

Giraffes and Books and Skateboards, Oh My!

TreeTops Publishing Hosts Book Signing and Presents Donation Check to Help Fund Learning and Outdoor Recreation Opportunities



By Brenda Perks

Through the power of one book, children here and across the world are benefiting from a local pair of authors who have taken their passion for writing to give back.

“Power Poems for Giraffes” made its debut last weekend at the Ellicottville Memorial Library, presented by authors Katie Benatovich and Charity Burlingame (pictured at left), and illustrator/designers Carey Welch and Neal Steward. This group of like-minded advocates share mutual feelings about the importance of education and physical activity amongst our youth and have made it their mission to cater to those two important needs.

Saturday’s event did more than just showcase a beautifully written and creatively illustrated book. The Giraffe Team, as they are affectionately called, structured the sale of Power Poems for Giraffes so that \$1 from each book sold will help fund the educational needs of an orphanage in Uganda. On a local level, the Giraffe Team has also chosen to donate \$1 from the sale of each book to SK8EVL, the volunteer group spearheading the Ellicottville Skatepark.

... page 03

APRIL IS CHILD ABUSE PREVENTION MONTH

Although not the most pleasant topic to read about, or even think about, imagine the life of an abused child who is at the mercy of a parent or guardian. Picture your child, your grandchild or one beloved who wakes up every day (hopefully from a clean bed, but maybe not) to face the wrath of an angry parent who themselves may have mental issues or an uncontrolled issue with drugs or alcohol.

In talking with Jesse Blakeslee, Case Supervisor for Cattaraugus County Child Welfare, he informs that upwards of 1800 reports of child maltreatment are received every year in the county. Thankfully, about two-thirds prove to be unfounded, but sadly, another third (600) are verified abuse or neglect. Unfortunately, a percentage of those require county intervention where the child is legally and immediately taken into custody for their safety and welfare.

... page 11

VILLAGGIO TO CELEBRATE LOCAL SKI INDUSTRY PERSONNEL

Although the ski season began with a few wintry storms, total snow accumulation this winter has been on the lower end of the spectrum. Without the hard work of Holiday Valley and HoliMont employees, there wouldn’t have been much of a ski season, noted Andrea Austin, general manager of Villaggio and organizer of the annual Snowmakers Ball, which celebrates the hard work of Ellicottville’s ski personnel at the end of every winter. “It’s the whole team we’re celebrating, not just snowmakers,” said Austin. “Snowmakers, ski lift operators, groomers, and the whole maintenance crew - that’s who we’re celebrating.” All are invited to Villaggio on Thursday, April 20 from 5:00-9:00pm to honor those who make Ellicottville’s ski season possible ... page 04

BANFF Centre Mountain Film Festival World Tour

There aren’t too many places in the U.S. that are located just five miles from one of the highest navigable lakes in North America, fewer than 30 miles from the southernmost Great Lake, and 35 miles from two ski resorts in the foothills of the Allegheny Mountains. Yes, it’s this location and so much more that make Jamestown’s Roger Tory Peterson Institute the ideal host for the Banff Centre Mountain Film Festival, which will take place across two days: Friday, April 21 and Saturday, April 22 ... page 08

“EGG”CITING EASTER!

Shop Easter gifts and plan your Easter weekend fun! We’re highlighting it all - retail and events! Find our list on page 07



Something to “Chirp” About

Dalayla Cricket Farms Produces Perfect Protein for Healthy Consumption

By Rich Rumfola



While looking for an alternative source of high-quality protein to fuel his recovery from a back surgery gone very bad, Ellicottville native Nick Alexander happened to cross paths with crickets, and the tiny black creatures changed his diet - and his life - forever!

Now the owner/operator of Dalayla Cricket Farms and the CRKT Perfect Protein production/retail facility, Alexander grows crickets by the millions for the production of a high-quality, cricket-based protein powder that can then be used to create protein-rich foods. Alexander says he saw a functioning cricket farm for the first time on a trip to Colorado and returned to New York determined to make an operation like that work here at home.

... page 08



AARDVARK: THE STORE, THE PRODUCTS, THE FOUNDER

When you want plumbing supplies, you go to a hardware store. When you want a travel agent, you call Molly’s Travel. When you want to go on an exploration and behold things you don’t encounter in a normal gift shop environment, you come to Ellicottville and discover several such fantasy places that go beyond just a shopping experience once you cross through their portals. Today, you are invited to consider Aardvark, home of beautifully crafted furniture and eccentricities - some one-of-a-kind - many made from vintage reclaimed wood or imported from wonderful places around the globe ... page 04



# katy's

cafe

DOWNTOWN ELLICOTTVILLE

- ★ the hot spot for breakfast
- ★ specialty coffees & drinks
- ★ daily lunch specials
- ★ indoor & outdoor patio dining

Come dine  
at our 2nd location  
**KATY'S FLY-IN**  
Route 219,  
Great Valley, NY  
Serving Breakfast,  
Lunch & Dinner

On the run? Try one of our  
breakfast creations or  
delicious lunch combos  
TO-GO!

OPEN 7 DAYS A WEEK FOR BREAKFAST AND LUNCH

Washington Square ★ Ellicottville, NY ★ 716.699.8860

Unique Style from  
*Around the World!*

Gado - Gado

The Latest in Fashion Trends in  
Women's Clothing & Accessories,  
Gifts & Home Decor

716-699-2128

www.gadogadoellicottville.com  
http://gado-gado.shoptiques.com

26 monroe street • ellicottville, ny 14731

## Nature's Remedy

natural foods market & holistic wellness center

Herbs • CBD • Vitamins • Homeopathy  
Teas • Aromatherapy • Bath & Body  
Detox & Cleansing • Weight Loss  
Organic & Gluten • Essential Oils  
Free Foods & Produce • Bio Scans  
Ionic Detox Foot Spas  
Homeopathic Consultations  
Massage • Reflexology • Cranial Sacral Therapy  
Natural Health Classes and Consults  
by Appointment

TEXT NATURESREMEDY to 22828  
TO JOIN OUR MAILING LIST

716-699-HERB (4372)

@Natures\_Remedy  
Natures-Remedy.net

Discover the ultimate in relaxation  
with our expert body treatments,  
facials, massages and more.

Conveniently located in the  
Tamarack Club at Holiday Valley.

www.evilleoasis.com / 716.699.8996

## THE PURPLE DOORKNOB

New York's  
**LARGEST** Selection of  
**SOCKS!**

OVER 25,000 SOCKS IN STOCK!

11 WASHINGTON ST.  
DOWNTOWN ELLICOTTVILLE

ThePurpleDoorknob.com

# WELCOME TO VILLAGGIO!

## THURSDAY OYSTERIA!

OYSTERS | CLAMS | SHRIMP  
PROSECCO BOTTLES

## SUNDAY PASTA BAR

## PRIME RIB NIGHT

## FRIDAY FISH FRY

## SUNDAY 5:30-8:30 LIVE MUSIC

HAVE PLANS? JOIN US ON APRIL 9.

# EASTER SUNDAY

OPENING at 3:00 PM  
ALL-YOU-CAN-EAT PASTA BAR / PRIME RIB WHILE SUPPLY LASTS  
LIVE MUSIC with GENO McMANUS | 5:30-8:30

**JOIN US!**  
Make a reservation.  
VillaggioEVL.com  
716.699.2199

# VILLAGGIO!

THURSDAY, FRIDAY 5PM-10PM | SATURDAY 4PM-10PM | SUNDAY 4PM-9PM | 7 MONROE STREET, ELLICOTTVILLE, NY

# ALLEN'S

## Wine & Liquor

THE SOUTHERN TIER'S ELITE  
WINE & LIQUOR RETAILER

Newly Remodeled for ...

An EVEN Better Selection! & Even Better Prices!!

SHOP GREAT BRANDS LIKE:

Captain Morgan, Southern Comfort, Smirnoff, Svedka,  
Malibu, Bacardi, Can Club, Jim Beam, Jägermeister, José  
Cuervo, Tanqueray, Dewar's, Parrot Bay, Johnnie Walker,  
7crown, Grey Goose, Absolut and so much more!

1411 W. State Street | Olean, NY 14760 | 716-372-8393  
allenswineandliquor.com | Find us on Facebook!

### April Specials

MENAGE A TROIS RED  
\$9.99

FRANCISCAN CABERNET  
USUALLY \$20+  
\$14.99

BOTA BOX 3L  
USUALLY \$21.99+  
NOW FOR APRIL \$18.52!!

**MUST TRY!**  
MAKER'S MARK  
PRIVATE SELECTION  
SINGLE BARREL BOURBON

# ellicottvilleNOW

LOCALLY OWNED AND PUBLISHED

Ellicottville's newspaper, published every Thursday in print and online

Distributed in Ellicottville and locations throughout Cattaraugus, Erie, Chautauqua Co., NY, McKean Co., PA

## ellicottvilleNOW.com

SIGN UP FOR eNOW News FREE at ellicottvilleNOW.com/subscribe

**@ellicottvillenow** ... FOLLOW US!  
Join our InstaNOW photo gallery.  
Upload your photos using #evlnow / tag us.

ellicottvilleNOW is a publication produced by DesignPerks of Ellicottville,  
member of PaNDaGoAT Media | ellicottvilleNOW.com

OFFICE  
9 W. Washington St.  
PO Box 1077  
Ellicottville, NY 14731  
716-699-9816  
info@ellicottvillenow.com

PUBLISHER / EDITOR,  
LEAD DESIGNER  
Brenda Perks,  
DesignPerks of Ellicottville  
designperks@gmail.com  
brenda@ellicottvillenow.com

ASSISTANT DESIGNER,  
PRODUCTION MANAGER  
Meaghan Lucarelli  
meaghan@ellicottvillenow.com

COMMUNICATIONS,  
CONTENT COORDINATOR  
Jessica Schultz  
jessica@ellicottvillenow.com

ADVERTISING SALES ASSOCIATES  
Brenda Perks  
Direct: 716-244-7573  
brenda@ellicottvillenow.com

Evan Evans  
Direct: 716-464-0134  
evane716@aol.com

TEAM WRITERS / PHOTOGRAPHERS  
Mary Heyl  
Carol Fisher-Linn  
Melanie Hulick  
Rich Rumfola  
Barbara Arnstein  
Kim Duke  
Suzy Woo  
Ashley Baron  
Clara Kosinski  
Scott MacDowell

DISTRIBUTION  
Evan Evans (Manager)  
Kelly Loverdi

### Article/Photo Contributions

Contributions are always welcome. Submit your articles and photos or story ideas to our publisher:  
brenda@ellicottvillenow.com

### Advertising Rates

Available upon request. Deadline for print, digital & classifieds: Monday prior to publication release. Please contact one of our sales reps for a release schedule, rates and additional information.

ellicottvilleNOW is published by DesignPerks, 9 W. Washington St., PO Box 1077, Ellicottville, NY 14731. ellicottvilleNOW is released every Thursday in print and online at ellicottvillenow.com. Copyright © 2023 by DesignPerks. All rights reserved. Reprinting in whole or part is forbidden except by permission from DesignPerks.



