# ellicottvilleNOWissuE

LOCALLY OWNED & PUBLISHED ~ WIDELY DISTRIBUTED ◆ March 7-13, 2024



**FREE** 

## Bringing the Big Easy to Ellicottville

Get Your Beads and Bling Ready; Mardi Gras & Winter Carnival Weekend is Here!



By Brenda Perks

Pull out the masks and break out the beads, the wildest weekend you'll ever experience in Ellicottville is here! Mardi Gras and Winter Carnival Weekend in Ellicottville delivers a New Orleans style celebration with a ski town twist. We're looking forward to sharing in all the zany fun with everyone that's headed to Ellicottville this Saturday and Sunday, March 9th and 10th. You can expect plenty of colorful costumes and high-energy vibes both on and off the slopes!

The highlight of the weekend is the annual Mardi Gras Parade down Washington Street Saturday evening. You don't have to be a business to march in the parade. ANYONE can join the fun! Gather your ski buddies, your co-workers or that group you met at the bar last night, and figure out those costumes, but do it lickety-split! Although pre-registration is recommended, on-the-spot sign-ups are being offered. (Details inside.)

For those heading on snow this weekend, Holiday Valley has again packed a full schedule of festive fun both Saturday and Sunday for their annual Winter Carnival celebration, with this year's theme focused around "Outer Space".

... page 04

#### ELLICOTTVILLE PLAYGROUND COMMUNITY GARAGE SALE

Nestled off the back streets in the Village of Ellicottville sits the charming but outdated Ellicottville Village Playground. Home to the classic sliver slide, tire teeter totters, and colorful playsets, I'm sure we all have a memory or two to share from our childhood stomping grounds.

Now, five mothers have come together as the Ellicottville Playground Group and are inviting the community to join in on a fundraising event. The Ellicottville Playground Community Garage Sale takes place March 9-10th at the Ellicottville Town Center, 28 Parkside Drive from 8:00am-4:00pm both days.

The Garage Sale is shaping up to be a successful one. We reached out to Patti Snyder, one of the five local moms on the Board of the Ellicottville Playground Group, and she was happy to share some insight on what they hope to achieve.

... page 04

#### CELEBRATING INTERNATIONAL WOMEN'S DAY ON MARCH 8TH

Women's History Month 2024 will take place from Friday, March 1st through Sunday, March 31, 2024. International Women's Day is an annual global holiday celebrated on March 8th focusing on the women's rights movement. A review of the Chamber of Commerce roster indicates women may well be in the majority of the entrepreneurs who own businesses here. That is no easy accomplishment considering the hoops one must go through, the investment of time and money and heart, and the brave hopes that their idea pays off for everyone involved. Naturally, these women stand on the shoulders of earlier pioneers who worked unflinchingly to blaze a trail towards equality in the United States ... page 11

#### ADD A LITTLE SWEETNESS TO YOUR LIFE THIS SPRING

Who doesn't love a good festival? (That was rhetorical. Everyone does.) I mean, it's the perfect excuse to get out, enjoy yourself and indulge in a little bit of fun. We've got the sweetest weekends of the year coming on March 16-17 and 23-24 with NY State's Annual Maple Weekend. Local producers will open their doors and have plenty of maple goodies available. If syrup isn't your thing, maybe chocolate and coffee? Peek'n Peak Resort is kicking their game up a notch on April 27 with their Coffee and Chocolate Festival, which will feature so many delectable treats to indulge in ... page 19

#### insta**NOW**

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 23.





#### HoliMont Invites the Public to Share in the Fun

Carpenter's Corner Cookout, Breath & Ice Challenge Return to the Slopes



Join HoliMont for Carpenter's Corner this Friday, March 9th from 11:30am-2:00pm as guests gather at the "Carpenter's Corner" hut to bask in the sunny weather and enjoy ideal ski conditions while indulging in a slopeside cookout. There will be lively conversation, music and plenty of fun for everyone!

After the incredible success of the last Ice Plunge event on January 12th, the resort is thrilled to announce the return of HoliMont's Breath and Ice Challenge on Friday, March 22nd from 12:00-4:00pm. Join in for an exhilarating experience with certified instructor, Steve Beattie, as you dive into the Wim Hoff method together.

They are also offering a Stop, Drop & Breathe Challenge" tailored for juniors ages 14-18 on Friday, March 21st from 1:00-5:00pm. Get all the details inside.

... page 07



#### RAIL RIDER JAMBOREE IS BACK FOR ITS 3RD YEAR AT HOLIDAY VALLEY

This winter is visibly winding down but there are still some pretty highly anticipated events to look forward to at Holiday Valley Resort, including the return of "Rail Rider Jamboree", back for it's 3rd year. Scheduled for March 23rd, the day promises to be filled with fun starting at 11:00am at the Cabana Bar with Bluegrass & Bloodys featuring live music by Crikwater. Then head outside to cheer on the wild ones at the annual Pond Skimming Party and watch as participants attempt to skim across an icy water filled pond on their skis and boards. ellicottvilleNOW had the opportunity to speak with Jennifer Brazil, owner and co-founder of both the Rail Rider Jamboree and Borderland Festival about this year's event ... page 03





**Product Spotlight:** 

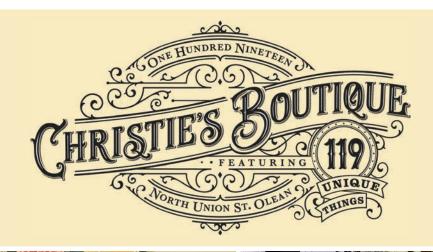
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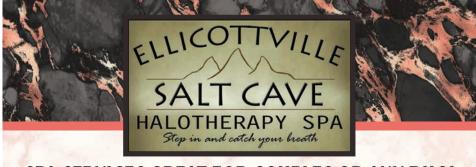




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## Publisher's PICK

#### RAIL RIDER JAMBOREE

Festival Co-Founder Raises the Stoke on Upcoming Event at Holiday Valley



By Jessica Schultz

This winter is visibly winding down but there are still some pretty highly anticipated events to look forward to at Holiday Valley Resort, including the return of "Rail Rider Jamboree", back for it's 3rd year.

Scheduled for March 23rd, the day promises to be filled with fun starting at 11:00am at the Cabana Bar with Bluegrass & Bloodys featuring live music by Crikwater. Then head outside to cheer on the wild ones at the annual Pond Skimming Party from 1:00-2:30pm. Watch as participants attempt to skim across an icy water filled pond on their skis and boards... it's a guaranteed good (wet) time!

ellicottvilleNOW had the opportunity to speak with Jennifer Brazil, owner and co-founder of both the Rail Rider Jamboree and Borderland Festival about this year's event.

eNOW: Rail Rider Jamboree is back for 2024. What's new for this year's event? BRAZIL: We are really excited to return to Holiday Valley for our 3rd year! We are so lucky to have this partnership! This year we moved the date to be on the same day as the annual Pond Skimming event. We decided to make it a full day of fun. Holiday Valley already gets such a great crowd for Pond Skimming and Rail Rider will be the ultimate after party. It's the perfect day and perfect way to end the season.

eNOW: This is an all day thing at the Valley. What's the schedule like? What is the cost of the event and what do tickets include?

BRAZIL: We are kicking off the day at the Cabana bar with a Celtic bluegrass band, Crickwater. This is free! Then Pond Skimming starts at Holiday Valley and music on the main stage at Rail Rider will begin at 2:00pm. Tickets are \$75 for the full day and kids 10 and under are free!

eNOW: Who is headlining and what style of music do they play? What other genres of music will be represented?

**BRAZIL:** We have the Grammy award-winning bluegrass band, The Infamous Stringdusters headlining this year. I have been booking this band for the last 15 years and we always have them play Borderland Festival. They are amazing and one of the best live bands touring right now. We also have the female rockstar Karina Rykman - she is not to miss! The WIld Knights from Buffalo will be playing Grateful Dead and Allman Bros. tunes, and Dirty Blanket out of Central, NY will be kicking off the day. We also have Buffalo Brass Machine, our Mardi Gras style "marching band" who will fill in the day with all the

**eNOW:** There is usually a vendor village. Who can we expect to see?

BRAZIL: We will have a vendor row with the local ski and board shops including The City Garage, The Boardroom and Mud, Sweat n' Gears. We will also have Grateful Headz, Hot Wing Designs and a few other craft vendors as well as our Rail Rider Jamboree merch tent.

eNOW: Food vendors... and go!

**BRAZIL:** There are a couple of great food options this year. There will be the Copper Horse Coffee, Sammie N Sweet, the ever popular Cheesy Chick Truck (which serves up you guessed it - mac and cheese, grilled cheese or both together), and more. You'll have to come out to the Jamboree to try everything!

**eNOW:** What do you feel makes the Jamboree worth attending?

BRAZIL: Rail Rider Jamboree is the best way to end the ski season. We are honoring the outdoor elements of Holiday Valley and welcoming spring with the best vibes, mountain views and the amazing music. We love bringing new bands to Ellicottville and introducing people to new music. We are also supporting Holiday Valley and independent promoters, local bands and local business. We work really hard to create a vibe that really brings all these things together. We are also family friendly and we allow re-entry throughout the day so people can pop in and out if they need to. We hope they stay all day and listen to all the bands!

