,896.71 in funding thanks to the generosity of the late philanthropist and art enthusiast, F. Donald Kenney, who established the F. Donald Kenney Fund at CRCF to support the Southern Tier Biennial. This year's grant of \$23,039.95 will go towards a solo artist exhibition to be held in the council's gallery space.

Each year, the biennial alternates between a juried art competition, followed by a solo gallery showing for the competition's winning artist. This year, the biennial will showcase the art of Tammy Renée Brackett, a professor of digital media and animation at Alfred State College. Brackett's work uses nature to pose questions of identity, categorization, and location. Her most recent work explores the complex relationships between humans and animals, particularly the white-tailed deer.

Paula Bernstein, executive director of the Tri-County Arts Council, said that the Southern Tier Biennial has seen significant growth in quality and quantity since its inception. "This reputation for quality is undoubtedly due to the generous support of the F. Donald Kenney Foundation and the foresight of the Cattaraugus Region Community Foundation to administer the endowment," said Bernstein.

CRCF Executive Director Kirk Windus highlighted the importance of arts in the community. "The arts have the power to inspire, heal and unite us all," he said. "Through philanthropy, we can help ensure these transformative experiences are accessible to everyone."

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, health care, 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. CRCF is also on Facebook ([facebook.com/cattfoundation](https://www.facebook.com/cattfoundation)) and Twitter (@CattFoundation).

MAKING AN IMPACT

Mildred Milliman Fund Provides \$240k to 35 Nonprofit Organizations

OLEAN - Former Olean resident Mildred Milliman had a passion for philanthropy, and her giving spirit is still positively impacting the Olean community. The Mildred Milliman Fund at the Cattaraugus Region Community Foundation made possible 240,628 in grants to 35 organizations in 2024.



The Olean General Hospital Foundation, the fund's leading beneficiary and an organization Milliman avidly supported during her life, received a grant for \$194,187 this year. Since its establishment in 2001, the Mildred Milliman Fund, which was previously named Anonymous Fund at her request to maintain her anonymity, has made possible more than \$4.9 million in grants to local and national charities named by Milliman.

Milliman was posthumously recognized by CRCF for her lifetime of generosity and philanthropic vision with its Friend of the Foundation award in 2011. Milliman's decision to set up an endowed fund with the Foundation with a \$6 million donation continues to make a permanent difference to 35 local and national charitable organizations.

Another of Milliman's passions included animals, and she often helped support causes benefiting them. She had designated several animal-related organizations as annual

"Mildred Milliman Fund" continued page 14



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THINGS TO CHECK OUT

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Holiday Valley has a fantastic lineup of events the rest of this season. From après ski live music at the T-Bar on Saturdays to Pond Skimming, there's plenty of fun to be had on and off the slopes. Scan the QR code to learn more.