# NOW *this ...*

## Giraffes and Books and Skateboards, Oh My!

TreeTops Publishing Presents Donation Check to Help Fund Learning & Recreation



The Giraffe Team (L-R) Charity Burlingame, Katie Benatovich, Neal Steward, Simone Phillips and Carey Welch present a donation to SK8EVL's Taylor and Brenda Perks.

BY BRENDA PERKS

Through the power of one book, children here and across the world are benefiting from a local pair of authors who have taken their passion for writing to give back. “Power Poems for Giraffes” made its debut last weekend at the Ellicottville Memorial Library, presented by authors Katie Benatovich and Charity Burlingame, and illustrator/designers Carey Welch and Neal Steward. This group of like-minded advocates share mutual feelings about the importance of education and physical activity amongst our youth and have made it their mission to cater to those two important needs.

During the Open House, the public was invited to come explore the book, talk with its creators, and participate in a number of SEL activities outlined within its pages. SEL (social-emotional learning) is a method of promoting holistic child development by teaching students skills such as self-regulation, persistence, empathy, self-awareness, and mindfulness. The multilingual book, published by TreeTops Publishing, is quickly becoming a wonderful resource in the classroom, and it’s no wonder why. Today, more than ever, our children require these skills in order to grow and become successful within themselves.

“Power Poems for Giraffes focuses on poems as narrative therapy - thinking about the way poems make us feel,” explained Benatovich. “Poetry is a way to interpret and process what we experience as humans every day. Exploring emotions and ideas through poetry is a way to work through the difficulties of life.”

Saturday’s event did more than just showcase a beautifully written and creatively illustrated book. The Giraffe Team, as they are affectionately called, structured the sale of Power Poems for Giraffes so that \$1 from each book sold will help fund the educational needs of an orphanage in Uganda. On a local level, the Giraffe Team has also chosen to donate \$1 from the sale of each book to SK8EVL, the volunteer group spearheading the Ellicottville Skatepark project. As lead advocate for SK8EVL, I was honored to accept a donation check from the Giraffe Team in the amount of \$100, which our organization will apply towards providing future skateboarding opportunities to the youth of our community.

These articles always tie back into that one, very special, super important word: Community. On behalf of SK8EVL, I’d like to thank the Giraffe Team for their dedication to the classroom and outdoor recreation. How lucky we are to have this core group of individuals doing what they love for the greater good of us all. Thank you Katie, Charity, Carey and Neal. And thank you to Bella the Giraffe, who of course, was at last weekend’s Open House as well. If you missed out and would like to purchase a copy of the book, head to [treetopspublishing.com](http://treetopspublishing.com).

Speaking of skateboarding, if you’ve walked by the Village Park this week, you may have noticed that crews are back at work on the outdoor skatepark. The concrete park is projected to open by the end of June... watch for more details in future issues of *ellicottvilleNOW*. We can’t wait!

### FROM ONE SEASON TO THE NEXT

This coming weekend will be a bittersweet one as we say adios to ski season and hola to the green season. No doubt there will be quite a few of you out there who’s goal will be to ski and golf in the same day, as Holiday Valley plans to operate Yodeler and Morningstar lifts and open the front nine of their Double Black Diamond Golf Course simultaneously. For our family, it has become tradition to close out the season on our snowboards, and this year we’re looking forward to hitting up both resorts on Easter Sunday, followed by a hearty dinner out at Villaggio. (Move over Easter ham; this girl is all about the pasta and Risotto bites!)

If you’re already looking ahead to next ski season, NOW is the perfect time to get a jumpstart on any equipment or outerwear that may need replaced. Mud, Sweat n’ Gears has marked down the remainder of their winter gear (up to 50% off!) New hours at the shop are Tuesday through Sunday 10:00am-5:00pm. Once you’ve filled your wardrobe with deep savings, head over to Holiday Valley and take advantage of their best season pass pricing by purchasing your pass before April 30th. View pass options at [www.holidayvalley.com/winter/passes/](http://www.holidayvalley.com/winter/passes/). Come next winter, you’ll be locked and loaded and ready to lay out some sweet carves.

On to bike season. HoliMont is offering early bird pricing on bike park passes, which grant season passholders lift access all summer long. The HoliMont park crew is already

“Changing Seasons” continued page 13

LET ONE OF OUR AGENTS FIND THE RIGHT HOME FOR YOU!

**Holiday Valley**  
**REALTY CO. INC.**  
*Open 7 Days a Week*

Julie Filipowicz  
Lic. R.E. Agent  
716-864-7196

Joany Bund, GRI, Mgr.  
Lic. R.E. Assoc. Broker  
716-969-2156

Judy Gross  
Lic. R.E. Assoc. Broker  
716-378-7737

Joe Eysaman  
Lic. R.E. Agent  
716-378-7079

Fred Graham  
Lic. R.E. Agent  
814-598-1322

John “Jake” Northrup II  
Lic. R.E. Agent  
516-712-5941

Shanell Kiersz  
Lic. Rental Manager  
716-699-2912

Tara Bowen  
Tamarack Resales  
Lic. R.E. Agent  
716-699-7003

GET DETAILS ON EVERY HOME IN OUR AREA  
**HOLIDAYVALLEY.COM/REALTY**

**SALES: 716-699-2000**

VACATION RENTALS: 716-699-2912  
OFFICE: 6084 Rte. 219 @ Holiday Valley Rd., Ellicottville, NY 14731

**WE ARE HIRING!**

JOIN THE ELLICOTTVILLE CHAMBER OF COMMERCE TEAM!

- Be Part of a Fun, Exciting & Busy Office Environment
- Assist in producing and presenting 18 annual events and festivals
- Work with the team to create social media marketing campaigns

FOR MORE INFO OR TO SCHEDULE AN INTERVIEW, PLEASE EMAIL:

**INFO@ELLICOTTVILLE.NY.COM**

**CORE PERFORMANCE**  
FITNESS & TRAINING

Build a Healthier YOU!

Customized, One-on-One Programs

- Strength Training
- Injury / Illness Recovery
- Nutrition Planning

55 Bristol Lane, Ellicottville  
716-698-1198

**INNER PEACE AND STRENGTH**  
MENTAL & EMOTIONAL HEALTH

MENTAL HEALTH SERVICES IN ELLICOTTVILLE

MAJOR INSURANCES ACCEPTED

For more information, contact Laura Widger, LCSW  
716-244-0089  
[lmwidger@gmail.com](mailto:lmwidger@gmail.com)



ellicottvilleNOW

LOCAL

## SNOWMAKERS BALL

Villaggio to Carry On the Tradition of Celebrating Our Local Ski Industry Personnel



BY MARY HEYL

Although the ski season began with a few wintry storms, total snow accumulation this winter has been on the lower end of the spectrum. Without the hard work of Holiday Valley and HoliMont employees, there wouldn’t have been much of a ski season, noted Andrea Austin, general manager of Villaggio and organizer of the annual Snowmakers Ball, which celebrates the hard work of Ellicottville’s ski personnel at the end of every winter. “It’s the whole team we’re celebrating, not just snowmakers,” said Austin. “Snowmakers, ski lift operators, groomers, and the whole maintenance crew - that’s who we’re celebrating.”

All are invited to Villaggio on Thursday, April 20 from 5:00-9:00pm to honor those who make Ellicottville’s ski season possible. “It’s just a nice thank you to the snowmakers, especially this year, to show our appreciation,” Austin explained. “They’re going in when we’re sleeping at night or early in the morning in brutal conditions just to make sure the slopes are going! It’s a lot of really hard work.”

Restaurants from all over town donate food for the event, which features a delicious buffet and live music; guitarist and vocalist Tim Britt will be performing from 5:30-8:30pm. There is no cover charge to attend the event; however, each year, donations are accepted for a cause of the snowmakers’ choosing. This year, the Frank Pitillo Memorial Lighting Fund, which is raising money to install new lighting at Ellicottville Central School’s football field, is the chosen cause.

In addition to delicious food and great music, the celebration also features a silent auction, comprised of donations from businesses, organizations, and individuals throughout the Ellicottville community. Local sculptor and winner of Food Network’s “Outrageous Pumpkins,” Eric Jones will be at this year’s Snowmakers Ball doing free caricature drawings. While snowmakers and other crew members are the guests of honor, Austin emphasized that this event is open to everyone to celebrate the end of the season and let the ski crews know how much they are valued and appreciated.

Villaggio is continuing to accept donations for silent auction items. Those who would like to contribute can contact Austin via email at andrea@villaggioevel.com or call the restaurant at 716-699-2199 to make arrangements to drop off donation items.