**eNOW:** Anything else you'd like to add or say to the community?

**BRAZIL:** Southern Tier Brewing Co. is our beer sponsor for the 3rd year. We are really lucky to have them as partners. They are so supportive and deliver great brews! We also support a local non-profit, the Rural Outreach Center, who services the rural communi-

"Rail Rider Jamboree" continued page 20





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#### ellicottvilleNOW

## LOCAL

#### WELCOME TO MARDI GRAS

Ellicottville Transforms Into a New Orleans Inspired Ski Town This Weekend!



By Brenda Perks

Pull out the masks and break out the beads, the wildest weekend you'll ever experience in Ellicottville is here! Mardi Gras and Winter Carnival Weekend in Ellicottville delivers a New Orleans style celebration with a ski town twist. We're looking forward to sharing in all the zany fun with everyone that's headed to Ellicottville this Saturday and Sunday, March 9th and 10th. You can expect plenty of colorful costumes and high-energy vibes both on and off the slopes!

"The highlight of the weekend is the annual Mardi Gras Parade down Washington Street Saturday evening," said Barb Pump, Executive Assistant of the Ellicottville Chamber of Commerce, which produces the event. "Many of our local businesses and organizations have signed up to participate this year. And we're extra excited to have Punxsutawney Phil as our honorary Grand Marshall! Kids get such a kick out of seeing the famous weather predicting fella!"

You don't have to be a business to march in the parade. ANYONE can join the fun! Advance registration is highly recommended (go to ellicottvilleny.com), but for those reading this last minute, you can sign up the day of the parade. Gather your ski buddies, your co-workers or that group you met at the bar last night, and figure out those costumes, but do it lickety-split! On-the-spot registration will take place at Katy's Cafe at 5:00pm Saturday. (It's FREE!) For those pre-registered, the Chamber asks that you arrive at Katy's no later than 5:30pm. And for all you spectators, if you want a good view, we recommend you head to Ellicottville's main drag by 6:00pm, or you may just find yourself buried in the back.

"Mardi Gras Weekend always brings a great crowd of families, friends, locals and visi-

"Mardi Gras and Winter Carnival" continued page 22

#### NEW EVENT ALERT

Holiday Valley Introduces UppenOvr, a Fundraiser for Roswell Cancer Center

ELLICOTTVILLE - Holiday Valley is introducing a new event this year! The Uppenovr is a fun spring activity that captures the popularity of uphill travel, involves both Holiday Valley and HoliMont, and raises money for Roswell Park Comprehensive Cancer Center.

Everyone is encouraged to enter the event (or just come for the party) on Saturday, March 16th. Advanced registration is \$30 and you can sign up and find out details at www.holi-dayvalley.com/uppenovr. To participate, you'll need touring skis, a splitboard, cross country skis or snowshoes and don't forget your smile... and a costume wouldn't hurt! You can take it seriously and go for the fastest male or female award, or make it social and just enjoy the journey with your friends. The start is at 3:00pm at Yodeler Lodge and the route heads up to Spruce Lake, across to HoliMont, down Sunset slope, then back up to Spruce Lake, across and back down to Yodeler Lodge. The total distance is about 3.5 miles with an elevation gain of 1,040 feet. Recharge along the way with a hydration stop at Spruce Lake with music and beautiful scenery. Sounds like fun, eh?

Back at Yodeler Lodge, participants will be treated to a hot dog, a beer or N/A beverage, live music, prizes and awards, and a unique basket raffle and silent auction. Spectators are welcome and beverages will be available for purchase.

Headlining the auction (in Bob McCarthy's honor) is "Own Your Own Mountain" where you and 11 of your friends can ski an hour before Holiday Valley opens on Morning Star and Eagle lifts and then enjoy a very special pancake breakfast at the Mountaintop Warming Hut at Yodeler. This is likely to be the very last time the Own Your Own Mountain is available... ever! Holiday Valley's Snowsports Director and former U.S. National Telemark Team member, Andy Minier is offering a carving lesson or racing lesson for an experienced telemark skier who wants to up their game. Many other items, including John Metz limited edition prints and handknit hats by Lexi, will be available in the basket raffle, thanks to the generous donations from our local merchants. You can start bidding and entering the basket raffle at 3:00pm. Stay tuned for more auction items to be announced.

Uppenovr is a fundraiser for the Team Holiday Valley cyclists who will ride across New York State this summer to benefit Roswell Park's cancer research and clinical trials programs. Holiday Valley would like to thank West Herr Automotive (gold sponsor), Ellicottville Coffee Foundation, Top Seedz crackers, Zippo Manufacturing, the Rail Rider Jamboree Music Festival and many others who are contributing to the success of this event.

#### **COMMUNITY GARAGE SALE**

Ellicottville Playground Group Hosting Special Fundraiser During Mardi Gras



BY COLLEEN EVANS

Nestled off the back streets in the Village of Ellicottville sits the charming, but outdated Ellicottville Village Playground. Home to the classic sliver slide, tire teeter totters, and colorful playsets, I'm sure we all have a memory or two to share from our childhood stomping grounds. Now, five mothers have come together as the Ellicottville Playground Group and are inviting the community to join in on a fundraising event. The Ellicottville Playground Community Garage Sale takes place March 9-10th at the Ellicottville Town Center, 28 Parkside Drive from 8:00am-4:00pm both days.

The first event of its kind for the group, the moms on a mission aim to gather the community and encourage gently used donations such as clothing, baby items, toys, appliances, household items, sporting equipment and furniture. Drop-offs can be made up until Friday, March 8th at noon, so for anyone looking to get a jumpstart on their spring cleaning, stop by the Town Center and support the Ellicottville Playground Group's funding efforts!

The Community Garage Sale is shaping up to be a successful one. Behind the scenes, these moms have worked tirelessly, gathering donations and organizing each step of the event. The Ellicottville Playground Board consists of Patti Snyder, Molly Timkey, Tiffany Frentz, Kelsey Adamson and Kate Johnson-Clark, all of which are mothers united to change the current outdated play space.

We reached out to Patti Snyder, one of the five local moms on the Board of the Ellicottville Playground Group, and she was happy to share some insight on what they hope to achieve. Speaking on behalf of the Board, Patti went on to explain, "Between the five of us we have 13 children. We know firsthand how bad that playground needs to be replaced. Our

group wants to create an all-inclusive playground that will completely replace the existing playground equipment and provide a space for all ages and abilities to safely play together. We want our playground to be part of the destination experience Ellicottville brings. Ellicottville Playground values play for all ages and abilities and is inspired to bring modern and versatile equipment to the Ellicottville community to promote physical, social, and cognitive development."

ELLICOTTVILLE TOWN CENTER

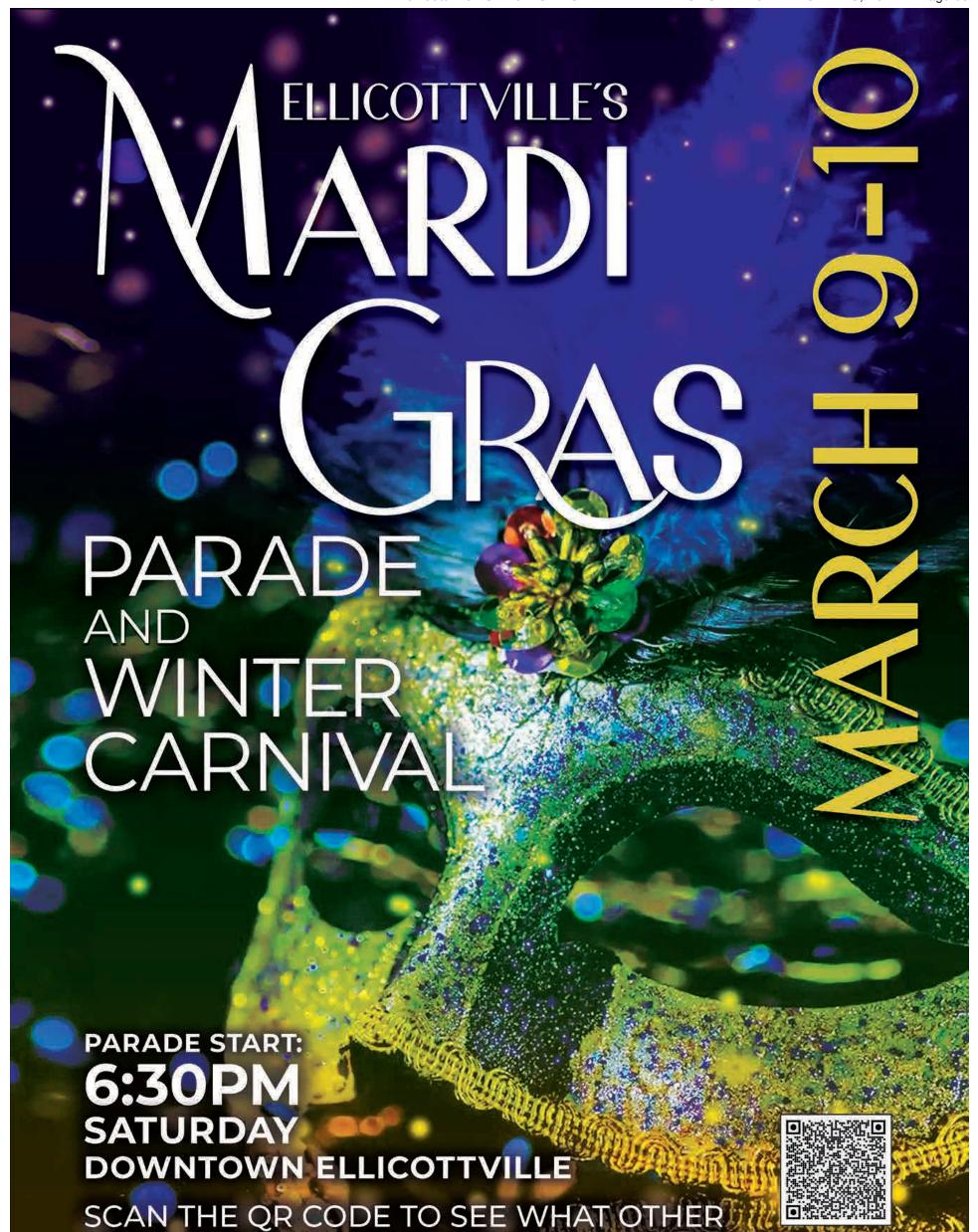
Their commitment to an outdoor space that Ellicottville truly deserves - for its lo-

