

Ellicottville NOW

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FREE

Get Grounded with Free Soul Studio

Retreats in Ellicottville and Bemus Point Aim to Connect Women Searching for Balance and Healing



photo / Free Soul Studio

By JESSICA SCHULTZ

When was the last time you got grounded? And no, I don't mean having your tablet or phone taken away by your parents and told you aren't leaving your room for a month. I mean, when have you calmed your mental and physical state and aligned with your soul? Can't remember or never have? Well, now is your chance to look into that.

Sara Cruea, the artist and owner of Free Soul Studio, is no stranger to the need for balance. She talks about what led her to create the studio saying, "I originally started Free Soul Studio in 2019 as an outlet for my mental health. I taught myself how to macrame and found it very cathartic and it gave me a small sense of purpose again."

Sara is dedicated to helping women find their inner connections. Her latest Women of Connection Retreat, happening in May here in Ellicottville, is already sold out. "The retreat will give participants the chance to bond with other women searching for authentic connections, help the participants realign to what fuels them and feels meaningful, make conscious friends, and clarify what is next for them."

... page 12

BREAKAWAY CLASSIC ADVENTURES: SHED THOSE WINTER BLUES

Today marks the end of another month closer to spring. We still have 19 or so days of dreary wintry weather to go through before we get one step closer to summer.

It's a funny thing how we worship summer as if it's the pot of gold at the end of the rainbow. The ironic thing though is that summer is nothing without winter, the Yin and the Yang that makes life - especially in the Northern Hemisphere - so appealing.

Shedding the winter blues for many of you that are not into skiing, snowmobiling, snowshoeing or building snow forts becomes a challenging endeavor. Soon we can start hiking and exploring the woods, but besides hiking, what else can we do?

Shed hunting comes to my mind, almost immediately!

... page 12

SHOP, SKI AND APRÉS AT HOLIMONT, OPEN TO THE PUBLIC M-F

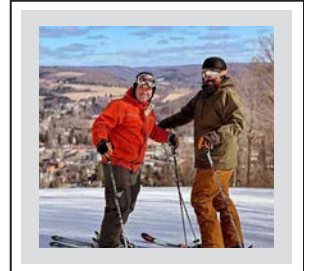
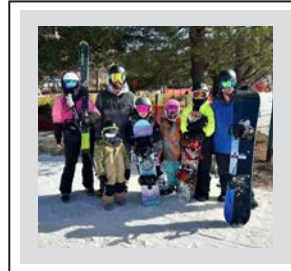
Join HoliMont for Telefest 2024 this Friday, March 1st with Telemark ski demos by The City Garage. Your event ticket includes free demos with the option to purchase, morning clinics, lunch, and an afternoon of teleskiing! HoliMont also offers so much more than awesome events. Their Gear-Up Rental and Retail Shop is open every day of the week throughout the ski season, welcoming both members and the public. Why not enhance your skills or learn something completely new with one of HoliMont's friendly snowsports instructors? Weekday clinics are just the thing to keep you motivated and on the path of progression! Take a break afterwards in the chalet with open-to-the-public après times ... page 07

ASTROLOGY REPORT: GET READY FOR AN EVENTFUL MARCH!

Think about what you did and how you were feeling maybe a week to a week and a half ago, and compare it to how you feel today. Do you notice a difference? Maybe a need to slow down a bit? Perhaps getting tired earlier than usual. On the positive, you may be quite inspired and your creativity is sparked. The sun, which is our vitality, has left the fast, unemotional, forward-thinking Aquarius part of the sky to the dreamy, intuitive, etheric, creative, and compassionate Pisces. Where Aquarius wants to get things done and refuses to deal with "small minds", Pisces sees the pure light in everyone and bring people together ... page 14

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.



Uphill Travel, Downhill Fun!

Holiday Valley Partners with HoliMont for New UppenOvr Event



@mradamx

By PATRICK FERRINO

It's almost time to flip the script at Holiday Valley's UppenOvr event on March 16th! It's always been ski down, but have you ever appreciated the beauty of Ellicottville along the way? Why not try going up and over? This scenic excursion starts at the Yodeler Lodge and will take you up Sugarplum, over to the beautiful Spruce Lake, then down and back up Sunset at HoliMont! Racers will finish their journey back at Yodeler for an after-party HV style, with music, food, and fun.

The event is unlike anything we've seen in recent years on the slopes. I spoke with Dash Hegeman, Director of Marketing at Holiday Valley, who went into detail about how something like this was dreamed up.

... page 04



photo / @nadesavianophoto

NOMINATE THIS YEAR'S KING AND QUEEN OF MARDI GRAS

The wildest weekend you'll ever experience in Ellicottville is just one week away! 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! This year's King and Queen will depend on YOU! The Ellicottville Chamber is currently accepting nominations for this year's parade leaders. Hop onto the Chamber's Facebook page, look for the FB Live post about this year's parade, and leave your nomination(s) in the Comments. You can nominate yourself or someone else! ... page 04

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NOW *this ...*

We're Celebrating! Feel Free to Join Us!

Making Floats, Raising Funds and Saving Lives... What's Not to Celebrate?!



BY BRENDA PERKS

It's been a wacky winter, but the slopes are still (mostly) covered in white and ski season is very much alive! We've had an unusual mix of winter and spring conditions bouncing back and forth through the season, and it appears that pattern may continue as we head into March. For those getting ready to hang up the poles, don't do it yet! NOW is the best time to make the trek to Ellicottville, as many of our ski town's beloved events are just around the corner, including the Mardi Gras Parade and Holiday Valley's Winter Carnival... just one week away!

The Ellicottville Chamber has been busy organizing parade applications and assisting our downtown business district with their Mardi Gras themed promotions. New this year, a number of local businesses have teamed up to offer the "Ellicottville Mardi Gras Boutique Crawl". This one-day event gives visitors an opportunity to explore all of the wonderful shops and enter in some pretty rad giveaways.

On Saturday, March 9th from 10:00am-6:00pm, visit as many shops as you can, accompanied by your Crawl card, then turn it in to be entered to win a number of gift baskets filled with great products donated by many of the local retailers. Crawl cards can be picked up and dropped off at Cupcaked, Wild Roamer or Ava Grace Fashions (all are located on Monroe Street). **BONUS:** Complimentary Ellicottville, NY tote bags will be given to the first 25 Crawl participants, so plan to start your shopping excursion early! (Stay tuned to the Ellicottville Chamber's Facebook Live this Friday for all the details.)

Following your full day of shopping, head to the sidelines of Ellicottville's main drag to watch the annual Mardi Gras Parade, scheduled to march down Washington Street at 6:30pm sharp. Word on the street is that The Brass Machine will return to perform live in the parade, and "The Janky Pickle" limo is expected to make its Mardi Gras debut.

Want to join in the fun? Read up on how you can take part in the festivities, page 04.