## PERFORMING ARTS SCHOLARSHIP

Memorial Fund in Memory of “Lady Diamond Dust” Carroll Swanson  
Established at the Cattaraugus Region Community Foundation

OLEAN - Carroll Swanson’s long career in music took her across the world, but her roots in Olean led her to establish a scholarship for musically inclined students in the Olean area. Swanson, perhaps better known as “Lady Diamond Dust,” grew up in Olean and graduated from Olean High School in 1958 before her talent on the piano led to being signed by the Robert Haugh Talent Agency in New York City. She would go on to perform in mainstream hotels and lounges across the country and later, she would play on the Holland-American Cruise Ship Line, Love Boat and a number of other cruise lines. She worked for over 15 years as an entertainer in Las Vegas, NV.

Locally, Swanson was known for playing favorite melodies at the Century Manor piano bar after she returned to the area in 2002 when her mother fell ill. Her music career followed in the footsteps of her father, Brad Swanson, an organist and RCA recording artist who appeared twice daily at the Capitol Hill Restaurant in Olean. Outside of performing, one of Swanson’s passions was sharing her love for the piano through teaching.

The Carroll Swanson Memorial Scholarship Fund for the Performing Arts, established at the Cattaraugus Region Community Foundation through a bequest from Swanson, will continue Swanson’s love for supporting music students by providing scholarships for students at Allegany-Limestone, Olean and Portville who have participated in a school music program. Beginning in 2024, the scholarship will be available to students in each district. Applicants will be required to include recommendations from their music instructors.

Since she returned to the area in 2002, Swanson spent much of her time teaching piano to area residents. Even after she had to stop performing publicly due to an autoimmune

“Scholarship” continued page 13

## THE STORY OF AARDVARK

How an Artist From Spain Ended Up in Ellicottville, Making Furniture



BY CAROL FISHER-LINN

When you want plumbing supplies, you go to a hardware store. When you want a travel agent, you call Molly’s Travel. When you want to go on an exploration and behold things you don’t encounter in a normal gift shop environment, you come to Ellicottville and discover several such fantasy places that go beyond just a shopping experience once you cross through their portals. Today, you are invited to consider Aardvark, home of beautifully crafted furniture and eccentricities - some one-of-a-kind - many made from vintage reclaimed wood or imported from wonderful places around the globe.

This small (20’ x 60’) but interesting-at-every-nook-and-cranny shop is tastefully furnished, making one comfortable immediately. You feel like you have been invited into a welcoming home. (My husband says you feel the owner’s gracious soul.) When you enter, you will likely notice no one since Inigo de Orbe, the owner, would be at the back of the store at his desk. He’s an artist and a sketcher so he may well be working on an idea that popped into his head. He will see a photograph in a magazine of a woman in a beautiful dress and the lines might inspire him to sketch a drawing of a cabinet. Walking through the woods with his boys, Adrian and Iggy (Ignacio), they might ask what he is seeing when he spots a twist or a crook in a tree or a bird feather lying on the ground. He might see an interesting chair design or a way to integrate several woods together to create the layers of the feather.

He’s an artist, you see, come from a long line of family members who have the artistry DNA. He tells of a father in the Spanish military who designed things as a hobby, and his abuela (grandmother) who filled her home with beautiful paintings, sculptures, and whatnots. His brother is a director of art movies and has had them displayed at MOMA, London, Venice, and the film fest in Berlin, winning several awards. His youngest brother does unexpected and beautiful things with photography (including putting a photo of de Orbe skiing on a massive 30-inch preserved leaf). His work, mainly of people simply “doing life”, has been shown in Barcelona, Spain.

de Orbe says the urge to create is in his genes, having absorbed it over his growing-up years in Spain, without even realizing it. As a young kid in school his art teacher would ask him what project he would like to work on, rather than assigning one. In response at about age 8-9, he built a clipper ship, much like the ones you find for sale in his shop. The following year, he created a 6’ x 6’ hand carved, painted mural of Africa, complete with custom-made wooden animals. But he didn’t follow that inclination as he got older. When pressed, he spoke about an art teacher when he was about 15-years-old, who gave an assignment. Once he saw de Orbe’s work he was very impressed and must have figured his job was done with that student, so he dismissed him from class for the rest of the year. It was then that de Orbe lost interest and turned to biology because he loved nature.

Thankfully, he found his way back to art. In 1999, he married art teacher and Springville native, Elisa Hughey, raised a family and opened Aardvark for Elisa to express her artistic creativity when she found herself not able to continue teaching at ECS. Through her shop, she established a custom decorating and design business along with presenting beautiful things in Aardvark. Sadly, de Orbe lost his muse, Elisa, when she died of cancer after a courageous struggle in 2016.

So, how did this artist from Spain end up here in Ellicottville? Here’s a fun story. Miguel Azcarate, whom the ski industry knows as an amazing boot fitter and owner of Mud, Sweat n’ Gears (MSG) with his wife Kim, was raised and went to school in Spain (kindergarten and up) with Inigo de Orbe. As young adults, both were working to become more involved in the international pro-racing scene (de Orbe says, “ok, we were ski bums”) and Azcarate called him in Belgium, suggesting they go to Chili and race. One thing and place led to another and one day Scott Kent came into the picture. A friend of Dennis Eshbaugh’s, he suggested coming to Ellicottville to coach and teach. Now, these guys skied 270 days a year so coming to Ellicottville was a big decision. For two years or so, they followed the snow. After the Olympics in Barcelona in 1992, de Orbe decided to stay put in Ellicottville for a while and take some marketing courses at JCC. He wanted courses in English to improve his use of the language since he knew he had to be bilingual to market to companies around the globe.

Long story short, the two young men formed the business, Azor Traders, while both were working at Holiday Valley. de Orbe did much of the cross-country driving/set-up to the merchandise shows while his partner continued to teach at Holiday Valley. He and Azcarate would tag-team, sometimes even meeting in gas stations to head to an

“Aardvark” continued page 13





# Team Pritchard

## Selling the Ellicottville Lifestyle!

### Cathleen Pritchard & Melanie Pritchard

Associate Real Estate Brokers  
ERA Team VP Real Estate & HoliMont Realty  
info@teampritchard.com  
12 Washington St., Ellicottville, NY 14731



↓ Visit us at the HoliMont Desk!  
We are agents and members! ↓

Cathy: (716) 983-4234 [www.TeamPritchard.com](http://www.TeamPritchard.com) Melanie: (716) 480-8409



**CATHLEEN PRITCHARD**  
LICENSED ASSOCIATE REAL ESTATE BROKER

**TOP 100 AGENT**  
BUFFALO NY

*Presented by*  
**Premium Mortgage Corporation**



12 WASHINGTON STREET  
ELLICOTTVILLE, NY 14731



**4110 Irish Hollow \$390,000**  
Secluded Paradise! Get away from it  
all at this well-built log home!  
3 bdrm 2 bath sq ft. 1,428



**New Listing!**  
**25 Fresh Tracks \$2,149,000**  
King of the Hill! Ski in/out. Gorgeous!  
4 bdrm 3 bath sq ft 2,688



**MELANIE PRITCHARD**  
LICENSED ASSOCIATE REAL ESTATE BROKER

**TOP 100 AGENT**  
BUFFALO NY

*Presented by*  
**Premium Mortgage Corporation**



12 WASHINGTON ST  
ELLICOTTVILLE, NY 14731

Premium Mortgage Corporation HQ: 2541 Monroe Ave, Rochester, NY 14618  
Toll Free: (844) 793-0177 | NMLS# 3254 | Licensed Mortgage Banker NYSDFS

companies are not affiliated

ADVERTISING

EQUAL HOUSING LENDER

Check out Team Pritchard 360 imaging, virtually visit a home  
from the comfort of yours!

Our photographer is part of our team--right here in Ellicottville,  
done the day you list with us!



# HOLIMONT

# Your Premiere Destination for All-Season Fun.

A membership at HoliMont is more than great skiing, it's four seasons of family, fun and friendship.

- ✓ Unparalleled Ski Conditions
- ✓ Custom Designed Trails
- ✓ World-Class Learning
- ✓ All Season Programs
- ✓ Exclusive Perks & Events
- ✓ Trial Membership

HOLIMONT.COM | 716.699.2320







Thank you very much for helping to make this past winter a fun one! Without you, none of this would be possible. Our last planned day for the season is April 9. We can't wait to do it all over again next winter & we're looking forward to seeing you here this summer. Stay tuned to holidayvalley.com for operation updates about closing day.

UPCOMING EVENTS

2023-2024 EARLY PASS SALE

Buy your 2023-24 pass now and save with the BEST rates of the year! Includes Classic and Ultimate Passes, plus Rangers and Training Center Programs. Fee free 4 payment installment plans available.



GOLF SEASON

The ski and snowboard season isn't over yet but golf season is right around the corner. Plans are to open the Front 9 on April 9 so you can ski and golf on the same day!



MUDSLIDE RUN

The most muddy fun you'll have all summer. Come run, slip and slide your way through 15 different obstacles and a lot of mud!



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

### Anew Beginning Massage & Spa

RENEW YOUR MIND • BODY • SOUL



MASSAGE  
REFLEXOLOGY  
FACIALS  
WRAPS  
ACTIVATED ISOLATED  
STRETCHING  
PACKAGES  
GROUPS WELCOME

9 MONROE ST., ELLICOTTVILLE, NY  
**716-699-2508**  
[www.AnewBeginningNY.com](http://www.AnewBeginningNY.com)  
VIEW ALL SERVICES ON OUR WEBSITE

### Reflections Hair Design

A Full Service  
**Paul Mitchell** Salon

Cuts • Color • Perm  
Manicure • Pedicure  
Shellac • Waxing

39 Mill Street, Ellicottville, NY

FOR APPOINTMENT:  
**(716) 699-8757**



**Team VP**  
REAL ESTATE  
& VACATION RENTALS



FOR ALL LISTINGS & VACATION RENTALS VISIT

**ELLICOTTVILLE.COM**

OR




**SCAN ME**





12 WASHINGTON STREET • ELLICOTTVILLE • 716.699.4800

**\$250,000**



**THE FRANK PITILLO**  
MEMORIAL LIGHTING FUND

**\$83,648**



**HELP US MOVE DOWN THE FIELD TOWARDS OUR GOAL!**

**WANT TO DONATE?**  
Scan the code above, or send a check to:

**The Cattaraugus Region Community Foundation**  
301 North Union Street / Suite 203 / Olean, New York 14760  
(Put **Frank Pitillo Lights** in the memo.)