cal community and visitors alike - is one to be recognized and admired. A dream these moms are sure to make a reality, they not only use their time to organize fundraising events like the Ellicottville Playground Community Garage Sale, but they also spend countless hours researching and applying to the necessary grant opportunities that are available. However, the grants out there cannot solve the issue alone and these events are a great way for us to show our support.

For now, let's take this time to rally behind our local moms who continuously show up for the community. If you're looking for a fun chance to find a secondhand treasure or a much-needed item, the Ellicottville Playground Community Garage Sale is your go-to this coming weekend. Patti Synder went on to share her thoughts on how the event is coming along and what to expect. "With spring around the corner, we thought this would be a great time to throw this fundraiser together," she told us. "We are already getting some really great items from our community members, so we are really hoping this will be a great event. This will be our first garage sale. Hoping for great success so we can continue this each year!"

With plenty of ways to engage in the event and the Ellicottville Playground Group, we look forward to exploring all that the Community Garage Sale has to offer. For those who may not be able to make the event or are unable to donate items, the group kindly accepts monetary donations that can be made to their Venmo account at: A Cattaraugus for Tomorrow, Inc. The group also welcomes anyone looking to volunteer their time to the event and for those interested, they can reach out by email to ellicottvilleplayground@gmail.com.

The Ellicottville Playground moms continue their time and efforts; they also have a summer event in the works. While still in the planning process, a golf tournament will be held at Concord Crest on Sunday, July 28, 2024 and they are excited to share more information as it becomes available. We encourage you to follow along with their journey on their social media pages on Facebook and Instagram (@EllicottvillePlayground).



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FUN THINGS ARE ON THE SCHEDULE THIS WEEKEND











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Now is the time to save money on your 2024-25 Classic or Ultimate Pass. Scan the QR Code or go to holidayvalley.com/seasonpasses to learn more. Don't miss out on the best pass savings of the year!

#### **RAIL RIDER JAMBOREE**

The Rail Rider Jamboree returns on March 23 with an amazing lineup, headlined by The Infamous Stringdusters. With fun both on & off the slopes, it's going to be a concert experience unlike any other.





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

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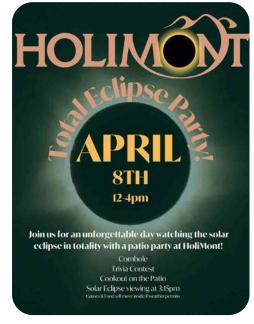


#### **CARPENTER'S CORNER**

Carpenter's Corner is a cherished tradition of spring skiing at HoliMont. Each March, guests gather at the "Carpenters Corner" hut to bask in the sunny weather and enjoy ideal ski conditions while indulging in a slopeside cookout. The enticing aroma of hot dogs and sausages fills the air, accompanied by lively conversation, music, and plenty of fun for everyone! Join us for this year's Carpenter's Corner event on Saturday, March 9th from 11:30am-2:00pm - open to the public!

#### TOTAL ECLIPSE PARTY

Join us for the celebration of the total eclipse on Monday, April 8th with HoliMont and ERA Team VP Real Estate. You're invited to our patio party from 12:00-4:00pm at HoliMont for a mouthwatering cookout by Dina's at the Mont, great music, and fun activities for the whole family.



Don't miss the chance to view the eclipse! We will provide complimentary glasses; it's sure to be a day of excitement and awe. This event is free to everyone! (Food available for purchase.) Save the date and be a part of this extraordinary experience with us!

#### 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.

#### **BREATH & ICE CHALLENGE**

After the incredible success of our last Ice Plunge event on January 12th, we are thrilled to announce the return of HoliMont's Breath and Ice Challenge on Friday, March 22nd from 12:00-4:00pm. Join us for an exhilarating experience with certified instructor, Steve Beattie, as we dive into the Wim Hoff method together.



"We meet in the Ski

Chalet to connect mind and body through a gentle fascial flow movement routine. You will learn to re-activate your primary breathing muscles and shift your mental state away from the chronic (dis)stress of life into a relaxed and focused flow state. Using your breath, you will ignite your inner fire and prepare yourself for the icy plunge in the mountain top lake! You will have the option to hike up the mountain or take a chairlift to the top. After our cold plunge you will learn to heat yourself up from the inside with gently movement."

You can purchase your ticket by visiting our HoliMont events page, www.holimont.com/events and click on "Breath and Ice Challenge".



## STOP, DROP V

We are also offering a "Stop, Drop & Breathe Challenge" tailored for juniors ages 14-18 on Friday, March 21st from 1:00-5:00pm. This free event offers teens the opportunity to explore the Wim Hoff Method, a powerful tool for managing anxiety, depression, improving sleep, and boosting energy levels. Secure your spot by visiting our events page.

#### **APRÈS AT THE CHALET**

Take a break during the week with HoliMont's open-to-the-public aprés times. Tuesday is Aprés 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 slops. 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 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.

#### ellicottvilleNOW

## **PROFILE**

#### **MARY KLAHN**

Village Clerk and Treasurer Ready for a Well-Deserved Retirement



By Carol Fisher-Linn

As humans, we often take things for granted. If we have a problem with our tax bill, a broken sidewalk, garbage in the street or wish to see the head honcho in an organization, we generally present ourselves and our dilemma to the village/town clerk. We usually walk out with our problem solved, a clearer pathway towards a solution or the appointment we seek to speak to someone in charge of rectifying the situation that is our concern. Regardless of the nature of the need, it is very often one person at the counter who must have all the answers or possible solutions. Rather than going to Google for information, the people in the Village of Ellicottville automatically go to Mary Klahn, our Village Clerk/Treasurer. "Mary will know the answer." "Mary can solve this." "Mary will get me in to see the Mayor." "Talk to Mary, she'll figure this out."

The job of the clerk is both high and low profile. Mary keeps things organized, despite her current supervisor, John Burrell's self-proclaimed tendency to work from piles on his desk. She is a major multi-tasker, answering the phone simultaneously while filing or graciously greeting a visitor at the counter. In a conversation with Mayor Burrell, he admiringly used words describing Mary such as "meticulous," "neat freak," "a place for everything, and everything in its place." His biggest praise was for her ability to keep him on track, to remind him of appointments and obligations and for providing ways for him to fulfill them. He admitted readily that it is no easy task.

"Her communication skills are phenomenal no matter what situation she finds herself in," claimed Burrell. She represents the mayor and the Village of Ellicottville with grace and self-assurance. A team player, she offers support with a strong work ethic and service-based attitude. On top of her exceptional people skills, Mary excels at the mundane, like taking and transcribing minutes at meetings and processing payments and billings. A 'Jane of all Trades' and a self-starter, Mary is pro-active and can always be counted on to get things done in a timely and correct manner, with great attention to detail.

Sad for Ellicottville and wonderful for Mary and her family, she is retiring mid-March after 18 years (10 years with Charlie Coolidge, 8 with John Burrell), serving as the steadying rudder for the ship called the Village of Ellicottville. If it sounds like it would take more than one person to fill her always-stylish shoes, the assumption is correct. She is presently training her replacement, Amy Hayward, and introducing her to office visitors and the community. In speaking with Mayor Burrell, a part-time Deputy Clerk is also being sought to take over some of the responsibilities Mary so ably fulfilled. If you are interested in that position, please contact the mayor's office to inquire at 716-699-4636.

In speaking with Mary, I was reminded why she was so adept at handling so many things at one time. She is in the middle of the pack of 10 children of Jane and Leslie Dunkleman. One learns how to navigate things quickly to get a share of the pie and parent's time. Fun to talk with, Mary always seems to see the humor or goodness in a story. Asked how she came to work at the village, she said she thought she saw an ad in the paper for a job in the office. Inquiring, she was told no, there was no ad, yet several weeks later, Mayor Charlie Coolidge placed an ad for a part-time Deputy Clerk, to which she responded. The rest is history. Her words, "I somehow created the job. Charlie gave me a gift." Six months later, when Kate Stokes retired, she had the job full-time, 18 years ago.

