

ellicottvilleNOW

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Celebrating Women in Business

International Women's Day March 8th; Business Owners and Managers Make Their Mark in Ellicottville



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BY CAROL FISHER-LINN

Reading through a past issue of Forbes magazine, their writer points out that “role models matter, particularly for women,” stressing that “role models have an amplified benefit for women due to the gender biases, institutional barriers and negative stereotypes women have long had to contend with across a wide swathe of professional domains.” When young women see women rising on their own terms, it encourages them to follow their own dreams and ambitions. How? Role models show what is possible; they inspire girls and women to aim high; they demonstrate the “how” to do it. Across America and worldwide, women are lifting and building women who will live bravely with indomitable will. Our moms inspire us, if we are aware enough to recognize their strength and courage in everyday living. Community members devastated by cancer or serious illness inspire us. And our local business women inspire us. Too numerous to name individually, Ellicottville is blessed with women who own or work various shops and services. Making their own mark on history, these courageous and uncompromising women are making sure Ellicottville’s women’s history will never be erased.

... page 04

ST. PATRICK'S DAY-THEMED FUNDRAISERS

Winter isn't quite over yet, and nothing helps warm you up faster than a delicious bowl of soup. What if there was a way to “soup it up” and give back to the community at the same time? Connecting Communities in Action (CCA) has organized such an experience. Dubbed Pot O' Gold Soup Fundraiser, the March 17 event will run from 11:00am-2:00pm in Salamanca and will support the organization's mission to help community members in need.

Another themed fundraiser planned will support the Salamanca Rail Museum, which was recently vandalized, resulting in over \$12,000 in damages. The Rail Museum has been working tirelessly to raise money to not only fix the damaged cars but also to purchase a camera based security system. YOU can help on Saturday, March 18 when the museum hosts “Wear Your Green” fundraiser at the Salamanca American Legion.

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INTERVIEW: THE BRASS MACHINE LIVE AT MARDI GRAS

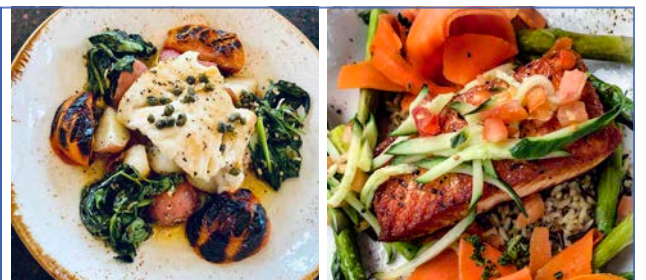
Buffalo born brass band, The Brass Machine, is hitting the slopes of Ellicottville, in a matter of speaking, when they play two upcoming festivals in March. You'll find them living it up at Ellicottville's Mardi Gras Weekend as one of the acts performing at this year's celebration, Saturday, March 11 strolling down Ellicottville's main drag, and later that evening at Villaggio. Sticking around for another big celebration the following weekend at the Rail Rider Jamboree at Holiday Valley, The Brass Machine will bring their sound again as part of the festival Saturday, March 18. [ellicottvilleNOW](http://ellicottvilleNOW.com) recently had a chance to talk with Kyle Yagielski, founding member of the group, about the upcoming Ellicottville shows and the band ... page 07

Let's Talk Lent Season and Local Lent Options

The 40-day season of Lent (it spans over a 46-day period, but Sundays are not included) began this year February 23, on Ash Wednesday. Some of you might have noticed people with remnants of black ash on their foreheads last week. For those not familiar with Ash Wednesday, they might have been alarmed thinking the discoloration is a bruise from a mishap rather than the sign of a spiritual adventure Christians are embarking upon. Historically, Lent is a season of penance, sacrifice and looking within... page 08

GETTING FISHY SHOWCASING OUR TOP LOCAL LENT DISHES

There are plenty of Lent-friendly options to choose from in Ellicottville. View our list of savory seafood picks ... page 11



Art Show Combines History with the Present

Cultural Center in Salamanca to Showcase Haudenosaunee Artists



@senecairoquoisnationalmuseum

BY JESSICA SCHULTZ

How do you blend history with the present? How do you tell a story of things long passed to the newest generation? How can you make learning these things fun? The Onösagwë: Dë Cultural Center has the answer. The Haudenosaunee Spring Art Show returns for its 2nd year, March 25, 2023 from 10:00am-4:00pm. It's the perfect opportunity to share the culture - then and now - with all those interested.

This juried art show for Haudenosaunee artists ages 18 and up gives artists a professional venue to show and market their work while also making it more accessible to the general public. And those skills can also earn great rewards at the Spring Art Show, with a total prize purse of over \$10,000.

... page 11



@boardroomeville @holidayvalley Photo / Ashley Baron

5TH ANNUAL BOARDROOM BANKED THIS SUNDAY, 3/5

Join The Boardroom Snowboard Shop this Sunday, March 5 for the running of the 5th Annual Boardroom Banked slalom race on Champagne at Holiday Valley. Registration is \$45 and includes 3 rips through the course, a goodie bag, lunch, and a Phunkshun facemask that doubles as a bib. While the Banked is mainly a day to celebrate snowboarding, the event also raises money for a great cause. For the 2nd year in a row, proceeds will be donated to P.U.N.T. Pediatric Cancer Collaborative, a Buffalo-based non-profit that assists families affected by pediatric cancer. For more info and to register, head to boardsandpowder.com.

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NOW this ...

It's Never Too Cold For Ice Cream



BY BRENDA PERKS

Are you sick of winter yet? Which winter are we on? Third winter? Fifth winter? Eighth winter?

Only in western NY is it necessary to have wardrobe options for all four seasons easily accessible on any given day. Nonetheless, whether you look out your window and see a dusting of white or a blanket of wet, green grass, you can be assured that there's still plenty of snow on the slopes.

Both our resorts - Holiday Valley and HoliMont - continue to operate with stellar ski conditions. In fact, I've heard many rave about the snow this past week, which makes me wonder why I'm spending so much time in the office and definitely not enough time strapped to my snowboard. And to think, we only have about a month left before we trade the ski poles in for golf clubs. (Or if you're Max Hawkes or Barb Clauss, you've already squeezed in a few rounds of golf after a morning ski sesh... Yes! All in the same day! That's western NY for you!)

If there's one thing that's always in season, it's ice cream. The universal sweet treat is a good answer to just about any situation... The obvious post-dinner dessert? A superb day of skiing? Long day at work? It's snowing? It's raining? Happy? Feeling down? Just because? The solution is always... ice cream!

In our family, ice cream is one of our favorite food groups. We'll come up with any excuse to celebrate with ice cream. Our go-to ice cream shop: The Tee Bar. And our favorite people to share the occasion with: friends! But don't be fooled; The Tee Bar is more than just ice cream. (I think that's why we love it so much!) We love all the Ellicottville branded apparel they carry - long sleeves, joggers, hats... plus some of the coolest EVL keychains, stickers, magnets, shot glasses...

If you're visiting from out of town, make sure you swing by The Tee Bar for - ahem - ice cream, and also grab some EVL swag to take home so you can always remember how much fun you had here. Shop, indulge, enjoy! The Tee Bar: 8 Washington Street, downtown Ellicottville. Follow them on FB/IG @theteebar.

I leave you with a few bad mom jokes... What's a deer's favorite ice cream flavor? Cookie Doe! Dracula's flavor of choice? Vein-illa! And an electrician's? Shock-o-late!