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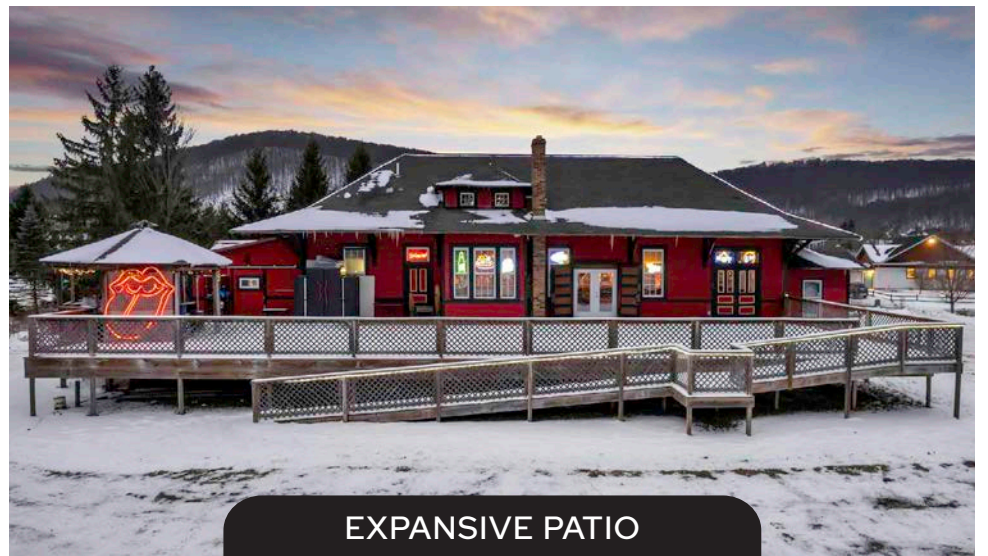
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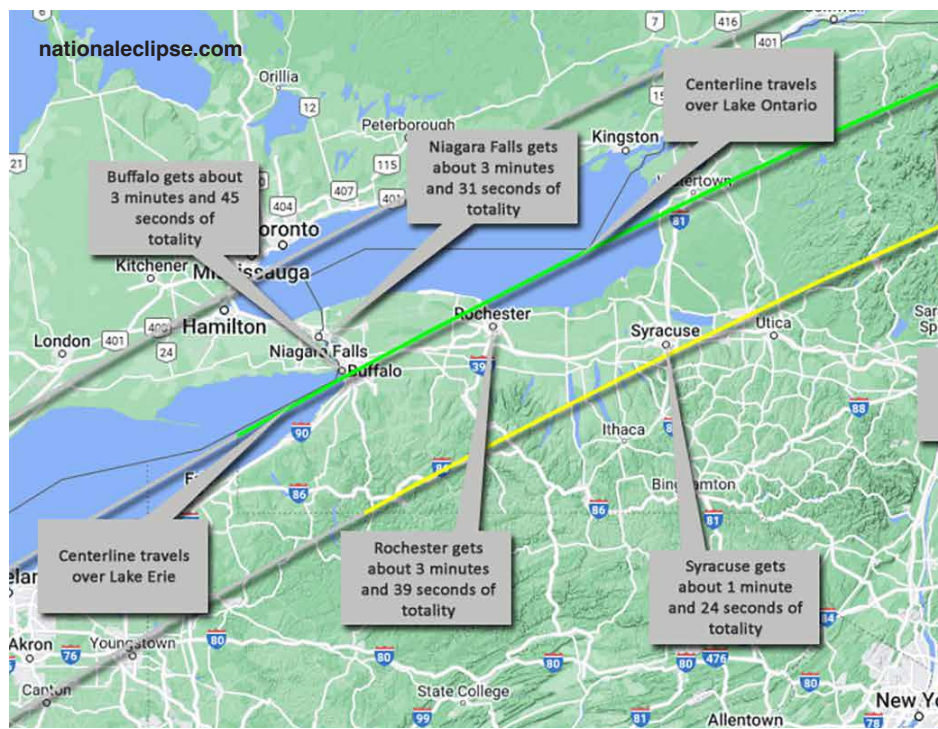
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COMMUNITY

ECLIPSE VIEWING CELEBRATIONS

Local Gatherings Planned; FREE Viewing Glasses Available



BY JESSICA SCHULTZ

The Enchanted Mountains will be a part of the upcoming total solar eclipse on April 8th, 2024. Within the county, the time of the eclipse will range from 2:00-4:45pm. The path of totality, which is the locations where the moon's shadow completely covers the sun or the on average, will begin at 3:18pm in the Enchanted Mountains.

It is essential to **NOT STARE AT THE SUN** without the proper safety lenses. With that in mind, members of our local communities are welcome to visit enchantedmountains.com and request FREE solar viewing glasses from them. You can request them for pick up in Olean, Little Valley or even ask that they be delivered. You can order them for just yourself or your whole family. Max amount is 100 per request unless you are a local business organization.

There will be many great opportunities to enjoy viewing the Total Solar Eclipse. Some great places to view it would be Allegany State Park, Griffis Sculpture Park (Rohr Hill Side), along the Amish Trail and Onoville Marina Park.