ELLCOTTVILLE'S INCLUSIVE PLAYGROUND

Hey, for those of you that do plan to visit Ellicottville Mardi Gras weekend, please set aside some time to visit the Ellicottville Town Center, where the Ellicottville Playground fundraising committee will be hosting a Community (Indoor) Garage Sale. The committee, which banded together just last summer, is comprised of local moms and dads who desire to replace the current playground at the Ellicottville Village Park with a brand new inclusive playground. The committee is clear in their mission to provide a playground where every single child - no matter their abilities - can play and learn.

To raise enough funding for a project of this size is no easy feat. With a price tag of \$500,000, the committee is asking for all the support they can get. Like they say, "it takes a village". This one will also require the generosity of our visitors, too. And who knows? You may just find something at the Garage Sale fundraiser that you didn't even know you needed!

Details: Saturday and Sunday, March 9th and 10th from 8:00am-4:00pm at the Ellicottville Town Center, 28 Parkside Drive. Cash and Venmo will be accepted. Donations needed! Clean out your space and donate items to be sold. Donations can be brought to the Town Center between March 4th and 8th. Suggested items include gently used toys, household items, outdoor items, etc. With spring just around the corner, this is a great time to declutter (and then re-clutter once you discover all the great stuff at the Garage Sale!)

Would you like to learn more about the Ellicottville Playground project? You can search "Ellicottville Playground" on ellicottvilleNOW.com for previous news articles, and follow Ellicottville Playground on Facebook for other upcoming events and fundraisers. Perhaps you're interested in volunteering your time to help them reach their goal? Email ellicottvilleplayground@gmail.com and find out how you, too, can make a difference.

THE POWER OF PRINT MEDIA

Everyone meet Owen (pictured on page 11). This 9-year-old beagle suffers from diabetes and dermatitis, and the medications he requires have become increasingly expensive for his owner, Cynthia. Without medication, Cynthia would have no choice but to put this sweet boy down. Thankfully, a friend of Cynthia's picked up a copy of *ellicottvilleNOW* and saw the ad for Flair's Warriors, a non-profit that helps to alleviate the financial burdens of necessary prescriptions for sick and disabled dogs.

"NOW this..." continued page 11



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THINGS TO CHECK OUT

UPCOMING EVENTS

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.

HOLIDAY VALLEY TUBING CO.

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



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LOCAL NEWS

UPHILL TRAVEL, DOWNHILL FUN!

Holiday Valley Partners with HoliMont for New Event, UppenOvr



Local skier and podcast personality Adam Sauerwein hosted an "Intro to Uphill Touring" clinic last weekend, adding to the stoke of the upcoming UppenOvr.

By PATRICK FERRINO

It's almost time to flip the script at Holiday Valley's UppenOvr event on March 16th! It's always been ski down, but have you ever appreciated the beauty of Ellicottville along the way? Why not try going up and over? This scenic excursion starts at the Yodeler Lodge and will take you up Sugarplum, over to the beautiful Spruce Lake, then down and back up Sunset at HoliMont! Racers will finish their journey back at Yodeler for an after-party HV style, with music, food, and fun. Not only is it a great way to get out, exercise, and be social, but it's also for a good cause. Participation contributes to HV's Empire State Ride Team, directly benefiting Roswell Park Cancer Center.

The whole event will run from about 3:00pm until 8:00pm, starting with the race. There will be a competitive division and a "just-for-fun" division, so that everybody can participate. You can find the Eventbrite ticket link on holidayvalley.com/events. A race entry fee ticket runs about \$30.00.

Obviously, the event seems super cool, and unlike anything we've seen in recent years on the slopes. I spoke with Dash Hegeman, the Director of Marketing at Holiday Valley, and he was able to tell me how something like this was dreamed up.

"The person who conceptualized this event is my predecessor, Jane Eshbaugh. Last year she visited a resort out west that did a similar uphill touring event, and after having a lot of fun, decided to make a similar event here at Holiday Valley," said Dash.

The after-party is sure to be a highlight because we all know that nobody throws a party quite like Holiday Valley. Dash tells us, "There will be live music, raffles, prizes, hot dogs and drinks, and much more." While some prizes are still being situated, a very special last-of-its-kind style prize is headlining the raffle. Own Your Own Mountain, in Bob McCarthy's honor, gives you and 11 other friends access to select lifts for one hour before the mountain opens with a special breakfast to top it off. "This is likely the last time that Own Your Own Mountain is available... ever!"

And it would be fantastic enough if this awesome event was just an awesome event, but it of course supports a great cause - Holiday Valley's Empire State Ride representatives. The Empire State Ride is an annual cycling event across the state of New York that supports cancer research, patients, survivors, and families. "Holiday Valley has had a team of very dedicated and passionate riders participate in the Empire State Ride for at least six years", commented Dash. "The goal is to raise as much money as possible for cancer research."



There are so many important things needing support from benefits like UppenOvr, but Holiday Valley recognizes its platform and the largeness of cancer in almost everyone's lives. "Everyone has been affected by cancer in some component of their life so for Holiday Valley, it's important to use the platform that we have to help elevate that message of finding a cure", said Dash. Furthermore, Buffalo and Western New York at large are extremely fortunate to have facilities like Roswell Park to further research to such a powerful extent. And yes, fundraising helps, but "let's bring a lot of important publicity to the goal of finding a cure," Dash remarked. Events like UppenOvr are certainly fun and enticing, but it's really powerful knowing what Holiday Valley is helping at large.

"This is a new event at Holiday Valley and It's awesome that we get to partner with HoliMont on this to make the race even more interesting", Dash said excitedly. Interesting indeed, as this uphill travel is going to be a very different way of getting some turns in this season. If you'll miss the fun on March 16th at UppenOvr, you can check out holidayvalley.com/events to see what other fun events are coming up this month. Dash let us know, "March is a busy month for events here at Holiday Valley." If you're free, come party, win prizes, be with friends, race, and get some turns (and a lot of steps) in at UppenOvr!

WHO WILL BE KING AND QUEEN?

Chamber Looking for Nominations to Lead This Year's Mardi Gras Parade



ELLICOTTVILLE - The wildest weekend you'll ever experience in Ellicottville is just one week away! 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!"

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

If you haven't already, gather your ski buddies, co-workers or just yourself and start planning your very own Mardi Gras Parade theme. But do it quick... you're running out of time! Parade applications are still available at ellicottvillenyc.com and the best part: It's FREE! The parade, which will take place Saturday, March 9th at 6:30pm, will make its way from Katy's Cafe to the Gazebo in front of Town Hall, led by this year's King and Queen, 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!"

This year's King and Queen will depend on YOU! The Ellicottville Chamber is currently accepting nominations for this year's parade leaders. Hop onto the Chamber's Facebook page, look for the FB Live post about this year's parade, and leave your nomination(s) in the comments. You can nominate yourself or someone else!

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

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

Need more details? Head to ellicottvillenyc.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!

