



A Lesson in Giving the Gift of Life

Teachers, Students, Community Members Share Their Stories During 'Donate Life Day' at Ellicottville Central School



Ellicottville Central School Donate Life Day
photo / @ellicottvilleNOW

BY JESSICA SCHULTZ

We have all heard about organ donations. I'm sure we've all looked at that little box when we were at the DMV thinking, "Should I donate my organs?" "Doesn't that seem weird?" "I'm not sure how I feel about that." I, myself was hesitant back when I was younger. It seemed like a huge commitment to promise organs to a stranger. But honestly, it's way easier now that I've learned how one little check mark can impact someone else's life. Last Friday, the ellicottvilleNOW team was invited to Ellicottville Central School to attend the Donate Life Day assembly. And it was a humbling, eye-opening experience.

With the gymnasium packed full of middle and high school students and a few special guests from the community, principal Erich Ploetz kicked off the assembly by asking everyone to give their full attention to this important topic. We heard many stories from teachers and students of ECS that have been effected by organ donation. It takes tremendous courage and passion to share these stories. For them to openly discuss those personal feelings with strangers, to be able to hear them, it was such a moving experience.

... page 04

MAY IS ALS AWARENESS MONTH

In May in the United States, we call attention to ALS Awareness. Our neighbors in Canada do the same in June. The ALS awareness campaign was created to heighten the understanding of ALS (amyotrophic lateral sclerosis, also known as Lou Gehrig's Disease). During May, the American ALS Association leads a delegation of people with ALS, along with their caregivers and advocates to Capitol Hill to urge legislators to support measures to find treatments (there are few) and a cure (there is none).

We are made aware of ALS every August when ERA Team VP Real Estate offices throughout the area sponsor the "Agents of Hope" Golf Tournament, now in its 14th year. Bill Soffel from ERA explains that this started when he personally experienced the struggles his grandmother endured as she slowly succumbed to ALS and realized how little funding there is for research.

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GRIFFIS SCULPTURE PARK IS OPEN FOR THE 2023 SEASON

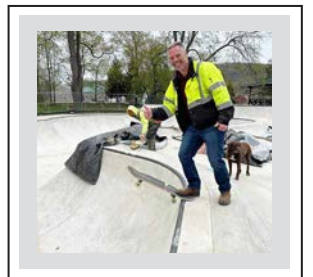
For many of us that have been in this area for a while, spring tradition calls for a venture up Rohr Hill Road or Mill Valley Road (sometimes both in the same day) to reconnect with the amazing sculptures of Griffis Sculpture Park. One of the largest sculpture parks in America, Griffis Sculpture Park boasts over 250 large scale pieces dispersed over many miles of hiking trails (450 acres to be exact). It's a truly unique attraction that invites you to explore for an hour or a whole day! The park is open daily from dawn till dusk until October; the gift shop operates on weekends only (Saturday and Sunday). ellicottvilleNOW recently spoke with Executive Director, Nila Griffis, about this year's season and what guests have to look forward to ... page 11

Ellicottville's Summer Music Festival to Bring the Heat

It won't be long before we're outfitting our family in red, white & blue, packing up our blankets and picnic baskets, and listening to some of the greatest musicians rock the stage at Ellicottville's annual Summer Music Festival. It's three days of super celebrations featuring live music, outdoor theater and the most adorable pet parade this side of the Mississippi! Pre-sale tickets for the slopeside concerts are now available and the Ellicottville Chamber of Commerce couldn't be more excited about this year's line-up ... page 07

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Steelbound Celebrates 5th Anniversary

Brewery/Distillery Plans Cinco de Mayo, Kentucky Derby Fun!

BY JESSICA SCHULTZ

It seems like only yesterday that Steelbound Brewery & Distillery went up near the corner of Route 219/242. Its industrial decor, unique brewery menu and entertainment line-up have been drawing crowds in since their opening. This year, to celebrate their 5th anniversary, Steelbound has promised an epic 2-day party May 5th and 6th with food and drink specials and a few timely themes. ellicottvilleNOW recently spoke with one of the owners, Bill Bursee, about the milestone event.

"Our 5th Anniversary falls on an epic weekend - Cinco de Mayo and Kentucky Derby - so we are celebrating in a big way! Get those margarita glasses ready and your derby hats on for our event. We will be the place to be in Ellicottville!"

... page 03



@steelboundofficial
photo / Dry Creek Group



photo / Rich Rumfola

LADY EAGLES PREPARE FOR TOUGH SECOND-HALF SLATE OF GAMES

As April turns to May, the Ellicottville Lady Eagles softball team sits in the middle of the pack in the Chautauqua-Cattaraugus Athletic Association East Division 2 standings with a 5-3 overall record (4-2 in league play) and the entire second half of their schedule is set to be played in the next two weeks. Like the exceptionally warm weather they played in, the Ellicottville offense started this Spring so hot that through their first four contests in the 2023 season, the Lady Eagles were a perfect 4-0 and had outscored their opponents by a 68-24 margin ... page 04



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Publisher's PICK

A STEELBOUND MILESTONE

Brewery/Distillery to Celebrate 5-Year Anniversary with Two Days of Cinco de Mayo and Kentucky Derby Fun



@steelboundofficial photos / Dry Creek Group

By JESSICA SCHULTZ

It seems like only yesterday that Steelbound Brewery & Distillery went up near the corner of Route 219/242. Its industrial decor, unique brewery menu and entertainment line-up have been drawing crowds in since their opening. This year, to celebrate their 5th anniversary, Steelbound has promised an epic 2-day party May 5th and 6th. ellicottvilleNOW had a great opportunity to speak with one of the owners, Bill Bursee about the milestone event.

eNOW: This is Steelbound's 5th Anniversary! How does it feel to have made it this far?
BURSEE: It's hard to explain how it feels. It's surreal and quite amazing. I want to keep holding onto these exciting moments. We have been through tough times, but so many continue to support us and have really embraced our brand in a way I never expected. Our product is really good, and once people try it they become a lifetime fan. Why? Because our products are made with passion and they are fun, creative, certainly tasty and spread joy. I own a successful construction company and I wanted to semi-retire and just relax. However, Steelbound was started and here I am, five years in, having fun and living my dream every day. Our first beer was called the "Nutty Blonde" which is a blonde ale, but it's richer and more flavorful. Now we have 44 beer brands and over 30 liquor brands, along with three locations - Ellicottville, Dunkirk and Springville, and more locations to come.

eNOW: The celebration is two days long, for Cinco De Mayo and the Kentucky Derby. What can people expect?