If you're looking for a great way to celebrate locally, stop in at one of the Eclipse Viewing Celebrations. HoliMont is hosting a Total Eclipse Party from 12:00-4:00pm on the day of the event. There will be a cookout style lunch where you can purchase hot dogs, hamburgers and more from Dina's at the Mont out on the patio, as well as stay entertained by playing corn hole or trivia before viewing the event at 3:15pm. The event is free to attend. (Food/beverages sold separately.)

Not to be left out, Holiday Valley is inviting guests to book their Eclipse Totality Bash Package ahead of the event. The package includes access to a VIP viewing area, commemorative souvenir arrival gift, drink tickets, souvenir eclipse viewing glasses and (weather permitting) a chairlift ride to the top of Mardi Gras for optimal viewing. The schedule for the bash begins a day ahead of the eclipse on Sunday, where there will be educational talks, live music, food and drink specials, beer/liquor sampling and door prizes. Then on April 8th, the actual viewing party runs from 1:00-6:00pm at the Holiday Valley Lodge & Base Area.

And these aren't the only places to be celebrating this natural phenomenon. The Ellicottville Chamber hosted a meeting at the Wingate last week to discuss putting together a town wide event that is in the early stages of planning. (Be on the lookout on evNOW.com and the Ellicottville Chamber's social media pages for more details as they become available.) Madigan's Bar and Grill will be having an eclipse viewing party for everyone to join in as well and viewing the eclipse from the outdoor bar area should be a treat. You can also hop over to the Seneca Allegany Resort and Casino in Salamanca and indulge in some eclipse fun at their event. There will be food trucks, balloon artists, games, live music, face-painting and more.

During all of this rambunctious fun, there are a few things to keep in mind. First, the weather in April in Western New York is, for lack of a better term, changeable. The ground may be a mix of snow/mud or it could be raining or even still snowing. (You never know around here honestly.) Cloud coverage could obscure viewing areas. Or we could have the most clear skies and amazing viewing conditions (fingers crossed).

Second, keep in mind that this is a huge deal so there will be a lot of folks coming from all over for their chance to see the eclipse. Be aware of heavy traffic conditions, such as cars stopping on the road or pulling off to the side to park, and many people walking through.

Lastly, the eclipse is an amazing occurrence and a force of nature. Animals and people can be affected by its arrival. The sky will darken quickly and stay dark for an average of around 3 minutes. The temperature could drop over 20 degrees in less than 2 minutes, which may cause issues for those sensitive to that type of thing and both animals and people can become disorientated due to environmental changes.

With everything in mind, you should be able to view the eclipse safely and enjoy this once-in-a-lifetime (or twice depending on how long you live) opportunity. The last total solar eclipse to pass over our state was on January 24th, 1925 and the next one won't be until August 23rd, 2044.

So book your stay, pick up your free viewing glasses and party with your favorite people when the world goes dark on April 8th. If you want to find out what the eclipse will look like in an area you plan to visit ahead of time, visit eclipse2024.org and scope out their interactive path of totality map.

ARE YOU A GREEN THUMB?

Cornell Cooperative Extension Offering Upcoming Courses



Do you have a green thumb and are ready to take your planting abilities to the next level? (Or maybe like me, you look sideways at a petunia and it bites the dust, so you'd like to stop that?) Well, the Cattaraugus County Cornell Cooperative Extension has some fabulous opportunities coming up to help you achieve some gardening dreams. Let's take a look...

LUNCH AND LEARN

Come out to 28 Parkside Drive in Ellicottville, NY on March 12th from 12:00-12:45pm for a FREE course in raised bed and container gardening. Master Gardener Apprentice Melanie Brown will be on hand to discuss what you should know when planning out your gardens and how to go about executing the planting. You can register for the event at pub.cce.cornell.edu/registration and can even attend via zoom if you cannot attend in person.