MAKING MOVES

Dawn Coltellino Promoted to Store Manager at Good For the Spirit Gifts



ELLICOTTVILLE - Good For the Spirit Gifts has announced the promotion of Dawn Coltellino to the position of Store Manager and a new, additional appointment of Administrative Assistant to the Rev.

Suzu Woo, shop owner and private wellness consultant. Coltellino will be responsible for the crystal shop's daily operations, inventory management, accounts payables and vendor relations while continuing to serve store customers. Ms. Woo is working on plans to introduce a Healing and Wellness Retreat Center to the area, and needs to offload most of the correspondence and coordination for her private healing practice so she can focus on getting the preliminary documentation in order and filed.

Coltellino first joined Good for the Spirit Gifts in November 2021 as a Retail Sales Associate. Three

months later, a vacancy created the perfect opportunity for her to shine and she was promoted.

Since her hire, Coltellino has helped bring order from the chaos of the initial business relocation, and has been instrumental in getting the business up, running and functional. From the utility company set-up calls and appointments to helping with floor plans and inventory ideas, she has continuously offered to take on more responsibility. Prior to joining Good for the Spirit Gifts, Coltellino was on the Safety Crew at HoliMont for three years.

"Special Promotion" continued page 14

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LOCAL

INTERNATIONAL WOMEN'S DAY

Business Owners are Making Their Mark All Over, Including Right Here in Ellicottville



The number of women-owned businesses continues to grow here in Ellicottville, with the newest addition being The Vintage Hairpin, owned by Rachel Galati. The hair salon opened for business this week at 23 Jefferson Street.

BY CAROL FISHER-LINN

In a Forbes Oct. 2020 magazine, their writer points out that “role models matter, particularly for women,” stressing that “role models have an amplified benefit for women due to the gender biases, institutional barriers and negative stereotypes women have long had to contend with across a wide swathe of professional domains.”

When young women see women rising on their own terms, it encourages them to follow their own dreams and ambitions. How? Role models show what is possible; they inspire girls and women to aim high; they demonstrate the “how” to do it.

Across America and worldwide, women are lifting and building women who will live bravely with indomitable will. Here, a local woman comes to mind: Edna Northrup. In her 95 years on this earth, Edna used logic and decisiveness along with the more feminine traits of intuition and emotional connection to get things done. Those of us watching her in action knew we, too, could accomplish our goals. She empowered us by hiking the entire Appalachian Trail, climbing to Mt. Everest Base Camp at 84, skiing to age 90, canoeing, hiking, fishing and just being our beloved Edna.

Our moms inspire us, if we are aware enough to recognize their strength and courage in everyday living (sometimes, barely surviving). I saw it in mine, and I learned from it. ellicottvilleNOW's own Jessica Schultz shared that her mom is her hero. She joined the armed forces at 18 and became a helicopter mechanic, working and succeeding in a man's world, and even having some crazy fun in the process.

Think of your own mom ... the hurdles she jumped over, the adversity she faced. Mine worked as a “Rosie the Riveter” at Bell Aerospace during WWII, leaving three kids home with grandparents and transferring buses to get to her job, all the while worrying about my dad facing combat in the South Pacific. Yet, she somehow kept food on the table, her sense of humor, and her family protected from the horrors of the war.

Our community members are not immune from the devastation of cancer or serious illness. It is inspiring to watch them as they optimistically continue to show up, move forward with their lives, fight the good fight, and refuse to let the disease win. That's courage in action, folks. We all can learn from those brave examples.

Some of these local women-owned businesses have been around for 30 years or more: Arlene Solly's Kazoo II (716-699-4484) Laura Solly's Daff (716-699-2293), Dina DiPasquale's Dina's Restaurant (716-699-5330), Suzanne Roberts' Gado Gado (and now also an Intentional Living coach - 716-699-2128), Gretchen Mendell's Nature's Remedy (716-699-4372), Molly Colestro's Molly's Travel Agency (716-699-5847), Joan Ess's Alexandra (716-699-5621), and Donna McFadden's Plant People of WNY (716-307-3093).

If you wander through the streets of Ellicottville, you will find tucked away many small yet thriving businesses like Teresa Mercer Wagner's dog grooming shop, Rover Makeovers at 16 Elizabeth Street (716-364-2302), Monica Harrington's Reflections Hair Design (since 2002) at 39 Mill Street (716-699-8757), and Betsy Peyser's Betsy's Consignments (since 1996) at 34 West Washington Street (716-699-6131).

You can't miss the open firepit at Katy Arena's Katy's Café (since 2012) at Washington Square (716-699-8860). And Ellicottville boasts some newer businesses like Nicole Polino's Flowers Off the Farm at 8 Bristol Lane (716-258-8655), Emily Tingue's Lucky Day Homestead in Machias (716-353-0153), and several newbies - Suzie Ditcher's SuzyDitcher Home combined with Life Coaching and Decluttering Services (716-570-1115), Modern Baby Company at 13 Monroe, owned by Alana Murray and Sydnie Beattie (585-322-2237), and Compass Cycle Studio at HoliMont owned by sisters, Ashley Biryła and Nicole Branagan. (585-270-5166)

Too numerous to name individually (but women no less amazing and awesome), Ellicottville is blessed with businesswomen who own shops and services providing the following: cupcakes and cookies, socks, wines and spirits, handmade flea-resistant pet collars, B&B's, real estate, ice cream and candies, spas and massages, cleaning services, hair dressing and nail salons, ski equipment and servicing, fashions, plant care, race organizing, newspapers, graphic design services, photography, law, gifts, jewelry, crystals/energy healing, an IV Lounge, and even a female pediatrician. Ellicottville has it all! Apologies if we missed any.

Making their own mark on history, these courageous and uncompromising women are making sure Ellicottville's women's history will never be erased. Here is a good read about women's battle for recognition by Dr Nina Ansary - Anonymous Is A Woman.

LADY EAGLES ADVANCE

Ellicottville Girls Varsity Basketball Team Heads to Class D Semifinals



photos / Rich Rumfola



BY RICH RUMFOLA

At some point during pre-game activities before the Ellicottville Lady Eagles' 58-52, home playoff win over the Westfield Lady Wolverines last Thursday, Ellicottville point guard Dalayla Alexander started to get the feeling like maybe it was going to be a good night.

“Sometimes in warmups, I'm way off, but tonight my shots were on and I hit a lot of them in warmups,” the junior sharpshooter explained of her early offensive success. “Then I came out super-hot in the game and they definitely weren't guarding me hard enough.”

By the time the #7 seeded Lady Wolverines devised a Plan B for dealing with Alexander, the damage was done, as #2 seed Ellicottville's leading scorer this season knocked down 6 three-point shots in the first half and helped an otherwise cold-shooting Lady Eagles team stay just ahead of their foes for a 28-24 halftime lead.

After the contest, Lady Eagles Coach Tracy Rozler had high praise for her point guard. “She was on fire tonight! She played her game and she kept her cool and they could not shut her down.”

Out of the locker room to start the second half, however, Westfield had the answer to virtually every offensive effort that the Lady Eagles mounted, as the visiting Lady Wolverines took advantage of early foul trouble on key Ellicottville players and then especially after sophomore standout, Natalee Leiper fouled out midway through the quarter.

By the start of the fourth quarter Westfield had erased Ellicottville's razor-slim, four-point lead at halftime and surged ahead by 8 points, for a 40-32 lead of their own, as the home team went stone-cold shooting from the floor, scoring only four points in the whole quarter.

“Honestly it was very stressful that shots weren't falling,” recalled senior forward Allison Rowland, a team captain and driving force behind the Lady Eagles this season. “I remember in the third quarter I couldn't believe what was happening. Then in the fourth quarter I noticed me being down was pointless because we weren't far behind; we just lacked our third quarter and I really didn't want that to be my last game.”

