

Ready to Spread the Celestial Vibes

The Solar Eclipse is Almost Here and Ellicottville is "Totality" Prepared



ASTROLOGY REPORT: THE KEY WORD FOR AP

Here we are, between eclipses, with Mercury retrograding through April 25th, and some very impactful meetings of planets hap-

pening this month. April 5th, the planet Venus moves from nebulous Pisces into feisty Aries and we may feel a little bit punchy.

It will likely bring out a more competitive and action-oriented nature in people. The eclipse of the 8th is a new moon signifying a new beginning, but this one runs deep. With the moon eclipsing the sun, we don't have as much stamina that day as the sun rules our vitality. The eclipse and the weeks that follow will help you see your way forward - in hindsight of recent upsets in your life. In order to take on new journeys, you have to leave some baggage behind. It's a wonderful time to be purging ... page 12

By Jessica Schultz

Are you ready to party as the sun goes down (at 3:00pm) on April 8th? We most certainly are! Consider this your invitation to our eNOW Eclipse Jam. We're teaming up with the Ellicottville Chamber of Commerce in the front lawn of our office from 2:00-4:00pm to host an eclipse watch party complete with snacks, tunes, sidewalk chalk, cornhole and the game that puts the "Jam" in our outing, Kan Jam. This event is FREE and open to the public. Bring your own beverages and lawn chairs and share in an afternoon of totality! The weather man is calling for some nice warm, clear (fingers crossed) conditions but do remember to carry a sweatshirt or umbrella with you because, after all, it is April in NY. And when the sky goes dark, the temp could drop 20 degrees rapidly. Street parking is available and eclipse glasses are in stock here at our location, courtesy of the Chamber.

Want options? For a menu of eclipse watch parties going on in our area, turn to page 09. Regardless of where you choose to enjoy this once-in-a-lifetime phenomenon, you should keep a few things in mind. Read up on what you need to know about Monday's event inside this issue.

... page 03

HILLTAP FESTIVAL RETURNING TO HOLIDAY VALLEY THIS SUMMER

The 4th annual HillTAP Festival will return to Holiday Valley Resort in Ellicottville on Saturday, July 27th. This popular event, at one of the most unique venues in the region, integrates a full day of outdoor activities and live music from three bands on two stages.

The HillTAP Festival begins with a chairlift ride up to Spruce Lake with live music, adventure activities, and craft food and beverages. The festival then heads back down the mountain for two additional bands to wrap up a full day.

"The opportunity to host an event such as HillTAP at the top of the mountain is truly unique. There is no better venue to merge great music, adventure and craft beverages," said 42 North Brewery Founder, John Cimperman.

... page 04

CRCF Names Karen & Pete Buchheit 2024 Friends of the Foundation

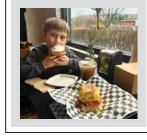
In a time when kindness is valued above all else, unselfish actions serve as a source of inspiration and hope - time and time again, through their careers and through their volunteer service and philanthropy, Karen and Pete Buchheit demonstrated those traits. In recognition of their outstanding contributions and dedication to giving back to the community through philanthropy and volunteerism, Karen and Pete (posthumously) Buchheit will be honored by the Cattaraugus Region Community Foundation as the 2024 Friends of the Foundation at CRCF's annual Friends of the Foundation Luncheon event in July ... page 11

Celebrate Mountain Culture

Banff Film Festival World Tour Making a Stop in Western New York

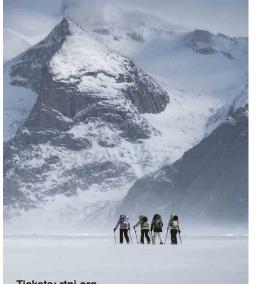
By MARY WEISER











Tickets: rtpi.org

If you know mountains, then you know Banff! Located in the province of Alberta, Canada, Banff is home to Canada's first national park, established in 1885 as Rocky Mountains Park. For over 100 years, people have traveled to enjoy Banff's beautiful mountains and surrounding lakes, but in recent years, Banff has become known for its annual Mountain Film Festival! Each year, the world's best filmmakers come together in Banff to share mountain and adventure films.

Yes, it's the largest adventure film festival in the world, and it's coming to Jamestown on Friday, April 19th and Saturday, April 20th. Jamestown's Roger Tory Peterson Institute is proud to host this exciting weekend at the Reg Lenna Center for the Arts.

... page 04

SAY "I DO" AT HOLIDAY VALLEY: VENDOR SHOW APRIL 20TH

Big news for the newly engaged! As the Spring season approaches, love fills the air and weddings are on the rise! Opening to the public for the first time, is the Holiday Valley Wedding Vendor Show. This year's show will take place Saturday, April 20th from 11:00am-1:00pm inside the Main Lodge. The world of wedding planning can be exhausting - a continuous to do list with only so much time to check off each task. From vendors to catering and of course the dreaded seating chart, something is almost always racing through your mind to prepare for the big day ... page 04

PHOTO REWIND: POND SKIMMING 06 | CHILD ABUSE PREVENTION MONTH 11 | FITNESS: BOSU BALL BRILLIANCE 12



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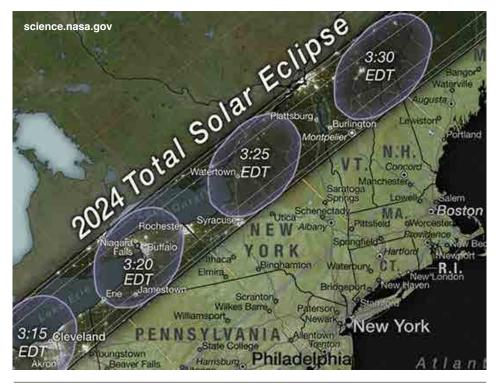
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WHEN THE WORLD GOES DARK ...

Solar Eclipse Watch Parties and Safe Practices When "Looking Up"



BY JESSICA SCHULTZ

Are you ready to party as the sun goes down (at 3:00pm) on April 8th? We most certainly are! Consider this your invitation to our eNOW Eclipse Jam. We're teaming up with the Ellicottville Chamber of Commerce in the front lawn of our office from 2:00-4:00pm to host an eclipse watch party complete with snacks, tunes, sidewalk chalk, cornhole and the game that puts the "Jam" in our outing, Kan Jam.