TERRARIUM/FAIRY GARDEN FUNDRAISER

Also happening on March 12th at 28 Parkside Drive in Ellicottville, NY from 6:00-8:00pm is the Master Gardener Terrarium/Fairy Garden Fundraiser. You can help support your local Catt. County Master Gardener Volunteer Program by making yourself something adorable. For just \$25 a person, you'll be able to create your own little terrarium. The cost includes the terrarium, succulents and growing medium, as well as refreshments and hors d'oeuvres. There will be other decorative items like decorative rocks and fairy/gnome accessories, available for an extra cost. One glass of wine is included with the ticket for those of age with legal ID. This event is sponsored by The Winery of Ellicottville.

MASTER FOOD PRESERVER COURSE

If you want to learn how to become a Cornell Cooperative Extension certified Master Food Preserver, now is your chance. The 3-day training course is the first step to achieving that goal. This 3-day intensive course includes a comprehensive food preservation notebook. Nightly study is suggested for the post-test. A score of 85 is required, as well as experience with all food preservation methods and teaching others to become a Cornell Cooperative Extension certified Master Food Preserver. No prior experience in food preservation is required. You will learn the safest, most updated information available on the science of food preservation and food safety and have hands on experience with boiling water bath canning, pressure canning, jelled products and quick pickling. There will also be demonstrations on food freezing, drying and fermentation.

The course takes place at the Seneca Allegany Community Center at 3677 Administration Drive in Salamanca, NY, 14779. The cost is \$350 a person and includes lunch each day. The class size is limited to 20 people, so you must register soon to server a space. You can contact tsb48@cornell.edu or call 716-699-2377 ext. 100.

MORE INFORMATION

So if you are interested in any of these opportunities, want to find more or would just like more details on the extension, be sure to visit them at cattaraugus.cce.cornell.edu and register for whatever courses take your fancy. Start the path to becoming a master gardener yourself or just break the curse of the black thumb you may be carrying.

TRAIL SALE FUNDRAISER

Volunteers Wanted to Decorate Door Prize Chairs

PORTVILLE - Pfeiffer Nature Center is looking for volunteers to decorate/shabby-chic old distressed chairs for door prizes at their 2024 Trail Sale set for Saturday, May 11th. The nature center is currently in the process of organizing this year's show. Six chairs are ready to be repurposed... who would like to help? All six chairs are white and are in need of TLC and need to be brought to life. This is your change to get creative and help! If interested, please call the Pfeiffer Nature Center office at 716-933-0187 or email of office@pfeiffernaturecenter.org.



HEALTH & FITNESS

Core Performance: Exercise and Diet Create the Body You Desire

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

All too often, I have clients who believe that working out equals weight loss, and they become frustrated when the pounds do not “melt” off as they had expected by adding exercise to their routine. This is when the real work begins for both myself and my client as we navigate their diet.

First of all, I never promote diet “fads or trends”. Atkins/Keto and intermittent fasting all work until you stop doing them... and you stop because they are unsustainable.

What I DO promote is eating large quantities of high-nutrient foods to be the secret to optimal health and permanent weight control. This is crucial in deciding what to eat. We need to eat foods with adequate nutrients, so we won't need to consume excess “empty” calories to reach our nutritional requirements.

Appetite is not controlled by the weight of the food but by the fiber, nutrient density, and caloric density. Since the stomach can hold about one liter of food, let's look at what types of food are the most nutrient dense - it will come as no surprise to many of you that the foods that will let you feel fuller with the least amount of calories are fruits and vegetables. Green vegetables are so incredibly low in calories and rich in nutrients and fiber that the more of them you eat, the more weight you will lose.

Dark green leafy vegetables such as kale, spinach and arugula have a nutrient-density of 100 points. Romaine, bok choy, cabbage, brussel sprouts, asparagus, broccoli, green beans and peas are also at the top of the nutrient density pyramid. You can also enjoy non-green vegetables such as beets, eggplant, mushrooms and peppers as well as a myriad of fruits, beans, raw nuts, seeds, and whole grains, as well as colorful starchy vegetables such as butternut squash, sweet potatoes, corn and turnips.