The Lady Eagles finished the contest hitting on a modest 21% of their shots from the floor, but Rowland and the Lady Eagles found just enough points, scored at precisely the right time, and earned a comeback for the ages - partially behind two answered three-point prayers, shot by freshman guard Ande Northrup, as time ticked down in the fourth quarter.

“When Ande gets put into any game, she may not score the most points on our team,” Rozler said. “But she scores at the exact, right moment every single time - whenever she scores, it's when we need something to boost us up.”

Though the Lady Eagles stiffened their defense and outscored the visitors in the final frame, the home team still found itself down six points with a minute to go in their season.

“Being down with a minute to go was so hard to believe,” Rowland said. “But I kept looking at Dalayla saying, ‘We got this,’ because I needed that encouragement to keep up the fight.”

And fight Rowland and her teammates did. The senior forward was an absolute force at both ends of the floor, contesting every shot, battling for every loose ball and hauling in every rebound she could get her hands on. Rowland nabbed a jaw-dropping, game-high 17 rebounds, including 8 all-important offensive boards, thereby giving Lady Eagles shooters extra scoring chances on the same trip up the floor. Rowland completed her impressive double-double performance with 15 points, second only to Alexander's 26 points.

Senior Ryah Quinn came up with a nice night in the paint versus Westfield; the center pulled down 11 rebounds and was fouled nearly every time she touched the ball in the second half. She scored four points in the game - all on foul shots.

Into the overtime stanza, the Lady Eagles got ahead on a Rowland jump shot, then capitalized on the apparent frustration of Westfield players, whose steady stream of fouls kept the Lady Eagles on the charity stripe the entire extra period.

Though Ellicottville's shooting woes on the night carried over to the foul line (the Lady

“ECS Girls Varsity Basketball” continued page 12

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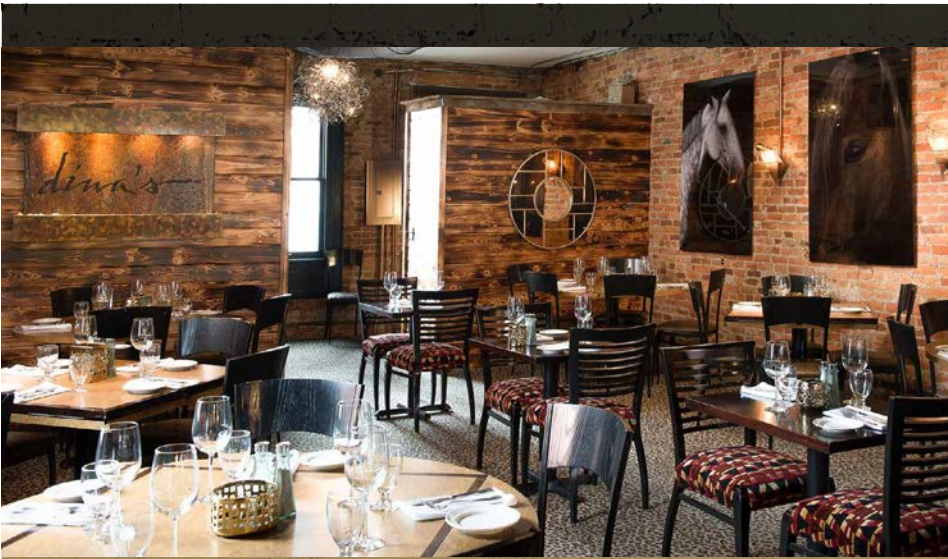


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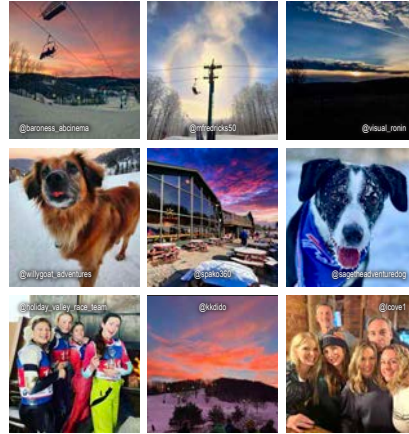
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INTERVIEW

THE BRASS MACHINE MARDI GRAS WEEKEND



MARCH 11th • @VILLAGGIO

By Melanie Hulick

The Buffalo born brass band, The Brass Machine, is hitting the slopes of Ellicottville, in a matter of speaking, when they play two upcoming festivals in March.

You'll find them living it up at Ellicottville's Mardi Gras Weekend as one of the acts performing at this year's celebration, Saturday, March 11 at Villaggio. Sticking around for another big celebration the following weekend at the Rail Rider Jamboree at Holiday Valley, The Brass Machine will bring their sound again as part of the festival Saturday, March 18. I recently had a chance to talk with Kyle Yagielski, founding member of the group, about the upcoming Ellicottville shows and the band.

Named "Best Funk Band" in WNY for three years in a row, they started out in 2015 from the University of Buffalo's Marching Band a group of friends decided to put together a brass band and see where it went. Since then they have played all across the nation, as well as Canada.

"We have so many members now that you will rarely see the same set of players at any show," said band leader and trumpet player Yagielski. "That's something that is unique to this band. The crew we have for the Ellicottville weekend is myself, Jon Lehning, Owen Burke, Griffin Kazmierczak, Joe Roscetti, Peter Heuer and Mike Johnston."

Usually playing around 110 shows a year, mostly every Friday and Saturday nights, keeps them busy. The fact that there are so many festivals and music venues in these areas allows them to share their music and party atmosphere with a growing fan following.

We talked about some of their favorite places to play, where the craziest shows have been and the big name international artists they've opened for, which you will read about in the following conversation. These guys love music and are excited to get to Ellicottville and get the party going. "We're looking forward to celebrating with the people of Ellicottville and everyone else that comes out to see us... so let's go!"

For more information on Ellicottville's Mardi Gras weekend, go to ellicottvilleny.com. For Rail Rider Jamboree tickets, head to railriderjamboree.com or holidayvalley.com. For more information on The Brass Machine visit thebrassmachine.com.

RAIL RIDER JAMBOREE

Dark Star Orchestra Returns as Headliner for Festival at Holiday Valley

ELLICOTTVILLE - The Rail Rider Jamboree will return to Holiday Valley Resort for its second year on Saturday, March 18. This one-day music festival, which sold out last year, will again feature many great artists in the lineup. Headlining the 2023 event is Dark Star Orchestra (for all you Deadheads), with other performances by GANTZER & Friends, Aqueous, Eggy, Grub, New Orleans Marching Band, Buffalo Brass Machine and more. Start the celebration earlier in the day with music at Holiday Valley's Cabana Bar featuring the grassroots band Folkfaces. Don't miss out on this amazing event, which will take place in the Main Parking Lot adjacent to the Resort Center. More information including times, ticket pricing and lodging options can be found at holidayvalley.com and railriderjam.com.

A CONVERSATION WITH KYLE

HULICK: We're looking forward to Ellicottville's Mardi Gras, where you'll be playing. And the following weekend, too, for the Rail Rider Jamboree!

YAGIELSKI: Yes, we're excited to play in Ellicottville. We'll be there for both weekend celebrations.

HULICK: How did the band come to be?

YAGIELSKI: We originally started back in 2015 with the University of Buffalo Marching Band. Then it just went through iterations... like I moved to Albany for a year, so I started the same group and then I moved back to Buffalo. So I had two groups to pull from... there's a lot of overlap between them but it really is just a big conglomeration of people now. So every Brass Machine show has different instrumentation and so on.