This event is FREE and open to the public. Bring your own beverages and lawn chairs and share in an afternoon of totality! The weather man is calling for some nice warm, clear (fingers crossed) conditions but do remember to carry a sweatshirt or umbrella with you because, after all, it is April in NY and you never know what's going to happen. And when the sky goes dark, the temp could drop 20 degrees rapidly. Street parking is available and eclipse glasses are in stock here at our location, courtesy of the Chamber.

Want options? For a menu of eclipse watch parties going on in our area, turn to page 09.

TIPS FOR A SAFE SOLAR ECLIPSE VIEWING

Regardless of where you choose to enjoy this once-in-a-lifetime phenomenon, you should keep a few things in mind...

1) This is probably the most important thing: DO NOT LOOK DIRECTLY AT THE SUN without the proper safety lenses. I can't really reiterate this enough. The whole threat of blindness from staring at the sun is no joke on the day of a solar eclipse. Except during a very brief total phase of a total solar eclipse, when the moon completely blocks out the sun, it is not safe to look at it directly without specialized eye protection specifically for solar viewing. If you try to look at the sun though a camera lens, binoculars, a telescope or the naked eye without a special purpose solar filter secured over your optics, you will instantly (as in right then and there) suffer severe eye injury (and possibly, actually go blind, which I believe sounds like a bad time.)

2) Second, keep in mind that this is a huge deal so there will be a lot of folks coming from all over for their chance to see the eclipse. This has been a great cause of concern for many, as the influx of visitors could very well cause traffic/travel congestion. Be aware of heavy traffic conditions, such as cars stopping on the road or pulling off to the side to park, and many people walking through the streets. Schedule plenty of time to get where you are going, so you don't need to try and be in a hurry. And please, do not try to view the eclipse while driving in your car. Pull over if you need to. If not, just use your car's visor and not your eclipse glasses while driving.

3) Animal care is a big item for pet lovers. On the plus side, typically animals (dogs, cats, birds, etc.) do not normally stare up at the sun. They mostly heed their natural reflexes to avoid it, so do not encourage your fur babies to try and watch with you because it can cause them retina damage as much as us. But the quick atmospheric changes can effect them. Some animals may have increased anxiety, while others will want to sleep or nap based on the fading light. (Just go ahead and let them; a perk of being a pet is the ability to take a nap whenever, wherever.)







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FOR MORE INFORMATION, VISIT US AT THEELLICOTTVILLETEAM.COM





THANK YOU FOR A GREAT SEASON!

Saturday, March 30 was officially our last day of the 2023-24 season. We want to thank everyone who came to spend time with us on and off the slopes. Your passion and commitment to skiing & snowboarding is amazing, and we're honored that you choose to visit us. Hope to see you more throughout the summer!

THINGS TO CHECK OUT



TOTALITY TIMELINE

You've got your plans in place. You have your safety notes and glasses. Now what time should you be ready for this to happen? For those of us here in Western New York, the timing we should be focused on per NASA is the Buffalo time slot. Partial eclipse is expected to begin at 2:04pm (EDT), totality to begin at 3:18pm (EDT), and maximum peak at 3:20pm (EDT). Totality is expected to end at 3:22pm (EDT) and the partial will end at 4:32pm (EDT).

If you want to find out what the eclipse will look like in an area you plan to visit ahead of time, visit eclipse2024.org and scope out their interactive path of totality map.

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

So now that you are well informed, all that's left to do is wait for Monday to party with your favorite people when the world goes dark.

TOTALITY BASH AT HOLIDAY VALLEY

Embark on an astronomical adventure at Holiday Valley. This very rare event is going to be a day to remember so take advantage of our Eclipse lodging package and turn it into a vacation you'll never forget.

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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!

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

EVENTS

SAY "I DO" AT HOLIDAY VALLEY

The Four Season Resort to Host Wedding Vendor Show April 20th



By COLLEEN EVANS

Big news for the newly engaged! As the spring season approaches, love fills the air and weddings are on the rise! Opening to the public for the first time is the Holiday Valley Wedding Vendor Show. This year's show will take place Saturday, April 20th from 11:00am-1:00pm inside the Main Lodge.

The world of wedding planning can be exhausting - a continuous to do list with only so much time to check off each task. From vendors to catering and of course the dreaded seating chart, something is almost always racing through your mind to prepare for the big day. That is, until you find yourself walking into the Main Lodge at Holiday Valley. You will instantly feel your stress lifted as you are greeted with complimentary champagne and hors d'oeuvres. Congratulations! Now the real fun can begin...

A free event, with no registration needed, makes for the perfect afternoon to spend strolling through a collection of dream team wedding vendors ready to turn your Pinterest board into a reality. Local favorites fill the room - from floral arrangements, bakeries, DJs, photographers and more! It's the perfect chance to meet multiple vendors within similar fields and get a sense of who would work best with your budget and needs. Some of our favorites to look out for include bakeries Jackie's Farm Fresh (Salamanca, NY) and Cupcaked (Ellicottville, NY), florists Flowers Off the Farm (Ellicottville, NY) and Swan Street Florist (Salamanca, NY), DJ Services by Campbell Dawson (Lakewood, NY) and Whirlin' Disc Sound (Buffalo, NY) and of course photographers Vita Bella Weddings (Buffalo, NY) and Iburi Photography (Batavia, NY).

There is more to this event than just planning though. To make things even more inter-

"Wedding Vendor Show" continued page 14

HILLTAP RETURNING TO HV

A Full Day of Music, Craft Beer and Outdoor Adventure

EAST AURORA - The 4th annual HillTAP Festival will return to Holiday Valley Resort in Ellicottville on Saturday, July 27th. This popular event, at one of the most unique venues in the region, integrates a full day of outdoor activities and live music from three bands on two stages. The HillTAP Festival begins with a chairlift ride up to Spruce Lake with live music, adventure activities, and craft food and beverages. The festival then heads back down the mountain for two additional bands to wrap up a full day. "HillTAP is truly a one-of-a-kind event. The opportunity to host an event at the top of the mountain is truly unique. There is no better venue to merge great music, adventure and craft beverages," said 42 North Brewery Founder, John Cimperman.