So let's get back to the stomach. 400 calories of chicken will fill approximately 1/8 of the volume, but 400 calories of spinach, eggplant and beans will completely fill your stomach's volume.

Let's go a step further. Every day I eat a large salad for lunch. The salad is mostly dark greens like spinach, arugula and romaine. I add beets that I have previously boiled and peeled, leftover cooked veggies like asparagus/brussel sprouts, and grilled chicken. I dress the salad with a homemade dressing of olive oil and red vinegar. This salad fills me up so completely, yet I do not feel stuffed. I feel satisfied and ready to keep moving through my typically very busy day.



Through the years I have learned what works for me. So I never tell my clients or anyone who asks that they have to eat what I eat to achieve their goals. What I will do is look for ways to make their diets healthier and more satisfying. Still, it is not easy to change; eating has emotional and social overtones and it can be especially difficult to break an addiction. But if you give yourself the opportunity to make small changes in your dietary choices that allow you to not only look better but to feel better, then that's really something special to gain.

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, go to www.coreperformancefitness.com or call her directly at 716-698-1198.

365 Days of Wellness: Program in Ellicottville Offers Holistic Wellness Techniques for Everyone

BY PATRICK FERRINO



As a full-time student, I'll be the first to say that life gets hard. Balancing classes, having a good social life, and navigating being away from home for the first time in my life can get stressful. And being stressed is absolutely not fun. Not only do I not feel good, but I see it in my work and relationships as well. That's why resetting is so important, and the 365 Days of Wellness program is here to help!

The 365 Days of Wellness program holds sessions every Monday night at Mountainview Massage, part of Warrior Fitness & Wellness, which you can find at 5 Park Avenue in Ellicottville. Each session is devoted to bringing guests a space to learn about and practice holistic wellness techniques, both for relaxation and to give guests the tools to practice mindfulness in moments of stress and beyond.

One of the minds behind the 365-day program is Charlotte Orth, owner of Char's Soul Charm (who operates out of Mountainview), known by friends and clients as Char. Char is a holistic consultant certified in Reiki techniques, Shaman techniques, and much more.

Char is committed to finding natural techniques to help people, notably those with disabilities. “Our body heals itself. Our environment is a healing place,” said Char. Her own experiences are what ignited her passion for alternative healing. “It all started because I've always had ADHD.” Navigating the world with this learning difference and without the benefit of modern medicine, Char thought to the future, and about her family. “As I went on to have children and grandchildren that had it, I thought: How can we give that additional assistance to them the natural way?”

Char was “given the gift of healing hands,” much like her friend and colleague Regina Ryan, leader of Mountainview Massage. Char and Regina both noticed the need to deliver healing tools to the community in Ellicottville and Cattaraugus County at large. Much like Char, Regina found her passion for healing by bringing massage to friends and family. When her operation got a little too big for her parent's house, Regina began Mountainview Massage with Warrior Fitness & Wellness.

“I didn't like anything that I went for in college; nothing really did it for me,” said Regina. “I started massage school at 23, and I loved it!” Char came to work with Regina to take both of their approaches to holistic wellness to the next level. Now, the duo is committed to im-

proving the well-being of their community, and hopefully soon, that of the world! To them, individual wellness is the first step to a community functioning as positively and effectively as possible. “Wellness is important for mind, body and soul,” said Char. It all connects. When they're all working properly, you can get through anything in life that comes up.”

Everybody being able to bring their ‘A-game’ to everyday life is the kind of mentality that will lead to a thriving community. And especially for Cattaraugus County, that has always been so important.

“There are more kids with autism in Cattaraugus and Chautauqua counties than any other county in New York State,” said Regina. Navigating the world with sensory issues can be extremely challenging, and giving children tools at an early age so they can both carry out happy childhoods as well as successful and fulfilling adulthoods is very important. Char's practices are dialed in to regulate sensory overload, so you'll leave with many tools geared toward that, should you attend a Monday session of their 365 Days of Wellness program.