Asked about funny stories, Mary says she could write a book. One in particular she shared was the time someone brought a box into the office and left it. She thought it was something for Charlie, opened it and out popped a very frightened stray kitten which immediately jumped off the counter and under the heating system in the office. She had to get someone in to tear the system apart to get the kitty out. Her laughter fills the room. It is a joy to speak with her and hear her stories. She will be missed, as she will also miss the people.

Mary plans to spend more time with her husband, Reggie, and her children and four grand-children. As an active member of the American Legion Auxiliary (she says "since birth... we were taken along with mom"), Mary also plans to continue spearheading the Hometown Heroes program through the American Legion, placing flags honoring our local Veterans around town. She enjoyed participating in the Boot Drive for the Red Cross but won't miss standing out in the bitter cold. Another public service handled by the village, which ended up on her to-do list, was the Bench Program, with the village bearing responsibility for placing the plaques and locating, maintaining, and storing the benches. Amy will know how you can order yours if you are interested.

Hail and farewell, Mary Klahn. You leave behind a BIG pair of very fashionable shoes to fill. We at ellicottvilleNOW and the entire Ellicottville community wish you Godspeed and a fun, exciting new chapter with many years ahead enjoying the things you like to do, doing it with all the people you love. Time for new business cards: Retired... ask someone else.

#### A VISIT FROM LAW ENFORCEMENT

NYS Division of Homeland Security Comes to Ellicottville



By Jessica Schultz

Security is always (or at least it should be) a top concern for most of us. We think about home security, business security, how to keep those pesky kids off our front lawn legally... you get the point. But have you really put some thought into the concept of Homeland Security?

It's okay if you haven't. I mean, that type of thing seems very distant from our little part of the world. But it's always good to be able to recognize the signs of dangerous activities before they actually become an issue. How do you do that, you ask? Well, luckily New York State has its own Division of Homeland Security and Emergency Services (DHSES) to help with that.

The NYS Divisions of Homeland Security and the Public Safety Unit (OCT PSU) work closely with the NYS Police Counter Terrorism Intelligence Unit (CTIU) to reach out to area businesses to inform them on how to spot the signs (such as making suspicious purchases in large amounts) of possible domestic terrorism.

Earlier this week, in an event organized with the assistance of the Ellicottville Chamber of Commerce, members of the DHSES Office of Counter-Terrorism visited Ellicottville, NY with the goal of meeting local business owners and staff, getting acquainted with them and providing them with information and materials to help their employees and themselves feel more empowered and confident with assisting to keep their community safe.

Chamber Executive Assistant Barb Pump took the group around Washington Street "Homeland Security" continued page 20

#### SPECIAL DONATION

Bob McCarthy Foundation Gives the Gift of Outdoor Play for ECS Pre-K

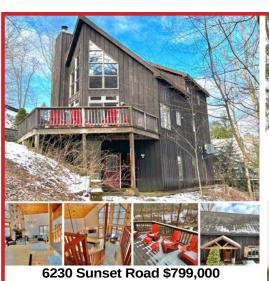


ELLICOTTVILLE - Ellicottville Elementary's Pre-K program has received a rather exciting addition this winter. Through a donation made by the Bob McCarthy Foundation, the program has been able to purchase full class sets of snow pants that are to be housed in each classroom. This new addition has enabled Pre-K classes to continue outdoor learning and play through Ellicottville's coldest months.

Learning during the winter months can prove especially challenging when outdoor access is limited. The benefits to outdoor play are endless. Playing outdoors invites children to explore science and nature, it creates new opportunities for social interaction and collaboration, promotes physical health and better sleep, gives young children a chance to take appropriate risks, and has been proven to lead to better learning outcomes when children return to other academic activities.

Having access to daily outdoor activities has been exceptionally exciting to the young members of Mrs. Schwartz and Mrs. Keller's classes and they are all most appreciative of how this generous donation has enhanced their winter routines.

The Bob McCarthy Foundation, a 501c3 charitable foundation, is dedicated to help level the playing field for many in our community. Since 2006, the Foundation's support for programs at ECS and many others has been made possible through generous donations from the local community. To learn more, visit www.bobmccarthyfoundation.com.



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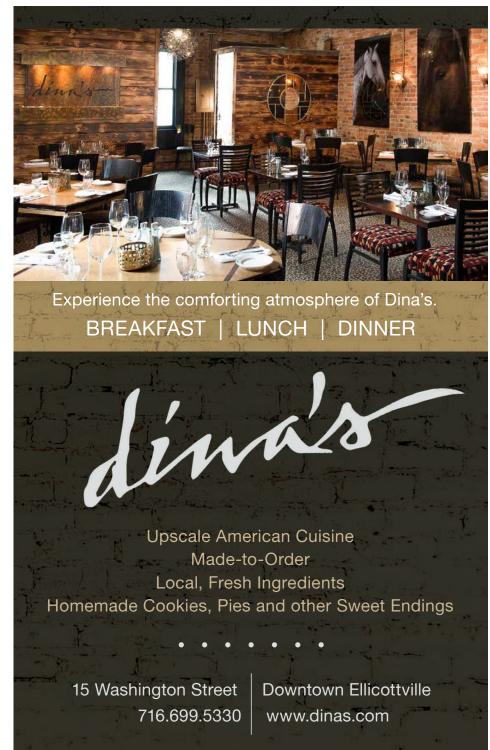
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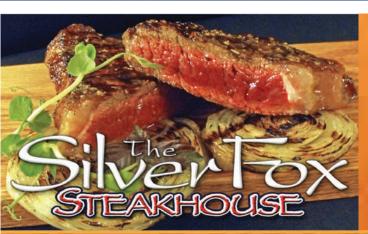




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9:15PM

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**SUNDAY, JULY 7**<sup>TH</sup> 8:00PM

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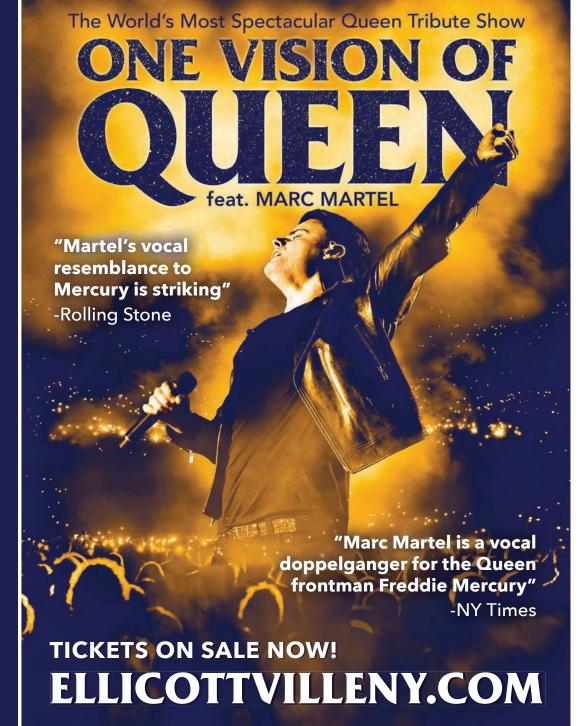








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#### ellicottvilleNOW

## **COMMUNITY**

#### HERE'S TO STRONG WOMEN

Celebrating International Women's Day on March 8th; It's Time to Empower, Uplift and Make Incredible Things Happen!











By Carol Fisher-Linn

Women's History Month 2024 will take place from Friday, March 1st through Sunday, March 31, 2024. International Women's Day (IWD) is an annual global holiday celebrated on March 8 focusing on the women's rights movement.

World-renowned feminist, journalist and activist, Gloria Steinem reportedly once explained, "The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."

Gloria may not have been in Ellicottville recently (she lives internationally, and she will, after all, be 90 this month - not quite the gadabout she once was) but she would be pleased to see how many women own businesses in Ellicottville and the surrounding towns. A review of the Chamber of Commerce roster indicates women may well be in the majority of those entrepreneurs who own businesses here. That is no easy accomplishment considering the hoops one must go through, the investment of time and money and heart, and the brave hopes that their idea pays off for everyone involved.

Naturally, these women stand on the shoulders of earlier pioneers who worked unflinchingly to blaze a trail towards equality in the United States. In fact, one of the first American women outspoken enough to say something about equality for women was Abigail Adams who, in a letter dated March 31, 1776 (that's 248 years ago!) to her husband, John Adams, asked him to "remember the ladies" when plans were being made for the American colonies as they fought for American independence from Great Britain.

#### THE FIGHT FOR EQUALITY

On History.com dated 2/20/24, we read that women's history is full of trailblazers in the fight for equality in the United States "... from suffragists like Susan B. Anthony and Elizabeth Cady Stanton fighting for women's right to vote, to the rise of feminism and Hillary Clinton becoming the first female nominee for president by a major political party, American women have long fought for equal footing throughout the nation's history."