# “EGG”CITING EASTER

## HIGHLIGHTING ALL THE LOCAL EASTER FUN



THERE IS ALWAYS SOMETHING TO DO IN AND AROUND ELLICOTTVILLE... WHAT ARE YOUR PLANS?



### BUNNY FEET

@ Daff Dry Goods  
17 Washington St. • EVL  
716.699.2293  
daffevl.com

Just because winter is over, doesn't mean you have to have cold feet. And what better way to warm up those toes and remember that Easter isn't all about candy, than to grab a pair of HotSox from Daff. Covered in the cutest selection of bunnies you could find, super soft and the perfect edition to any Easter gift, especially the sock lovers in your life.



### VILLAGE FAMOUS EGG HUNT

@ Ellicottville Village Park  
11 Parkside Dr. • EVL  
716.699.2240

The event of the Easter Holiday is home at the Ellicottville Village Park on Saturday, April 8th beginning at 1:00pm. The event, sponsored by the Ellicottville Dire Dept., is free to attend and all ages are welcome. Each child will receive a ticket with drawings for the grand prize chocolate bunny, stuffed animals and more. Multiple winners and free peeps and jelly beans!



### LIGHT THE WAY

@ Good for the Spirit Gifts  
11 Martha St. • EVL  
716.699.2871  
goodforthespiritgifts.com

With the return of more daylight, why not bring more 'light' into your day with an incredible variety of candles. Good For the Spirit Gifts stocks candles to help attract money, love, or to invite peace, calm, grounding or for protection. Or choose one of their scrumptious scented candles - all on sale now through April 9th. 10% OFF, no code needed!



### 15 LB. EASTER BUNNY

@ Watson's Chocolates  
27 Washington St. • EVL  
716.699.2805  
watsonschocolates.com

For all your sweet basket needs, you know Watson's is ready to go. Chocolate bunnies, jelly beans, fudge, Sponge Candy... need we say more? Watson's is hosting its Annual 15 lb. Easter Bunny Giveaway! Stop by Watson's on Washington St., downtown Ellicottville, enter to win, and stock up on some sweet treats from EVL's favorite chocolatier.



### PASTA & PRIME RIB

@ Villaggio  
7 Monroe St. • EVL  
716.699.2199  
villaggioevl.com

For Easter this year Villaggio will be opening at 3:00pm and offering their all-you-can-eat Pasta Bar and Prime Rib. Choose your noodle, choose your protein and veggies, choose your sauce and the team will whip up a delicious dish just for you. Then you can go back for more or change it up. What an awesome Easter meal that will be. They will also have music from 5:30-8:30pm featuring Geno McManus. Happy Easter!



### SPRING REFRESH

@ Anew Beginning Massage & Spa  
9 Monroe St. • EVL  
716.699.2508  
anewbeginningny.com

Hop on over to Anew Beginning to spruce up your being for Spring! They have all diffusers on sale for \$15 OFF (regularly \$40-65). Leah and her team are also offering a one-day Special for Good Friday, April 7, that you should be jumping to schedule: receive a complementary back scrub with any 60-minute service! And after Easter is over, don't forget to keep your eyes peeled for an upcoming Mother's Day giveaway!



### BUBBLY FOR BRUNCH

@ Winery of Ellicottville  
14 Monroe St. • EVL  
716.699.1055  
wineryofellicottville.com

Add a bottle of bubbly to your Easter brunch plans. The Winery of Ellicottville has an amazing Riesling that's great for drinking on its own or when using it to create a fantastic peach mimosa. (The best brunch beverage!) What Easter brunch (or any brunch for that matter) is complete without a sweet beverage? If Riesling isn't your thing, they have a wide variety of options.



### OLEAN “EGGSTRAVAGANZA”

@ War Veteran's Park  
551 E. State St. • Olean  
716.372.4433  
oleanny.com

The City of Olean Youth and Recreation Department wil host its annual EASTER EGG HUNT on Saturday, April. 8. Line-up is at 10:30am, with the hunt to start at 11:00am. Location is War Veteran's Park. (Rain date location: Lincoln Square.) The first 400 children will received a gift bag compliments of the event sponsors. Age Groups: 2-3, 4-5, 6-7 and 8-9.





# REGIONAL

## BANFF FILM FESTIVAL

RTPI to Host International Film Festival, sponsored in part by Holiday Valley



By Mary Heyl

There aren’t too many places in the U.S. that are located just five miles from one of the highest navigable lakes in North America, fewer than 30 miles from the southernmost Great Lake, and 35 miles from two ski resorts in the foothills of the Allegheny Mountains. Yes, it’s this location and so much more that make Jamestown’s Roger Tory Peterson Institute the ideal host for the Banff Centre Mountain Film Festival, which will take place across two days: Friday, April 21 and Saturday, April 22.

“We are excited to once again bring the Banff Centre Mountain Film Festival World Tour to the Reg Lenna Center for the Arts,” said Jill Bornand, marketing and communications officer for the RTPI. This year’s ticket also includes an all-access weekend pass to the RTPI, the perfect place to celebrate Earth Day and enjoy yet another stand-out offering of the region.

Holiday Valley has been a proud sponsor of the Banff World Tour since it started coming to Jamestown over 15 years ago. “The Roger Tory Peterson Institute is so unique and special to this area,” said Dash Hegeman, director of marketing at Holiday Valley. “The Banff Centre Mountain Film Festival is an annual tour that brings incredible artists together to create incredible films that showcase all the best aspects of mountain culture. The tour reaches more than 40 countries on seven continents and is the largest adventure film tour on the planet. Naturally, we’re thrilled that the tour comes to RTPI and are always excited to support it here locally!”

2023 marks the 17th year that the RTPI has hosted the tour, and it is the only organization in western New York to host the festival. In past years, the festival was a one-day event during the week; this year is unique in that it is a weekend-long event. “One of our goals is to bring visitors to the region to explore all we have to offer,” Bornand explained. “We hope that visitors will come for both nights and stay the night to enjoy the area.” Toward that end, the DoubleTree by Hilton in Jamestown is offering a special 15% discount to festival goers who use promo code “RTP.”

The RTPI will be open from 10:00am-4:00pm on Friday and Saturday and from 1:00-5:00pm on Sunday during the festival weekend. Just a short 10-minute drive from downtown Jamestown, the RTPI is a great place to visit during the day before attending the film festival in the evening. “Hike our nature trails through the Peterson Preserve, then come inside The Lodge - designed by famed architect Robert A.M. Stern - and enjoy ‘Hope is the Thing with Feathers: Contemporary Women Nature Artists,’” said Bornand. “This exhibition features artwork by five women who explore the powerful yet fragile nature of birds and the ecosystems on which they depend for their very lives.”

From legendary comedienne Lucille Ball, to former U.S. Attorney General and Supreme Court Justice Robert H. Jackson, to NFL Commissioner Roger Goodell, Jamestown is the hometown of quite a few influential individuals, not the least of whom is Roger Tory Peterson. The son of Swedish and German immigrants, Peterson was born in Jamestown in 1908 and developed an early love - and talent - for sketching and painting birds and nature. After graduating high school, he traveled to New York City where he worked his way through art school by painting furniture. An art teacher by day, Peterson published his first book, “A Field Guide to the Birds,” known as the first modern field guide, in 1934. Subsequent field guides and his own Peterson Identification System put Peterson on the map as one of the foremost contributors to the American Conservation Movement of the 20th century.

“Hosting the Banff Centre Mountain Film Festival World Tour is one of the ways we nurture artists and art that matters to the planet,” said Bornand. On Friday and Saturday nights beginning at 7:00pm, over a dozen films that range in length from five minutes to 45 minutes will feature landscapes captured by filmmakers from all over the world. For example, “A Baffin Vacation,” a 12-minute Canadian film, follows Erik Boomer and Sarah McNair-Landry on their 45-day expedition through Baffin Island in search of stunning cliffs to climb and unexplored rivers to kayak. “REEL Rock 16: Cenote,” a nine-minute film by Americans Reed Rickert, Zachary Barr, and Reel Rock, follows a young papaya farmer who discovers the joy of climbing crystalline limestone sinkholes on Mexico’s Yucatan Peninsula.

Hegeman is looking forward to this two-day event, which is a great opportunity for locals and visitors. “Honestly, I’m thrilled that such a great film festival comes to an incredible venue in this area,” he said. “Many of the people who go to this festival at RTPI are guests of Holiday Valley and so it’s great to be able to support the festival and see

## PERFECT PROTEIN

Dalayla Cricket Farms in Springville Provides Something to “Chirp” About



Perfect Protein customer Roberto Petrilli frequents the shop regularly, noting that he uses the powder in many of his cooking recipes. Photo / Rich Rumfola

By Rich Rumfola

While looking for an alternative source of high-quality protein to fuel his recovery from a back surgery gone very bad, Ellicottville native Nick Alexander happened to cross paths with crickets, and the tiny black creatures changed his diet - and his life - forever!

Now the owner/operator of Dalayla Cricket Farms and the CRKT Perfect Protein production/retail facility, Alexander grows crickets by the millions at his Springville, NY location for the production of a high-quality, cricket-based protein powder that can then be used to create protein-rich foods as varied and familiar as strawberry smoothies and chocolate cookies.

Alexander explained during a recent interview that his journey toward becoming the original ‘Cricket Cowboy’ in New York State began when life-altering complications arose from a back operation. “It really changed everything for me,” he said. “When you can’t walk, it really changes your perspective.”