Char and Regina have big plans for their program and hope to expand their outreach with a potential online option for the weekly class for people who can't make it in person, people from anywhere in the world, or even people like me - college students who don't have access to wellness in this style in their communities. “We want something that anybody could do from anywhere in the world,” commented Regina.

The 365 Days of Wellness program is also looking to make connections in the social work industry so that they can offer classes to individuals with Social Workers as a resource. But for now, Char and Regina's 365 Days of Wellness is sure to bring bliss, positivity, and peace to the Cattaraugus County community.

If you're on the fence about alternative wellness, Char says to “just try it once, give it a chance!” If you're interested in checking out an event, like the sound bath workshop from a few weeks ago or if you'd like to enroll in the upcoming EFT Tapping Workshop (a powerful technique that includes acupressure and psychology) slated for February 26th from 6:30-7:30pm, you can learn more on Mountainview Massage Facebook page, or Char's Soul Charm Facebook page. You're sure to leave grounded, or at the very least, relaxed with time spent alongside friends and neighbors!

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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.

CHICKEN & BISCUIT DINNER on Saturday, February 24, 2024 from 4:00 – 7 PM at the Little Valley Bridge of Hope Church, 109 Court Street, Little Valley. Dinner includes Chicken & Biscuit, mashed potatoes, corn and desert. Dine in or Take out. Free will donation. Proceeds will go towards maintenance and repairs of our Church. For questions or further information call 716-938-6150.

PUBLIC NOTICES

ELECTION NOTICE: Take notice, that for the general election to be held in the Village of Ellicottville, NY on March 19th, 2024. The polling place for the sole election district of said Village shall be the Ellicottville Town Center, 28 Parkside Drive, Ellicottville, NY 716-699-4636. The polls shall be open for voting from 12 noon to 9:00 PM. Election Notice - Be it Resolved, by the Board of Trustees of the Village of Ellicottville, NY that is designate the following offices, and terms to be filled at the next general election to be held on March 19th, 2024 1) Mayor – 4 Year Term, 2) Trustee – 4 Year Term, 3) Trustee – 4 Year Term. Ellicottville Vote for One: Mayor 4 Year, Republican, John A. Burrell, 31 Mechanic St. Ellicottville Vote for Two: Trustee 4 Year, Republican, Douglas S. Bush, 24 Elizabeth St. and Trustee 4 Year, Republican, Jolie Newpher, 2 Jefferson St. Village of Ellicottville, Mary J. Klahn.

GET YOUR APPLICATIONS IN!

Chamber Encourages Local Businesses to Sign Up for Mardi Gras Parade

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 Commerce, 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. 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!" 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?

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 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!

UPPENADAM INTRO TO SKI TOURING

cont. from page 04

will begin at a conversation pace (not a competitive one) up the hills of Holiday Valley. The route will be determined based on the snowpack. Once the first lap is completed, everyone will gather at the bottom. At this point, it will be decided if anyone wants to head out for another lap. Conversations at the bottom are encouraged as it is the main aspect of this adventure.

The event is free to attend, but participants must have their own equipment. There will be no on-site demos, but there will be plenty of experts available to help you understand and use your equipment. The UppenAdam event is specifically designed to help skiers become more comfortable with uphill gear, gain a better understanding of uphill skiing at resorts, and meet like-minded individuals. People of all ages are welcome, and no sign-up is necessary. Just show up and go!

If you are interested in a more competitive uphill pace, you can always opt to join in Holiday Valley's new event, the UppenOvr which promises participants an exhilarating journey from Yodeler Lodge at Holiday Valley up to Spruce Lake and down Sunset at HoliMont. Then take the same course backwards from Sunset to Yodeler. It's a three-mile trek, boasting 2 divisions for those who want to race against the clock and those who just want to do it for fun. You can sign up now for the March 16th event at holidayvalley.com. Participation in the UppenOvr will help contribute to Holiday Valley's Empire State Ride, which benefits Roswell Park Cancer Center.