BURSEE: Our 5th Anniversary falls on an epic weekend - Cinco de Mayo and Kentucky Derby - so we are celebrating in a big way! Get those margarita glasses ready and your derby hats on for our event. We will be the place to be in Ellicottville! We will have food and drink specials at all three locations and we'll be giving out free margarita glasses for Cinco de Mayo. We will also offer \$1 drinks, for your first drink, if you wear a fancy hat on Derby day. The restaurant will be open at noon both days and we encourage you to get there early to get a spot, as we expect it will be packed.



eNOW: Could you give us a preview of a few dishes?

BURSEE: We will certainly be offering up fun and colorful Mexican dishes for Cinco de Mayo with two new tequilas - the Blanco which is a locally distilled custom blend of 100% blue agave, imported from Mexico. We will also introduce our Reposado which is the same as Blanco but aged for several months in a toasted / charred oak barrel. For Kentucky Derby, we will be serving up appetizers and showcasing our four new bourbons - the NY Aged 2-years, the NY Aged in a California port barrel, the Powerhouse, and the High Rye. Come out, celebrate with us and try our craft cocktails. We will also have delicious mocktails on hand, like our mint julep, for Kentucky Derby.

eNOW: That sounds amazing. We know you've got a lot of plans moving forward. Besides the huge expansion, any other plans for entertainment lined-up for this summer?

BURSEE: We are going to explore comedy acts which is something new to the region. We want to bring in new entertainment including local celebrity chefs. We will invite them in to cook in our facility and bring their talents and expertise to our Ellicottville location. We will have Chef Camille on May 17th where you can come meet him, and we will pair spirits with his delectable plates. We are always looking to add fresh ideas to our planning, and we want to make it convenient on our customers to take advantage and enjoy.

eNOW: What else does Steelbound have in the works?

BURSEE: This is a big milestone for us and we are just so excited to add more growth, but continue to keep Ellicottville as our home base. We just returned from a trip to Las Vegas, where we are opening a brand new location! There is so much on the horizon as we continue to create a beacon of cuisine, craft beer and spirits. We are so grateful to be part of this community.

Steelbound Brewery & Distillery is located at 6600 Route 219, Ellicottville NY. Regular hours at their Ellicottville location are Tuesday through Thursday noon-8:00pm, Friday and Saturday noon-10:00pm, and Sunday noon-8:00pm. They are closed on Mondays. You can scope out their menu at steelboundevl.com or call 716-699-2042 for more info.

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INSIDE THE CLASSROOM

DONATE LIFE DAY AT ECS

Local Organ Donors and Recipients Share Their Stories During Special Assembly



Ellicottville Central School Donate Life Day
photo / @ellicottvilleNOW

BY JESSICA SCHULTZ

We all have heard about organ donations. I'm sure we've all looked at that little box when we were at the DMV thinking, "Should I donate my organs?" "Doesn't that seem weird?" "I'm not sure how I feel about that." I, myself was hesitant back when I was younger. It seemed like a huge commitment to promise organs to a stranger. But honestly, it's way easier now that I've learned how one little check mark can impact someone else's life. Last Friday, the ellicottvilleNOW team was invited to Ellicottville Central School to attend the Donate Life Day assembly. And it was a humbling, eye-opening experience.

With the gymnasium packed full of middle and high school students and a few special guests, principal Erich Ploetz kicked off the assembly by asking everyone to give their full attention to this important topic.

We learned a lot of detailed information about donation that I wasn't aware of. Such as the fact that New York State has the lowest rate of donation out of any state in the U.S., that there are two ways to be an organ donor - both living and donation upon event of death - and that being a living donor is a more complicated process as there are many tests to undergo to make sure that you are a perfect match to the person you are donating to in order to best avoid organ rejection.

With all of these facts in mind, we heard many stories from teachers and students of ECS that have been effected by organ donation. It takes tremendous courage and passion to share these stories. For them to openly discuss those personal feelings with strangers, to be able to hear them, it was such a moving experience.

The first tribute was to past ECS student Kristen Hintz (cousin of teacher Tammy Peters). Kristen was killed in a car accident when she was a senior. As described by Tammy, she was a loving person who always cared about other people. She was a registered organ donor and her donations granted many people the chance to live. Her heart went to a 10-year old girl in Georgia, her kidneys were given to two people in Buffalo, and her liver went to someone in New York City. Though one precious life was lost, she saved four other people, just by allowing her organs to be used after her passing.

Tammy then shared her own story. Tammy was diagnosed with Primary Sclerosing Cholangitis (PSC), which is a chronic liver disease that eventually narrows/blocks the bile ducts and causes liver damage. This can eventually lead to life-threatening complications such as liver failure. Amazingly, Tammy's friend, Kelly McMahon (a retired ECS teacher) volunteered for the rigorous testing and came out as a perfect match. She donated part of her liver to Tammy on July 6, 2015 and both Tammy and Kelly are doing really well today.

We next heard the story of Anne Curtis and Amanda Kahn. Anne, a former ECS cafeteria worker, was diagnosed with Stage 4 Kidney Disease. Her granddaughter, Amanda, volunteered to be tested to see if she could share one of her kidneys. She was a match. In 2020, the procedure was performed and Anne received one of Amanda's kidneys. Both ladies recovered quickly and are in great health today.

Sometimes life can be very hard, as the Palmatier family came to find when two of their sons, Evan and Camden, were diagnosed with PFIC-3 (Progressive Familial Intrahepatic Cholestasis Type 3) which is a late-onset hereditary liver disease. I can't even imagine how their parents, Todd and Shannon (a teacher at ECS) had to feel, knowing that both of their children would need major surgery to have any quality of life, or how the kids felt dealing with their illness. It had to be so hard for all of them. Fortunately, Evan received his "gift of life" from a deceased donor just 10 days before his 20th birthday and his brother Camden underwent a liver transplant from a living donor when he was just 14. Both boys are in great condition and living their lives as any young adult should.

The next story really showcases the power of social media. ECS student Harley Laferty was in need of a kidney. She made a Facebook post hoping to find a living donor. Michelle Jacobson saw the post and made the decision to reach out to Harley and see if she could be her donor. They underwent the transplant surgery in 2019. Michelle said, "I didn't feel different after donating and I still don't. I'm so happy that I could help Harley." Harley just expressed how grateful she was for Michelle.

Family played a key note in the next story. Ruth Weber is a second grader at ECS who was diagnosed with leukemia and was in great need of a bone marrow transplant. Her (at the time) 14-year old sister Adelaide stepped up and donated bone marrow and stem cells

"Donate Life Day" continued page 14

ECS VARSITY SOFTBALL

Lady Eagles Battling Injuries & Opponents; Preparing for Tough Second Half



photo / Rich Rumfola

BY RICH RUMFOLA

As April turns to May, the Ellicottville Lady Eagles softball team sits in the middle of the pack in the Chautauqua-Cattaraugus Athletic Association East Division 2 standings with a 5-3 overall record (4-2 in league play) and the entire second half of their schedule is set to be played in the next two weeks.