Niki Klein, Director of Resort Services at Holiday Valley added, "It's great to partner

CELEBRATE MOUNTAIN CULTURE

Local Businesses Show Support for Banff Film Festival World Tour



By MARY WEISER

If you know mountains, then you know Banff! Located in the province of Alberta, Canada, Banff is home to Canada's first national park, established in 1885 as Rocky Mountains Park. For over 100 years, people have traveled to enjoy Banff's beautiful mountains and surrounding lakes, but in recent years, Banff has become known for its annual Mountain Film Festival! Each year, the world's best filmmakers come together in Banff to share mountain and adventure films. The film festival culminates in an annual World Tour, a curated lineup of the festival's most impressive films that travels to over 45 countries on all seven continents.

Yes, it's the largest adventure film festival in the world, and it's coming to Jamestown on Friday, April 19th and Saturday, April 20th. Jamestown's Roger Tory Peterson Institute (RTPI) is proud to host this exciting weekend at the Reg Lenna Center for the Arts at 116 E. Third St. in Jamestown. RTPI Advancement Director David Niles invites everyone to the Banff Centre Mountain Film Festival and World Tour to enjoy two different programs: Fireweed on Friday and Paintbrush on Saturday.

Both evenings begin at 7:00pm, with doors opening at 6:00pm. The Fireweed program features eight short films, and the Saturday program features nine short films. Niles explained, "This year, Banff had four curated programs to choose from, so we chose the two programs that we feel fit into western New York and Chautauqua County." For example, the Fireweed program features paragliding, skiing, fishing, rock climbing, mountain biking and more. "We try to use Banff as a love letter to our area and all the awesome outdoor activities that you can do here," Niles said. "We have four seasons, and we can do so many different things - whether that's skiing at Holiday Valley, or fat tire biking at Loud Performance, or kayaking with Evergreen Outfitters - we have all of that available here!"



So how exactly does RTPI fit into the Banff Centre Mountain Film Festival? "We are the nexus of art and nature," Niles explained. "We're a nature art museum... We hope that the exhibitions that we show here inspire people to go out into the world and just get lost in nature, or they can get lost in nature and come into RTPI and take a look at what we have going on and maybe appreciate what's out there in a different way or see it in a different light. Art is like a gateway to appreciate what's around."

Every ticket to the film festival also includes admission to RTPI, which will be open all weekend (Friday through Sunday) and is just a 10-minute drive from downtown Jamestown at 311 Curtis St. Ext. Visitors are invited to hike RTPI's nature trails through the Peterson Preserve and come inside the Lodge to get a first look at RTPI's upcoming exhibit: Five Minutes in Nature, featuring the artwork of Kevin Ebi. Niles said Ebi is a photographer who is known for his impressive large-scale photos. "The whole downstairs of the Roger Tory Peterson Institute will be filled with his amazing artwork," he said. "I can't wait for people to see them... He wants to transport the viewer to a single moment and place; hopefully, people can find power, beauty and serenity not just in the great, amazing waterfalls, but also in the smaller things, too."

with 42 North on this event. Their adventurous spirit fits our DNA. We encourage attendees to spend the morning hiking and biking the trails and then spend the afternoon up at Spruce Lake."

The music line-up for this year's HillTAP Festival will feature three popular regional bands on two stages. Smilo & the Ghost will bring its folk-rock sounds to the top of the mountain beginning at 1:00pm. Smilo & The Ghost has opened for national acts across the country and its debut album, Ghost Writers, was voted as a 'top three album' by Erie Reader in 2018. The music then heads back down the mountain with two bands. Miller & The Other Sinners, from Buffalo, NY, will deliver its southern soul sounds and debut songs from its recently released album, Thieves in the Breadline. The festival then concludes with a special performance from Workingman's Dead with a respectful and enthusiastic tribute to The Grateful Dead.

The vendor line-up at HillTAP includes SUP Erie Adventures, Mud, Sweat n' Gears, Tom's Pro Bikes, Holiday Valley E-Bikes, 716 Fly Fishing, and Hatchet & Hops. Each of the vendors will be offering product exhibitions and demonstrations so attendees are encouraged to bring their adventure gear to take part in the adventure. Additionally, regional food trucks will be on-site during the festival.

Early bird tickets are now on sale for \$35 and include free parking, a lift ticket up to Spruce Lake, and a full day of music and adventure sports demos and clinics. A twilight ticket will also be offered that provides admission to the base of the mountain for the final two musical performances. The event runs from noon-9:00pm. For tickets and more information on HillTAP, log onto www.hilltapfestival.com.

The Banff Centre Mountain Film Festival weekend is the "trifecta," in Niles' words. The Banff ticket allows one to view incredible world-class films that can inspire local experiences in nature and enjoy RTPI by viewing stunning artwork that is inspired by the natural world. The weekend is also a fitting prelude to Earth Day on Monday, April 22nd. "We just want people to put down their phones, get off the computer, turn off the TV, and just get out there and see the canvas that's all around us every day," said Niles.

Film festival tickets are available online at https://rtpi.org/events/banff/ through the Reg Lenna Center for the Arts. Single tickets are available for Friday and Saturday, but for the best experience, Niles encourages visitors to get a two-day ticket, which includes a small discount. VIP one-day and two-day tickets include special reserved seating in the best seats in the house, and Friday's VIP ticket includes a special opening night reception. Discounted tickets are available for children, seniors, students and active military members. For more information, contact Niles at dniles@rtpi.org or 716-665-2473 ext. 233. In addition to RTPI and Reg Lenna, the film festival is supported by local sponsors Holiday Valley, Loud Performance, ERA Team VP Real Estate, Summit Wealth Management, Cummins, and Media One Radio Group.

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PHOTO REWIND

Holiday Valley's Pond Skimming a Slippery Success

Holiday Valley was the place to be last Saturday, where snowboarders and skiers alike took to the hill and attempted to skim across the manmade ice cold pond at the base of Yodeler. With funny fails and amazing successes, Pond Skimming is always the best way to end a season!