Let's look back at that history. In the 1800s, by law, women like my own grandmother and your great-grandmothers, had no say about voting, owning property, or control of their own income. Elizabeth Cady Stanton, a mom of seven children, wrestled with these issues and then found her calling at a tea party at which a woman and activist she met and admired from years earlier, Lucretia Mott, spoke.

As the story unfolds, it was from this tea party that the first Woman's Rights Convention to discuss the civil and political rights of women was held at Seneca Falls, NY on July 19-20, 1858. (The National Park and Visitor's Center is worth a visit - 137 miles, 2.5 hours) Three hundred attended; Frederick Douglas, social reformer and abolitionist, was one of the 32 men, and the only African American in attendance.

Mott created The Declaration of Sentiments: "We hold these truths to be self-evident, that all men - and women - are created equal." Many, but not all, signed it. The Declaration outlined the civil and political rights denied to women - education, property ownership, child custody and the right to vote. The Seneca Falls convention was the first time that American women, as a united group, demanded change. Of course, the women were mocked across the country. One writer wrote that equal rights for women would be "a monstrous injury for all mankind." Despite the opposition (and some women bowing out in embarrassment or fear) another larger convention was held a month later in Rochester, NY with the Declaration of Sentiment gaining another 107 signatures, many of them men. Basically, this was the official birth of the women's rights movement in America. (There were others before that didn't gain headway.) This evolved into another full crusade - the demand for women's suffrage.

Eventually, the 1920 passage of the 19th amendment was made into law... 72 years later! It should be noted that women did have the right to vote as requested by Abigail Adams. Before 1776, women had a vote in several of the colonies but by 1807 every state constitution denied women even limited suffrage. The lesson here is, as we look at the losses women have endured over the recent years regarding women's rights, this is not the first time. But it is up to us to work tirelessly to ensure that we are the last generation to have to fight for, and reclaim rights we had previously won for ourselves, our daughters, and generations to come.

#### AN INTERNATIONAL WAVE

So, how did International Women's Day begin? It's a bit murky and controversial, but let's look at National Woman's Day on February 29, 1909. Suffragettes and Socialists both turned up for an event focused on women even if their goals conflicted. By March 1911, the idea of "Woman's Day" caught on in Europe. The First International Woman's Day gathering was held with over one million attendees worldwide.

With the beginning of World War I, which began after the assassination of Austrian Archduke Franz Ferdinand on June 28, 1914, most attempts at social reform for women ground to a halt. Yet women continued to march and demonstrate on International Woman's Day. There was a massive demonstration led by a Russian feminist in Russia on March 8, 1917, which allegedly led to abdication of Czar Nicholas II and to the Russian Revolution. Amazingly, it turns out that Russia, after this demonstration and events, became the first government of a major power to grant women the right to vote. In fact, Vladimir Lenin declared Woman's Day an official Soviet holiday in 1917, later followed by Spain and China. It should be noted that sometime after 1945 it became Women's Day (not Woman's Day) and until the mid-70s, International Women's Day was primarily celebrated in socialist countries.

Finally, the United Nations General Assembly woke up and recognized 1975 as International Women's Year and began celebrating March 8th as International Women's Day citing the following reasons: "To recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security." By 2014, 100 countries celebrated Women's Day and it was made an official holiday in over 25.

#### NOTABLE WOMEN IN HISTORY

In America, things started moving first in California in 1978, in the school district of Sonoma, where presentations were made at schools, a great number of students took part in a "Real Woman" essay contest, and to make it more fun, a parade was held in downtown Santa Rosa. It caught on and in 1980 President Jimmy Carter issued the first presidential proclamation declaring the week of March 8th as National Women's History Week. The following year, U.S. Congress passed a resolution establishing a national celebration. Six years later, Congress expanded it to the whole month of March.

So, here is where we are: The National Women's History Alliance designates a yearly theme for Women's History Month. The 2024 theme celebrates "Women Who Advocate for Equity, Diversity and Inclusion." This theme recognizes women who understand the need to eliminate bias and discrimination from individuals' lives and institutions. It's a tough row to hoe. It takes determination, stamina, want-to, endurance and pure grit. Women have that. We birth babies, after all. Eleanor Roosevelt (1884-1962), political figure, diplomat, activist, and First Lady famously said, "Women are like teabags. We don't know our true strength until we are in hot water."

Can you name a few strong women? I'll start off with a few to think about and perhaps emulate: Joan of Arc - she was 18 when she led the French Army to victory over the English at Orleans. Amelia Earhart - her gutsy, 1932 15-hour solo flight from Newfoundland to Ireland set the stage for other female pilots like Anny Divya who recently became the youngest-ever woman to pilot a Boeing 777. Have you ever heard of Althea Neale Gibson? In 1950, she was the first American to play tennis at Wimbledon, and then later she broke a second color barrier in golf by becoming the first black woman to play in the PGA Tour. Come back to California in the 1950s and meet Dolores Huerta who tirelessly organized for labor rights, coining the phrase "Si, se puede!" ("Yes, we can!") Her activism led to the co-founding of the National Farmworkers Association, now called the United Farm Workers. Yes, a woman did that!

Sandra Day O'Connor graduated near the top of her class at Stanford University. She was nominated to the U.S. Supreme Court in 1981 by U.S. President Ronald Reagan and served until 2006, a quarter of a century later. She was the first woman to serve as a justice

"International Women's Day" continued page 20

# Hey Ladiers! take a day for you!

International Women's Day is March 8th this year and what a perfect excuse to indulge in a little self care! Ellicottville and its many fantastic businesses offer plenty of opportunities for you to not only play, but also be pampered. Talk about having the best of both worlds! Whether you're planning an exclusive getaway with your girlfriends, a relaxing solo vacay away from the family, or you just want to day trip to see what Ellicottville is all about, here are many reasons why you should head down to our neck of the woods ...



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International Women's Day
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and body, aromatherapy,
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organic produce, teas and
more, this is the one-stop shop
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#### THE BANQ 9 Washington St. • EVL 716-699-9143

Looking to spend a simple evening out with your friends to celebrate being awesome women? Visit The Banq and make an evening with their craft cocktails and innovative small plates. Make sure to ask about "the story" behind the women in the wall paintings while you're there.



#### WINERY OF ELLICOTTVILLE 14 Monroe St. • EVL 716-699-1055

wineryofellicottville.com
Maybe you want to spend
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#### THRIVE IV LOUNGE 5 E. Washington St. • EVL 716-244-3286

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gadogadoellicottville.com
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avagracefashions.com
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watsonschocolates.com
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WHERE: ELLICOTTVILLE TOWN CENTER
28 PARKSIDE DRIVE, ELLICOTTVILLE, NY

Community members and visitors are all invited to visit the Ellicottville Town Center, located at 28 Parkside Drive for the new Indoor Community Garage Sale event on March 9-10th from 8:00am-4:00pm each day. You can also donated between March 3rd through the 8th. Items accepted are gently used toys, household and outdoor items, etc. All proceeds are being donated to the new Ellicottville Playground Project. Cash and Venmo will be accepted day of the sale. So come on out and hunt for some treasures while supporting a fantastic local cause!

@ HOLIMONT RESORT 716-699-2320 | www.holimont.com

HOLIM

#### TORCHLIGHT **PARADE**

Celebrate Mardi Gras, St. Patrick's Day and HoliBreak with a fun dusk parade on Exhibition. HoliMont will be loading the chairlift at 7:00pm until 7:15pm so please be in the lift line ready to go at 7:00pm. Parade participants need to be able to ski down Exhibition unassisted and anyone 7 or younger will need to be accompanied by a guardian. HoliMont will disperse flares and glow sticks at the top. 7 and younger get glow sticks, 8 and older will get flares. The parade will begin around 7:45pm once everyone is lined up and torches lit at the top. All torches will need to be disposed of in the provided garbage in front of the Main Chalet.

@ ALLEGANY STATE PARK

716-354-6263 | www.facebook.com/alleganystatepark.com

www.enchantedmountains.con

@ PARTICIPATING VENDORS IN CA

SARATION-HISTORIC PRESERVA SERVATION NEW YORK STATE Allegany State Park

#### **FAT BIKE RIDES**

Meet other fat bike enthusiasts at Allegany State Park's Friday night fun rides. The next ride is scheduled for March 15 at 6:30pm, with the rides starting at 6:45pm. Bring warm clothes, a helmet, a head light, and sense of adventure. Check in will be at the Red House Administration Building. For more information on this event or other events, you can contact the Environmental Education/Recreation Department at 716-354-6263, the state park directly at 716-379-6939 or visit facebook.com/alleganystatepark.

@ HOLIDAY VALLEY RESORT 716-699-2345 | www.holidayvalley.com MARCH



Join Holiday Valley at Yodeler Lodge for a new and exciting event! Embark on an exhilarating journey that takes you through the awesome landscape of Holiday Valley. You'll begin at Yodeler Lodge and venture up the scenic Sugar Plum, Tannenbaum and Spruce Line trails, leading to the picturesque Spruce Lake. From there, make your way across to HoliMont and race down Sunset. Once at the bottom you'll turn around and ascend Sunset once more. Crossing Spruce Lake again, you'll trace your steps back along Spruce Line, ultimately returning to Yodeler Lodge.