Like the exceptionally warm weather they played in, the Ellicottville offense started this Spring so hot that through their first four contests in the 2023 season, the Lady Eagles were a perfect 4-0 and had outscored their opponents by a 68-24 margin.

"Our defense wasn't playing as well as I had hoped when the year started," explained Ellicottville coach Matt Finn. "But we were hitting the ball really well and our offense was playing fantastic."

Averaging 17 runs per game through those first four contests may have given some of the players the sense that the rest of the season might just be that easy.

"It was so good of a start for us, that a couple of the girls came in before practice one day and told me that they were surprised that we were off to a better start than they had expected," Finn said.

This was a conversation that Coach found equally encouraging and troublesome at the same time, because he knew that his team hadn't performed all that well defensively and they had "given up lots of runs."

It was right about then that the wheels came off the Ellicottville scoring machine. The Lady Eagles dropped a 13-2 decision to league-leading Portville on April 20 at Ellicottville, after the visiting Lady Panthers got off the bus and sprinted out to a 12-0 lead just two innings into the contest. Doing the math, Ellicottville "won" the remainder of that matchup, outscoring the Class C visitors 2-1, over the final five innings of play.

The very next evening, the Lady Eagles ran into a buzz saw in Olean and dropped a 19-1 decision to the Class B Lady Huskies, who were undefeated when they played Ellicottville and remain a perfect 9-0 on the season today.

"They were hitting line drives, they were hitting the gaps, they were hitting it where we weren't standing," Finn admitted in praise of Olean.

Thanks to the ten-run rule, the Lady Huskies only batted five times. Olean currently sits atop the CCAA East Div. 2 standings, as well as near the top of all Class B schools in Western New York.

Following the Olean game, the Lady Eagles then split a pair of one-run games with a 4-3 win over Franklinville and 14-13 loss to North Collins, which gets the girls to the season's mid-point with a 5-3 record. Without dropping a "could have, should have, or would have" on you, the Lady Eagles record could easily be one tick better at 6-2, as the girls really came out of the North Collins contest holding the short end of the stick.

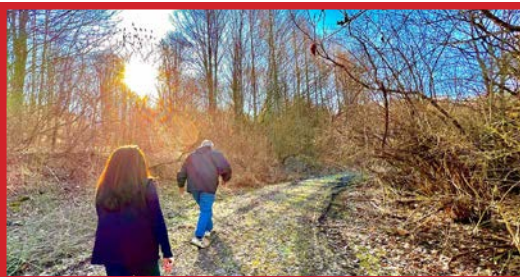
Cruising to a commanding 10-3 lead after four innings, the Lady Eagles were plagued by an incredibly unfortunate string of injuries which forced four players to exit at the mid-point of the game and resulted in more than half the team playing unfamiliar defensive positions.

The very next North Collins at-bats yielded a 10-run inning to put the home team up by three, 13-10, and although the Lady Eagles fought back to tie the game with three runs in the top of the seventh, last ups for the home team proved to be the deciding factor in the one-run victory.

Offensively, Finn's squad is led by junior shortstop Jaida Mendell and senior catcher/outfielder Allison Rowland, who have each posted batting averages close to .600 for the season and both girls each have a pair of home runs to their credit. Other offensive standouts for the Lady Eagles include freshman pitcher Ande Northrup and sophomore catcher/1B Courtney Marsh, who each sport a batting average north of .450 and have combined to score 22 runs for the team. In fact, Marsh's two-run homer in the Portville game accounted for all the scoring for Ellicottville on that day.

Defensively, the Lady Eagles are led by freshman pitching phenom, Ande Northrup, who

"ECS Varsity Softball" continued page 14

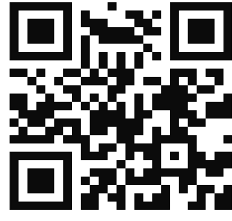


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PHOTO REWIND

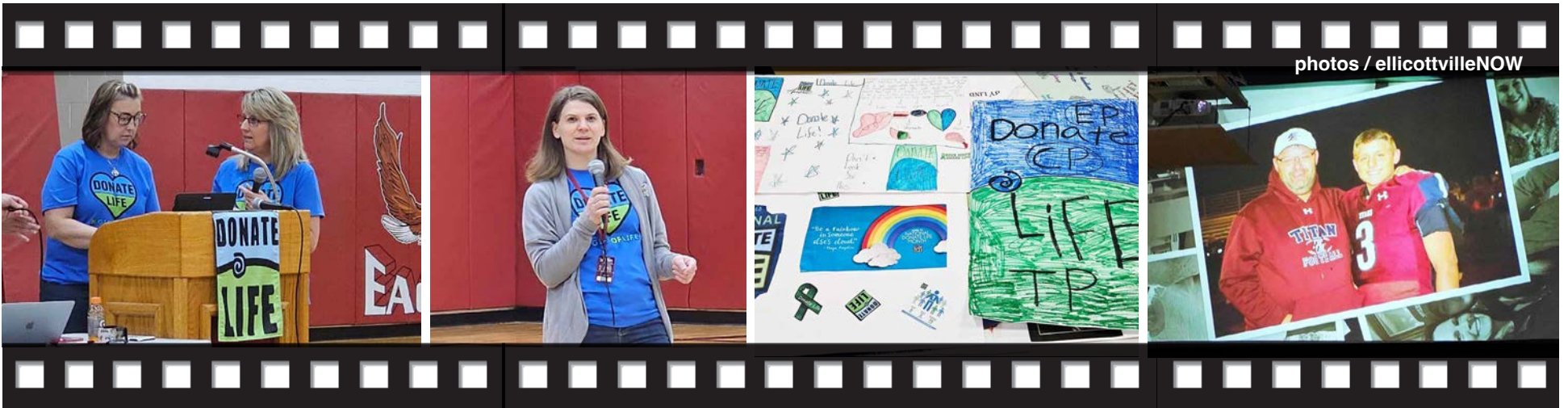
A Look Back at Nannen's Arbor Day Celebration

The Nannen Arboretum celebrated Arbor Day last Friday in a big way, with the introduction of three new trees donated by the Ploetz family. They were honored at the annual meeting, where members of the Ploetz family, Nannen family and Arboretum members were present to chat with guests. Pictured far left: The Ploetz family with the Bristlecone Pine. Pictured with the Scarlet Curles Willow: Nan Miller, Pat Kerl and Anita Ploetz. The following day, many in the local community came out to help clean up the Arboretum after its long winter sleep.



Donate Life Day at Ellicottville Central School

Last Friday, April 28th, the ellicottvilleNOW team was invited to Ellicottville Central School to attend the Donate Life Day assembly. And it was a humbling, eye-opening experience. We heard first-hand stories of local teachers and students impacted by organ donation. We learned what it took to be a donor and how passionate and courageous both donors and those receiving "the gift of life" are. We want to thank ECS for inviting us for this experience and we want to thank all the people who came out and shared their stories with everyone. Please consider registering as an organ donor.