TOTAL SOLAR ECLIPSE PARTIES

LITTLE VALLEY - The Enchanted Mountains of Cattaraugus County will be part of the upcoming total solar eclipse on April 8, 2024! A Total Solar Eclipse happens when the moon passes between the Earth and the sun. This causes the moon to totally obscure the image of the sun for the viewer on Earth. Since the moon blocks the sun, this will cause a period of darkness, which on average is up to 3 minutes. In Cattaraugus County, the time of the eclipse will range from 2:00-4:45pm. Totality is anticipated to begin at 3:18pm. The last total solar eclipse to pass over New York State was on January 24, 1925. There won't be another total eclipse until 2045!

It is essential to NOT STARE AT THE SUN without the proper safety lenses. With that in mind, members of the 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. In addition, many places around the county are hosting Total Solar Eclipse Viewing Parties, including Holiday Valley, HoliMont, Seneca Allegany Resort & Casino in Salamanca, and the Historic Hollywood Theater in Gowanda. Find information on these parties and others at enchantedmountains.com.

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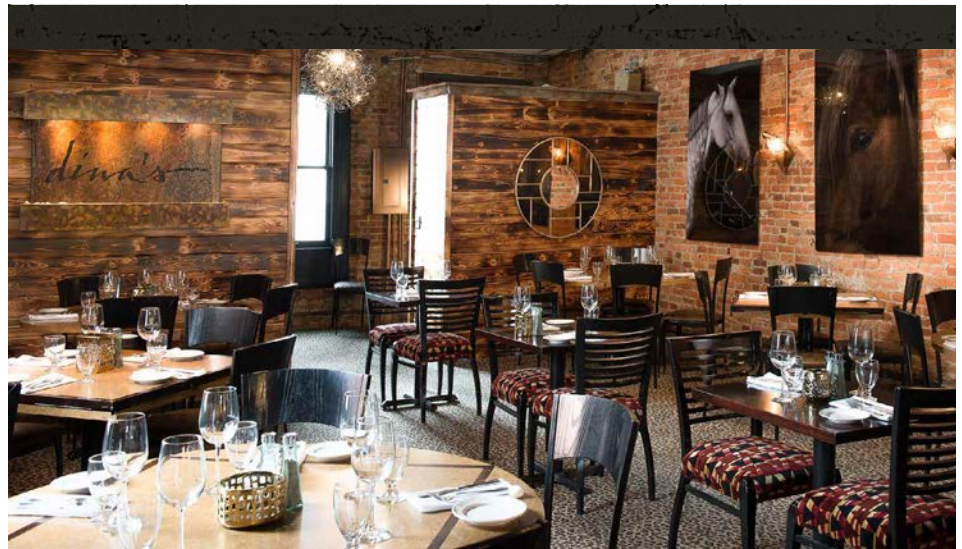
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MEN'S DAY



Men's Day at HoliMont exceeded all expectations, with a staggering turnout of over 600 attendees at this year's event, held February 2nd. With the help of HoliMont members, guests, and local businesses, the event managed to raise an astounding \$45,800 for the Phoenix Adaptive Program! We extend our heartfelt gratitude to all those who participated and donated. It is because of you that HoliMont is able to make a profound difference in the lives of children in the snowsports world. Learn more about HoliMont's Phoenix Adaptive Program at holimont.com.

RENTAL PACKAGES



HoliMont's Gear-Up Rental and Retail Shop is open every day of the week throughout the ski season, welcoming both members and the public. Choose from a variety of rentals for skiing, snowboarding and snowshoeing, as well as equipment repair and maintenance services, and a selection of retail items for purchase. Some of the non-holiday, weekday offerings with rentals include the Adult rental

package (ski or snowboard) for \$40 / day (ages 12+) and Youth rental package (ski or snowboard) for \$30 / day (ages 11 and under). All packages come with skis, boots and poles OR boots and board. Helmet rentals are also available for an additional \$15.



TAKE A LESSON

Enhance your skills or learn something completely new with one of HoliMont's friendly snowsports instructors. Weekend clinics are just the thing to keep you motivated and on the path of progression! Own the confidence and freedom to carve up any slope your heart desires! The HoliMont Ski School offers a range of lesson options for the public during the week. Dive into personalized private lessons available from 9:30am-2:30pm at \$150 per hour, or join in on the fun with HoliMont's engaging group lessons scheduled from 10:30-11:30am or 1:00-2:00pm. For more information please contact the Snowsports Office at 716-699-2320 or email snowsports@holimont.com.



APRÉS AT THE CHALET

Take a break during the week with HoliMont's open-to-the-public après times. Tuesday is Après in the Chalet - open to everyone from 4:00-6:00pm in the Sunrise Room at the Main Chalet. Bring your own dish to pass and enjoy an early evening relaxing after some time on the slopes. If you come out Wednesday afternoon from 4:00-6:00pm at the Main Chalet you can join a small gathering of people and take part in a different activity every week.

Upcoming activities include:

- March 6th: Senior Stretching and Yoga with Ashley Biryla, Co-Founder of Compass Cycle Studio. \$5 per attendee.
- March 13th: Chili Contest! Bring a slow cooker of your favorite home brew and show off your skills! Prize for the winner.
- March 20th: Music Appreciation III with Jon Wilder. \$10 per attendee.

TELEFEST

Join HoliMont for Telefest 2024 this Friday, March 1st with Telemark ski demos by The City Garage. Your event ticket includes free demos with the option to purchase, morning clinics from 10:00am-12:00pm, lunch provided by Dina's at The Mont, and an afternoon of teleskiing! Cost is \$40 for HoliMont Members and \$85 for non-members (this price includes your lift ticket for the day). Search "HoliMont Telefest" on Facebook or call The City Garage for additional details.

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FISH FRY FRIDAY

Join HoliMont and Dina's at The Mont every Friday during the ski season for a delightful dinner and their renowned fish fry from 5:00-8:00pm. Indulge in their weekly changing specials that are sure to leave you craving more. This event is open to all, so don't miss out! Take advantage of the take-out and dine-in options and reward yourself after a full day of skiing with an après ski party or dinner. Whether casual or elegant, they can accommodate your entertainment wishes. Call to order ahead at 716-699-2007.

PHOTO REWIND

Free-Heelers Gather to Celebrate Telestock 2024

On Friday, February 23rd, Holiday Valley played host to Telestock. Brought to you by The City Garage and their favorite tele-brands, well over 100 Telemark skiers joined in on the fun. It could quite possibly be the country's largest free-heel community! The sun was shining and the vibes were high!

photos / Ashley Baron



Penguin Paddle Raises Funds for Adaptive Program

The Annual Penguin Paddle, held Saturday, February 24th, saw crowds of skiers and snowboarders don black garbage bags and slide down Yodeler on their stomachs to support the Lounsbury Adaptive Ski Program at Holiday Valley. Program Director Sue Whistler stated, "We are so grateful to the community and Holiday Valley for their continued support for this amazing program. We cannot thank them enough and are already making plans and looking forward to next season!"

photos / Ashley Baron





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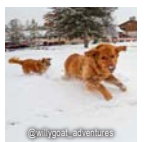
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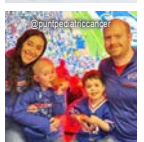


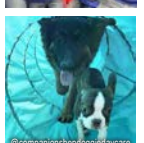

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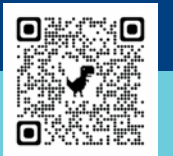
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Invest in Snowbelt Cannabis

LEGAL CANNABIS BUSINESS IN JAMESTOWN, NY

Snowbelt Cannabis is seeking investment to open a location for Cannabis Cultivation.