## @ HOLIMONT RESORT | www.holimont.com DUMMY DOWN

Participants (individuals or teams) build "dummies" which are let loose down a steep run and sent flying over a jump. The dummies are left to the mercy of gravity, balance, and their structural integrity as they plummet to the ground, hopefully avoiding destruction. Judging is based on construction, creativity, distance they fly off the jump and the carnage factor when they land!! Dummies can be made from a variety of materials and creativity is stressed to dress or decorate your dummy to look human or cartoon character like. Registration is required by March 15th at 3:00pm. All dummies need to be at the base of sunset trail at HoliMont by 9:00am to be put on display. Dummies need to be brought to launch area by 10:00am

ANNUAL

There's no better way to spend a day with family and friends then at the Annual Maple Weekends on March 16-17 and March 23-24, 2024 from 10:00am-4:00pm each day, presented by the New York State Maple Producers Association. About 110 maple producers across New York, with favorites like Sprague's Maple Farm and Moore's Maple Shack & Pancake House, will be hosting open houses for the public to see how maple syrup and other related products are made. This family-oriented event is sure to delight visitors of all ages. Admission is FREE! Maple weekends take place regardless of the weather, so please dress accordingly for your visit.

@ HOLIM 716-699-2320 | www.h MAR

olimont.con

**THEGOODCLIMB** ENDURANCE CHALLENGE WIM HOF METHOD STEVE BEATTIE

CERTIFIED INSTRUCTOR

HoliMont is hosting "Stop, Drop & Breathe", a Good Climb Endurance Challenge Event on March 21st from 1:00-5:00pm. Using the Wim Hof Method will help with anxiety, depression, sleep and energy - anxiety is the response to being overstimulated, while depression is the response to being sedentary/exhausted. Certified instructor Steve Beattie will help you harness the Wim Hof Method to help your mind and body change it up, so that you can get back to feeling better, both physically and mentally. Reg-



istration is free and you can do so by scanning the QR code. This event is for ages 14-18. More info can be found at holimont.com. LEY RESORT

716-699-2345 | www.holida



We can't wait to see you all on the mountain for a full day of skiing, dancing & shredding. Ski in and Jam out! From the annual Pond Skimming Party from 1:00-2:30pm to the vendors and food stalls and full lineup of live musical performances, Rail Rider Jamboree is an event you don't want to miss. You can even turn your Rail Rider experience into a weekend of fun - just check out Holiday Valley's various lodging package options. For the full musical line-up, the list of vendors, or to purchase tickets, visit railriderjam.com.

## PHOTO REWIND

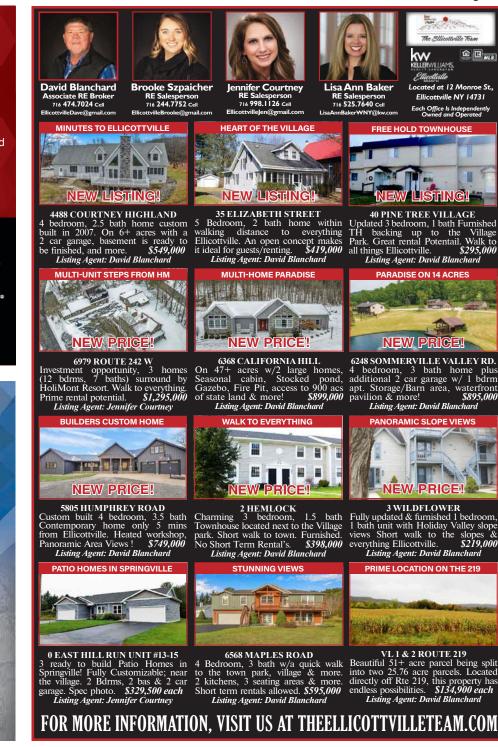
#### A SNOWBOARDER'S FAVORITE DAY OF THE YEAR

Even with the weather stats stacked against them, The Boardroom Snowboard Shop, in collaboration with Holiday Valley, still managed to bring the 2024 Boardroom Banked to life last Sunday, March 3rd. The day not only celebrates standing sideways, but also raises funds for a local organization. This year's proceeds were donated to the Ellicottville Playground Fund. For a list of winners, head to @boardroomeville on Instagram.











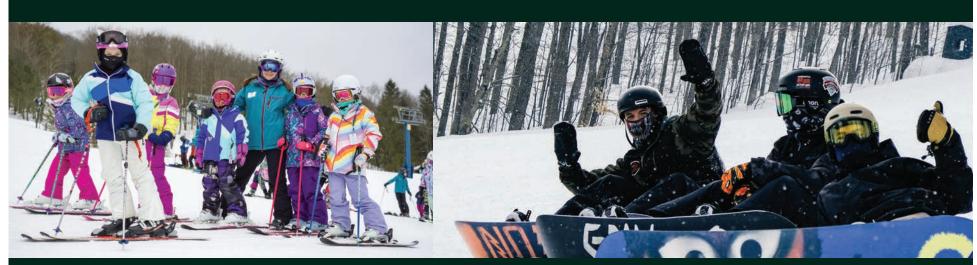
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## **TRAVEL**

#### THE SWEETEST TIME OF YEAR

New York State Maple Weekend Heads Our Way for its 28th Year



By Mary Weiser

Poured over pancakes, stirred into chili, or molded into candy, there's no wrong way to enjoy maple sugar, and the next two weekends present the perfect opportunity to stock up! Now in its 28th year, the annual New York State Maple Weekend takes place over two weekends on March 16th and 17th and 23rd and 24th. There are several participating maple producers located throughout Cattaraugus County who will be hosting open houses for the public to learn how maple syrup is made, and the best part is that admission is free!

From 10:00am-4:00pm on each day, local producers including Boberg's Maple (2298 Edmunds Road, Delevan), Maple Glen Sugar House (2266 Gowanda/Zoar Road, Gowanda), Moore's Sugar Shack & Pancake House (10437 Galen Hill Road, Freedom), Sprague's Maple Farms & Restaurant (1048 Route 305, Portville), Sticky Paws (12504 Dredge Road, South Dayton), Ulinger's Maple Farm (8835 Crumb Hill Road, East Otto), and Wright Farms (9053 Laidlaw Road, Franklinville) will open their doors and have plenty of maple goodies available. New York has the largest resource of tappable maple trees in the United States, and there are more than 2,000 maple sugar makers statewide. For many maple farms, sugar making is a family business that's been – and continues to be – passed down from generation to generation.

So how exactly is maple syrup made? Sap is collected into a bucket or a tubing collection system that empties into a central collection tank. Removing the water through evaporation is an important part of the process, as sap is composed of 98% water and 2% sugar. In fact, it takes approximately 40 gallons of sap to make just one gallon of maple syrup!

Joseph Boberg of Boberg's Maple noted that the weather plays an important role in syrup making, and timing is everything. This year, however, the timing has been different than in years past. "It's been an early season," said Boberg. "Many years ago when I was young, my dad always tapped the first week of March, and ten years ago, we started tapping around Presidents' Day. This year I tapped the last two days in January. The season is changing."

Robert Wright of Wright Farms noted the late winter freeze-thaw cycle is key to getting the sap to run. "We want that swing in temperature," said Wright. "We want the warm days, but we want freezing nights. The kind of weather that people hate? That's what we want!"

Since 1840, Wright Farms Inc. has been in business, and five generations have learned and passed down the art of syrup making. "My son and my two nieces and my brother are all involved," said Robert Wright. "My brother and his girls are involved in the dairy farm, and my youngest is interested in the maple." Participating in the NYS Maple Weekends has been a family tradition for the Wrights since the late 90s. In addition to tours of the maple operation, Wright Farms will have a variety of maple products, including syrup, maple cream, maple-coated nuts, maple suckers, a maple dry rub, and molded maple sugar leaves. The maple-coated cashews are Wright's favorite treat!

Maple cream is a sought-after product at Boberg's Maple and a recipe he continues to make the old-fashioned way. "I boil it until it gets to the right temperature - 22 degrees over syrup - and then cool it and then whip it up by hand and pour it. People really like it for spread on toast and bagels."

For those curious about the maple candy-making process, Maple Glen Sugar House will be hosting candy-making demonstrations throughout the maple weekends. Brothers Paul and Dana Lesefske invite visitors to enjoy wagon rides through the sugar bush and an Easter egg hunt for children during the last Sunday of the event on March 24th. Maple treats and maple chili will be available, as well as a variety of maple products.

For many of the participating maple producers, the NYS Maple Weekend event represents an important opportunity to share a centuries-old tradition and invite the public to see where their food comes from. "I've noticed that people like to come up to the farm to see how the syrup is made and to get to know the people where they're getting their food from," noted Robert Wright. "It used to be that everybody had a grandfather or an uncle who had a farm, and now we're getting two or three generations removed from the farm, so people don't really have that personal connection with agriculture anymore. I think Maple Weekend is a good way that people can come out and spend some time on the farm."

Those interested in visiting local maple producers should come prepared with appropriate footwear ("Maple season is also mud season," noted Wright) and wear layers, as the weather can be unpredictable. For a complete listing and map of all NYS Maple Weekend participating farms, visit www.mapleweekend.com.