For Alexander, it took a lot of perseverance, hard work and the healthiest diet he could come up with to push through the devastating negative effects of the surgery - a process which included learning how to walk again and progressing from a wheelchair to a walker and then cane before finally regaining his full ability. “I needed another source of protein besides beef or chicken because I knew that with a high-protein diet like the one I wanted, there’s only so much beef or chicken you can eat,” he explained.

Having discovered for himself how the cricket has been recognized for centuries as a rich source of protein by cultures the whole world over, Alexander says he saw a functioning cricket farm for the first time on a trip to Colorado and returned to New York determined to make an operation like that work here at home.

As far as how he learned to raise healthy crickets in a farm-like setting, Alexander admits the information is all over the internet. “Once you see how the farm works, it’s pretty basic - and then it’s just a matter of time and totes.”

In reality, they’re just large plastic totes, much like the kind you’d store your Christmas decorations in, but industry insiders jokingly refer to them as ‘Cricket Condos,’ and with plenty of fresh food and water provided to condo occupants on a daily basis, the simple plastic tote plays home to one cricket and as many as 10,000 of its closest friends and relatives, as they grow from egg to adult in just under two months’ time.

Alexander feeds the crickets with plant trimmings from a local greenhouse, uses less than 1 percent of the water that a beef or chicken facility would require to produce a comparable amount of protein, and houses nearly two million crickets at any one time in an incredibly minimal footprint of 300 square feet in his downtown Springville, NY facility. (As an observation, the room where Alexander’s crickets grow is far cleaner and much more neatly-organized than the kitchen of any fast food restaurant you might happen to walk into.)

Alexander gave a concise explanation of the cricket’s life cycle in this way: “From an egg to a tiny cricket is seven days. They’ll shed their exoskeleton seven times before they’re an adult and then they’ll start laying their eggs. Once they start laying their eggs, crickets generally won’t live much longer than another week.”

When it’s time for adult females to lay eggs near the end of their life cycle, Alexander puts out dishes full of moistened mulch that all the females will instinctively use to bury their eggs in. Dishes loaded with cricket eggs then get collected into containers filled with nothing but new eggs and each container full of eggs must be moistened daily to keep the youthful creatures from drying out as they transition into tiny crickets. Once that transformation is complete, young crickets get put into their own tubs to live what Alexander describes as “the best life possible for a cricket. They live in climate control, with fresh greens for food and a clean water source that’ll last throughout their entire life.”

He went on to explain the ethical nature of producing protein from crickets in that the creatures he grows will get to live their whole natural lifetime, unlike cows, chickens or most any other animal that ends up on our tables. “When it comes time for their life cycle to be complete,” Alexander said, “we put them in a cold environment where they simply fall asleep and never wake up.”

Crickets will generally go dormant when the temperature drops below 50 degrees Fahr-



Family Owned and Operated since 1979



"We've got gas."



FAST, RELIABLE SERVICE

**FOR QUALITY SERVICE, CALL THE EXPERTS**

**PROPANE • GENERATORS • SPACE HEATERS • WATER HEATERS • GARAGE HEATERS**

10035 U.S. Route 219 • West Valley, NY 14171

**716-592-7242**  
**TOLL-FREE 800-640-0370**  
 After-Hours Emergency: 716-592-7242 Ext. 5



Generac Generators  
Propane and Gas

**hollandpropane.com**



Modine  
Hot Dawg Heaters

I LOVE *what I do,*  
AND *you* WILL TOO!



Real Estate Services

**TINA DILLON** Lic. Real Estate Salesperson  
 C: (716) 474-5646 thedillonteam@gmail.com  
 34 Washington Street • Ellicottville, NY 14731



Locally Sourced and Locally Made  
Come and taste the true spirit of Ellicottville!



Visit our on-site tasting room.  
Enjoy one of our uniquely handcrafted cocktails.  
Shop our bottle selection.

**ELLICOTTVILLE**  
distillery

Open Thurs 3-7 Fri 1-8 Sat 12-9 Sun 12-6

5462 Robbins Road  
Ellicottville, New York  
716-597-6121  
ellicottvilledistillery.com

BIKES, BURRITOS AND BREWS  
ALL UNDER ONE ROOF!



COMBINE FORCES TO BRING YOU  
DELICIOUS AND HEALTHY BURRITOS, TASTY CRAFT BREWS,  
PROFESSIONAL BICYCLE SERVICE AND  
EXTENSIVE KNOWLEDGE OF LOCAL CYCLING.

Stay Tuned ...  
FB/IG @evillebikeand bean  
@42northbrewing



11 MARTHA STREET, EVL  
716-699-BIKE

**We Are Ellicottville's  
Local Insurance Agency**



Providing Specialized  
Insurance Coverage For



**Ski Homes**



**Airbnbs**



**Rentals**

LOWERIN' EARS FOR 16 YEARS

**JONNY  
BARBER SHOP**

13 BRISTOL LANE  
(by CCSE Credit Union)  
ELLICOTTVILLE, NEW YORK

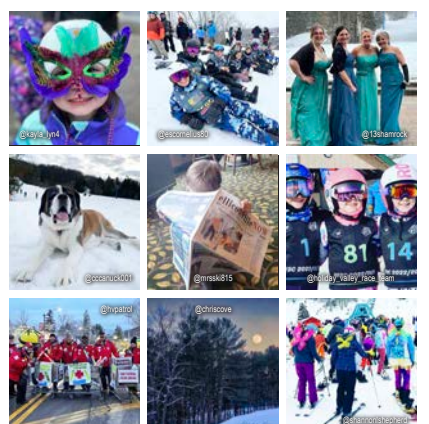
APPOINTMENTS RECOMMENDED

**Regular HOURS** • Tuesday - Friday 9am-5pm  
 • Saturday 9am-12pm  
 • Beard Balm Sold Here!

Jonny Barlow, Licensed Barber

For more info on booking  
appointments, pricing & hours:  
716-572-3321 • jonnybarber.biz

**ellicottvilleNOW**  
LOCALLY OWNED AND PUBLISHED



share your photos with us!

**play along**

@ellicottvillenow  
#evlnow

**WEED ROSS** *Local*

Simple. Straightforward. **Insurance.**

At Weed Ross, we offer clients the highest quality insurance plans, a personal relationship, and the best prices available. As we continue to build upon decades of expertise, we specialize in coverage for vacation homes, seasonal homes, rental properties, lake houses, and more. Our dedicated team of local insurance agents helps ensure optimal coverage at the lowest rate possible.

4 Monroe Street | Ellicottville, NY

Call (716) 699-2388 Or Visit Us At **WeedRoss.com**

**Martens**  
CLEANING SERVICES

Specializing in Commercial and Residential Cleaning



Call Now!  
585-435-7158  
martenscleaning@yahoo.com



Follow us on Facebook!

- All office cleaning services discussed & designed for your needs
- No job is too small
- Weekly, biweekly or monthly cleaning options available
- Offering Deep cleans & carpet cleaning
- Construction cleanup
- Plus rental property flips
- And commercial cleaning too!



Good

f

@

the

Spirit

Ellicottville's  
Spiritual Gem

CRYSTALS & SPIRITUAL  
WELLNESS

We carry the right tools to support your spiritual journey  
Crystals, Singing Bowls & Intention Candles  
to name a few!

11 Martha St. | Ellicottville, NY  
716-699-2871  
blessings@goodforthespiritgifts.com

OPEN:  
MONDAY-SATURDAY 11-6 | SUNDAY 11-5

thrive

IV LOUNGE  
ELLICOTTVILLE, NY

VITAMIN INFUSION  
IV HYDRATION  
VITAMIN INJECTION

(716)244-3286

ThriveIVLoungeWNY.com

ELLICOTTVILLE  
SALT CAVE  
HALOTHERAPY SPA  
*Step in and catch your breath*

print . web . on-demand

ellicottvilleNOW

LOCALLY OWNED AND PUBLISHED

Ellicottville's newspaper, published weekly in print & online  
subscribe at [ellicottvilleNOW.com](http://ellicottvilleNOW.com)

advertise

f

@

@ellicottvilleNOW  
#evlnow

To place advertising, call our office at 716-699-9816  
or email [info@ellicottvillenow.com](mailto:info@ellicottvillenow.com)

OFFICE:  
9 W. Washington Street | PO Box 1077 | Ellicottville, NY 14731  
[ellicottvillenow.com](http://ellicottvillenow.com)

PAMPER YOUR MOM  
THIS MOTHER'S DAY!

This mother's day, you can let mom  
pick her most favorite Salt Cave  
service by giving her a gift card -  
good for any products or service.  
(may we suggest a massage or facial?)

SALT CAVE THERAPY | BODY SALT GLOWS | RELAXING MASSAGE  
WARM SALT STONE FOOT MASSAGE | LEMONGRASS FOOT SCRUB

32 W. WASHINGTON STREET • ELLICOTTVILLE, NY  
716-699-2068 • [ellicottvillesaltcave.com](http://ellicottvillesaltcave.com)

PaNDaGOAT

M • E • D • I • A

graphic design • website development  
video production • photography • aerial imagery  
social media marketing • copy writing  
strategic branding • business coaching

meet your team at  
[www.pandagoatmedia.com](http://www.pandagoatmedia.com)

9 W. Washington Street | Ellicottville, NY 14731 | 716-699-9816



# HEALTH & FITNESS

## Core Performance: The Art of Stretching and Keeping Your Muscles Healthy

By **KIM DUKE**, CERTIFIED PERSONAL TRAINER

Stretching is one of the best ways to keep your muscles healthy. Stretching regularly will help maintain your muscle strength and increase your flexibility. The more flexible you are, the better it is for your joints. Keeping muscles and joints in top condition helps with your day-to-day range of motion by reducing tension, increasing efficient muscle movement, and can improve your posture.