ENTERTAINMENT

FLOAT THE ALLEGHENY

Greater Olean Area Chamber Encourages Businesses to Sign Up a Team



photo / GOACC

OLEAN - The old saying of 'Go Jump in the Lake' meant go away or leave me alone. GOACC officials want a different version - When you jump in the 'river', you don't go where you want to go, you go where the river takes you! Float the Allegheny on Saturday, May 20th will take you from Olean to Allegany on the Allegheny River.

Greater Olean Area Chamber of Commerce and its 46 corporate sponsors are hosting the 2nd Annual Float the Allegheny - floaters will drop in by kayak, canoe, or other floating vessels at the South Union Street boat ramp in Olean from 10:00-11:00am and will take the 4.69 miles of the Allegheny River to the Allegany boat launch (off First Street, Allegany).

Float the Allegheny participant tickets are \$20 each which includes a float wet dry bag (promo item, while supplies last) and refreshments (food and two brews). Purchase your float ticket by calling 716-372-4433 or go online at shop.oleanny.com. There is no minimum age to participate; those 16 and under will need to have a waiver signed by a parent/guardian.

This year's Float will be modeled after the Chamber's successful foot race, Corporate Challenge. The float event will follow suit with the goal of supporting companies in creating internal wellness programs and promoting team-building, fitness and friendly competition.

"We are encouraging companies and organizations to turn in teams of floaters. There is a team form to use that has a special incentive for those with members of 11 or more," stated Meme K. Yanetsko, COO of the Greater Olean Area Chamber of Commerce. Individuals, families and friends are also invited to participate; online registration is available as well as calling into the Chamber office.

FLOAT AFTER PARTY

The Olean Cornhole Club will be bringing their boards and bags and providing three tournaments at the Float After Party. The Blind Draw is 11:00am with a fee of \$10. You will be assigned a random partner, double elimination, top 3 payout. The Kids Blind Draw is at 12:30pm for ages 7-16; fee is \$5. Switcholio will be at 3:00pm; fee is \$15 with a guaranteed 6 games, 4 rounds of round robin, then into a double elimination, top 3 payout. Every paid entry will receive 2 free drink tokens. Please pre-register on scoreholio.com or just show up.

The Float After Party is scheduled from noon-5:00pm. Pull out your floating vessel at the Allegany boat launch and then come to the party at the River Park right next door to the launch in Allegany. Enjoy a variety of vendors - crafters, baked goods, direct marketers, aromatherapy, crystals and divinity sets. The Hungry Burro will have their delicious foods to enjoy (your food voucher can be redeemed here) and Wright Beverage Distributors will be providing adult beverages.

For those at the After Party, enjoy a Healing Sound Bath by Rev. Suzy Woo, B.Msc. of Good for the Spirit Gifts of Ellicottville. The Healing Sound Bath is a full-body meditative experience where people listen to resonant sounds. Rev. Woo will bring her large gongs and singing bowls. Cattaraugus Creek will be taking to the 'stage' at 2:00pm. Cattaraugus Creek features Kirk Windus (singer/guitar), Steve Capitani (lead guitar), Cole Ramsey (drums) and Tyler Venno (bass).

Sarah Blovsky, GOACC Membership Manager added, "Another goal of Float the Allegheny is to encourage people to 'get into the river' and have a whale of a good time in the process. Although not timed, and basically anyone can participate, we want to also load the Allegheny with many floaters! Last year, there were 127 floaters with this year's goal to hit 300!"

The Chamber is also looking for 20 Float Ambassadors who will take to social media and 'influence' and promote the Float to their following, friends and families. Incentives are built in for the ambassadors as they secure participants to float. For those interested in vending, GOACC is looking for vendors that include arts & crafts, artisans, catalog/home party, farm market stands with an endless line of products including but not limited to artwork, ceramics, clothing, furnishings, jewelry, plants, flowers, textiles and more. Please call the chamber for more information on either opportunity.

Team registration forms can be found online at www.oleanny.com. Single registration for the Float the Allegheny can be found online at shop.oleanny.com. For more information or questions, please call the Greater Olean Area Chamber at 716-372-4433 or email info@oleanny.com.

THE MAIN ACTS

Ellicottville's Summer Music Festival to Bring the Heat with The Players & Barracuda



@visitellicottville

ELLICOTTVILLE - It won't be long before we're outfitting our family in red, white & blue, packing up our blankets and picnic baskets, and listening to some of the greatest musicians rock the stage at Ellicottville's annual Summer Music Festival. It's three days of super celebrations featuring live music, outdoor theater and the most adorable pet parade this side of the Mississippi! Pre-sale tickets for the slopeside concerts are now available and the Ellicottville Chamber of Commerce couldn't be more excited about this year's line-up! Let's jump in...

HEADLINER: THE PLAYERS

Headlining the 2023 stage is Grammy awarded and top former members of Chicago and Earth, Wind & Fire, aka "The Players". Performing at an outdoor venue at the base of Holiday Valley Resort on Saturday, July 1st at 7:00pm, fans can expect to hear all the greats from these legendary icons.

Who are The Players? Bill Champlin (two-time grammy winner and member of Chicago for 28 years) will be joined by Keith Howland (former guitarist of Chicago), Jeff Coffey (former lead vocalist of Chicago), and Gorden Campbell (former drummer of Earth, Wind & Fire). With hits like "If You Leave Me Now," "You're the Inspiration" and "Hard To Say I'm Sorry" from Chicago, coupled with the likes of "Shining Star", "Boogie Wonderland" and "September" from Earth, Wind & Fire, The Players will have you reminiscing about the good old days.

BARRACUDA-AMERICA'S HEART TRIBUTE



As if The Players aren't already enough to sell the show, the Ellicottville Chamber has booked another iconic band to get event-goers revved up. Barracuda-America's Heart Tribute will prime the audience with their legacy sound.

Mastering top hits including "Crazy On You", "Alone", and of course, "Barracuda", the band is known for their monster vocals, brilliant musicianship and unceasing over-the-top performances which has created a solid foundation for this fabulous tribute to HEART. Taking everyone on a musical journey back in time, Barracuda-America's Heart Tribute articulately recreates the phenomenal songs of the 70s, 80s and 90s that are still loved by loyal Heart fans around the world. (Pro tip: Wear practical shoes. Leave the stilettos at home and go with comfort. We're certain you'll be on your feet as soon as these guys hit the stage.)