HULICK: Is this a full time gig for you?

YAGIELSKI: Yes and no. I run a business outside of the band... I have other bands as well.

HULICK: How many members do you have in the band and where do you get the music you play from? Are they original songs, covers...

YAGIELSKI: We do a mix. We have a lot of covers and originals, and a lot of tunes that stream from one to the other. So we are all over the place. Brass band standards, pop covers, jazz tunes, originals... As far as members there's probably 50 people that have played with the Brass Machine. It depends on the show and where it's at. It's a rotating cast.

HULICK: You guys go all over the U.S. and Canada.

YAGIELSKI: Yes. We've been to Toronto a couple times and Southern Ontario and Welland. We're in Pennsylvania a lot, Massachusetts and Vermont, as well as all over New York.

HULICK: How did it go for the band during the pandemic?

YAGIELSKI: That was actually during the year I was living in Albany. We got through it because the beautiful thing about being a brass band is you don't need power, we didn't need to plug in. A lot of times we would get together at the park in Albany and play little impromptu shows because we didn't need amps... we could just kind of stand or sit outside - socially distanced - and make music with each other and then people would come and listen to us. So we were able to deal with it better than a lot of other artists or bands.

HULICK: That time made you really realize how important music is to your daily life.

YAGIELSKI: Yes, I agree. It put things in perspective for sure.

HULICK: What were you studying at U.B.?

YAGIELSKI: I was doing musical studies and digital media production, but the rest of the original members were studying engineering, occupational therapy... we were all over the place as to what we were studying.

HULICK: Have you played at Mardi Gras before?

YAGIELSKI: Oh yeah! We play there every couple years and we also do Jazz Fest there as well. We do mini tours around the area.

HULICK: (laughs) It's funny... there was a news clip I saw of Mardi Gras the morning after and the streets were covered in confetti and stuff. Then all of a sudden you see the head of one guy walking by the camera really slow and looking around with a look on his face wondering where he was and what just happened.

YAGIELSKI: (laughs) Oh yes... I've been in that situation many times.

HULICK: I've never been to Mardi Gras.

YAGIELSKI: It's a must see of how unique it is. You just have to go.

HULICK: Do you have a favorite place to play? A city, state or venue?

YAGIELSKI: We love playing Buffalo to be honest. That's the place we love. Jack Rabbit in Elmwood Village is kinda like our home base of operations. We also have a Rochester spot called Abilene Bar & Lounge. There's a place in Albany that's called Lost & Found that we play every time we're there.

HULICK: I would imagine you have quite a following by now.

YAGIELSKI: Yes, we get great turnouts where we play.

HULICK: Do you have any shows that were just over the top crazy?

YAGIELSKI: We've opened for Earth, Wind & Fire twice now and opened for Jefferson Starship... that was cool. We've also opened for some of the really big bands in New Orleans. If you want me to name a really crazy show we've done I'd have to say anytime we play the one place I just mentioned... Abilene Bar & Lounge in Albany after the Jazz Fest there. It's a tiny bar and we do like an after party... and we absolutely push it full of people, and sometimes the artists that played the Jazz Fest that day will come and sit in with us. One time we were up there playing on the tiny stage - six or seven of us - then the entirety of Panorama, which is a great New Orleans jazz band with three trombones, all walked in the door and walked right up on the stage and started playing with us. There was also a cool experience we had at Fallsview Casino in Niagara Falls, Canada where we served as the horn section for BJ Thomas. He packed the place! He's the guy that did (singing to me over the phone) "Raindrops Keep Fallin' On My Head". He's a great songwriter and he has all these amazing songs you would know that other artists recorded and made famous. He was a super nice guy.

HULICK: He was a nice guy. I had the pleasure of interviewing him and meeting him years ago and he was super interesting to talk to because of all the music history he'd been a part of.

YAGIELSKI: Oh for sure!

HULICK: This has been fun talking with you Kyle, and I wish you the best on your upcoming performances in Ellicottville. They always draw a lot of people when they have their festivals.

YAGIELSKI: Thanks Melanie. We're going to have a lot of fun and we're excited to be a part of it.

COMMUNITY

ST. PAT'S-THEMED FUNDRAISERS

Wear Your Green for the Salamanca Rail Museum



Photo courtesy Salamanca Rail Museum

BY JESSICA SCHULTZ

It's almost time to don your best green outfit and strike out to the Salamanca American Legion to support a great cause. The Legion is hosting "Wear Your Green" Fundraiser to benefit the Salamanca Rail Museum on Saturday, March 18 from 5:00-10:00pm.

Not too long ago, the Salamanca Rail Museum was devastatingly vandalized. Many of the windows on the rail cars were smashed out and upholstery inside the cars slashed, resulting in well over \$12,000 in damages.

The Rail Museum has been working tirelessly since then to raise money to not only fix the damaged cars but also to get the funds for a camera based security system. Thanks to the generosity of a number of public donations and the rail museum's GoFundMe campaign, they've managed to raise about half of what they need.

Secretary of the Rail Museum Board, Sue Labuhn, took time to discuss the upcoming fundraiser with eNOW and shared her feelings on the situation. "It's unfortunate that this has happened," she said. "These cars are a piece of history. This is the only rail museum in Cattaraugus County. It's a true local gem and all of us on the board and all of our fantastic volunteers, we have a deep personal love for the museum and are absolutely devastated by the destruction."

Sue went on, "Wear Your Green is meant to be a fun way for the community to help us restore the cars to their former glory. We want all the repairs to be authentic and we want to increase our security to ensure this type of thing will not happen again in the future."

The cost of admission to the event is just \$7 a person, and according to Sue, there will be a lot to enjoy, including live music from the Freedom Hills band, a local group that plays a great variety of music... perfect for dancing along with. Silver Bells Bakery will be offering the New York favorite, Texas Hots and other snacks for sale. All proceeds from the entrance fee and a portion of the food sales will go straight into the repair fund. Guests can also take part in a 50/50 drawing and basket raffles donated by community members.

Event organizers are encouraging everyone to "really dress up!" said Sue. "There is a prize for the best green outfit. Carol Elis of Swan Street Florist is in charge of putting that together."

Sue is hopeful for a good turnout. "We really want to bring in as many people as possible, not just from Salamanca but from all over Cattaraugus County, to really support our beautiful and educational attraction. This really is a unique place and we want to repair it so that it can be shared with everyone again."

The "Wear Your Green" fundraiser on March 18 is a great way to not only have a good time, but help preserve a piece of local history. If you can't make it, you can always reach out to Sue at 716-945-3133 for other ways you can help. Or donate to their GoFundMe (search Salamanca Rail Museum on Facebook for the link)... every little bit helps!

POT O' GOLD SOUP FUNDRAISER FOR CCA

Winter isn't quite over yet, and nothing helps warm you up faster than a delicious bowl of soup. What if there was a way to "soup it up" and give back to the community at the same time? Isn't that an interesting idea?

Connecting Communities in Action (CCA) has organized such an experience. Dubbed Pot O' Gold Soup Fundraiser, the March 17 event will run from 11:00am-2:00pm in Salamanca and will support the organization's mission to help community members in need. ellicottvilleNOW had the chance to speak with Bridget Sanford, CCA's Director of Planning and Resource Development about the fundraiser, the organization, and how the public can get involved.

eNOW: Can you explain how the Pot O' Gold fundraiser works?