Support local economies while empowering the entrepreneurs directly contributing to their communities by investing in this local cannabis business.

Ashley and Ryan are western NY natives and owners of Snowbelt Cannabis. They have been relentlessly preparing since 2021 to become cultivators in the great city of Jamestown, NY. "We took a grassroots approach and have set up a crowd investing campaign on Mainvest, allowing anyone to invest as little as \$100 and get 1.6x return on your investment."



Due to cannabis still being federally illegal, entrepreneurs of the industry face many challenges accessing capital including not being able to take out traditional business loans through banks. "This campaign will be a huge help in us being able to get up and going as quickly as possible. Through this investment crowdfunding platform, we are providing our friends and the local community an opportunity to invest in our business. You, our friends and customers make our growth possible, and you (rather than a bank) should be able to benefit financially and share in our expansion and success. Through Mainvest, you're not just an investor... you're part of the business's journey."

www.snowbeltcannabis.com

REGIONAL

SEED LIBRARIES

Join the Trend and Become Part of the Process This Saturday in Franklinville



ELLICOTTVILLE - Cornell Cooperative Extension of Cattaraugus County invites those interested in seed gardening to attend a presentation on Seed Libraries a Blount Library in Franklinville, NY on Saturday, March 2nd from 11:00am-noon. The training will be provided by Kelly McDonald, Executive Director of Cornell Cooperative Extension of Cattaraugus County and Melanie Brown, both CCE Master Gardener Apprentices.

Kelly started a Seed Library at her local library in Findley Lake as part of her Master Gardener Training and has been instrumental in introducing other "Seed Libraries" to Chautauqua County gardeners. Now Kelly and Melanie are interested in starting Seed Libraries in public libraries in Cattaraugus County, starting with the Blount Library. Come listen and learn how you can be part of this process. The program is free and open to the public.

Seed Libraries are free resources which anyone can bring leftover seeds from their garden harvest or previously purchased leftover seeds from their homes/supplies and anyone can take seeds to use in their garden. This way gardeners can try a larger variety of plants without the expense of purchasing seeds. Local libraries in many communities are dedicating small spaces to have a seed resource available to the public.

Blount Library is located at 5 North Main Street, Franklinville, NY, phone 716-676-5715. For more information about Seed Libraries, this weekend's presentation or other programs offered by Cornell Cooperative Extension of Cattaraugus County, call 716-699-2377 or visit them on the web at <https://cattaraugus.cce.cornell.edu/>.

PI DAY PIE AUCTION

Get Your Bids Ready for Audubon Nature Center's Online Fundraiser

JAMESTOWN - Celebrate Pi Day, March 14th - Audubon Community Nature Center's favorite mathematical holiday - early this year by bidding on a homemade pie or similar delight created by an Audubon staff or volunteer baker.

The online Pie Auction 2024 bidding starts at 4:00am on Friday, March 1st and closes at midnight, Wednesday, March 6th at 32auctions.com/ACNC24. Bid on your favorite baker or your favorite pie. There is even a vegan main dish pie and a super-low sugar dessert pie.

Among your dessert selections are Apple, Apple Cranberry, Aunt Pearl's Pudding, Chocolate Truffle, Coconut Cream, Key Lime, Peanut Butter, Pecan Tropical Island and Sour Cherry pies, Coconut Flan, choices of cheesecakes, as well as Bakewell and Cranberry Curd tarts. Main dish pies include Chicken Pot Pie, Louisiana Crawfish Pie, Pastelitos de Carne (Cuban Beef Pastries), and Spinach Tofu Pie.

Audubon will announce pie winners on Thursday, March 7th. Winners must be able to pick up their pies in-person at the Nature Center on Saturday, March 9th between noon and 4:30pm. Pictures, descriptions of the pies and their makers, and list of ingredients accompany each of the pies on the auction site.

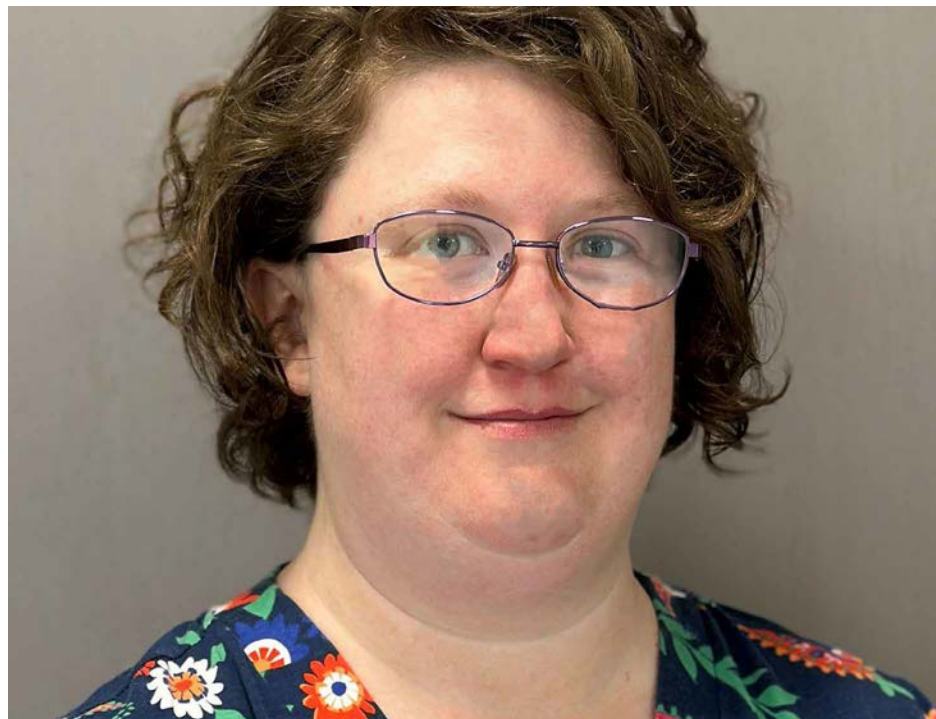
Once you place your bid, keep checking back to be sure you are not outbid. Or choose the "buy now" price and guarantee you will be a winner. All proceeds support Audubon building, grounds, and staff to continue to provide the community a safe place to get outside and enjoy the benefits of nature. Audubon nature educators visit schools across Chautauqua, Warren and Cattaraugus Counties to teach interactive lessons on nature, lead walks on and off-site, offer weeks of Day Camp in the summer, and have large festivals several times a year.