#### A PERFECT PAIRING

The Coffee & Chocolate Festival Arrives Back at The Peak, with Two Sessions



By Jessica Schultz

Who doesn't love a good festival? (That was rhetorical. Everyone does.) I mean, it's the perfect excuse to get out, enjoy yourself and indulge in a little bit of fun. What better way could there be to celebrate a nice spring day? Glad you asked, because Peek'n Peak Resort, located at 1405 Old Road, Clymer, NY, is kicking their festival game up a notch on April 27, 2024.

Let us introduce you to the Coffee & Chocolate Festival, a celebration of all things coffee, chocolate and then some. Brought to life by the Pittsburgh, PA based Everest Events Group, it promises to be a day to remember.

How does it work? It's easy. You'll purchase your event ticket and then join other guests at Peek'n Peak in visiting the booths of local/surrounding area coffee shops, gourmet bean roasters, bakeries, wineries, artisan chocolatiers and sample a wide variety of their coffee roasts and multiple decadent chocolate themed sweets. There will be great prize drawings and you can even win a gift certificate from "Let's Roam" Scavenger Hunts and pick a scavenger hunt you'd like to attend.

Jerry Testa, EVP of Everest Events Group said, "We started out 12 years ago doing photo booths. We handled photos for the Pittsburgh Steelers training camp for a long while and eventually we morphed into a full scale events company. We started thinking... we know everyone loves chocolate, everyone loves coffee... why not bring the two things together and support local businesses at the same time?"

And bring in the support they do. Their inaugural event in Pittsburgh sold out and even after they were moving into larger venues, tickets still sold fast. They see anywhere from 2,500 to 3,000 people at their largest spaces. The first event they held at Peek'n Peak sold out and this year looks to be on the same track. (So make sure you read to the end for the ticket link, so you can get your tickets booked ASAP!)



This year's line-up of purveyors is growing daily, but we do have a sneak peak of some of the local companies you can expect to see at the Peek'n Peak venue. Be on the lookout for Chocolate Moonshine, Coffee Days Co., 2C Premium Coffee, North Edge Craft Coffee, Dragon Girl Tea, Cherry Blend Coffee Roasters, Park Edge Sweet Shoppe, Essentially Well-Oiled Handcrafted Chocolates, Compass Pointe Coffee, Killa Kookies and Cream, VNLLA CNCPT, Mazza Winery, Jade Winery, Traveling Tipsy Trailer, Whizz-n-Smash, Tis the Season NY, Adam's Apples, Chautauqua Soap, Meliora Forever and Eden Valley Creamery, just to name a few.

You can also rest assured that this event, with all its indulgence, supports a tremendously important cause. Proceeds from last year's festival went to support "Kids of Love", an organization of kids helping other kids with cancer and other debilitating diseases. (Visit kidsoflove.org for more details.) This year, the festival will be supporting some local families in need. So this is truly an event that deserves all of its support.

Let's get into the particulars. The event is being hosted by Peek'n Peak Resort in Clymer, NY on April 27th from 11:00am-6:00pm. It is a ticketed event and there are two ticket options. The event is being offered in two sessions, so once you have your ticket you must decide which session you would like to attend. (Please keep in mind that tickets are non-refundable.)

General admission is \$35 per person. Session 1 runs from 12:00-2:00pm and Session 2 runs from 4:00-6:00pm. This ticket includes ALL of the samples. SO MANY SAMPLES! Samples of coffee, wine, chocolate and more. Plus, unlimited trips to the always-flowing chocolate fountains with accompaniments and a commemorative espresso cup to use and take home to remember all of the fun, long after the caffeine and chocolate high have worn off.

"Coffee & Chocolate Festival" continued page 20

## HEALTH & FITNESS

Core Performance: The TRX System

By Kim Duke, Certified Personal Trainer

The TRX System, also known as Total Resistance Exercises, refers to a specialized form of suspension training that utilizes equipment developed by former U.S. Navy SEAL Randy Hetrick. TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer. Founded in 2004, the TRX is a relatively newer piece of equipment which only started to offer certification courses to the public in 2016.

In 2018, I took my first TRX certification class alongside my co-trainer, Debbie Fredrickson. This course was amazing and overwhelming and taught us about the 7 foundational movements, proper set up of the TRX straps and coaching tips unique to the TRX system. It opened our eyes to the endless possibilities the TRX suspension trainer has to offer.

After taking my level 2 course in October 2019, I was now certified to teach the TRX Strong and TRX Fit Workouts. Each TRX course delivers a movement-based training curriculum that will provide you - as the trainer - with a systematic approach to learning and teaching TRX foundational movements.

Foundational movements have a set of standards, generally defined by which parts of the body need to be stabile versus mobile. Once you have defined the movement standards for an exercise, you need to find the appropriate level of difficulty. Your client's progression will be determined by two factors: mobility and strength. Oftentimes there are imbalances between these two factors which need to be worked on before progression can happen.

Core Performance offers two classes centered around the TRX. At 6:00am on Monday, Wednesday and Friday you can partake in a TRX Strong/Fit class. These classes run in 10-class increments, but drop-ins are allowed if proper notification is made to Core Performance beforehand. On Tuesday and Thursday, Core offers an 8:30am class that also allows drop-ins. To find out more about these classes, please call or text Kim Duke at 716-698-1198 or email Kduke65@gmail.com.



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

#### **HOMELAND SECURITY**

cont. from page 08

and the intersecting streets, where they were able to meet our local business owners and share their wealth of information. ellicottvilleNOW's own Evan Evans was fortunate enough to meet Homeland Security Program Analyst, Jennifer E. Ball and an Investigator from the Counter Terrorism Intelligence Unit, Heather L. Knolhoff during their visit.

They left their business cards around town for anyone interested, and they left with their motto fresh in our minds. "If you SEE something, SAY something." You can report any suspicious activities to the New York State Terrorism Tips hotline at 1-866-SAFE-NYS (1-866-723-3697) or get the "SEE SEND" app in the Google or Apple stores. (All calls are toll free and remain confidential.)



#### COFFEE & CHOCOLATE FESTIVAL

cont. from page 19



VIP admission is \$50. The first session runs from 11:00am-2:00pm and the second session runs from 3:00-6:00pm. The VIP ticket includes everything in the General Admission ticket PLUS early entrance to the festival, VIP parking section, a complimentary made-to-order crepe from the crepe bar and access to their exclusive VIP area on the deck which will have fire pits, live entertainment and a s'mores bar. Those who purchase VIP tickets are also automatically entered into a drawing for an overnight stay at Peek'n Peak Resort with a \$50 food youcher.

Whoo, that sounds like a deliciously good time! Maybe you feel like it's a little too much to do and then have to drive home after? Don't even worry about that. Peek'n Peak thinks you should make it a festival weekend and spend the night with them. They have some fantastic overnight stay options. Visit pknpk.com and get that room ready!

Whether you choose to visit for the weekend or just snag yourself a session at the festival for the day, if you love all things coffee and chocolate, you're in for a sweet time! Get your tickets while you can (as they sell out fast) by visiting eventbrite.com. And make sure to keep track off all the other amazing events that Everest Events Group puts on throughout the year by liking them on Facebook and visiting their website, everesteventsgroup.com.

#### **RAIL RIDER JAMBOREE**

cont. from page 03

ties. We really hope you join us; we would love to keep bringing back Rail Rider Jamboree year after year and continue to bring unique events to the region. We promise you will love it!

Now for the particulars. Tickets for the event are located on railriderjam.com. Cost is \$75 for General Admission, which gets you entry into the Friday night Pre-Jamboree Party in the Lodge at Holiday Valley, the Pre-Show at the Cabana Bar Saturday morning, and the Jamboree itself, along with access to the music, food vendors, craft vendors and beverage vendors. Or for \$130 you can go with the VIP Experience ticket which includes everything from the General Admission and also includes access to private bathrooms, a private bar, commemorative laminate, heated tent with exclusive stage-front viewing area and complimentary coffee and donuts. All admission includes re-entry and children under the age of 10 are free with a paying adult.

Come ski in and jam out on March 23rd at the 2024 Rail Rider Jamboree. Trust us, you don't want to miss this!

#### **INTERNATIONAL WOMEN'S DAY**

cont. from page 11

on the Supreme Court. Thinking of The Supremes, if your thoughts go to the "notorious RBG" (Supreme Court Justice Ruth Bader Ginsburg), just think - she might not have been a crucial part of our history were it not for the groundwork laid by Sandra Day O'Connor. Our history would be so much poorer had these intrepid pioneers not left footprints to follow, charts to navigate with, and inspiration to keep on keeping on, regardless of the pitfalls and setbacks.

#### MOVING THE NEEDLE FORWARD

For International Women's Day on March 8th, and throughout the entire month of March, look toward your own role models (locally we have many women who see a problem and rally the troops, i.e. skatepark, upcoming inclusive playground) or these mentioned above and find your way to move the needle forward as we continue our struggle for women's rights and ultimately, human rights. As we have learned over the past years, victory is not permanent. Think of this: access to abortion is no longer a constitutional right, access to abortion medication, even in states where it is legally protected, is threatened. IVF is being challenged. Teenaged girls are facing unprecedented numbers of trauma and violence with about 1 in 3 adolescent girls in the U.S. having seriously considered suicide - up nearly 60% from a decade ago. One out of every four girls went as far as making a suicide plan.