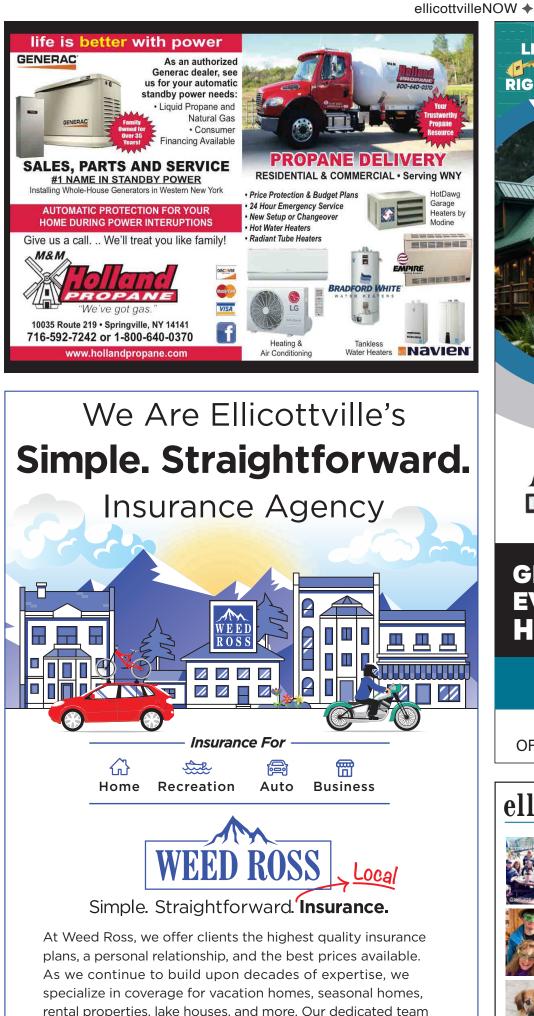








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VIEW THE SOLAR ECLIPSE IN STYLE AT ANY OF THESE AMAZING VENUES



EUUV

SOLAR WATCH PARTY

Nannen Arboretum 28 Parside Dr. • EVL info@nannenarboretum.com

Members of the Arboretum Committee are inviting the public to use the wideopen spaces by the pond and meadows to view this spectacular event. The eclipse will begin at 2:03pm. Protective glasses, compliments of Catt. County, will be free at the entrance to the arboretum beginning at 1:00pm. Bring your favorite lawn chair and follow the asphalt path to the pond and open areas on the arboretum grounds.



eNOW ECLIPSE JAM

ellicottvilleNOW Newspaper 9 W. Washington St. • EVL 716.699.9816 • ellicottvillenow.com

Join the ellicottvilleNOW Team and the Ellicottville Chamber of Commerce on April 8th from 2:00-4:00pm for an afternoon of fun. Come out and play some Kan Jam, hang out and view the path of totality from right inside the village. Snacks will be provided, but please bring your own beverages and lawn chairs. Eclipse glasses will be available and are being provided by the Ellicottville Chamber.



TOTALITY BASH

Holiday Valley Resort 6557 Holiday Valley Rd. • EVL 716.699.2345 • holidayvalley.com

Embark on an astronomical adventure at Holiday Valley in Ellicottville, NY, as they celebrate the awe-inspiring beauty of the so-lar eclipse at their Totality Bash! The slopes are wide open to an unobstructed view of the heavens. This family-friendly event promises an unforgettable experience for both avid astronomers, photographers, and those looking to witness their first eclipse. Overnight lodging package options are available.

SOLAR ECLIPSE EVENT

Ellicottville Distillery 5462 Robbins Rd. • EVL 716.597.6121 • ellicottvilledistillery.com

Join the crew at Ellicottville Distillery for the Solar Eclipse on Monday, April 8th! They are opening at 12:00pm and will have some eclipse glasses available! You can feel free to bring your own lawn chairs, though limited seating is available. There will be live music with Greg Zeis (half of The Rightly So Duo) from 2:00-5:00pm. Get yourself a specialty cocktail, then sit and enjoy the show!

SOLAR ECLIPSE VIEWING

Ellicottville Memorial Library 6499 Maples Rd. • EVL 716.699.2842

Join the Challenger Learning Center's Director, Reann Ehman, at the Ellicottville Library on April 8th, to watch and learn about the Total Solar Eclipse. There will be kids activities and several viewing options! In Ellicottville, the total solar eclipse starts at 2:04pm and continues until 4:30pm, with totality at 3:20pm. This is a once in a lifetime viewing opportunity, so make sure your kids and yourself don't miss out.







TOTAL ECLIPSE PARTY

HoliMont Resort 6921 Rt. NY-242 • EVL 716.699.2320 • holimont.com

Join HoliMont for an unforgettable day watching the solar eclipse in totality at the Main Chalet with a patio party at the club from 12:00-4:00pm. There will be cornhole (weather permitting), a trivia contest, and a cookout with the eclipse viewing at 3:15pm. Anyone can attend, the event is open to the public FREE of charge. Eclipse glasses will be available if you do not have vour own.

ECLIPSE WITH THE ALPACAS

Sugartown Farms 6277 Sugartown Rd. • EVL 716.699.2902 • sugartownfarms.com

Come watch the solar eclipse with the Alpacas of Ellicottville! This event is free and open to the public. The on-site alpaca store will be open and has a wide variety of quality apparel and yarn made from alpaca fiber including socks, scarves and hats. Please bring your own chairs and protective glasses for viewing this once in a lifetime event. Sit out with our furry friends and relax while the sky goes from sunny to dark and back again.

PARTY ON THE PORCH

Madigan's Bar & Restaurant 36 Washington St.• EVL 716.699.4455

Ellicottville's favorite party bar is ready to Party on the Porch with everyone on April 8th, starting at 2:00pm. The first 40 people who arrive can snag a free pair of eclipse glasses. There may not be any live music but the upstairs bar will be hopping and there will be special drink deals for you to indulge in. So come on up and watch the path of totality with the Madigan's crew and party on the porch!!