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

The three-story Nature Center building houses interactive displays, a collection of live animals including the Hellbender exhibit, and the Blue Heron Gift Shop. Visitors are welcome Mondays through Saturdays 10:00am-4:30pm, and Sundays 1:00-4:30pm. Nature Center members and SNAP/EBT cardholders have free building admission daily. Building admission is also free every Sunday for non-Nature Center members. To learn more about Audubon and its many programs, call 716-569-2345, find Audubon Community Nature Center on Facebook, or visit AudubonCNC.org.

NEW APPOINTMENT

Community Foundation Announces Scholarship Program Manager



OLEAN - The Cattaraugus Region Community Foundation recently named Kathryn Kramer to the position of gift processing and scholarship program manager. As gift processing and scholarship program manager, Kramer manages all aspects of CRCF's database and information systems, including data entry and database management, gift processing and managing the Foundation's robust scholarship program.

Kramer, a native of Aurora, CO and a University of Colorado at Boulder graduate, brings a strong background and high level of experience in database management to the position. She formerly served as an archivist for multiple organizations in Montana, including the Montana Historical Society and the C.M. Russell Museum. Additionally, she served as a governor-appointed board member on the Montana State Historic Records Advisory Board (SHRAB). In that role she assisted in the administration and application review of SHRAB's traveling student archivist internship. Kramer also holds a master's degree in information studies from the University of Texas at Austin.

"We are pleased to have Kathryn join our CRCF team," said CRCF Executive Director Kirk Windus. "Her unique skills and impressive experience in information science will make significant contributions to our continued success."

Kramer will also work closely with the CRCF scholarship committee and fund advisors for nearly 100 scholarship funds managed by CRCF. Kramer currently resides in Allegany. She can be contacted at kathryn@cattfoundation.org. To learn more about the Cattaraugus Region Community Foundation, call 716-301-CRCF (2723), email foundation@cattfoundation.org, or visit online at www.cattfoundation.org.

NOW THIS... FLAIR'S WARRIORS

cont. from page 03

Thanks to Flair's (and Cynthia's friend who took interest in reading our paper), Owen's application for his life-saving medications was submitted and approved. It warms our hearts that ellicottvilleNOW was able to help bridge the gap between a dog owner's love and the financial assistance needed to keep her fur baby alive.



If you or someone you know is in need of help to pay for their pet's medications or if you'd like to make a donation, please don't hesitate to reach out to Flair's Warriors. You can find them on Facebook and Instagram (@flairswarriors), and be sure to tell them ellicottvilleNOW sent you!

On the flip side, our digital outreach has provided some pretty great results as well! We have the tendency to get "social-media-happy" on a regular basis, posting about many of the great local organizations, businesses, people and events as often as we can. We can't help it... we love to brag about Ellicottville! Our advertisers love it, too! In fact, our publication exists because of our advertisers - they are the foundation that keeps us in operation. And one of the ways we can express our gratitude to those businesses that advertise with us, is by promoting them on our social platforms. Sometimes those posts provide a lot of traffic, sometimes not so much. Sometimes we surprise even ourselves!

On February 20th, we spotlighted Ellicottville's beloved Depot Restaurant. The property owned by Moose and Vicki Brown is up for sale and is listed with licensed real estate salesperson Jake Northrup of Holiday Valley Realty. No doubt he's received more than a few inquiries about it already. On Facebook alone, in just one week our post impressions have exceeded 30,000 with an engagement number approaching 8,500. Talk about effective advertising!

If you're interested in promoting your business or event in ellicottvilleNOW, let's talk! Our team gets pretty excited when there's new content to promote. It's what we do!

LIFESTYLE

Breakaway Classic Adventures: Shed Those Winter Blues

By **INDREK KONGATS**

Today marks the end of another month and one step closer to spring. We still have 19 or so days of dreary wintry weather to go through before we get one step closer to summer. Summer, it's a funny thing how we worship summer as if it's the pot of gold at the end of the rainbow. The ironic thing though is that summer is nothing without winter, the Yin and the Yang that makes life, especially in the Northern Hemisphere, so appealing. Imagine a black and white world that's just gray all the time, a one-season world with nothing to look forward to. I pity all the people south of the Mason-Dixon Line - unimaginable how they stay sane!

Shedding the winter blues for many of you that were not into skiing, snowmobiling, snowshoeing or building snow forts and bombarding the enemy with snowballs, becomes a challenging endeavor. Fortunately, the groundhog slept in and didn't get to see its own shadow and winter will be over shortly. With the only snow being on the slopes of HoliMont and Holiday Valley, we can start hiking and exploring the woods. Christopher Robin was fortunate that he had the Hundred-Acre Woods to explore while most of us live on a half-acre or less. Looking for places other than our own property requires a short drive to the nearest State Land. Fortunately for Cattaraugus residents there are ample of those to choose from. I am most excited about the recently opened (in 2021) Poverty Hill parcel. These 946 acres have remained dormant for almost 35 years since the last activity there was a now defunct ski resort closing in the 90s. What's significant in this is that it's almost virgin territory and the high terrain makes it even more remote as few will traverse the 2,100 feet of elevation to its peaks.

So besides hiking what can we do with this gem of a property? Shed hunting comes to my mind almost immediately! What is shed hunting? What's involved and how does one get into shed hunting? First off, shed hunting isn't about looking for those Amish buildings nor is it about finding a place to give someone a whipping out back. Shed Hunting is about finding antlers or horns discarded by deer, elk, antelope and sheep to name a few species. In our neck of the woods its mostly deer antlers that we'll find.

Deer antlers are trophies, analogous to a king's crown, treasured by hunters since the beginning of time. Useful for making tools and weapons by prehistoric man, modern man uses them for decoration or the age-old bragging rights ritual that somehow defines our masculinity or manhood until our spouse or girlfriend one-ups us! To me, antlers are somehow mystic and beautiful whether they adorn the head of a trophy buck or hang as a light fixture in one's living room. They represent a traditional pastime passed down by generations upon generations of outdoorsmen and women. They have spawned many a tall tale of those unbelievable racks, haunting those deep dark stretches of a forest wilderness that few have succeeded in penetrating, luring us to try!

Some facts about antlers - they are one of the few sustainable and renewable resources that when removed or harvested don't harm nature nor the environment. Antlers are naturally shed by male deer or 'bucks' as commonly referred to by country folk. Not to be confused with 'Benjamins' a term used by them-there city folk since they have hundreds more bucks than we do, but less cents when it comes to outdoor lore! Bucks lose their antlers each year usually in late winter... that means right now! This is the time to go gathering them.