Most people associate stretching with athletics as a necessary element to a cool down. Even though it is best to do deep stretching post-workout, your warmup can also include elements that have built-in stretches. This is often called dynamic stretching or even dynamic warmup. Examples of incorporating stretching into your warmup include performing lunges, doing high kicks, pushups, jump squats - almost any heart-boosting activity that engages the same muscles you are about to use in your sports activity or workout.

Post workout, your stretching should be even more purposeful. It is important that you stretch to reduce tension so that your muscles can return to a relaxed state. While static stretching (stretching muscles without warming up in an effort to loosen them) before a sporting activity has been shown to decrease muscle strength and power, after workout is a good time for this type of stretching. Your body already being warm from exercise will help lengthen that muscle tissue. It probably won't prevent soreness, though.

There are plenty of other opportunities to use stretching as a tool for added wellness. If you find yourself getting sleepy at work or school or losing concentration, it's time to stretch. Stretching at work can guard against repetitive-motion injuries that are caused by deskwork. It can boost energy as well. You can begin with some simple overhead-arm stretches, but don't stop there. Do stretches that engage your upper and lower back, your neck, your legs, and even your wrists and ankles. Don't be embarrassed to stand up and even do a few squats. In fact, standing instead of sitting is a great way to break up your day and get your circulation flowing, so do it whenever you can.

Another important time to keep stretching is when you are pregnant. Stretching can keep you feeling your best. It can help prepare your body by lengthening muscles, which can help offset the growing stress on joints. Loose, flexible muscles also help make you comfortable as you carry extra weight. Pregnant women should target upper and lower back muscles, leg muscles, and their chest and hips with stretches. Just remember to move slowly. Pregnancy relaxes your ligaments and joints and can affect your balance. Also, stop stretching if you are in pain. Always listen to your body.

Stretching is vital for seniors who feel less sure footed as they age. Being flexible will help with balance and promotes safety in day-to-day activities. Research shows that stretching at least 3 times a week for 15 to 20 minutes will improve mobility, but doing it 5 days a week is even better. Before starting a stretching regimen, be sure to talk to your doctor. This is especially important if you've had hip or back surgery or any other major surgery or injury. Your doctor can guide you to some safe ways to stretch your lower body that won't aggravate any past injuries.



- The following are tips for stretching:
- Major muscle groups really benefit from stretching. Focus on shoulders and neck, calves and thighs, hips, and lower back.
  - Stretch evenly on both sides.
  - Hold stretches for about 30 seconds.
  - Remember to breathe. Exhale while going into the stretch; hold the stretch as you inhale.
  - Don't bounce while stretching.
  - Use it or lose it. You have to keep stretching if you want to maintain your flexibility.

*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 or [www.coreperformancefitness.com](http://www.coreperformancefitness.com). Kim can be reached directly at 716-698-1198.*

## April is National Child Abuse Prevention Month: Communities Working Together Can Help Families

By **CAROL FISHER-LINN**

Although not the most pleasant topic to read about, or even think about, imagine the life of an abused child who is at the mercy of a parent or guardian. Picture your child, your grandchild or one beloved who wakes up every day (hopefully from a clean bed, but maybe not) to face the wrath of an angry parent who themselves may have mental issues or an uncontrolled issue with drugs or alcohol. I'm reminded of a book, A Child Called "It" by David Pelzer, who was that child and miraculously survived. Reading this book is like reading about the inhumanities Holocaust survivors endured. Hopefully, there is no one in our world who is being treated as badly as this boy was for so many years (he was afraid to say anything at school for fear of the repercussions), but frankly, there are kids who are being abused.

In talking with Jesse Blakesslee, Case Supervisor for Cattaraugus County Child Welfare, he informs that upwards of 1800 reports of child maltreatment are received every year in the county. Thankfully, about two-thirds prove to be unfounded, but sadly, another third (600) are verified abuse or neglect. Unfortunately, a percentage of those require county intervention where the child is legally and immediately taken into custody for their safety and welfare.

At any given time in Cattaraugus County there are approximately forty children who have been removed from their homes and placed in traditional foster care. One goal is to "place these kids with relatives or those with verifiable relationships (Fictive relations) – not necessarily blood relatives, but friends, and even teachers" who have stepped to the plate,

says Blakesslee.

According to Blakesslee, the kids hardest to place are siblings and teens. I recently spoke to someone who has taken three siblings (now teens) and built a secure home for them. Imagine how this affects those children. Not only are these children dealing with the trauma of having endured abuse from, of all people, their parents, but they are removed from their known environment and placed in a strange one. In the aforementioned case it was with family, but imagine the trauma of suddenly trying to begin a new life with total strangers on top of having endured abuse. If these kids come out of it intact, they will be strong, sensitive adults, but they must get there. You may not know of anyone who has admitted to having been abused, but it might be hopeful to see the names of a few successful survivors of foster care: Eddie Murphy, Colin Kaepernick, Steve Jobs, John Lennon, Marilyn Monroe, James Dean, Willie Nelson, Ice T, Cher, Louis Armstrong, and Alonzo Mourning. Kids in foster care are not lost kids, but kids given a second chance at building a life, with the help of their foster family.

That's where you could come in. According to Blakesslee, they are always in need of new potential foster parents to raise their hands. Presently, in Cattaraugus County, there are twenty to twenty-five families or single individuals making room in their homes and in their hearts for these kids. Do the math and you can see that there are not enough to go

"Child Abuse Awareness Month" continued page 14

## Moving Meditation: Pfeiffer Nature Center Offering Spring Seasonal Forest Bathing

PORTVILLE - Forest bathing, also known in Japanese culture as "taking in the forest atmosphere" or shinrin-yoku, is a slow calming wander, a moving meditation surrounded by nature which has been practiced for centuries but coined a term in Japan in the '80s. Pfeiffer Nature Center will host a Spring Seasonal Forest Bathing session on Sunday, April 30 beginning at 10:00am. Led by Jessie Lampack Slattery, local yoga instructor and outdoor enthusiast, participants will breathe and enjoy the many physical, emotional, mental, and energetic benefits of forest bathing.

"We will meet in the parking lot and wander through the woods, enjoying this as a whole body experience," explains Lampack Slattery. "In this session we will focus on observation, reflection and deep gratitude to the Earth herself."

"Everyday is Earth Day when you are an Earthling"... this will be the anchor for April 30th's walk. All ages are invited if they can maintain a quiet atmosphere. Participants are asked to prepare for possible cold temperatures (this is a slower and more mindful pace than an average hike so dress appropriately) and show up with an open mind. Prepare to turn inward and find yourself expanding and connecting with even

the trees themselves.

"Walk as if you are kissing the Earth with your feet." - Thich Nhat Hanh. Studies have shown that forest bathing can reduce blood pressure, lower cortisol levels which decreases stress, improve concentration and memory and actually boost the immune system.

"Plan to leave your phones off and cameras at home as we unplug for an hour and reset our internal systems," continues Lampack Slattery. "We will breathe and gently stretch along the way, soaking in the healing qualities of this shared homeland. We hope to see you there!"

Cost is \$7 per person or \$5 for Pfeiffer Members and can be paid at the time of the program. Pre-registration is not required. In the event of freezing rain and/or extreme weather, this program will be cancelled; please look for a cancellation notice at [www.facebook.com/hometownyoga](http://www.facebook.com/hometownyoga). This walk will be held at the Pfeiffer Lillibridge property, 1974 Lillibridge Road in Portville, NY.



# PHOTO REWIND

## Book Event Benefits Children Locally and Across the World

Local authors hosted a special book signing last Saturday at the Ellicottville Memorial Library to promote their newly published book, “Power Poems for Giraffes”. During the event, they offered a number of children’s activities and presented a donation to the Ellicottville Skatepark.



## The End of an Era: Holiday Valley Takes One Last Ride

On Monday, April 3, Holiday Valley staff and visitors took their last rides up on the Mardi Gras High Speed Quad. The lift, in operation since 1996, will be disassembled this summer and replaced with a new High Speed 6-Pack. Delivery of the new chairlift components have already begun!





## CHANGING SEASONS

cont. from page 03

prepping the trails for their Memorial Day weekend opening, including the addition of a few new lines. Jump trail anyone? Purchase passes and keep tabs on summer bike park events as they book up: [holimont.com/programs/bike-park/](http://holimont.com/programs/bike-park/).

### LEND A HAND TO MOTHER NATURE

As the snow melts away and we all venture outdoors for warm weather walks, please think about carrying some sort of bag with you to pick up any litter that has been released from winter’s grip. Our family lives on back country roads and it’s insane the amount of trash we find, needless to say thrown intentionally from car windows - coffee cups, beer cans, fast food bags... last year we even found an old TV tossed in a ditch. C’mon people. Let’s mind our manners and value our Mother Earth for all that she provides us. She is not our trash can! If we all do our part, mud season will be... just mud. Doesn’t that sound nice?

## AARDVARK

cont. from page 04

other show to make new marketing contacts. They sought to make connections between American businesses and those in Spain, Mexico and elsewhere. Everything was open game from ship models to dentistry tools. In 1994, they bought a beat-up old welding shop on Route 219/242, fixed it up and turned it into their International Headquarters for Azor Traders, continuing operations for about ten years. Eventually cheaper Chinese merchandise on the market helped them to decide to call it quits, and they sought other ventures. Azcarate had already purchased MSG and Aardvark was born. Steelbound came along, bought their building and now, you know the rest of the story!

Well, almost. You ask, how did de Orbe finally get into working Art? We’ll start with the Amish who provided him with wooden pieces to sell his store. Figuring school in America was too expensive and too prolonged, he approached his Amish friends/suppliers and asked if he could “intern” with them. Yes, they were taken aback, but slowly they warmed to the idea of an “English gofer” in their shops, and that’s how he started, always watching, always learning.

Eventually an Amish craftsman allowed him to do some hands-on work in his shop. Again, he paid close attention, especially to how they finished their beautiful pieces. Encouraged by people like Bob McCarthy and Michael Nickolson (both amazing woodworkers/craftsmen), de Orbe moved on to asking to use Nickolson’s shop to hone his skills. Of course, he was granted permission, Michael being Michael. de Orbe vows that if it were not for these people in his life, encouraging and pushing, he would not have pursued what is his natural talent.