BRIDGET: This year is CCA's third annual Pot O' Gold fundraiser. Each year, CCA partners with local restaurants that donate soup for the event. The delicious variety of soups are then sold to raise money for CCA's Resilient and Healthy Families Nutrition Program. This year's event will take place at CCA's main office location in Salamanca,

"Pot O' Gold Soup Fundraiser" continued page 12

LET'S TALK LENT

Historically, Lent is a Season of Penance, Sacrifice and Looking Within



BY CAROL FISHER-LINN

The 40-day season of Lent (it spans over a 46-day period, but Sundays are not included) began this year February 23, on Ash Wednesday. Some of you might have noticed people with remnants of black ash on their foreheads last week. Unfortunately for those not familiar with Ash Wednesday, they might have been alarmed thinking the discoloration is a bruise from a mishap rather than the sign of a spiritual adventure Christians are embarking upon.

Let's go back to Sundays during the Lenten season for a moment. Here is something interesting from Catholic.org that some Catholics may not know: "Many Catholics maintain their sacrifice on Sundays. There is no rule against this, but it isn't required. Every Sunday is a mini-Easter and should be celebrated as such. In the spirit of celebration, which is entirely appropriate, you may refrain from your sacrifice on that day. So, if your sacrifice is social media, then you can catch up on Sundays. If you gave up chocolate or sodas, Sundays are your friend. There are no brownie points for maintaining your sacrifice on extra days and there are no demerits for refraining from your sacrifice on Sundays. Sunday is a day of celebration, not fasting."

If you are reading this on a Sunday, indulge yourself!

So, you may ask... 'what is the purpose of Lent?' Let's think in secular terms for a moment. It's March. We are weeks away from spring and when these occasional sunny days appear, we tend to look around and see the household and yard residue of winter. In the back of our heads, we begin planning our annual spring cleaning, right? That's what Lent is all about, but it's a spiritual spring-cleaning. Daily life issues, work projects, hustle bustle, not enough personal/renewal time... there are days, many of them, where we are just happy to put our head on the pillow and sleep for a few hours, only to go at it again.

By this time of year, we feel the overload, we miss the time visiting with our soul, our time with God, however that looks to you. Some of you may do yoga with Laura Solly, some may revitalize in a Pilates session with Rachel Dove, or workout at Core Performance or Warrior Fitness, but Lent gives a sacredness to our time of inner release that none of these others offer on the surface. Not that you can't turn them into sacred events - you can. Observing Lent sharpens or teaches those skills to use throughout the year. It's like a mini course in a deeper dive into yourself. You don't have to be Catholic to participate in the spiritual observance of Lent.

In a nutshell, Lent is a period of penitence, abstaining (movies, social media, chocolate, drinking, sweets, etc. or helping others by giving up social or TV time) and daily prayer. The Catholic tradition has been around since about year 325 and has been adopted by other denominations as well - Western Orthodox, Lutherans, Methodists, Presbyterians, etc.

The word lent comes from a Middle English word, "lente" meaning springtime. The ashes mentioned earlier come from burning last year's palms (from Palm Sunday) and are a show of repentance to God. In ascensionpress.com we are told this: "As described in the gospel readings according to Matthew, Mark and Luke, following his baptism by John the Baptist in the Jordan River, Jesus was led by the Holy Spirit into the desert, where he fasted for forty days and was subject to temptation by Satan. To honor this sacrifice and conquest over the devil, Catholics and other Christians elect to set aside the season of Lent to refocus on Jesus as we look ahead to his death on the Cross and rejoice over his miraculous return."

Bottom line: Lent gives us an opportunity to refocus ourselves on what is important. It's good practice that helps keep us on track. Lent ends on Holy Thursday, followed by the solemnity of Good Friday and Holy Saturday leading to the rejoicing of Easter Sunday, this year on April 9.

By the way, for those of you thinking that commemorating Lent takes away all the fun in life, consider the delicious and satisfying hot cross bun which is traditionally baked and eaten during Lent. The tradition started with an Irish monk baking them for Good Friday. His cross was probably just a shallow cut in the dough. Today, it's made with icing. Yummm! He probably grew up hearing his mother crooning this verse from the 16th and 16th century: "Good Friday comes this month, the old woman runs, with one or two a penny hot cross buns." Not only are they delicious, hot cross buns hung from the kitchen rafters in days of yore, are said to have stayed fresh for the whole year, protected from evil spirits, cemented friendships, and after a few months, they were broken up, mixed with water and treated as a medicine... (perhaps an early form of penicillin?)

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Villaggio is the place to go if you want to have a Lenten meal with your family or on your own. Not only do they offer Lobster Mac & Cheese and Richard's Scallops (scallops with cauliflower puree, apple cider reduction, lemon, parsley and celery) on their regular menu, but the chef will also offer a special fresh fish feature daily and on Fridays they will serve up beer battered haddock fish fry with French fries and coleslaw and a fabulous Baked Haddock Milanese (haddock baked with a Milanese sauce, served over spaghetti aglio olio, and finished with an arugula salad). Make this a must visit!



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@ John Harvard's Brew House
Inside Tamarack Club • Holiday Valley
716.699.5350
holidayvalley.com

One of the best ways to spend an evening is dining with a view of the slopes. There's no need to give that up for Lent. John Harvard's Brew House has great seafood offerings on their winter menu. Apps like shrimp cocktail and coconut crunchers, to entrees like shrimp scampi pasta, spicy Cajun shrimp and the ability to add grilled or blackened shrimp or salmon to any salad. Not to mention their specials that change daily. (Ex: pan seared Chilean seabass topped with Prosecco lemon caper butter sauce... mmm!) It's the perfect atmosphere to enjoy a little Lenten repast.



DAILY DOSE OF SALMON

@ Ellicottville Brewing Company
28 Monroe Street • EVL
716.699.2537
ellicottvillebrewing.com

Lent doesn't just have to be fried fish on Fridays. Ellicottville Brewing Company offers a fantastic alternative in their daily salmon special. Hand-cut, 8 oz. Bay of Fundy salmon filet, pan roasted and served with saffron rice, butter poached vegetables, and a different topping daily (ask your server for topping options). Their salmon arrives FRESH three times a week from sustainably-raised, cold-water salmon farms. Pair this dish with EBC's Blackberry Kölsch Ale. Their most popular spring release, it is light, crisp, and features an earthy, berry sweetness lending to the perfect refreshment as the chilly winds warm.



TACO, TACO, FISH TACO

@ Ellicottville Tap + Bottle & Taqueria
20 Washington St. • EVL
716.699.9176
ellicottvillebrewing.com/locations

Who doesn't love a good taco? No fear of losing out on this mouth-watering item because of Lent. Ellicottville Tap + Bottle Taqueria offers their signature Annatto Spiced White Fish with cotija cheese, slaw, pico de gallo, chipotle aioli, and cilantro. Served with fresh lettuce and your choice of cilantro-lime or Mexican rice in your choice of taco or bowl. Sounds tasty, especially when you pair it with any of the bottled brews they keep stocked in the cooler, such as Empire Brewing Co.'s Black Magic - a traditional Irish stout with prominent dry roasted flavors and finished with hints of chocolate and coffee.



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716.265.2040
facebook.com/katysflyin

Just down the road from Ellicottville, in Great Valley, NY is Katy's 2nd location. Make dinner plans at Katy's Fly-In for an excellent meal during the Lenten season. Friday is when fried fish is king and Katy's serves up some of the best - from traditional beer broiled or Cajun seasoned, to Haddock Parmesan or Mediterranean broiled. They also run some amazing seafood specials featuring shrimp, mussels and salmon. Past specials have included coconut shrimp, sweet chili mussels, crab stuffed mushrooms, blackened Cajun Salmon and more. Add some variety and spice to your Lenten diet!