After the breeding season is over in the late summer or early fall, bucks have no need for their antlers. The battles have been fought, the damsel(s) has been rescued and it's time to put away their swords. Scientifically speaking according to the internet, thus it must be true, 'a drop of testosterone, after the rut (mating period), causes weakness in the connection tissue (footnote; comparison to Samson and Delilah and the cutting of those precious locks

- found in the bible, - so it must be true) and the antlers just fall off! Does the loss of the antler symbolize that lock of Samson's hair, giving his female partner, the doe in this case, a magical power over him (also found on the internet)??

Here are some guidelines as to going about hunting for sheds. Remember this is an outdoor activity that is great for the whole family and even the family dog. Dogs are naturally curious with a great sense of smell and always have their nose to the ground. Humans can learn from man's best friend! Only the person that knows absolutely everything has his nose up in the air! Kids love hunting for sheds with numerous side discoveries like finding an abandoned Wren's nest in some bushes.

Tip #1: You will be covering wet and uneven ground so rubber boots with good Vibram-type soles are a must.

Tip #2: Deer can find their way through the thickest undergrowth full of briars and thorn bushes. A good pair of leather gloves and thick jeans, or better yet, briar-proof pants are also a necessity.

Tip #3: Regardless of the outside temperature, you are sure to get hot so layer your clothing so you can peel off the layers to stay cool. Carry a backpack to carry discarded clothing and also your treasures.

Tip #4: Deer paths are the best place to start so look for signs of well-travelled routes. They're the mostly likely spots to find a shed, although don't neglect looking to the sides as well.

Tip #5: If you are training a young hunter or explorer don't forget to carry a journal and camera to record what you find so you can return during hunting season or future shed hunts.

Tip #6: Your final tip is don't give up if you don't find anything the first time out. The probability is low. According to statistics found in Dennis Warlord's book *Antlers*, 60-75% of all the bucks in your area are harvested by hunters. Expect to find approximately 10 shed antlers per square mile. That's a lot of territory to cover, but you could hit the mother lode in just a few hundred yards of hiking, adding "World's Greatest Sleuth" to your resume!



Indrek Kongats is an artist, traveler, outdoorsman, and business owner residing in Ellicottville. He operates River Dog Art Gallery in Houghton, NY, and his Breakaway Classic Adventures specializes in adventure travel destinations. Learn more about him at breakawayclassicadventures.com.

Let's Get Grounded: Free Soul Studio Offering Retreats, Classes and Upcoming Festival in June

By **JESSICA SCHULTZ**



When was the last time you got grounded? And no, I don't mean having your tablet or phone taken away by your parents and told you aren't leaving your room for a month (which at this stage in my life, I kind of wish someone would do). I mean, when have you calmed your mental and physical state and aligned with your soul? Can't remember or never have? Well, now is your chance to look into that.

Sara Cruea, the artist and owner of Free Soul Studio, is no stranger to the need for balance. She talks about what led her to create the studio saying, "I originally started Free Soul Studio in 2019 as an outlet for my mental health. I taught myself how to macrame and found it very cathartic and it gave me a small sense of purpose again. Previous to starting Free Soul Studio, I struggled mightily with my mental health due to unresolved past trauma and postpartum depression. I found that being creative helped me realign with myself, which then in turn continued to compound into other avenues. Free Soul Studio ended up being a catalyst to other ventures such as Grounded Festivals and women's retreats. My main goal has become shining a light on how important it is to address mental health issues. Through Grounded Festivals I am able to curate so many different vendors that offer healing modalities for attendees to explore that they might not otherwise think of as an option. Most recently, I have created a women's retreat that focuses on human connection, which is such an important piece of the puzzle to mental health."

Sara is dedicated to helping women especially find their inner connections. Her latest Women of Connection Retreat, happening in May here in Ellicottville, is already sold out. (Don't be sad, if you keep an eye on her website, freesoulstudio.com, you can always be ready to jump on board for the next one.) Sara stated, "The Women of Connection Retreat will give participants the chance to bond with other women searching for authentic connections, help the participants realign to what fuels them and feels meaningful, feel accepted and a sense of belonging, make conscious friends, and clarify what is next for them. I really want these women to feel supported and not alone when they leave the re-

treat. Feeling alone can be detrimental to some people's mental health."

Like I said, don't be discouraged if you missed out on a spot for the Ellicottville retreat because tickets will be going on sale March 1st for Free Soul's Grounded Festival, which takes place in June at the Long Point State Park in Bemus Point, NY. The main mission of the festival is to raise awareness for the importance of healing unresolved trauma. Sara describes the festival as, "Grounded is a day-long wellness festival that offers multiple whole group meditation, journaling, and movement classes such as yoga, trail yoga, and cardio dance. The festival also includes many vendors of the healing realm such as sound healers and Reiki practitioners. The day is filled with intention, feelings of community, and an awareness of being grounded. Local vendors and instructors are carefully curated for a unique and magical atmosphere."

So how do you snag yourself a ticket for this experience? You can find the EventBrite link for tickets on the Free Soul Studio website at freesoulstudio.com/grounded-festival. This is the 3rd year of the event, happening June 29th from 9:00am-4:00pm. General admission tickets are \$30 and include entrance to the festival, access to all main stage classes offered (excluding Trail Yoga) and vendor shopping. Or you can go with the Admission Plus Ticket for \$40 which offers all the benefits of a regular ticket and includes registration for one Trail Yoga class. (Sara let us know that they are still accepting vendors for the festival so if you are interested, there is a link to the website to apply.)

Besides the upcoming retreat and festival, Sara is always looking ahead. Her studio isn't a physical building, as she brings the healing to the people. "Believe it or not, there is not a physical studio for people to come to. I have my own workspace in my house, which I would consider my studio, but it is not big enough to host people at. I put "studio" in my business name to manifest it to life someday, as my goal moving forward is to create a physical space to offer my services."

She ended with, "I just think that it is so important to add that healing can come in all shapes and sizes and that you don't know what you don't know until you find something that enlightens you. I have gone through so many trials and errors in finding my peace and it has been a very long road to get me to where I am today. I have found so many resources along the way to help get me through the dark days and I know that those resources can help others."

Thank you Sara for sharing your story with us and for encouraging everyone to think about taking some time to get themselves grounded.



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Journey to 6230 Sunset Rd., wrapped in nature and waiting for you! This chalet is a skier's dream, bringing you to the slopes quickly and back home to relax in high-end fashion.



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WELCOME TO VILLAGGIO!

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SUNDAY Pasta Bar & Prime Rib
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FISH FRY FRIDAY

\$20 | Haddock
Choose beer-battered or Milanese style.