CASINO ECLIPSE PARTY

Seneca Allegany Resort & Casino 777 Seneca Allegany Blvd. • Salamanca 1.877.873.6322 • senecaalleganycasino.com

Come to the Seneca Allegany Casino on April 8th from 2:00-5:00pm for a special family-friendly event featuring food trucks, cornhole and other outdoor games, face painting & caricature artists, a rock climbing wall & other family friendly activities, live entertainment and cash bar. We encourage guests to dress accordingly for the weather, and bring their own viewing glasses as our quantities are limited, and their own lawn chairs.

SOLAR ECLIPSE BLACKOUT BLOCK PARTY APRIL 8TH \ 2-6PM \ MAIN & MECHANIC LIVE MUSIC . KID'S ACTIVITIES .

BLACKOUT BLOCK PARTY

Main Street Association & SCA Main & Mechanic St. • Springville 716.592.9038

Springville Center for the Arts and the Main Street Association invite the community to attend their FREE Solar Eclipse Blackout Block Party on April 8th from 2:00-6:00pm, on the block of Main Street and Mechanic. There will be live music, kids activities, merchandise, vendors, and food trucks. Bring your own lawn chair and come hang out. Viewing glasses will be available at the Springville Historical Society or the library.

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REGIONAL

FRIENDS OF THE FOUNDATION

Karen and Pete Buchheit Honored for Volunteer Service



OLEAN - In a time when kindness is valued above all else, unselfish actions serve as a source of inspiration and hope - time and time again. Through their careers and through their volunteer service and philanthropy, Karen and Pete Buchheit demonstrated those traits.

In recognition of their outstanding contributions and dedication to giving back to the community through philanthropy and volunteerism, Karen and Pete (posthumously) Buchheit will be honored by the Cattaraugus Region Community Foundation as the 2024 Friends of the Foundation at CRCF's annual Friends of the Foundation Luncheon event in July.

CRCF's Friend of the Foundation award is the organization's most prestigious. It honors a person or persons who have established a fund or funds there and given generously and consistently over the years; an individual who has donated generously to existing funds; and/or someone who continues the Foundation's mission through giving and volunteerism.

Karen Buchheit served as the executive director of the Cattaraugus Region Community Foundation for 12 years of the organization's 30-year history and was the Foundation's first-ever full-time director. She dedicated her career to assisting community nonprofits not only through grantmaking, but also with capacity building services and educational programming. She has also taught classes and presented workshops on nonprofit management, board development, fundraising and related skills.

When Karen began her work as the executive director of CRCF, the organization managed about \$9 million in assets and distributed \$420,000 in grants annually. Today, that number stands at over \$31 million in assets with over 330 funds. From her arrival to her retirement at CRCF, the Foundation has supported over \$13.9 million in grants and has stewarded over \$23.89 million in gifts. Buchheit's footprint on the community extends far beyond just the numbers. Many families have been able to honor the memory of their loved ones while contributing to causes close to their hearts. These causes have included numerous scholarships that have helped local students fulfill their ambitions of pursuing further education and meaningful vocations.

Under Karen's leadership, CRCF was the fiscal agent in the development of two new permanent skateparks in Cattaraugus County. Karen was instrumental in securing outside funding for the COVID-19 response in Cattaraugus County and led efforts to raise and grant out more than \$200,000 in funding for organizations on the frontlines of the response to the pandemic.

Karen worked in a myriad of upper-level positions that kept her ties to the community close. At St. Bonaventure University, she was the annual fund director, associate development director and an adjunct instructor in the department of mass communications. Prior to her career in higher education, she worked as a news reporter and Olean bureau chief for The Bradford Era.

She was also the executive director of institutional advancement and special assistant to

THE POWER OF PREVENTION

A United Stand Against Child Abuse



BY MELISSA T. MERRICK, PHD, CEO OF PCA AMERICA

April marks National Child Abuse Prevention (CAP) Month, an initiative led by Prevent Child Abuse America (PCA America) and its national network of state chapters. This year, we embrace the theme "Building A Hopeful Future, Together," focusing on creating a nurturing and supportive environment for children and families across the nation.

Empowering Communities, Supporting Families: At Prevent Child Abuse America, we believe in the power of prevention and the strength of community support. We are dedicated to ensuring that all children grow up in environments that are safe, stable and nurturing. Our mission is to address the structural and social determinants of health and well-being, including poverty and systemic racism, to create a more equitable society where every child thrives.

Building a Hopeful Future Together: Child abuse and neglect are preventable, and all communities benefit when children and families are well supported! For this year's Child Abuse Prevention (CAP) month awareness and impact campaign, we acknowledge the crucial connection between a happy childhood and a hopeful future for every child and recommit to working together with our national network of state chapters to ensure all children and families have the resources and support they need to reach their full potential. Join us in advocating for happy homes as the foundation for a brighter tomorrow. Together, let's ensure that every child has the nurturing environment they deserve for a better future.

Your Role in Prevention: This month, and all year long, you can help Prevent Child Abuse America advance family centered prevention programs and policies by taking action in

"National Child Abuse Prevention Month" continued page 14

"MEAT" YOUR FARMER

Join Local Livestock Farmers to Learn About (and Taste) Locally Produced Meats

SOUTHWEST, NY - Are you looking to purchase bulk meat from a local farmer, but the whole process seems daunting or confusing? Do you want to connect with local farmers to learn more about what they do and why they do it? Would you like to see and taste how local meats can be incorporated into our state's local school lunch programs? If you answered yes to any of these questions, then this event is for you!

You are invited to join us for our upcoming "Meat" Your Farmer event at the Powerhouse on the Roycroft Campus (39 S. Grove St., East Aurora, NY) on Thursday, May 2, 2024 from 5:00-8:00pm. The event will be split into two parts. From 5:00-6:00pm, there will be a formal program that will share about how to find a local farm to purchase from, how to purchase bulk meats and what to expect, and what cuts come as part of a bulk meat purchase. From 6:00-8:00pm, we will move into tasting samples of over 10 different NYS school lunch menu items made with meat donated by our local farming community. You will have the opportunity to talk with local farms and purchase their products. All are welcome to join one or both parts of the event. Tasting dishes will feature local beef, pork, turkey, chicken and eggs, and recipe cards will be made available so that you can try making your favorite dishes at home!

the president at Pitt-Bradford and encoded of managing director of the Bradford Educational Foundation. At Pitt-Bradford, she helped raise more than \$25 million, resulting in several new buildings including Blaisdell Hall and Wick Chapel and dozens of new endowed scholarships. Karen also served on the boards of AFP Western NY Chapter and the Bradford Creative & Performing Arts Center. In 2023, Karen was honored at the 37th annual Salute to Olean event. Salute to Olean honors Olean-area residents for their commitment to the community.