BUFFALO PHILHARMONIC ORCHESTRA

It wouldn't be an Independence Day birthday celebration without a colorful display in the night sky. And it wouldn't be Summer Music Festival in Ellicottville without a performance by the Buffalo Philharmonic Orchestra performing to explosive colors in the night sky. As the tradition continues, the BPO will close out Summer Music Festival Sunday evening beginning at 8:00pm on the stage at Holiday Valley. Strategically performing to an extraordinary fireworks display, this is an event with "family" written all over it!

What makes the BPO so great? Since its inception in 1935, the BPO has served as Buffalo's cultural ambassador. Over the decades, the orchestra has matured in stature under outstanding music directors including William Steinberg, Josef Krips, Lukas Foss, Michael Tilson Thomas, Julius Rudel, Semyon Bychkov, and Maximiano Valdes. Many distinguished guest performers have graced the orchestra's stage, including Sergei Rachmaninoff, Isaac Stern, Aaron Copland, Van Cliburn, and Yo-Yo Ma. JoAnn Falletta is the current Music Director of the Grammy Award-winning orchestra, which presents more than 120 Classics, Pops, Rock, Kids and Youth concerts each year. The orchestra's home base is Kleinhans Music Hall, a National Historic Landmark designed by Eliel and Eero Saarinen with an international reputation as one of the finest concert halls in the U.S.

MEET THE BANDS

Pre-sale tickets for both concerts are now available and can be purchased directly at ellicottvilleny.com. Upgrade your experience with a VIP package and you'll have access to a number of amenities, including VIP parking, a special VIP dinner, pit seating, private bathroom and the chance to meet each of the bands! Contact the Ellicottville Chamber of Commerce at 716-699-5046 for more information.

MOTHER'S DAY MANIA

A Guide to the Best Local Dining and Gift Options

Ellicottville Shops & Restaurants Have Everything That Special Person You Call Mom Could Want

BRUNCH BUFFET BONANZA

@ Villaggio
7 Monroe Street • Ellicottville, NY
716.699.2199 • villaggioevl.com

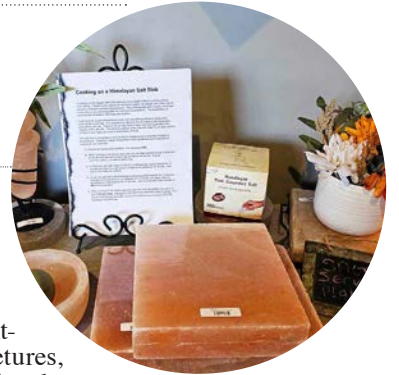
Treat your mom to a spectacular Mother's Day brunch on Sunday, May 14th from 11:00am until 3:00pm. Buffet is \$34.00 adults/with complimentary mimosas and \$17.50 for kids under 12. Featuring carved roasted turkey and ham, assorted rolls w/whipped butter, Italian Roasted potatoes, bacon, sausage, granola, yogurt, fruit, brioche french toast and more. That's a tasty way to celebrate Mother's Day for sure. Call to make your reservation today!



SUAVE SALT BLOCKS

@ Ellicottville Salt Cave
32 W. Washington Street • Ellicottville, NY
716.699.2068 • ellicottvillesaltcave.com

Some moms love the kitchen and are always looking for new ways to prep, season or serve their home cooked delicacies. Well, Ellicottville Salt Cave has just the thing for the moms who are culinary connoisseurs. Himalayan Salt Blocks are a fabulous way to add flavor to foods without over-salting. They can be heated or chilled to extreme temperatures, work great on grills, stoves or as serving platters. They last for quite a long time and are very versatile in the use.



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716.699.2508 • anewbeginningny.com

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11 Martha Street • Ellicottville, NY
716.699.2871 • goodforthespiritgifts.com

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ELEGANT EARRINGS

@ Gado Gado
26 Monroe Street • Ellicottville, NY
716.699.2128 • gadogadoellicottville.com

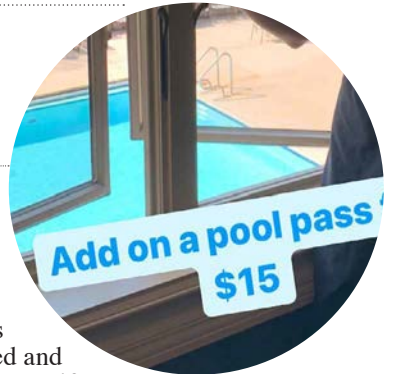
Gado Gado doesn't just have some rocking Spring styles that your mom would adore, but they've got all the best accessories to go with them - like their gorgeous Cecelia earrings, with fanciful designs to spruce up any casual look. They also have the added benefit that for each pair purchased, one tree is planted. You can give your moms a beautiful gift and give Mother Earth a gift at the same time. That's two beautiful birds with one gorgeous stone!



SPA & SWIM

@ Ellicottville Oasis Spa in the Tamarack Club
6557 Holiday Valley Road • Ellicottville, NY
716.699.8996 • evilleoasis.com

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BEAUTIFUL BATH SOAKS

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26 Monroe Street • Ellicottville, NY
716.699.4372

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SPRING SOCKS

@ The Purple Doorknob
11 Washington Street • Ellicottville, NY
716.699.2084

Keep mom's toes warm in style this Mother's Day. The new line-up of Spring socks is available at The Purple Doorknob and they are fantastic. From flowers to gardening to inappropriate NSFW sayings, there is a pair of socks for any kind of mom you know. There's even a pair that says "Proud Plant Mom", so maybe you know a garden loving mom or just a special mother figure who adores greenery. Either way, you can find the coolest collection of socks around at the Purple Doorknob.



POP IN FOR THE POP-UPS

@ Daff Dry Goods
17 Washington Street • Ellicottville, NY
716.699.2293 • daffevl.com

Join us at Daff Dry Goods for a celebration of all moms on Saturday May 13th from 12:00-3:00pm. The Little Blue Ranch is returning for you to make that special felt flower bouquet at her flower bar. Along with a local favorite, Pegs Hardware who will be offering her forever banded bracelets for you and your Mom. Flowers and jewelry aren't just for Valentine's Day. They're the perfect way to show your moms that you're always thinking of them.



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5462 Robbins Road • Ellicottville, NY
716.597.6121 • ellicottvilledistillery.com

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UPCOMING EVENTS

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REGIONAL

GRIFFIS SCULPTURE PARK

Art & Entertainment in the Open Air; Organizers Announce 2023 Events Schedule



@griffissculpturepark

BY JESSICA SCHULTZ

For many of us that have been in this area for a while, spring tradition calls for a venture up Rohr Hill Road or Mill Valley Road (sometimes both in the same day) to reconnect with the amazing sculptures of Griffis Sculpture Park. One of the largest sculpture parks in America, Griffis Sculpture Park boasts over 250 large scale pieces dispersed over many miles of hiking trails (450 acres to be exact). It's a truly unique attraction that invites you to explore for an hour or a whole day!