ECS BOARD ELECTIONS

Petitions Available for 3 Seats on the Ellicottville School Board of Education

ELLICOTTVILLE - Nominating petitions for the Ellicottville Central School District Board of Education are now available. The annual election will be held on Tuesday, May 21, 2024. Nominating petitions must be filed with the District Clerk by 5:00pm on Monday, April 22, 2024.

The candidate receiving the highest number of votes will be assigned an unexpired term seat immediately following the election on May 21, 2024, and a five-year term beginning July 1, 2024 and ending June 30, 2029. The candidate with the second-highest number of votes will be assigned a five-year term seat beginning July 1, 2024 and ending June 30, 2029. The candidate with the third-highest number of votes will be assigned an unexpired term seat immediately following the election on May 21, 2024 and ending on June 30, 2026.

Petitions must contain the signatures and legal addresses of at least 25 qualified voters living in the Ellicottville Central School District. A qualified voter must be a United States citizen, be at least 18 years of age, a district resident for 30 days prior to the election, with their current address on the nominating petition. To qualify as a candidate, one must be a qualified voter and a district resident for one year immediately prior to the election.

Nominating petitions and further information are available from Melissa Sawicki, District Clerk, during regular business hours (when school is in session), 7:30am-4:00pm or by calling 716-699-2368 ext. 1300.

MILDRED MILLIMAN FUND

cont. from page 07

grant recipients from her fund, including the SPCA in Cattaraugus County, which received a grant of \$5,462 this year.

"We are immensely grateful for the transformative impact Mildred Milliman has had on our community through the fund she established at CRCF," said Kirk Windus, CRCF executive director. "Her philanthropic support has empowered us to expand our reach, touch more lives and make a tangible difference for those in our community."

Other organizations that received grants from the Milliman Fund include: Beautification Fund for Olean Community, Roswell Park Alliance Foundation, St. Jude Children's Research Hospital, Camp Good Days & Special Times, SPCA serving Allegany County, National Anti-Vivisection Society, National Wildlife Federation, World Wildlife Fund, American SPCA, Humane Society of U.S., Best Friends Animal Society, International Fund for Animal Welfare, Blinded Veterans Association, Guiding Eyes for the Blind, American Heart Association, American Cancer Society, March of Dimes – WNY Division, Salvation Army, American Red Cross, National MS Society, American Kidney Fund, Paralyzed Veterans of America, American Lung Association, Muscular Dystrophy Association – Western New York, Easterseals New York, Leukemia & Lymphoma Society, Epilepsy Foundation, American Foundation for the Blind, Cystic Fibrosis Foundation of WNY, Alzheimer's Association – Western New York Chapter, United Spinal Association, Town of Olean Fire Department.

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, health care, the arts, community development, human service, and youth development. To learn more, call 716-301-CRCF (2723), email foundation@cattfoundation.org, or visit cattfoundation.org. CRCF is on Facebook (facebook.com/cattfoundation) and Twitter (@CattFoundation).

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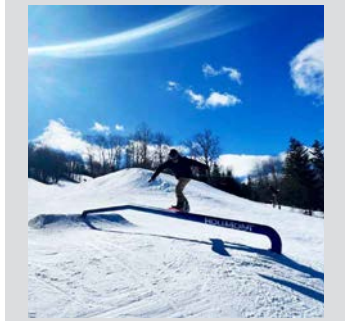
@mudswatgears: Let's celebrate the camaraderie of women skiers @holimont, for the 3rd Annual Powder to Prosecco event, Feb. 22nd & 23rd. Hosted by @blizzard_tecnica! #livethemoment #evlnow #holimont



@team_pritchard: The old Marino's pizza in Salamanca is now going to be an 80s style diner! #placetolove #evlnow #newrestaurant



@holidayvalley: Which way to go? Photo @baroness_abcinema



@holimont_parks: Today was a day! #holimont #evlnow



@christycarus: Welcome back Old Man Winter! #ellicottvillenow #libertyskis #skitheeast



@anvisitorsbureau: Beautiful cool winter skyline of Bradford, PA.