FISH FRY FAVORITE

@ Tim & Bonnie's
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timandbonnies.com

Tim & Bonnies isn't just pizza and subs. They offer a fabulous fish fry, EVERY DAY OF THE WEEK! That's right, every single day, not just on Fridays. So you can get an expertly fried piece of fish, two bread sticks, side of French fries and your choice of side - choose from mac salad, coleslaw, potato salad or a side salad. Talk about lots of food for one great price! You can dine in, call in and pick up, or take advantage of Ellicottville's only delivery option (available within a 5-mile radius of the village) and indulge in the fishy goodness... on Fridays, or any day of the week!



LIVING LA VIDA LENT

@ Finnerty's Tap Room
5 E. Washington St. • EVL
716.699.1226
finnerystaproom.com

Finnerty's flourishes with its fantastic variety of seafood options - fresh fish Fridays, garlic butter tomato mussels, Asian nights that feature sushi and poke bowls. Everything is made from scratch and the menu specials change often. Be on the lookout for their creamy clam chowder. And scope out the rest of the menu when you get a chance. This is the home of the Bills Mafia and an Irish pub, so keep in mind the corned beef and cabbage special that's bound to pop up just in time for St. Pat's Day if you are looking for a splurge!



WEALTH OF THE SEA

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

Dinner doesn't have to be boring during the Lenten season. Dina's Restaurant has a great variety of seafood available daily. With appetizers like mussels, crab cakes, shrimp cocktail and fried calamari, as well as entrees like lobster ravioli, sesame seared tuna and teriyaki glazed salmon and the option to add a 4 oz. cold water lobster tail on the side, there is something for everyone to enjoy. Not to mention some great vegetarian dishes as well. Make this a stop during your observation of Lent and your taste buds will thank you for the trip!





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THE ARTS

COMBINING ART AND HISTORY

Cultural Center in Salamanca to Showcase Haudenosaunee Artists



By JESSICA SCHULTZ

How do you blend history with the present? How do you tell a story of things long passed to the newest generation? How can you make learning these things fun? The Onösagwë:Dë Cultural Center has the answer. The Haudenosaunee Spring Art Show returns for its 2nd year, March 25, 2023 from 10:00am-4:00pm. It's the perfect opportunity to share the culture - then and now - with all those interested.

This is a juried art show for Haudenosaunee artists ages 18 and up. The purpose of the event is to give artists a professional venue to show and market their work while also making it more accessible to the general public. The deadline to submit your application is March 13. All entries must be original works created during the last twelve months. Anything submitted must also be sellable and artists may submit up to 10 photographs for all (3) works considered. For more information check out the museum's website at senecamuseum.org.

The particulars aside, this is a very exciting showcase. Acting Director Hayden Haynes stated, "We are making this an annual event. We hosted the first one back in 2018 and then everything with Covid happened and plans had to change. Now that things are working their way back to normal, we're happy to bring it back. We want to thank some of our sponsors, the Seneca Nation of Indians (SNI) President Rickey Armstrong Sr, SNI Treasurer Matthew Pagels, and the SNI Council Office. Their continued commitment to supporting the cultural center in every aspect is vital to our success."

According to Haynes, dozens of professional artists, museums, and galleries from New York and Pennsylvania have been invited to the Salamanca venue. "Our goal is to establish and sustain an annual show of exquisite Haudenosaunee arts," he explained. "We are doing this show in the beginning of the calendar year so our guests can get a glimpse of the artists' newest, most recent projects."

The Spring Art Show will feature five categories for artists to enter in: Paintings, Drawings and other Mixed 2D Media; 3D Fine Art (like sculptures); Beadwork; Basketry; and Traditional Arts.

"Art is rooted deep in our culture. The story of our peoples cannot be told without including the things our ancestors made," said Haynes. "Their contributions to our culture (especially before historic record), coupled with oral history are the reasons why we have the understanding of who we are today. That is why art is important. We honor and remember our ancestors' contributions by showcasing our art and culture in the present."

And those skills can also earn great rewards at the Spring Art Show, with prizes for 1st, 2nd and 3rd in each category, a best of show award and the juror's choice award. The total purse will be well over \$10,000 dollars that's a wonderful opportunity for any artists involved!

Plan to take in the beautiful craftworks that will be on display and for sale March 25 at the Onösagwë:Dë Cultural Center's Spring Art Show. At least 30 artists are expected to showcase their works, and you may just find yourself not only learning, but leaving with a unique item to display in your home! If you can't make it out, the museum is open Monday through Friday, 10:00am-4:30pm daily, closed Saturday and Sunday. You can always reach out by calling 716-945-1760 for more details or to book a private tour. Visit senecamuseum.org to keep up-to-date on new exhibits and other upcoming events.

GOACC APPOINTMENT

Sarah Blovsky Replaces Erica Dreher as New Membership Services Manager

OLEAN – Greater Olean Area Chamber of Commerce announces the appointment of Sarah Blovsky as their new membership services manager. Sarah is a graduate of Bradford Area High School and Univ. of Pitt-Bradford with a degree in Communications. Her position's primary focal point will be on the needs of the members, including counseling, provision of information services, membership retention and expansion, networking, and other direct membership activities including facilitation of major events. She replaces Erica Dreher who after 5-1/2 years of chamber service took a position at the Olean General Hospital Foundation. For more information on membership at GOACC, call 716-372-4433 or email member@oleanny.com.

NEW WORKSHOPS, NEW SPACE!

Tri-County Arts Council Launches Spring Art Classes; Expands Footprint



By MARY HEYL

With sunlight lasting longer and the days becoming warmer, the weather is a reminder that spring - a time of growth and new beginnings - is drawing near. What better way to embrace this change than to learn something new in one of the upcoming spring workshops at the Tri-County Arts Council?

Located at 110 W. State Street in Olean, the TCAC, which represents artists in Allegany, Cattaraugus, and Chautauqua counties, is hosting classes for artists of varying skill levels in a variety of mediums. Most classes are designed for ages 16 and up, though some are open to students as young as age 12. For more details, visit <https://www.tri-countyartsCouncil.org/classes/>.

Watercolor with Theresa Heinz - Saturday, March 11 from 1:00-3:00pm. Students will learn or revisit watercolor techniques including wet on wet, resist, dry brush, and salt sprinkle and use primary colors to create a beautiful painting of a lighthouse scene.

Creative Clay Sponge Holder with Violet Nolder - Saturday, March 18 from 1:00-3:00pm and Saturday, March 25 from 1:00-2:00pm. This class is ideal for beginners, as Violet Nolder teaches students how to create their own unique sponge holder in the shape of a house!

Brushes 'n Brews at Four Mile Brewing - Sunday, March 19 from 5:00-7:00pm. Samantha Aldrich will be leading a fun workshop for students ages 21 and older to paint and enjoy a beer in a relaxing atmosphere. Workshop fee covers class and material cost, but not beverages.

Felt Lilies with Allison Braun - Saturday, April 1 from 1:00-3:00pm. Celebrate spring by making a beautiful bouquet of felt lilies.

Oil Pastel with Tara Walker - Saturday, April 15 from 1:00-3:00pm. In this two-hour class, Tara Walker will teach students how to use a variety of strokes and colors to blend and layer colors to create still life paintings. For those unfamiliar with this medium, this class is a great introduction to an oil-based medium that requires no solvents.

Poetic Crafting with Marin Turk - Saturday, April 22 from 12:30-1:30pm. Learn the tools of poetic craft and explore different forms such as Haikus, limericks, sonnets, odes and more.