Isn’t it amazing what happens when one person extends himself to encourage and help another? Life is filled with simple lessons, if only we pay attention. de Orbe, a man of many hats has a bit of philosopher in him. He told me that he asked his boys to take some time at the end of every week to sit back and review all the events that took place in their lives. As he puts it, if we keep running without looking back and intentionally put it into our memory, we forget the important things. Good advice.

Aardvark is open on weekdays by appointment and Saturday and Sundays from 11:00am and closing anywhere from 4:00-6:00pm, or thereabouts, so he says. If de Orbe is not there, call the phone number listed on the door. He is likely working in his shop around the corner. To glimpse a sneak peek at the furniture and designs you will find there, go to Facebook and search for Inigo de Orbe Custom Home Décor. He can be reached at [aardvarkinfo@verizon.net](mailto:aardvarkinfo@verizon.net) or call 716-699-6092. Plan to spend some time enjoying the store and chatting with this very interesting guy.

## SCHOLARSHIP FUND

cont. from page 04

disorder in 2016, Swanson said she played piano every day and continued to teach in an interview with the Olean Times Herald in 2017.

The Swanson scholarship will support students who share Lady Diamond Dust’s love for music and performance for many years to come, said CRCF Executive Director Karen Niemic Buchheit. “Music was such a huge part of Carroll Swanson’s life that it is only fitting her legacy be carried on through this scholarship fund,” said Buchheit. “The performing arts can play such an important role for our youth, so to support area students that are passionate about music and performance in this way seems like a perfect tribute to Swanson’s life.”

Donations can be made to the Carroll Swanson Memorial Scholarship Fund for the Performing Arts at the Cattaraugus Region Community Foundation, 301 N. Union St., Suite 203, Olean, NY 14760 or online at [cattfoundation.org](http://cattfoundation.org).

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

## BANFF FILM FESTIVAL

cont. from page 08

those guests outside of the resort setting. In terms of what I’m most looking forward to, it’s the artistic creativity of the films. Every year is something new and it’s really exciting to see what the film makers create.”

Tickets are available now through the RTPI at <https://rtpi.org/events/banff2023/>. One-day and discounted two-day tickets are available, as well as discounted tickets for active military members, students, children, and seniors. Those looking to upgrade their experience can purchase VIP one or two-day tickets. “VIPs are invited to a special opening night reception from 5:30-6:30pm on Friday, April 21,” said Bornand. “VIPs also enjoy special reserved seating in the best seats in the house, both Friday and Saturday.”

The RTPI recognizes the following sponsors who make the film festival possible: Holiday Valley, Chautauqua County Partnership for Economic Growth, Jamestown Local Development Corporation, City of Jamestown, Fund for Downtown Programming, Summit Wealth Management, Media One Radio Group, ERA Team VP Real Estate & Vacation Rentals, Loud Performance, and Team 1 Insurance. Bornand said, “As someone who has gone to the film festival many times, what keeps me coming back is the celebration of beautiful film making, inspiring storytelling and outdoor adventure.”

## PERFECT PROTEIN

cont. from page 08

enheit and will die as the mercury continues to drop towards freezing. Once they’ve been chilled to the point of no return, the crickets are given a quick hot wash to remove any impurities, and then placed on trays to go in the dehydrating machine, where they’ll stay until they’ve “dried” to the optimum level of humidity for easily milling the creatures into a protein-rich powder.

Alexander says he can rotate one cricket condo every seven weeks and every tote harvested will yield 5-7 pounds of protein. He has as many as 200 totes in rotation at any given time and is limited in his production capability only by the amount of square footage he allocates to the growing room. In one year, the 12’ x 25’ growing room he currently operates in the back of a remodeled gas station will produce as much as 3,000 pounds of powdered protein - or as much protein as 20 beef cows!

Alexander happily admits to being a farmer unencumbered by traditional farm equipment and methods saying, “I have no fencing, no tractors, no nothing and I can produce as much protein as 20 beef cows in a year!”

An avid hunter and backpacker himself, Alexander designed his first cricket protein-based products to go along with him into the backcountry on solo hunting trips of 7-10 days, where his initial protein bars were more like a meal replacement than a quick snack, as they provided a satisfying 44 grams of protein, combined with a whopping 800 calories in a single package!

Alexander says that once he started making the protein products for himself, he was excited by the idea that he “really had something here.” He designed a cricket-based granola to go along with his first protein bar and sent both products to Rich Outdoors, a hunting outfitter in Montana which purchased 1,200 bars and praised Alexander’s business for having a sustainable nature and occupying a minimal footprint. Alexander admits it took almost three years to complete all the necessary paperwork and to convince all the necessary state officials and food inspectors that his methods and facilities were sound enough to consistently create a delicious and healthy product fit for human consumption. The first baked goods he created from his cricket-based protein powder were produced in a borrowed church facility in Ellicottville because it had a state-inspected kitchen.

Named after his daughter, Dalayla Cricket Farms is the first cricket farm to ever operate in New York State and believably enough, the first crop of crickets to ever be grown on Dalayla’s Farm were raised in Alexander’s own basement. As for the department of health, if you can imagine the red tape and hoops that must be jumped through in order to bring any new food product to market in New York State, then you can probably begin to understand how the difficulty level might ratchet up exponentially with the fact that Alexander’s new food product was going to be made from a wholly non-traditional food source (in this part of the world).

Alexander says ultimately the state helped to work through myriad difficulties and roadblocks along with him and in the end, his cricket farm and production facility have become the Gold Standard for every similar operation hoping to open anywhere else in New York in the future. It also seemed to be a particular point of pride with the appropriate health department officials that the inspector assigned to Alexander’s application would be the first person to ever inspect a cricket facility in New York.

Since launching his own food production facility nearly two years ago, Alexander caters to a mostly online base of customers who are from all over the country, while also attempting to serve the needs of cancer patients whose doctors have advised a high-protein diet to combat weight loss and maintain strength after chemotherapy treatments.

With heartfelt enthusiasm, Alexander explained the limitless possibilities for those using his protein powder in their daily diets. “With the powder, they can do anything with it,” he said. “They can do the waffles, they can do pancakes and cookies and bake it into bread. They can mix it into their yogurt. It’s shelf-stable and has more protein than beef or chicken.”

For those people who are sensitive to dairy and can’t use whey protein, Alexander’s cricket protein powder could be the answer to their dietary needs. “The thing is, you can’t beat a cricket,” he said. “It’s got more calcium than milk. It’s got more iron than spinach and more potassium than a banana.”

Alexander explained that his goal was never to get into making food recipes, but just to provide the cricket protein powder and let folks make with it whatever their imaginations might call for. “We’ve done breads, we’ve done pasta... there’s nothing you can’t do with it! For every ten grams of powder, you get seven grams of protein. What else can you eat with that much protein in it?”

Although Alexander offers his protein powder in a chocolate-flavored format for his friends at the gym, he says he would prefer that people be creative and explore all the ways they can use the straight, unflavored protein powder in all their favorite recipes. Marketed under the ‘Perfect Protein’ brand name, Alexander’s line of cricket protein products includes protein bars, granola, cookies and crackers, but he also admits, somewhat to his own amazement, that bags of whole, roasted crickets (in jalapeño-garlic and barbecue flavors) are among his best-sellers, especially at all the outdoor shows and events he attends. “We really didn’t want to do anything like selling (whole crickets), but people want them,” he said. “When we go to the Elmwood Farmer’s Market in Buffalo, we sell out of these things every time we go!”

Along with appearances at outdoor living shows from Buffalo to Utah, Alexander has appeared as a guest speaker at local high schools like Frontier and also at local colleges like Buffalo State College, where he was amazed to find how very few educators had ever heard of the practice of farming crickets for protein.

Having worked the last six years to create and then build his brand, Alexander says his biggest challenge in the business thus far has come from defeating the stigma attached to the idea of “eating an insect.” The truth of the matter is that once crickets are milled into a powder, they become an unrefined whole food (not a supplement), which takes on the taste and texture of however it is prepared. Just like all-purpose flour is generally not consumed without first combining it with other ingredients, Alexander’s high-quality, all-natural cricket protein powder tastes best as part of any of your favorite recipes - from cookies to smoothies to breads and whatever else your culinary creativity might manage to conjure.

During our interview for this story, Italian-born Roberto Petrilli, now a Springville resident, stopped in to Alexander’s Perfect Protein shop (located at 70 Franklin Street in Springville) for his “usual order” - a coconut-flavored cricket protein bar to-go.

While paying for his purchase, Petrilli shared how he had been experimenting with Alexander’s protein powder in some of his favorite recipes at home and then raved about the great-tasting, high-protein, fresh pasta he created using a simple combination of cricket powder, all-purpose flour, eggs and olive oil.

Having opened the doors on his retail location in Springville nearly two years ago, Alexander hopes to franchise his Perfect Protein brand one day and maybe see a production facility (like Dalayla Cricket Farms) in cities and towns throughout the region.



# CLASSIFIEDS

## SERVICES

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

**DAN KANDEFER PLUMBING & HEATING:** Quality products and professional installation. Remodeling, radiant heat flooring, all service work, boiler service and furnace repairs. Residential and commercial, 60 years of experience! Call 716-583-2034 or 716-945-5848.

## SERVICES

**MARTENS CLEANING SERVICE:** Professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential and business cleaning. For a quote or to book your cleaning, call Christina Martens, 585-435-7158.

## FOR SALE

**FOR SALE:** AKC REGISTERED Cavalier King Charles Spaniel puppies for sale. Raised in Little Valley, NY. Text 716-801-6322. More information at [bonnieandclydecavalier.com](http://bonnieandclydecavalier.com).

## EMPLOYMENT

**LEAD CARPENTER:** Must have at least 5 years experience. Apply in person to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: [gmnickolson@aol.com](mailto:gmnickolson@aol.com).