Grace Stumberg
Sunday, March 3
5:30pm-8:00pm

Grace Lougen
Sunday, March 17
5:30pm-8:00pm

THE BRASS MACHINE
SATURDAY, MARCH 9
6:00 PM LEADING OUR KREWE IN THE PARADE → LIVE AT OUR PLACE AFTER

MARDI GRAS WEEKEND AT VILLAGGIO
TIM BRITT SUNDAY, MARCH 10 → 5:30 PM-8:00 PM



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Sunday 4pm-9pm
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CLASSIFIEDS

SERVICES

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

MARTENS CLEANING SERVICE: Professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential cleaning. Weekly, biweekly or as needed. For a quote, call Christina Martens, 585-435-7158.

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

PLACE YOUR AD: Classifieds appear in both print and online! Cost: \$10 per issue up to 40 words, 25¢ each additional word. Call 716-699-9816, stop by our office at 9 W. Washington Street, downtown Ellicottville, or email your ad to info@ellicottvilleNOW.com.

EMPLOYMENT

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

NOW HIRING: The Village of Ellicottville is accepting applications for a part-time Deputy Clerk, may lead to full-time. Send resume to: Village of Ellicottville, PO Box 475 or email: 41levillage@gmail.com.

FOR RENT

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

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.

NOTICE TO BIDDERS: NOTICE IS HEREBY GIVEN that the Board of Trustees of the Village of Ellicottville will receive sealed bids for a contract for the collection of garbage & the collection of trash within the Village of Ellicottville, for 3 years. Specifications for which are on file in the Village Clerk's Office in the Town & Village Hall, 1 W. Washington St., Ellicottville, NY. All such bids must be filed in the Village Clerk's office on or before Monday, March 18th 2024 at 11:00am at which time the bids will be opened. The bid will be awarded at the March 19th meeting of the Board of Trustees. Village Office Phone #716-699-4636.

LLC NOTICES

NOTICE OF FORMATION of REAL VITALITY LLC Arts. of Org. filed with Secy. of State of NY (SSNY) on 2/20/24. Office location: CATTARAUGUS County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: Courtney Ingham, 4457 Pumpkin Hollow Road, Great Valley, NY 14741. Purpose: Any lawful activity.

NOTICE OF FORMATION of TRAVELLUXE NY LLC. Auth filed 01/14/2024. Cty: Albany. LLC org with Secretary of State of NY ("SSNY") on 01/14/2024. SSNY desig. for process and shall mail a copy of any such process to: 418 BROADWAY, STE R ALBANY, NY, 12207, USA. Purpose: any lawful act.

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!

RECYCLING PROGRAM: 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. Thank you for helping us recycle! For questions, call 716-699-2842.

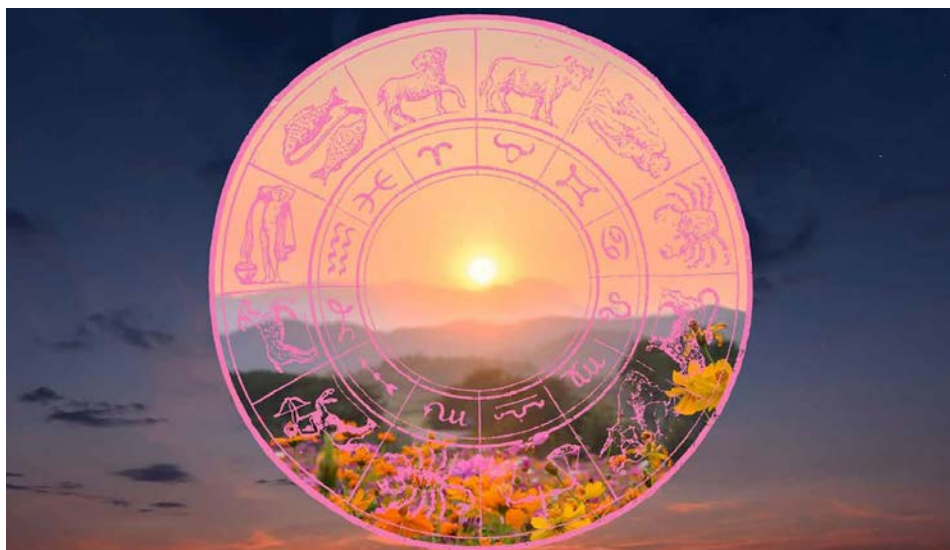
BLUEBIRD HOUSE WORKSHOP

PORTVILLE - The Pfeiffer Nature Center staff is partnering with Home Depot of Olean to offer a "Build Your Own Bluebird House" workshop on Saturday, March 9th. Cost is \$15 and participants can choose from one of the following time slots: 10:00-11:00am or 11:00am-12:00pm. To register, go to pfeiffernaturecenter.org or call 716-933-0187.

Bluebirds, with their vibrant blue plumage, captivate birdwatchers worldwide. These fascinating creatures are known for their gentle demeanor and melodious songs. The Eastern Bluebird is the official bird of New York State. Unlike many other bird species, bluebirds are cavity nesters, relying on natural or man-made holes for nesting sites. Bluebirds are excellent insect hunters, feasting on pests like caterpillars, beetles, and grasshoppers, which makes them valuable allies in pest control for farmers and gardeners. Conservation efforts, such as installing bluebird houses, have helped these beloved birds thrive in many regions.

SUZY'S STAR READINGS

Get Ready for An Exciting and Eventful Month of March!



Think about what you did and how you were feeling maybe a week to a week and a half ago, and compare it to how you feel today. Do you notice a difference? Maybe a need to slow down a bit? Perhaps getting tired earlier than usual. Missing earlier times in life and loved ones who have passed. On the positive, you may be quite inspired and your creativity is sparked. This is because the sun, which is our vitality, has left the fast, unemotional, forward-thinking Aquarius part of the sky to the dreamy, intuitive, etheric, creative, and compassionate Pisces. Where Aquarius wants to get things done and refuses to deal with "small minds", Pisces sees the pure light in everyone, and wants to heal, forgive, and bring people together.

Where things can get tricky until the 20th is where we may be tempted to not face things head-on, meaning we may become avoidant, or worse, escapist. Say what you need to say, don't swallow your words. Remember what matters to you! Stay on track, keep going! The Pisces new moon is March 10th - this is a brilliant time to get your dreams on paper, and prepare to make them a reality! You cannot dream too big!

As we move towards the solstice on March 20th, you'll feel the need to COMPLETELY finish shaking off any dust and letting yourself boldly emerge anew! This is an important threshold to joy and prosperity potentials. But if you still carry around melancholy, lament, heaviness, guilt, blame or anger, you will pinch yourself off from being able to recognize the abundant new opportunities coming in for you. This is the entry to Aries season, which is the first sign of the zodiac, and is all about the individual drive, will, and self. This is important because...

...March 25th is a lunar eclipse in the sign of Libra. This will bring final endings to things that needed to end; especially relationships. Time to live and let live, agree to disagree, and

let things end. What was weak already will no longer be able to sustain. This event can bring about sadness over what may have been, but never was and carries a powerful avenue for significant emotional release.