The park is open daily from dawn till dusk until October; the gift shop operates on weekends only (Saturday and Sunday). Though the park is free to wander, they do ask that you consider making a \$5 donation for adults and \$3 for seniors and children 5 to 12-years-old. You can pay at the gate or donate online by visiting griffissculpturepark.org.

ellicottvilleNOW recently spoke with Executive Director, Nila Griffis, about this year's season and what guests have to look forward to. Nila cued us in about three new works of art being added to the park by artist Trevor King. Trevor is an artist out of Queens, NYC who works in a variety of mediums including sculptures, ceramics and video. He has many accolades including being awarded the Outstanding Student Achievement Award in 2015 from the International Sculpture Center. Trevor is currently working as an instructor at the Greenwich House Pottery and is the Ceramics Technician at Tom Sachs Studio.

Nila then went on to tell us about a few of the events planned for this season:

- Griffis Sculpture Park's Annual Summer Festival – August 20
- Ashford Cup Golf Tournament at Diamond Hawk Golf Course
- Night Lights begins on September 8 and will run through October 14

SUMMER FESTIVAL

"Our Annual Summer Festival is our largest gathering of the year," Nila explained. "Headlining the event for 2023 is Jim Donovan & Sun King Warriors from Pittsburgh. The band is best described as a blend of rhythm heavy roots rock, with a strong dose of big barreling drums. Jim is an original member of Rusted Root and co-author of their mega hit, "Send Me on My Way."

Other bands on the bill: Buffalo's beloved PA Line will be bringing their unique, harmony-packed, funky, folk rock sound that has been described as "Mumford & Sons meets Rusted Root." Griffin Brady and Sly Boots Circus will showcase their world beat drumming. This Buffalo-based touring group outfits uplifting sounds and energy, bringing people to their feet. Olean's Isaac Spaeth & Friends will perform an exploratory musical piece on Larry Griffis Jr.'s sculpture, "The Castle Tower." Solo artists Ruby from Buffalo and Mikee Strongmen from Silver Creek will open the festival with separate performances. That's quite the line-up!

"The event also features a vendor village, a kid's crafts area, food stands, beer & wine service and more," said Nila. "The Annual Summer Festival is a major fundraiser for our beloved sculpture park. Patrons are welcome to bring chairs and coolers, and a shuttle will be available to take guests to the top where the stage is."

NIGHT LIGHTS

Nila also gave us some insight on one of the most anticipated events that takes place each fall. "Night Lights is how we celebrate the Autumn season at Griffis," she said. "We work with Doug Sitler of SitlerHQ to produce a creative blend of lighting, sound, nature and sculpture. Guests are able to venture on an unguided walk of about 0.7 miles and view the park from a totally different perspective beginning at sundown. Some evenings you might even find some creative performers around."

Night Lights begins in September and runs through mid-October. Cost of admission is \$14 for adults, \$9 for children age 7-12 and free for those under 6. Tickets can be purchased on EventBrite.com as we get closer to the fall season.

In closing, Nila wanted to add, "Griffis Sculpture Park is owned and operated by the Ashford Hollow Foundation, which also owns the Essex Arts Center in Buffalo, NY. The mission of the Ashford Hollow Foundation is to promote the visual and performing arts as well as construct a dynamic relationship between the arts and education in Western New York to better its young people and the greater community. We hope that all visitors enjoy all the nooks and crannies of the park this year! Especially the top of the hill near the stage area; they are all a must see, including the tower and maze - Larry Griffis originals!"

AGENTS OF HOPE

ALS: An "Orphan" Disease that Needs Much More Funding & Awareness



This year's Agents of Hope Golf Tournament, hosted by ERA Team VP Real Estate, will be held August 23rd.

BY CAROL FISHER-LINN

In May in the United States, we call attention to ALS Awareness. Our neighbors in Canada do the same in June. The ALS awareness campaign was created to heighten the understanding of ALS (amyotrophic lateral sclerosis, also known as Lou Gehrig's Disease). This campaign is recognized by the Centers for Disease Control and Prevention (CDC). During May, the American ALS Association leads a delegation of people with ALS, along with their caregivers and advocates to Capitol Hill to urge legislators to support measures to find treatments (there are few) and a cure (there is none).

ALS targets and damages the nerve cells in the brain and spinal cord. While there is no cure for this disease, medical marijuana proponents claim that it has helped slow its progression for patients with ALS. (marijuanadoctors.com) It usually strikes people between the ages of 40 and 70. However, Liz Krisanda, Executive Director of the Upstate NYS ALS Chapter, states that the youngest in the Upstate NY area is 18 and the oldest is mid-80's.

Approximately 20,000 people in the U.S. have it at any given time. About 5,000 are diagnosed per year. The average life expectancy is 2 to five years. (Rare are the outliers like Steven Hawking - 55 years, diagnosed at 21 - living to 76, and U.S. Navy veteran Alfred Caffiero, known locally by many as co-founder, with Bill Hahn, of WNY Physical Therapy - 23 years, living to 84.)

Every 90 minutes someone is diagnosed, and someone dies. Only 10% have inherited ALS through a mutated gene, while 90% occur without family history. There is no cure, although there are presently 4 drugs currently approved by the USFDA which help control symptoms but do not increase life expectancy.

Symptoms include progressive loss of muscle control with ALS gradually prohibiting the ability to speak, swallow, walk, grasp objects, move, and breathe. It is difficult to diagnose and is usually done by ruling out all other diseases. Sadly, this can sometimes take precious months or years. Interesting fact: ALS affects military veterans who serve in peacetime or war, regardless of the branch of service or the war they served in. Studies are ongoing to discover the connection, which is also shared with elite athletes. Battles are also waging in Congress to get funding for widows and families of ALS vets through the Justice for Veteran's Act.

We are made aware of ALS every August when ERA Team VP Real Estate offices throughout the area sponsor the "Agents of Hope" Golf Tournament now in its 14th year. Bill Soffel from ERA explains that this started when he personally experienced

"Agents of Hope" continued page 14

ERA OPENS NEW OFFICE

OLEAN - ERA Team VP Real Estate announces the opening of its new office in Olean, NY located at 483 N. Union Street and in celebration, is hosting a ribbon cutting and open house.

ERA Team VP has been a staple in Western NY and Northeast PA communities for over 30 years and is thrilled to be expanding into the Olean area. With offices in Mayville, Jamestown, Arcade, Ellicottville, Warren PA, and Bradford PA, Broker/Owner Bill Soffel and his team felt that a location in Olean was a great opportunity.

"This move is not only important to the growth of our company, it also creates new opportunities for our agents to better serve their current and potential clients in Olean," said Soffel. "Our team of agents in Olean are well versed in the area and have long-standing relationships with many of the community members, so it makes sense to put roots down in the community we're already serving and want to continue serving. We're looking forward to welcoming fellow business owners and community members to see our new space and meet our team if they haven't already!"