Intricate Drawing with Samantha Aldrich - Saturday, April 29 from 1:00-3:00pm. Explore the art of drawing while enjoying its meditative and relaxing qualities in this two-hour class.

Calligraphy with Betsy Afton - Saturday, May 6 from 1:00-3:00pm. A 40-year practitioner of the art, Betsy Afton will guide students through three styles: Italics, Gothic, and Celtic. No art background is required, nor is "good handwriting!"

TCAC Executive Director Paula Bernstein is looking forward to these new workshops, some of which have already filled up. "Our pottery series is always very popular and fills up quickly," she said of the Intermediate Throwing workshop, which meets weekly on Thursdays through the end of the month. "That filled right away, and so did our recent Kids N Art Camp that we hosted during winter break. We had 15 kids participate, and it was such a great time! So much creativity!"

Some workshops, such as Violet Nolder's Creative Clay workshop, are brand new to the TCAC. "We know everyone loves the throwing series, and everyone loves our Brushes and Brews classes, which we'll be doing again soon. These new workshops really expand our offerings, from poetry, to drawing with Sam, to calligraphy with Betsy!"

Workshop prices range from \$35 to \$140 and are all-inclusive. "We provide all the materials and supplies," Bernstein explained. "We try to keep the costs reasonable for our community while also showcasing some different mediums." Those who are TCAC artisan members receive a discounted price for all workshops.

Now is the perfect time to explore the Tri-County Arts Council as there is a significant transformation currently in the works. "We are expanding!" said Bernstein. "We'll be doubling our footprint here and expanding into what we call the 'blue part' of the building. Hopefully in about nine weeks, we'll be opening the new clay studio and opening

"Arts Council Workshops" continued page 12

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ECS GIRLS VARSITY BASKETBALL

cont. from page 04

Eagles made only 17 of 37 free throw attempts) they were awarded 14 free throws in the overtime period alone, and capitalized on six of them. In this way, Rozler's squad managed to pull ahead and then put the game out of reach - one point at a time. "We played together (as a team)," Rozler reflected after the game. "We fought hard and we wanted it more than Westfield. Our girls played with their hearts and they just wanted it more."

At the time this paper went to press, the Lady Eagles were headed to a semifinal round matchup against the #3 seed Sherman Lady Wildcats on Wednesday, March 1 at James-town Community College.

POT O' GOLD SOUP FUNDRAISER

cont. from page 08



photo courtesy CCA

NY at 25 Jefferson Street. CCA also partners with local potters and schools for donations of ceramic bowls. Every \$25 order receives a custom handmade bowl with purchase. CCA offers a wide variety of raffle baskets at this event, too, with 2023 items ranging from, an autographed Buffalo Bills cleat, to a Tito's gift basket, to gift certificates from a variety of local restaurants and businesses. Tickets are 1 for \$1 or 10 for \$5 with all proceeds going to CCA's Nutrition Program. This event is a lot of fun for the community and a great day to dress in St. Patrick's Day colors and themes.

eNOW: What local establishments are providing soups and what flavors are on the menu?
BRIDGET: Harvest Moon will be serving up their St. Patrick's Day Corn Beef and Cabbage Soup, Union Tea is working on a Cheeseburger Soup, Chef John Haley plans to bring Creamy Sauerkraut Soup with Bacon and Onions, Dupers will have Chicken Gnocchi, and Ellicottville's Villaggio is planning to bring Cajun Chicken Corn Chowder. We are working on a more extensive list of restaurants, so feel free to check out our Facebook page for updates.

eNOW: The funds from this event will go to the Lighthouse Community Kitchen; what purpose do they support?

BRIDGET: When families are experiencing nutrition related crises, CCA is able to provide emergency amelioration of that crisis, then to proceed along a continuum of care that allows for advocacy, assistance in obtaining food resources, education and training, even job readiness and employment experiences. CCA Nutrition Services provide support to the community by offering our food pantry 5 days a week, as well as CCA's Soup Kitchen by way of to-go hot meals 4 days a week. Food items that are donated by local businesses, restaurants and grocery stores are utilized daily. CCA staff receive donations by way of pickup multiple days of the week, thus supplying our clients with items ranging from frozen meats to bread and milk. Annually, CCA provides 17,000 mobile food boxes to households as well as 15,000 hot meals. All proceeds from this fundraiser will go to support CCA's Nutrition Department equipment maintenance, purchasing of essential food items and outreach.

eNOW: Anything else you would like to add?

BRIDGET: CCA will be hosting this event on the first floor of CCA's Main Office at 25 Jefferson Street in Salamanca, NY on March 17, 2023. Please tell your family and friends to stop by and check out this event for an afternoon of fun! Soup prices are: \$5 for a 12 ounce; \$10 for a 24 ounce; (3) 12 ounce soups for \$12; and (3) 24 ounce soups for \$25. Soup pre-order forms will be available very soon.

Thank you, Bridget, for taking the time to speak with us and for sharing such great details on the event. Don't forget to keep track on CCA's Facebook page "CCA - Connecting Communities in Action" for up-to-date info and other upcoming events.

ARTS COUNCIL WORKSHOPS

cont. from page 11



photo courtesy Tri-County Arts Council

our print studio, which involves everything but clay." Once the new clay and print studios open, the TCAC's current gallery space will increase, and the art market will also expand into what is now the clay studio. "It's been about a year of development, but hopefully all construction will be done at the end of April," said Bernstein.

Those who are interested in taking a class should sign up online at <https://www.tricountyartsCouncil.org/classes/>. Classes that are already full are identified with a red dot. If space is available, walk-ins are also accepted. Follow Tri-County Arts Council on social media to see photos and videos from past workshops and be the first to know about new workshops, such as the upcoming Kids N Art Camp in April.

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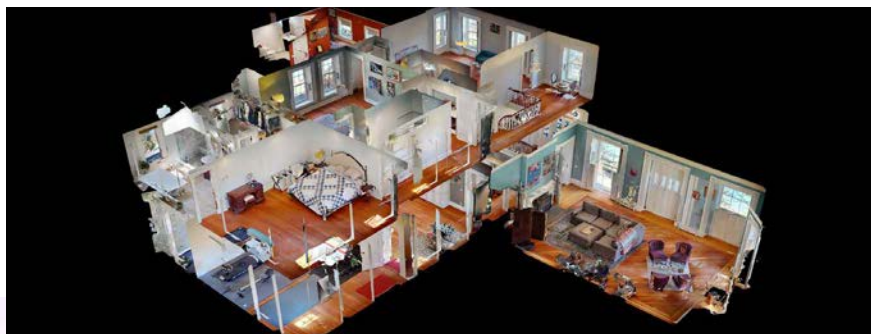
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THE FITNESS CENTER AT ELLICOTTVILLE CENTRAL SCHOOL (weight room) is now open to the public on Tuesdays, Wednesdays and Thursdays (on days that school is in session) from 4:00-7:00pm through May 31. Individuals must sign in each time. In addition, ECS is hosting a Walk Program for community members Monday-Thursday from 6:00-9:00pm (on days that school is in session) through March 30. Individuals are asked to sign in each time by the High School back parking lot. For additional info, call 716-699-2316.

PRUNING CLASS: The Nannen Arboretum Society Inc. has scheduled its first educational program in its quarterly series for 2023. Lyn Chimera, Master Gardener and owner of Lessons from Nature, will speak on "Pruning & Correcting Winter Damage of Trees & Shrubs". Lyn will also include information on the spring pruning of fruit trees. This program will be held Wednesday, March 8 at 6:30pm in the auditorium at the Ellicottville Town Center, 28 Parkside Dr. Admission is \$5 at the door. Refreshments will be served.