Pete Buchheit also dedicated his career and his time in volunteerism to leaving a lasting impact in the region. While working as the director of facilities management at the University of Pittsburgh at Bradford, Pete oversaw the construction and/or major renovations of many campus buildings, including Hanley Library and seven residence halls. Pete was honored by the university in 2008 with the Chancellor's Award for Staff Excellence in Service to Community for his wide-ranging volunteerism to community and professional associations. Pete was also an active community volunteer for several organizations.

For 20 years, Pete was a member of the Bradford Township Volunteer Fire Department. He served in a number of positions there including president, station captain and treasurer. While serving on the board of directors of the Bradford Family YMCA, Pete guided the organization through a \$4 million renovation and expansion project. Later, he assisted with the merger of the Bradford and Olean YMCAs to create the YMCA of the Twin Tiers, where he served on their board of directors. As a member of the St. Bernard Catholic Church, Pete served for more than 20 years on the parish finance council. Because of his

"Friends of the Foundation" continued page 14

The event is offered free of charge thanks to the generous support of Cornell Cooperative Extension, the MeatSuite Mini Grant Program, Harvest NY, the NY Beef Producers, and the NY Pork Producers. RSVPs are not required but are appreciated as they will help us plan how many samples to make. You can RSVP to Amy Barkley at 716-640-0844 or amb544@cornell.edu or Becky O'Connor at 845-706-0293 or rao84@cornell. edu. We hope to see you there!

SWNYDLFC is a partnership between Cornell University and the CCE Associations of Allegany, Cattaraugus, Chautauqua, Erie, and Steuben counties. Their team includes Katelyn Walley, Farm Business Management (716-640-0522); Camila Lage, Dairy Management (607-422-6788); Katelyn Miller, Field Crop and Forage Management (716-640-2047) and Amy Barkley, Livestock Management (716-640-0844). CCE is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

For more information about Cornell Cooperative Extension, contact your county's Association Executive Director. In Cattaraugus County reach out to Kelly McDonald, kmm525@cornell.edu or 716-699-2377.

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LIFESTYLE

Core Performance: BOSU Brilliance

BY KIM DUKE, CERTIFIED PERSONAL TRAINER

Core Performance Fitness and Training is not your typical fitness studio/gym. Our name alone is a statement to our motto. We train your core so that your entire body is stronger, balanced, more effective and injury proof. Our studio is filled with unique equipment that requires your body to be the machine vs. machines that work your body. One of our favorite pieces of equipment is the BOSU ball.

Have you seen them and wondered what they were? They look like a Swiss ball cut in half with a solid base. The BOSU ball (which stands for both sides up) is a great way to increase both balance and core strength while conditioning the entire body.

When you focus on multiple elements of fitness along with compound movements, more coordination is achieved along with a greater calorie burn. Also, training on an unstable surface can prove to be essential for conditioning for any sport/recreational activity. Drills can be performed in a circuit fashion, completing 20 repetitions or utilizing a time element such as 30-60 seconds.

Start with your biggest muscle group - the legs. Squat by standing with either the bubble side up or bubble side down, then sit back on your heels slowly, keeping your core muscles tight and your head up high. Add a dumbbell or medicine ball for more challenge.

Next, perform lunges stepping forward on to the BOSU (bubble side up). Stand on top of the BOSU and step off, either to the side or backwards. With any of these exercises, keep the core muscles tight and don't be afraid to use your arms as a counter balance device. If you fall off, get back on and continue to push forward for reps without compromising your form.

In order to challenge the stability of the upper body muscles, place yourself in a push-up position with the bubble side down. Perform push-ups with an alternating plank and knee in for extra core performance.

BOSU balls are excellent for plyometrics as well. Completing power jumps from the ground to the top of the BOSU helps build that explosive power your legs need to tackle the toughest hills out there. Try some hop overs moving quickly side-to-side. Only add speed when you feel you have the movement mastered. As with any fitness tool, injuries can occur if you are sloppy or unskilled with the equipment.

Other great moves to include in your BOSU routine are the bird-dog, alternating between knees on the BOSU and hands on the BOSU. The superman is another terrific move that even a beginner can perform. Just place your core on the bubble side while lifting your arms and legs off the ground.



Create new challenges with your BOSU ball just by adding another piece of equipment, such as dumbells, medicine balls, or TRX (above).

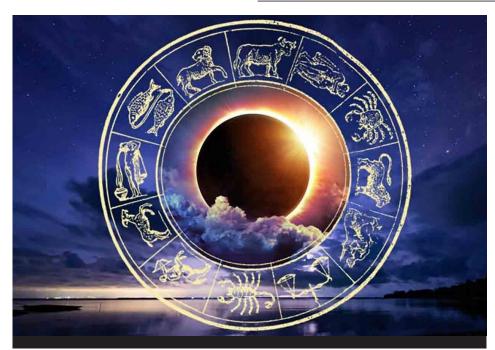
Partner moves are also an excellent way to train with the BOSU ball. Use a medicine ball and stand with the flat side up. Have your partner toss the ball to you, add a squat and toss it back.

Once you get the hang of using a BOSU ball, the possibilities are endless. Again, start out carefully, hold your core tight and stay focused on good form. Have fun, be safe and condition that body!

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 (Core Performance Health and Fitness), Instagram (@cptcoreperformance) go to www.coreperformancefitness.com or call her directly at 716-698-1198.



By Suzy Woo, B.Msc



this time, especially from any type of authority. This combination can bring people in command, wanting to convince you to drink the Kool-Aid. Practice discernment and pay attention to how you feel in your body.