Voting for many of our citizens is being challenged or even denied. DENIED! An estimated 4.6 million Americans (2% of the voting age population - 1 out of every 50 adults - 1.1 million in Florida alone) are barred from voting due to a felony conviction regardless of time served and satisfaction of the conviction. Then there is redistricting, restrictions on using drop boxes and absentee ballots, entire districts moved or eliminated. The bloody, desperately hard-fought-for Voting Rights Act of 1965, is under legal assault. The Voting Rights Act has been seen as one of the most significant achievements of the Civil Rights Movement, tossing aside decades of Jim Crow laws and focused on protecting against racial gerrymandering. A battle hard won is being set back. Child credit, which helps combat child poverty is being eliminated. The list of battles won and now being lost is endless.

We can choose to stand by and "go with the flow" or we can fight back. The time is now. Collectively, anyone can participate through whatever activity is most relevant and impactful for their own context. Everyone everywhere can build on IWD's century-plus history to help forge positive change for women and girls and for all humanity. Are you in?

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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 possi-

ble. 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

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#### **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.

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#### **PUBLIC NOTICES**

**NOTICE OF PUBLIC HEARING ON:** Proposed Moratorium on Cannabis Facilities: LEGAL NOTICE IS HEREBY GIVEN that, pursuant to resolution of the Town Board of the Town of Ellicottville, adopted on February 21st, 2024 the said Town Board will hold a public hearing at the Town Hall, 1 W. Washington Street, Ellicottville, NY on the 20th day of March, 2024 at 6:00 o'clock pm to hear all interested persons for or against a proposed 12 month moratorium on any applications for the establishment or siting of any facilities for use or distribution of cannabis in the Town of Ellicottville. BY ORDER OF THE TOWN BOARD OF THE TOWN OF ELLICOTTVILLE.

#### 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 lo-

cated at the village of Ellicottville's historic four corners. We host a visitor-friendly ser-

**DEAR FRIENDS OF THE LIBRARY:** The Ellicottville Memorial Library is now recycling used/empty and new/unused printer cartridges, cell phones/smartphones, old laptop computers and tablets. Please remove user info, passwords and unlock all phones and tablets before you donate. Computer hard drives will be cleaned of all personal infor-

mation by CGRP. The library makes a profit on the sale of these items. Please include AC

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helping us recycle! The Ellicottville Memorial Library is located at 6499 Maples Road.

vice every Saturday beginning at 5:00pm. Any and all are welcome to attend!

For questions, call 716-699-2842.

#### FOOD PANTRY DONATION

Rotary Club of Ellicottville Matches Funds Raised by FTR Customers



ELLICOTTVILLE - Recently, the Rotary Club of Ellicottville presented a check to the Great Valley Food Pantry. Half of the funds were raised by Brenda Smith at FTR in Ellicottville through generous customer donations. Rotary members kicked in a match at one of their latest member meetings, with everyone eagerly pulling out checkbooks and wallets.

The all-volunteer organization is growing and always welcoming new members to help increase participation in community efforts. Members meet twice a month for

those who cannot get to one but might be able to attend the other. The next general meeting of the Rotary Club of Ellicottville is Thursday, March 21st at 6:00pm. Feel free to join us and see what we are all about! For more information, contact any member or call Rotary president, John Weismantel at 716-228-7288.

#### LIVING STATIONS

Community Invited to Attend Special Service at Holy Name of Mary Church

ELLICOTTVILLE - The Three Sisters of the Foothills, consisting of Holy Name of Mary Church in Ellicottville, St. Philomena in Franklinville and Our Lady of Peace in Salamanca, Roman Catholic Churches, will be hosting a Living Stations on Friday, March 15th. The Living Stations will take place at Holy Name of Mary Church in Ellicottville at 7:00pm. The 9th and 10th grade Confirmation Students will lead the Stations. Faith Formation students as young as first grade will also be participating. The students are from Ellicottville, Little Valley/Cattaraugus, Randolph, Salamanca and Home Schools. Full costumes will be worn as the students depict each Station of the Cross. A local craftsman and friend of Holy Name of Mary Parish, Brian DeFoe, has built a cross and stand that will be used to give an authentic feel.

The entire community is invited and encouraged to attend, as these students add a vivid realness to the Fourteen Stations of the Cross. All who attend will be involved in responses and singing throughout the Stations.

The Stations of the Cross are a traditional and integral part of the 40 days of Lent that lead up to Easter Sunday in the Catholic Church. All three churches have regular weekly Masses that are listed on their website, Three Catholic Sisters of The Foothills www. TCSFH.org. For more information regarding this event, please call or text Ann Marie Fitzpatrick, Religious Education Coordinator, HNM at 716-913-4306.

#### MARDI GRAS AND WINTER CARNIVAL

cont. from page 04

tors," said Pump. "Everyone looks forward to seeing all the creativity that goes into the costumes. And we can't wait to unveil this year's Mardi Gras King and Queen!"

The Ellicottville Chamber of Commerce reminds everyone that the Mardi Gras Parade is a family-friendly event. 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.

Need more details? Head to ellicottvilleny. com and follow the Ellicottville Chamber on Facebook and Instagram (@visitellicottville).



#### WINTER CARNIVAL AT HOLIDAY VALLEY



For those heading on snow this weekend, Holiday Valley has again packed a full schedule of festive fun both Saturday and Sunday for their annual Winter Carnival celebration, with this year's theme focused around "Outer Space".

Visitors can expect the return of the Dummy Downhill and Beer Slalom races on Yodeler, along with the Mercy Flight raffle, scavenger hunt and plenty of options to fill your belly - from the Ski Patrol Pancake Breakfast at the Mountain Top Warming Hut to the Safety Patrol cookout at the base of Yodeler. Snowmakers will be serving up drinks for charity at the Snowbar, and live music is scheduled all around the resort.

But perhaps the most anticipated event of the weekend at Holiday Valley is the Winter Carnival Costume Parade on Sunday at noon. Everyone is invited to don their creativity and ski/snowboard down Mardi Gras slope for a chance to vie for some really great prizes! Costume judging will take place at the base of Mardi Gras and costumed skiers/snowboarders are reminded that they are required to participate in the entire parade in order to be entered to win. For additional details about the parade, along with a complete schedule of Winter Carnival events or to view the slope report, go to holidayvalley.com.

#### **COMMUNITY FUND GRANTS**

Applications Window Now Open; Deadline April 15th

OLEAN - The Cattaraugus Region Community Foundation's Community Fund grant application process is open, with grant applications due April 15th. The Community Fund makes possible two rounds of annual funding - one in May and one in November - for unrestricted grants intended to support nonprofit projects and initiatives that respond to the changing needs of the community. Applicants must be 501(c)(3) tax-exempt organizations or a government entity or school district.

"CRCF's board reviews applications based on the applying organization's stability, the impact its work has on the community, the feasibility of the project proposed in the grant application and the role a grant from the Community Fund would play in the overall project," said CRCF Executive Director Kirk Windus. The online grant application is available at cattfoundation.org/grant-seekers/grant-opportunities/.

Grant requests should not exceed \$2,500. Applicants will be able to complete the grant application entirely online through the Foundation's online grant application system.

The Community Fund has supported over \$220,000 in grants since the fund was established to causes that meet immediate community needs and enhance the lives of Cattaraugus County residents by supporting their health and wellbeing.

Applicants are encouraged to review the community fund guidelines at cattfoundation.org/grant-seekers/grant-opportunities/ before applying. Questions and questions about the grant application process can be directed to CRCF's grants and donor services manager, Monica Emery, at 716-301-2723 or monica@cattfoundation.org.

# installow

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□ Icove1: Life is good in Ellicottville,NY. @laurenttoledo #evlnow #watsonschocolate #shopping #daff #twinning #githreads #bigdolittledog #skitown #lifeisgood #evlsnowedin #ellicottvilleny #dogwalkers



○griffissculpturepark: Red and white are the colors of the day! The park is still closed a few more weeks. We'll be open soon! #outdoorart



**○hornhillpottery:** Say hi to Sophie! #evlnow #studiodog #ellicottvilleny



ີ⊃boardroomeville: Bright and early, it's almost Boardroom Banked time.



○holiday\_valley\_race\_team: Even with this crazy warm weather, the U12/U10/U8's were able to compete. #evlsnowedin #skiingisawesome



**Space of the second s** 



Qellicottvillenow: Crissi from the EVL Chamber with her sheds!



⇔bperksey: Always a cool vibe with good friends and fellow riders at the Boardroom Banked. Even more stokes when @taylorperks\_356 takes 1st!



**⊘**holimont: HoliMont's Snowboard Instructor, Emily Rechin achieved her AASI Level 2 Certification! Congratulations! Can't be more proud!





⊋lmadigan55: Nile, waiting for the chute chair! #evlnow

WEEKEND **EXCLUSIVE DEALS!** 



March 9th & 10th

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