You will have felt some foreshadowing leading up to this eclipse. My advice is to find the silver lining, look for what you've learned and be inwardly grateful. Trust that this loss, or ending, truly happened for your highest good and prepare to continue on all the wiser, stronger, braver. Straighten your crown. You've been through so much in your life, you will be great. Much brighter times and opportunities lie ahead.

Do not kick off or launch anything the day before, day of, and the day after any eclipse. Do not put crystals or water out for charging. This is a time for prayer, meditation, reflection, and release. Maybe you need help releasing so watch a sad movie and let yourself cry. Seriously let it go once and for all, so that you can prepare for all the new wonderful energy that awaits you. You might even want to write a letter to who hurt you the most, just to get it out, and then burn it. Or shout out loud, sing at the top of your lungs, get a great workout in, hit a punching bag, write a song, or create a piece of art - express what is inside in a safe manner, but EXPRESS! Do not keep anything inside of you that needs to come out, so that you can start the true new year and emerge from this eclipse clean and ready to go!

Eclipses are like bookends and the impact of them lasts for 18 months, so don't take them lightly. This year they happen on the Aries-Libra axis, which will help us rediscover and stand up for who we are and come out from any codependency.

Everyone is buzzing about the solar eclipse happening April 8th. I will be facilitating a retreat during this time at Beaver Hollow Conference Center in Java; please visit their website for more information. I will do an all signs breakdown to help you navigate how these will impact your zodiac sign in one of my March articles.

March is also the last month where no planets are retrograde. Stay in motion, follow through with your goal plans. How ironic that the trickster planet Mercury retrogrades on April Fool's Day! Plans may catch a snag then!

If you want to know how these will play out personally for you, you can schedule a reading with me by visiting my website, www.Suzy-Woo.com and choose 'Book My Session'. Be well, and let your beautiful light shine through!

Your Sister From the Stars,
Suzy Woo

Rev. Suzy Woo, B.Msc, is a Spiritual Healer, Astrologer, and Psychic Medium specializing in Energy, Sound, Light and Crystal Healing. Suzy is the owner of Good for the Spirit Gifts, 11 Martha St., Ellicottville, NY. Follow her on IG/FB, find her at suzy-woo.com or call 716-699-2871.

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mradamx: UppenAdam exceeded my expectations. Over 35 enthusiastic individuals showed up, eager to wake up early and earn some turns. I want to thank everyone who came and made this event possible.



ericjonesstudios: Thank you Dave & Adam's for commissioning this #toppsripright sculpture in Buffalo, NY! #snowsculpture



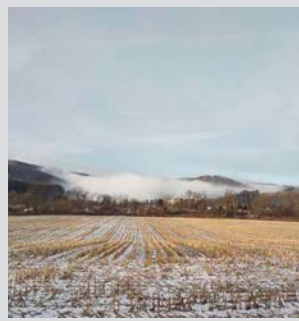
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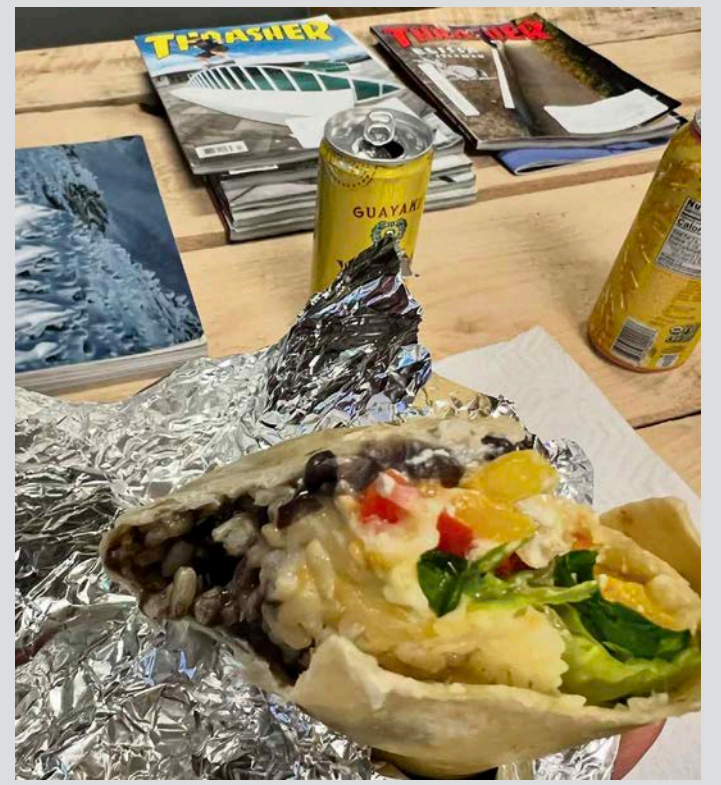
pandagoatmedia: Props to the whole @holidayvalley crew for their resilience through this winter season. #evlnow #sunrisefire #getoutside



charlesbchamberlain: Making snow @holidayvalley



cmottzy: #evlnow @holidayvalley



dailycitytrain.skate: Thank you @evillebikeandbean. We will miss you! Wishing you all the best! Cheers!



mrsski815: Another day done, another drive home. Great time with my fav kid, he did a great job. Last travel race for him for awhile. #evlnow



mudsweatgears: The Powder to Prosecco Women to Women event! @holimont @lesliebakerbrown #blizzardskis #evlnow



papabrazz: Great day on the slopes with my older little brother! #holimont



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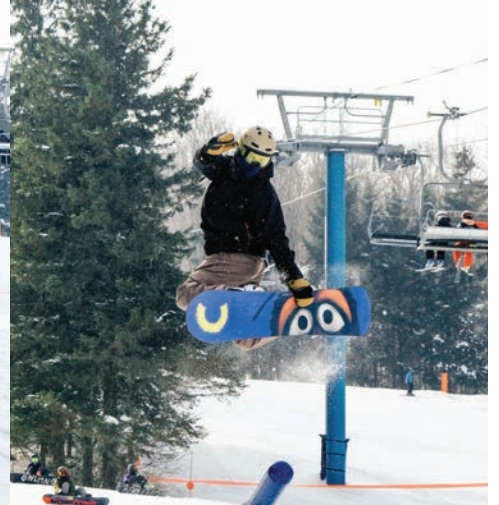
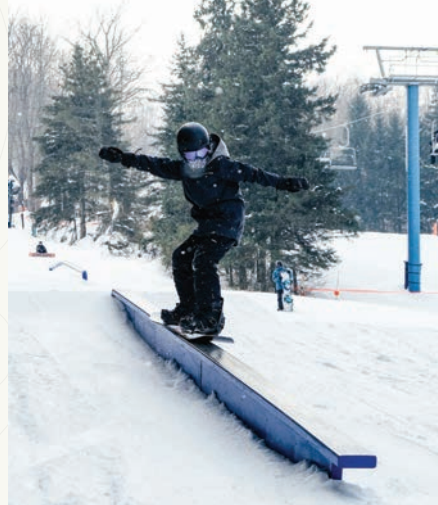
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