April 20th we have a huge meetup. This one is between expansive, jolly and jovial Jupiter and forward-thinking, genius and innovative Uranus. They meet in the sign of Taurus which rules over the earth, food, gardening, food chains and our resources, so I absolutely expect disruptions of the earth as in earthquakes, outages with power and internet, dramatic shake ups with digital currencies, and markets. We are already under this influence but it peaks on April 20th.

Astrology is made up of bell-curve cycles, but it is fascinating to see when a planet changes signs, there is always something in the media that happens to evidence how astrology truly works.

We have a full moon in Scorpio the evening of April 23rd which may prompt you to do exactly that and book a therapy or consultation session. Get an outside, unconnected opinion to help you see what you're not able to see. If you are in the picture, you can't see the picture. That full moon is a deep and intense one; Scorpio is that, plus it rules over secrets, the dark, and the underground, ah yes and sex. Watch for those temptations!

It is a wonderful time for studying about the psyche, therapies, the occult, finance management, minerals, healing, spirituality, holistic treatments and even real estate.

Earlier we mentioned exotic Venus entering fiery Aries. This energy added to the Mars-Saturn meetup in Pisces AND this full moon in sexy Scorpio... this can absolutely bring circumstances of very powerful temptations. You might really want to think twice about sleeping with the boss to get that big promotion. There will be long-term karma to pay, as Saturn is the Lord of Karma.

Here we are, between eclipses, with Mercury retrograding through April 25th, and some very impactful meetings of planets happening this month.

April 5th, the planet Venus moves from nebulous Pisces into feisty Aries and we may feel a little bit punchy. It will likely bring out a more competitive and action-oriented nature in people. It's great for pushing ahead, but it's not at all patient. Be mindful not to snap at people. Yes you do matter and you do deserve to be heard, but to be in a relationship takes two. Take time to also listen and consider the well-being of the other.

The eclipse of the 8th is a new moon signifying a new beginning, but this one runs deep. With the moon eclipsing the sun, we don't have as much stamina that day as the sun rules our vitality. Sun ruled signs and those born during the day are most impacted, as well as anyone with any placements near 18 degrees Aries or 18 degrees Libra. You can get a free chart on my website to see where the eclipse lands in your chart.

The solar eclipse of the 8th and the weeks that follow will help you see your way forward - in hindsight of recent losses and upsets in your life. In order to take on new journeys, you have to leave some baggage behind. It is a wonderful time to be purging and spring cleaning.

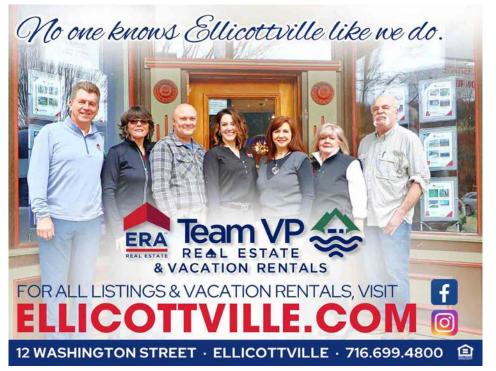
April 10th, ambitious Mars slams into task-master Saturn. This is where we can be slapped back down like Whack-A-Mole. To win the marathon you must put in the time, effort and experience. Mars wants everything now, while Saturn rewards effort. They come together in misty, confusing Pisces energy. Be careful of being scammed during Pay attention to your drinks at the bar, watch your surroundings and have an accountability buddy. Only trust what sits right in your soul. If someone or something is sounding a bit too good to be true, give it another week or two and revisit it. Trust your intuition.

These changes are in place in divine order to help bring in a beautiful new world, but to get there we have to break out of the old. Change is not fast and easy, but takes time to adjust. Speak your peace and practice compassion as much as you possibly can. Expect the best and stay far away from the divide and conquer tactics of separation and fear by mainstream media. Love truly does heal all.

This is a paramount time to get to "know thyself." See you next time my friends!

Your sister from the stars, Suzy

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. ellicottvilleNOW + PUBLISHED EVERY THURSDAY + APRIL 4-10, 2024 ... Page 13







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FRIENDS OF THE FOUNDATION

cont. from page 11

service and role in two major building projects, Pete received the Knighthood of St. Gregory the Great - the highest honor a person can receive from the Roman Catholic Church.

As their two daughters went through youth sports and theater groups, Pete and Karen always made sure to lend a hand. Pete was a certified swim official at the YMCA, assisted with sports boosters for several sports teams and helped construct sets for local theatre productions. Karen was the announcer for the swim team and helped design costumes for the theater.

Together, Pete and Karen established the Roger S. Niemic Memorial Fund at CRCF in memory of Karen's brother who passed away in 2017. Karen established the Pete and Karen Buchheit Family Fund prior to Pete's passing in 2022 after a long, courageous battle with pancreatic cancer.

The former provides annual grants to support Juvenile Diabetes Research. The latter provides grants at the direction of the Buchheit family and has supported the Pancreatic Cancer Action Network, Penn Highlands Community Nurses for hospice care and the YMCA of the Twin Tier's Erick Laine Outdoor Center.

"It is truly an honor to give Karen Buchheit this award and to posthumously commemorate her husband, Pete" said CRCF Board President Lucy Benson. "Through Karen and Pete's tireless dedication and unwavering commitment, they transformed their communities and also inspired others to reach greater heights of excellence."

The Friends of the Foundation Luncheon will be held on July 31st and will also honor the 2024 CRCF scholarship recipients.

Established in 1994, CRCF is growing good by connecting donors to the causes they care about most in the region. Grants from the Foundation support many areas, including education, scholarships, health care, the arts, community development, human service, and youth development. To learn more, call 716-301-CRCF (2723), email foundation@cattfoundation.org, or visit online at www.cattfoundation.org. CRCF is also on Facebook (facebook.com/cattfoundation) and Twitter (@CattFoundation).

NATIONAL CHILD ABUSE PREVENTION MONTH

cont. from page 11

the following ways. Join the Movement.