ERA Team VP's ribbon cutting and open house event will be held on Thursday, May 18 from 3:30-5:00pm. Refreshments and door prizes will be available. For more information about ERA Team VP, visit www.erateamvp.com or call their main office at 716-413-0200.

HEALTH & FITNESS

Core Performance: Time Under Tension

By KIM DUKE, CERTIFIED PERSONAL TRAINER

One of my biggest pet peeves is watching people workout in a rush. Whether you're working out against a timer or completing reps - rushing or doing the exercise quickly is NEVER a good idea. Rushing induces bad form, and bad form can lead to injuries and wasted reps. If you're looking to build muscle quickly and safely, doing slower reps is the way to go. Workouts with slower reps cause your muscle to experience more time under tension (TUT). TUT is how much time the muscle is contracting during exercise.

Resistance training like weightlifting or bodyweight exercises incorporate TUT to build muscle, endurance and strength. The idea behind TUT is that you'll make muscles work harder, improving strength, endurance and muscle tone. While the research is mixed on how much TUT matters, it will certainly diversify your workouts and potentially upgrade your results.

One of my favorite reasons for utilizing the TUT technique with both clients and group fitness class participants is because it forces you to slow down and focus on the concentric and eccentric parts to an exercise, thus improving your form and overall results. Let's take a bicep curl as an example of TUT... When you curl the arm (concentric phase) and hold that contraction and then slowly lower or lengthen the arm (eccentric phase), you will see an increase in the muscle hypertrophy. (Hypertrophy is a fancy word for increasing muscle size.)

Other research has found doing eccentric and concentric movements in six seconds each led to metabolic benefits immediately after the exercise, instead of the benefits you'd typically experience a full day after high intensity interval training (HIIT).

Workouts using resistance bands maximize TUT. Unlike weight training, where it's easier to lower your weights between reps, with resistance band workouts your muscles stay engaged during the entire movement. In addition, TUT training can be an excellent way for those who struggle to activate muscles properly, especially when rehabbing after an injury or surgery, etc. Slower movements increase your mind-muscle connection over time so that you know what to contract and which form is correct.

So, how long should your muscles be held under tension? According to the International Sports Science Association (ISSA), here are the ideal time ranges to hold a muscle under tension per set for different fitness outcomes:

- For building strength: 20 seconds or less
- For hypertrophy (building muscle): 20-70 seconds
- For endurance: 70 seconds or longer



Overall, time under tension training is just one of many techniques to workout, get fit and stay lean. But it is one that I find to be the safest and most effective way to really understand how muscle development occurs. When you can feel your muscles working, it's a thing of pure joy and accomplishment.

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. Kim can be reached directly at 716-698-1198.

Suzy's Star Readings: Happy Birthday Taurus People! Work with the Energies of the Month

By SUZY WOO, B.MSc



We are in between eclipses right now - the solar was April 20 and the Lunar (a full moon on steroids) is May 5 in intense Scorpio... and it will be emotionally intense. The time between eclipses is when we can hear a pin drop spiritually; it's amazing for prayers and meditation, to get some real (and deep) answers. Note: Don't put your crystals out for charging under an eclipsed moon.

We are still in Mercury retrograde through May 14 which means don't jump out and buy a new car, new computer or out of the blue begin a new venture. If it is something you have been planning and putting energy towards before April 21 then go ahead and continue or complete. But if it is an impulsive whim, definitely hold off.

That Mercury retrograde is in the constellation of Taurus, so those ruled by Venus (Taurus and Libra) can feel the effects as well as the fixed signs Leo, Aquarius, Scorpio and of course Taurus. This speaks to our possessions including finances, so our cash flow might be getting a little topsy-turvy during these 3 weeks. There might be the withdrawal of a bid on your house or car for example. There may be more details to sift through before getting the job offer you were hoping for. Just be sure to read all the fine print before you sign anything.

If you have been thinking of wanting to do something and the opportunity arises, that is a response from the universe in your favor and you should review and consider it. These are never coincidences but synchronicities that are to help you get into alignment with what you want. Signposts of epiphanies and repeating numbers and thinking about something then it shows up, should never be ignored.

The new moon in Taurus is on the 19. That will be great for business strategies, financial planning, overall getting in better tune with your body, your bank account, your budgeting and your self-belief. How well or not do you value yourself and honor your values? Are you living in integrity, or do you have healthy boundaries? It has to do with our own self-perception. It's a great time to start realizing that you are amazing, incredible and are worthy to have everything you could ever imagine. You deserve to be happy!

Why astrology is wonderful is because it provides the weather, so you know how best to prepare. You can work with what is going on. It can help you get to the best possible outcome; it's a tool. When we learn how to correctly use tools, we can become more and more skilled at life and fulfillment.

It may feel like things are on hold this month or time is moving slower, and there might also be some emotional turmoil especially on the home front and/or with family members, or those who are specifically the sign of Cancer. My advice is to keep your nose to the grindstone and keep plugging away at your own missions and goals, because anything you say right now can be taken the completely wrong way and hurled back at you. The whole month carries emotional pressure.

A great way to work with the energies of the month is to do things ruled by Taurus - plant! Plant seeds, repot your houseplants, take your shoes off and walk outside, till your soil outdoors, prepare for things. Clean up around the home, get out and clean your lawn furniture. Taurus rules currency, too, so save your money for a rainy day. Don't splurge.

More seasonal suggestions: purging and spring cleaning, stretching before you get out of bed, change up your morning routine, greet the day with gratitude, add Epsom salts to a nice soak. Taurus is a foodie, so try some interesting new foods! Eat slowly and really enjoy the flavors, pay attention to the smells of the season, rain, new growth, the blooming flowers. Drink in your world with your regular 5 senses, also ruled by Taurus.

Go rock hounding, fossil hunting, hug a tree, play in the dirt. Get yourself a nice bouquet of flowers! And take care of your earth element - the body. Put healthy things in your body, stay hydrated. Dress up, do things that make your body feel good, decorate it by getting a new outfit. And, make sure to stretch really well before exercising.

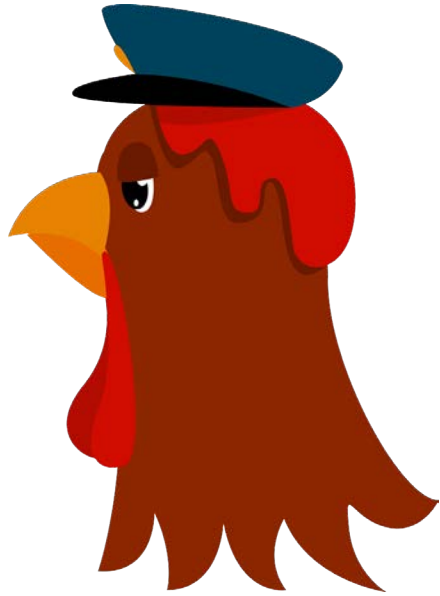
PS: With Saturn (business) in Pisces (dreams) for the next 2+ years, I am leading a fabulous seminar about establishing a business, growing a business, and living your success. It's called "Dreams to Reality" and ellicottvilleNOW readers get a discount using promo code EVLNOW at checkout!