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Candidates are invited to apply at: <https://ellicottvillecentral.recruitfront.com/JobOpportunities>

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SUZY'S STAR READINGS

Can you Feel Something in the Air? Change is Certainly Afoot



By REV. SUZY WOO, B.MSc

Speaking of feet, that is the body part that Pisces represents. Happy birthday beautiful, artistic and dreamy Pisces people! This month, two huge changes take place...

We are all scarred by the experience of the world shutting down in March 2020. What happened astrologically? Saturn the planet of restrictions, rules and limitations went into Aquarius, the sign of freedom, the rebel, independence and community. Get it? Our freedom was shut down.

That same planet, Saturn, is moving into Pisces, the sign of spirit, religion, compassion but also secret enemies. How does that translate? I would expect new mandates, rules and structure around religions, around alternative medicine practitioners, a seizing or paralyzing of certain religious or ritualistic practices, further, deeper exposure of corruption especially in religions and in pharmaceuticals (medicines and anything to induce altered states are also ruled by this energy), and the need to completely renovate church as we have known it.

Crimes against children committed by spiritual leaders, teachers and those in authority over decades, after the victims have been hushed, humiliated and disregarded, has finally become aired. The accused have finally had to become accountable. That's a personal one for me, the leader of the Catholic school my own children went to is on the public list of pedophiles. This will come to a peak and there will be new systems in place around who is placed in a place of authority with the vulnerable.

Earth's waters will be a concern, as Pisces is ruled by Neptune, Poseidon, God of the Seas. Saturn may want to box off and own parts of our waters, and/or place limitations and restrictions on water or access to water. There may be a water crisis.

If that wasn't enough, the most powerful planet, Pluto, rules the underworld and is also changing signs in March. Pluto will reveal the raw truth. It's great if you are living a sincere lifestyle, but not so much if you are living in a destructive way, harming yourself or others. There is far more information than I have room for in this article so I will pull it apart and discuss each month going forward what those energies specifically are.

The most beautiful thing about Pisces energy is that it's the last sign of the zodiac - it represents inner wisdom. It does not need to entangle in war like energies because it vibrates higher, it is the sign of compassion, one-ness, our spiritual truth. The low road is addictions, medications, escapism. Unfortunately, we will be seeing a sharp increase in

SPECIAL PROMOTION

cont. from page 03

"Down to earth, intelligent, organized Virgo seeking job at local crystal shop was the opening line of her resume," Suzy Woo recalls. "I was sold right there, but had to still conduct the job interview. Looking at her astrology chart during the interview totally sealed the deal. A Capricorn moon person demonstrates leadership, will take initiative and get the work done; and a Virgo sun sign is analytical, has tremendous attention to detail and loves data, spreadsheets, organization and cleanliness."

Ms. Woo continued, "Months after hiring Dawn, we were having a chat in my office when I started channeling, then I burst into tears realizing she actually was a sister of mine in a past life! All the right people are coming together to create great things. Please congratulate her if you stop in and she's working that day! She totally deserves this."

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Suzy Woo is a Metaphysician, spiritual consultant, sound healer, public speaker and retreat leader. Find her shop and her services at 11 Martha Street, Ellicottville, NY.

mental illness and the demand for truth is what the remedy is.

What is that truth? It actually came to me in a dream this morning - it is recognizing that you are not separate from the Great Source/God/Creator. Once you become aware that you have the power within you to outshine any darkness coming at you, you start to realize your own strength. And, there is strength in numbers. That is the whole thing around 'ascension' - it is a realization that we are all one; nothing separates us except what we have been told to believe. You have the choice to accept you are creator energy and are made of the same stuff as the trees, the animals, the oceans and the stars, and are infinite... or you can choose to believe you have no purpose. The choice is always yours. Think of Dorothy in the Wizard of Oz, extremely symbolic on so many levels. Oz is the narrative. Dorothy is you. She didn't need the red slippers. In modern times, it morphed into the red pill. You always have the choice.

How best to ride this wave is to remind yourself often that you are love, you matter, you are infinite and you are powerful. Hold your hands to your heart and rest your eyes closed. Remain there for a good minute or two, just in silence. Feel the beat of your own heart. Notice what comes into your mind, your body, your awareness.

If you would like help realizing your purpose or getting unstuck, I invite you to see me for a healing or consultation session. My specialties are self-esteem confidence, trauma, anxiety/depression and PTSD. See you next month my friends.

- 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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13shamrock: Had so much fun at @holimont Ladies Day! The bridesmaid theme was amazing - so many laughs! #evlnow



holiday_valley_race_team: All smiles. That should be our team motto! #youthskiracing #giantslalom #skitheeast #holidayvalley #evlnow



ellicottvillenow: Checking out the latest issue of #evlnow



boardroomeville: Trophies! #boardroombanked #getsignedup



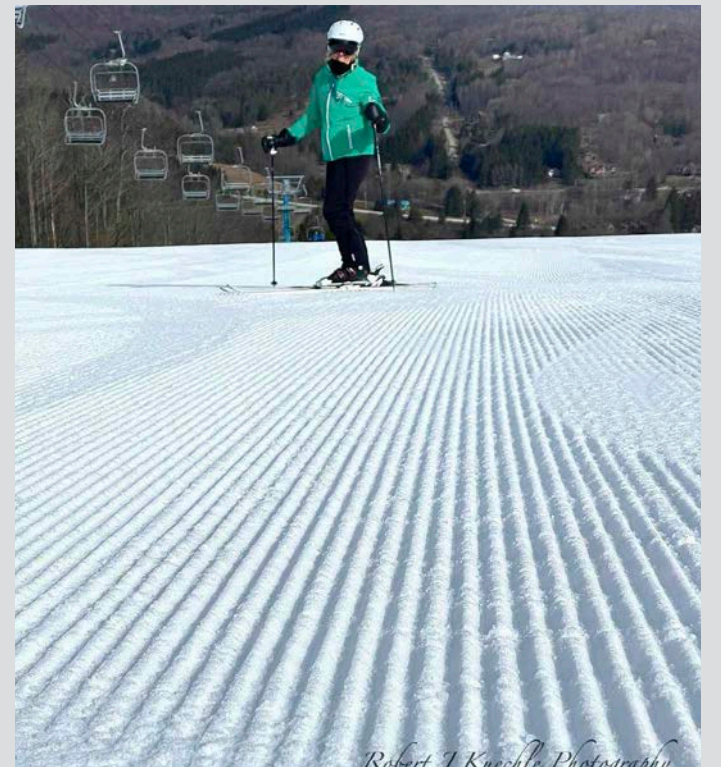
shannonlshepherd: Playing together at the Penguin Paddle for @lounsburyadaptive made last weekend extra fun! #evlnow



stefrohring: Ski Racer #ellicottvillenow



lcove1: It's a nice day for a white wedding @holimont #evlnow



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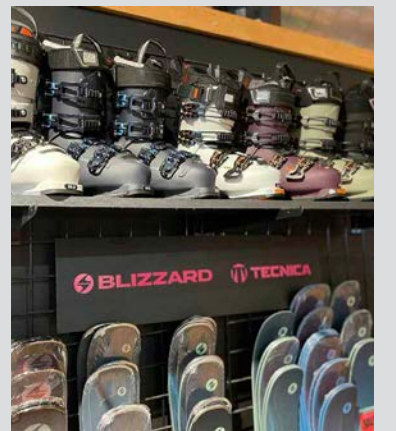
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