April 5th #WearBlueDay: Dress in blue to stand in solidarity with child abuse prevention efforts. Capture the moment and share on your social media platforms. Use the hashtag #WearBlueDay2024 to join the nationwide wave of support. Encourage your

PUBLIC NOTICES

REQUEST FOR BIDS: The Town of Ellicottville is accepting Bids to replace the front door and sign of the Town Hall. Specs and information can be obtained from the Town Engineering Department by calling 716-699-9005, Ext. 3 or by email greg.keyser@evlengineering.com. Sealed bids will be received by the Town of Ellicottville located at 1 West Washington St, P.O. Box 600, Ellicottville, NY 14731, until 1:30 p.m. on Thursday April 25, 2024, and then at that time and place opened and read aloud. The Town reserves the right to accept or reject any and all bids, and to accept the bid, which, in their opinion, meets the intent of the specifications and deemed most advantageous to the Town. BY ORDER OF THE TOWN OF ELLICOTTVILLE TOWN BOARD.

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.

NOTICE OF FORMATION of QSKI, LLC Arts. of Org. filed with Sec. of State of NY (SSNY) on 10/20/2023. Office location: Cattaraugus County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 630 Chairfactory Rd, Elma, NY 14059. Purpose: all lawful activities.

EMPLOYMENT

THANK YOU is We would like to thank everyone for the gen

NOW HIRING: The Gado-Gado team is 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 gadoga-do98@hotmail.com.

HELP WANTED: The Silver Fox Steakhouse is looking for an experienced head chef. Stop by 23 Hughey Alley, Ellicott-ville, NY 14731 or e-mail resume to silver-foxeville@aol.com

we would fike to thank everyone for the generous donations to our food pantry during the Mardi Gras weekend food drive. A special thank you to the Holiday Valley Ski Patrol for making this possible. We received many boxes and bags of food and supplies as well as monetary donations. As your ski season draws to a close, please know that you have been a blessing to us and the many folks who are benefitting from your kindness and generosity. Again, thanks!

- Ellicottville Community Food Pantry

WEDDING VENDOR SHOW

cont. from page 04





esting, Holiday Valley has included for its guests a chance to win an overnight stay at The Inn at Holiday Valley. This door prize will be open to all attending couples with one lucky winner to be announced. It is the perfect opportunity to enjoy the amenities and services offered by Holiday Valley and give yourself a hands-on experience to what they have to offer.

Holiday Valley has hosted their Wedding Vendor Show since 2012 to couples that have previously committed their special day through Holiday Valley. This year, however, they have opened their doors to new couples that are still in the process of figuring out the finer details of their wedding. It's an exciting offering to those who have yet to experience the amazing work that Holiday Valley and their trusted vendors have to offer. We spoke with Jolene Kinder, Catering Sales Manager at Holiday Valley, who shared with us some of the joys of reserving your special day through their services.

friends, family and colleagues to participate and raise awareness about the importance of preventing child abuse.

April 16th Amplify Your Voice For Children: A call-to-action to contact your member of Congress and advocate for increased support and funding for child abuse prevention programs. By visiting preventchildabuse.org, we have provided an easy-to-follow guideline and template for reaching out to your representatives effectively. Your voice can influence policy changes and bring critical issues in child welfare to the forefront of legislative agendas.

Share, Advocate, Engage: Throughout April, you can actively follow and share our content. It's an easy way to support PCA America and National Child Abuse Prevention Month at no cost! Engage: Comment, like and discuss posts to boost visibility. Your interaction can lead to a wider awareness and community involvement. Use the following tags to connect our collective efforts and amplify the message: #Building-Together #CAPMonth2024 #HopefulFutures

Follow us on Facebook and Instagram as well as visit our website at preventchildabuse. org to learn more about how you can help the children of your community today.

Melissa T. Merrick, PhD, is President and CEO of Prevent Child Abuse America (PCA America), the nation's oldest and largest nonprofit organization dedicated to the primary prevention of child abuse and neglect.

"Nestled in the heart of Ellicottville, Holiday Valley Resort boasts breathtaking views," she told us. "Providing on-site lodging amenities and catering services, Holiday Valley offers a comprehensive experience for couples seeking a one-stop destination." (I have personally seen a handful of wedding parties relaxing poolside the day before the I do's or indulging in the Oasis Spa for a last-minute pampering. An endless array of amenities at your disposal, Holiday Valley is sure to ease those pre-wedding jitters.)

Jolene went on to share with us how many weddings they cater to during the typical season. "Between May and November, we host around 40 weddings," she said. "We actively promote not only participation in the vendor show but also exploration of the various wedding venues on our premises, providing couples with the opportunity to envision and realize their dream wedding."

The service is always at its best and the property truly is a spectacular place to enjoy. With a wide range of experiences for the couples they host, Holiday Valley makes for the perfect destination to enjoy your special day!

Let us raise a glass and celebrate the journey ahead for each couple at the Holiday Valley Wedding Vendor Show. The perfect event to add each and every personal touch for your special day. Congratulations and good luck to all interested couples! For more information on the event you can follow along under Holiday Valley's Facebook Events or go directly to their website under their detailed wedding section at www.holidayvalley.com.

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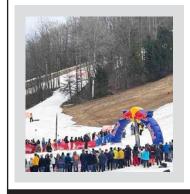
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ି griffissculpturepark: Larry Griffis Jr.'s "Spider" #evlnow #sculpture



Ctwangram: Happy Birthday Beth!! @bethwizzy #birthdaygirl #friends #snowbird @ellicottvilleny @ellicottvillenow @altaperuvian





♀rphrjb: Pond skimming to close out the season! Always a hoot!.





 \bigtriangledown caitysogreaty: Some kids are really intrigued by priceless works of art. Other kids think, "How many naked butts can they fit in this building?"

 Goodforthespiritgifts: Let's cele-brate new beginnings. #evlnow \bigcirc brass.and.stone: Ellicottville as a whole is a magical place. We loved adventuring and chatting to all the amazing local businesses. #evlnow



Stewindustries: Was shooting for a minimum 30 day season so today it's mission accomplished. #thankasnowmaker



♀bloodunderrazor: Starter table. :) #easter #evInow #snacks #crudites Page 16 ... APRIL 4-10, 2024 + PUBLISHED WEEKLY + ellicottvilleNOW