**EXPERIENCED CARPENTERS:** Apply to G.M. Nickolson Construction, Inc. 42 Mill Street, Ellicottville, NY 14731 or email: [gmnickolson@aol.com](mailto:gmnickolson@aol.com).

**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 [gadogado98@hotmail.com](mailto:gadogado98@hotmail.com). \*This is a yearly position, not seasonal.

## EMPLOYMENT

**POSITION AVAILABLE:** If you’re looking for a position that pervades every facet of the tourism industry and allows the most room for movement and advancement, a career at the Ellicottville Chamber of Commerce may be the option for you. From being part of an exciting, fun and busy office environment, assisting in producing and presenting 18 annual events and festivals and working with our team creating social media marketing campaigns, you will always be busy. Experience in social media and Microsoft office products is a must, as is a great personality. You will be part of a community culture that attracts over 1.5 million visitors annually and grows in leaps and bounds. The successful applicant requires a good knowledge of Ellicottville and the surrounding region and must be comfortable in communicating with a large membership. For more information on a career with the Ellicottville Chamber of Commerce or to schedule an interview, just drop us an email at [info@ellicottvillenyny.com](mailto:info@ellicottvillenyny.com).

## EMPLOYEMENT

**THE ELLICOTTVILLE CENTRAL SCHOOL DISTRICT** has an immediate opening for a full-time cleaner (2nd shift). In addition to a competitive salary, this position has many other benefits:

- Paid holidays each year
- Paid sick days
- Paid Personal days
- Paid Vacation time
- New York State Retirement System
- Health Insurance

New York State Education Department Fingerprint Clearance Required. Candidates are invited to apply at: <https://ellicottvillecentral.recruitfront.com/JobOpportunities> OR on the district website: [www.ellicottvillecentral.com](http://www.ellicottvillecentral.com) or by phoning 716-699-2368 (ext. 1300) between the hours of 7:30 am - 4:00 pm. Interested applicants should submit a letter of intent and application to:

Ellicottville Central School  
ATTN: Melissa Sawicki,  
District Clerk  
5873 Route 219  
Ellicottville, New York 14731  
EOE.

## COMMUNITY

**VILLAGE EASTER EGG HUNT:** The event of the Easter Holiday is home at the Ellicottville Village Park on April 8th at 1pm. All ages are welcome. Event is free to attend. The hunt is done by age group, there are three. Each child receives a ticket and there are drawings for the grand prize chocolate bunny, some stuffed animals etc... There will be multiple winners. There will also be free peeps and jelly beans. Don’t miss out.

**THE FITNESS CENTER AT ELLICOTTVILLE CENTRAL SCHOOL** (weight room) is now open to the public on Tuesdays, Wednesdays and Thursdays (on days that school is in session) from 4:00-7:00pm through May 31. Individuals must sign in each time. For additional information, please contact the school at 716-699-2316.

## ACTIVITES AT THE LIBRARY

Ellicottville Memorial Library Invites Kids and Adults to Explore All the Wonderful Events Scheduled For the Month of April



By JESSICA SCHULTZ

Spring is officially here and the weather is (finally) warming up. The changing of the seasons doesn’t just bring green grass and pretty flowers; it also signals new activities and programs at the Ellicottville Memorial Library. They’ve got a lot of great things going on, so let’s explore!

Spring Break at the library is running now through April 10th. It’s a week of fun-filled activities including crafts, a scavenger hunt and more. Also, starting this week, Library Story Hour is back. From 9:30-10:00am, guests and their children can gather around to hear a short story. (This week’s Story Hour Theme is... Easter!)

Also back for 2023 is the Adult Reading Challenge. One year, 12 books (or a book a month) based on that month’s theme. The challenge for the month of April is “Read a Book Because You Liked the Cover.” Once you’ve completed the challenge, just stop in to the library and fill out a drawing slip. (It doesn’t matter if you missed the first couple challenges, anyone can jump in at anytime.) The challenge is always listed in the library’s newsletter, so make sure you are signed up to receive it so you don’t miss out!

Tuesdays at 2:00pm are always a great time to bring your kids (or yourself) into the library for Crafts with Cathy. You’ll have a great time creating your own unique piece of art. Her classes for April includes: April 7-Ukrainian Easter eggs, April 14-Diamond Dotz Feather, April 21-Coloring, and April 28-Coloring. It’s a good way to give yourself a small break in the day or to give your littles something to do.

All event info and more can be found on the library’s website, [ellicottvillelibrary.org](http://ellicottvillelibrary.org). Pay them a visit and check out the amazing online resources they can give you access to, including Kanopy streaming service - ad free and available to library patrons for a limited time. Hours of operation are currently Thursday, Friday, Saturday and Monday 10:00am-5:00pm, Tuesday and Wednesday 10:00am-8:00pm, closed Sundays. The Ellicottville Memorial Library is located at 6499 Maples Road, phone 716-699-2842.

## STROLEAN EVENTS PLANNED

Greater Olean Area Chamber Sets Date for 2023

OLEAN - The Greater Olean Area Chamber of Commerce held its first ever StrOlean in August of 2017. This new event was defined as an event to be held in downtown Olean, where event-goers could saunter, amble, wander, walk North Union Street and enjoy food, music, fine arts, classic cars and fun for all ages.

Friday, June 2 will be the first of two StrOleans planned for 2023. Those that have a brick & mortar store are encouraged to participate in the POP UP Marketplace where they will host an event inside/outside their store. For those vending outside their own store, there is no charge; however, please fill out an application for inclusion in promotion. For those that are considered real pop ups – vendors that display and sell their artisan items, catalog/home party, farm market stands, artwork, jewelry and more as well as food trucks – there will be a POP UP Market – a temporary ‘store’ in the location they choose/request. For more information or registration forms, call GOACC at 716-372-4433 or email [events@oleanny.com](mailto:events@oleanny.com).

## CHILD ABUSE AWARENESS MONTH

cont. from page 11

around. Some may even take more than one child who are not related but that makes that much more work for the individual and likely may create a less than optimum life for the foster children.

The goal is to return these children to their own homes with their families. The success rate is more than half according to Blakeslee. The others may end up adopted by their foster family, while others may end up in KINGAP which is a kinship guardianship. After a child is in fully certified foster care for six months, they can be adopted up to 21 years of age. A child can sign themselves out of foster care at age 18. Many do but some are offered and take the KINGAP route.

Foster families are paid a monthly stipend for everyday necessities. The child is enrolled in Medicaid, and transportation, a case worker and necessary services are available for their benefit. As a foster parent, you are not in this alone. You have all the support you need from the county.

If this article has piqued your interest in exploring the possibility of becoming a foster parent, please reach out to Jesse Blakeslee at 716-701-3599 or [jesse.blakeslee@dfa.state.ny.us](mailto:jesse.blakeslee@dfa.state.ny.us).



# instaNOW

Follow us on Instagram @ellicottvillenow

Share your photos with us  
and see them in our InstaNOW Photo Gallery!

Upload your photos using #evlnow / tag us.  
It's THAT easy!



Tagged images serve as granted permission for use by ellicottvilleNOW for promotional purposes of any kind in print • online • and on social media platforms.



rickmac6150: Well that's a wrap for me at Holiday Valley for the season.  
#evlnow #saygoodbyetowinter #lovinglife #holidayvalley



lcove1: We're still at it. The snow isn't all gone yet.  
#evlnow #holimont #stillgotsnow #sadforspring #bluebirdday



picklesandpepto: New plant for Spring! #evlnow #welcomespring



jtdaw6: Gold Chair - Last day... maybe #evlnow #stillskiing



holiday\_valley\_race\_team: Such a beautiful day at the HoliMont SlushCup. Let's go HVRT! #evlnow #youthracing #wintersports



lexvogt: Spring skiing  
#nocoats #holimont #evlnow



twangram: It ain't over till we say so! #snowboardlife #letsgo



kkdido: Celebrating the last day for the Mardi Gras lift - looking forward to the New Version next winter! #evlnow #holidayvalley



willygoat\_adventures: Chilly Willy up in the skate park #evlnow #ellicottvillebrewingcompany @jamestownskateproducts #doglife



ellicottvilleNOW: Pizza from @dinasellicottville while infusing at @#thriveiveloungeyny #evlnow #igotpokedinEVL #teamwork



mikeplivefree: Golden chair on a golden morning. #skitheeast #evlnow



# Thank You.

**We made it.**

**Record low snowfall. Roller coaster temperatures.  
Just enough cold to blast the guns. The challenge of keeping morale up and the vibes high.**

**But, we made it. The coast is clear.**

**The way the season started, we thought it'd be one for the ages. Waking up to frosty mornings in September and October is always a good sign, as were the countless black and brown woolies we saw. And the blessing of that deep November Lake Effect? The good omens came from seemingly everywhere you looked. Unfortunately, Ma Nature had alternative plans for us.**

**Speak with anyone in this industry, and the message is the same.  
"Don't worry about the weather. Worry about what you can control." So that's what we did. Keeping the vibes high and providing the premium service you expect of us never changed, even when the weather didn't go as planned. But this is a two-way street.**

**Your unmatched loyalty kept us going, both financially and emotionally.  
A million thanks still aren't enough.**

**It's wild to think we've been doing this for 38 years. In the grand scheme, a year like this is an outlier; a blip on the radar that doesn't encapsulate the entire story.**

**This community you help us continue to build supersedes any bad weather thrown our way this season, or ever. 140 riders for The Boardroom Banked, countless high 5s, a million laughs and riders of all ages showing up and showing out for events throughout the area.**

**Some of you come in once a season, some of you three times a week. The appreciation we feel for each and every one of you knows no limits. We're going to take some time off for family, golf and grill, but by August we'll be ready to go for Year 39.**

**Thanks for standing sideways with us, and thanks for your continued, unparalleled support of this rider-owned and -operated snowboard shop.**

*With Love,*