@lanaisa_128: Adrienne's first time on a chairlift. Start them young!



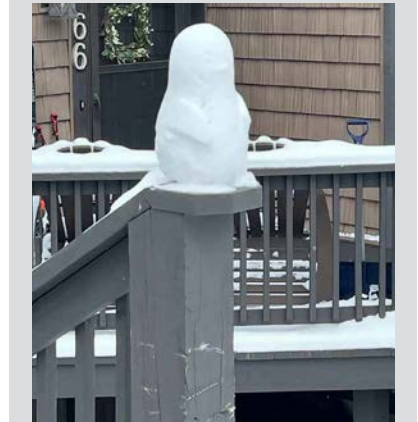
@lcove1: Let's get the party started... again! @holimont #evlnow #skihat #ellicottvilleny #skigirls @chantiza_boutique @jennawainwright



@dailycitytrain.skate: Skate Shop Day! #newboardday #evlnow #supportyourlocalskateshop #ellicottvilleny #dctskate



@visitellicottville: Clear American Whiskey is back on the shelf at Ellicottville Distillery. #doesntthisplacefeelgreat #evlnow



@debbiegeorges: Mr. Penguin arrived on our deck railing. No idea who...! #evlnow

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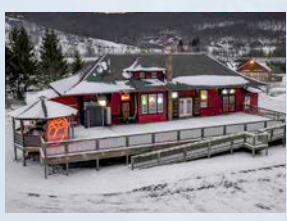
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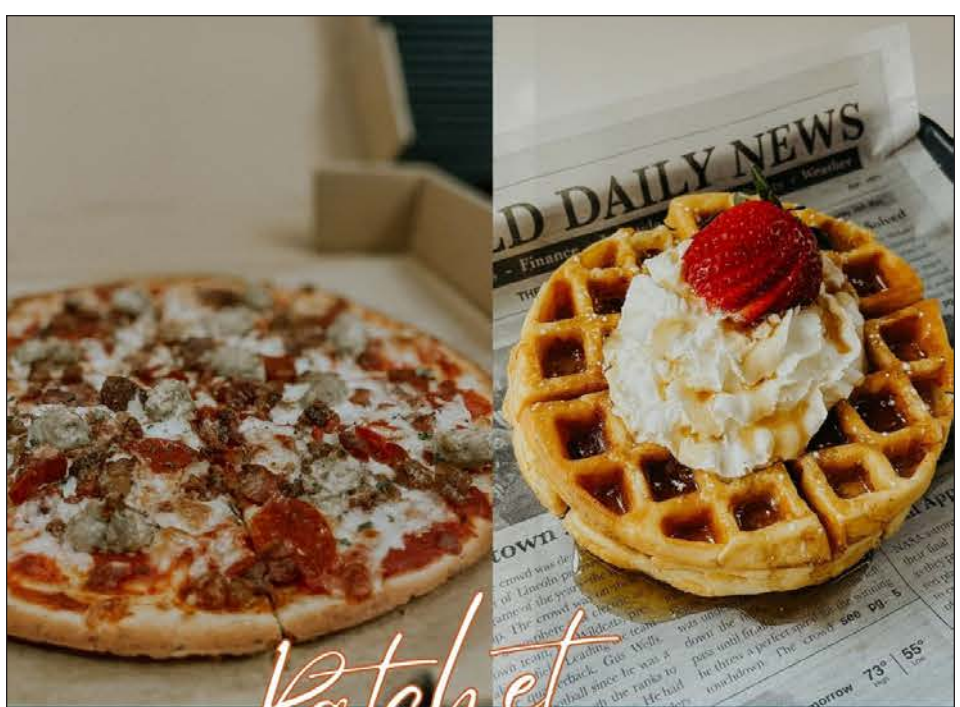
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