Have a great month and happy Mother's Day! I do have a Mother's Day special on my website... check it out. See you next month! Sincerely, your Sister from the Stars,

-Suzy Woo

Rev. Suzy Woo, B.Msc, is a Spiritual Healer, Astrologer, and Psychic Medium specializing in Energy, Sound, Light and Crystal Healing. Suzy is the owner of Good for the Spirit Gifts, 11 Martha St., Ellicottville, NY. Follow her on IG/FB, find her at suzy-woo.com or call 716-699-2871. Sign up for any of Ms. Woo's upcoming workshops and special events. Find a list at goodforthespiritgifts.com.

CATTARAUGUS COUNTY SHERIFF'S OFFICE CHICKEN BARBECUE



WHEN: JUNE 4, 2023

TIME: 11:30AM - 1:30PM
(pick up only)

WHERE: 4585 Route 219 | Great Valley, NY

DINNER INCLUDES: 1/2 of a chicken, 2 sides & a roll

COST: \$15.00 per dinner

PRE-SALE TICKETS ARE AVAILABLE FOR PURCHASE

ONE HUNDRED PERCENT OF PROCEEDS BENEFIT THE CATTARAUGUS COUNTY SANTA SHERIFF PROGRAM

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 ...

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11 MARTHA STREET, EVL
716-699-BIKE

ADOPT ME please?

Hi, my name is Sid!

I'm a sweet, **playful**, friendly and **affectionate** 5 year old lab mix. I have been waiting **years** for my new **family**. I will do **well** in a home with **children**. I would **prefer** a home without other **dogs**, but I am **good** with playful **female** dogs. I **never** mess in my crate and I am **not** destructive. I really **love** going on **walks** and rides. *Please adopt me. I just want a home.*



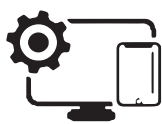
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CLASSIFIEDS

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. "YOUR DOG IS OUR DOG."

DANKANDEFER PLUMBING & HEATING: Serving Ellicottville and surrounding areas. Call 716-583-2034 or 716-945-5848.

MARTENS CLEANING SERVICE: Professional carpet cleaning, deep cleans, construction clean-up, grout and tile cleaning, residential and business cleaning. Call Christina Martens, 585-435-7158.

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

COMMUNITY

HOT DOG SALE: The ECS Student Council will serve up hot dogs, chips, drink and dessert for a \$5 donation on May 16 from 11:00am-6:00pm as part of Ellicottville Central School's Annual Budget Day.

LLC NOTICES

NOTICE OF FORMATION of Daily City Train LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 4/5/23. Office location: Cattaraugus County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail/email process to: The LLC, 7079 California Hill Rd, Salamanca, NY 14779, dailycitytrain.skate@gmail.com. Purpose: any lawful activity.

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.

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

NOW HIRING: The Gado-Gado team is looking for a hardworking and motivated individual! Must be available on weekends and festivals. Please email resume and a brief introduction to gadogado98@hotmail.com. This is a yearly position, not seasonal.

PUBLIC NOTICES

NOTICE OF PUBLIC HEARING: PLANNING BOARD: VILLAGE OF ELLICOTTVILLE, NEW YORK: PLEASE TAKE NOTICE that a public hearing will be held on Tuesday May 9, 2023, beginning at approximately 5:30 P.M. at the Ellicottville Town Center, 28 Parkside Drive, Ellicottville, New York 14731. The purpose of the public hearing is to receive public input and comments on: Zoning Permit 2022-227—an application by 4646 Genesee LLC for a Special Use Permit and Site Plan Review to allow an indoor entertainment establishment (hatchet throwing) with food service in a portion of an existing commercial retail building. The site is located at 5 East Washington Street, identified as tax map parcels055.36-1-21. Plans for this project are on file and available for review in the Engineering Department Office located at the Ellicottville Town Center, 28 Parkside Drive, Ellicottville, New York 14731. Prior to the meeting, documents may also be viewed on the Village website at www.ellicottvillegov.com. The Planning Board will take statements at the public hearing from all persons interested in the project. Persons wishing to do so may submit comments prior to the meeting. Written comments may be mailed to the Village of Ellicottville Planning Board, 1 West Washington Street, P.O. Box 475, Ellicottville, New York 14731, dropped off in person to the same address, or emailed to greg.keyser@evlengineering.com.

NOTICE OF PUBLIC HEARING: PLANNING BOARD: VILLAGE OF ELLICOTTVILLE, NEW YORK: PLEASE TAKE NOTICE that a public hearing will be held on Tuesday May 9, 2023, beginning at approximately 5:30 P.M. at the Ellicottville Town Center, 28 Parkside Drive, Ellicottville, New York 14731. The purpose of the public hearing is to receive public input and comments on: Zoning Permit 2023-039—an application by the Village of Ellicottville for a Special Use Permit and Site Plan Review. The site is located at 23 Mill Street, identified as tax map parcels055.36-2-48.1, 055.36-2-48.2 and 055.036-2-51. Plans for this project are on file and available for review in the Engineering Department Office located at the Ellicottville Town Center, 28 Parkside Drive, Ellicottville, New York 14731. Prior to the meeting, documents may also be viewed on the Village website at www.ellicottvillegov.com. The Planning Board will take statements at the public hearing from all persons interested in the project. Persons wishing to do so may submit comments prior to the meeting. Written comments may be mailed to the Village of Ellicottville Planning Board, 1 West Washington Street, P.O. Box 475, Ellicottville, New York 14731, dropped off in person to the same address, or emailed to greg.keyser@evlengineering.com.

FIND THE GOLDEN TICKET

Enchanted Mountain Roller Derby Offering Season Tickets to Five Lucky Fans

OLEAN - The Enchanted Mountain Roller Derby announced a new fundraising effort to help support their team, The Hellbilly Heartbreakers. The local Roller Derby league is selling Wheely Wonka and the Bruise Factory candy bars. These chocolate bars will be sold for \$3 and inside, five lucky winners will find a golden ticket and win a Golden Season Ticket for free season entrance. Season tickets are normally \$25 so why not take your chances?

The Enchanted Mountain Roller Derby was founded in 2010 by a group of local women to provide the community with an environment that enhances personal growth and development through sport. Their mission is to make a positive difference in the lives of the community by believing in the value of the individual, the strength of the team, and the power of the female spirit. They are committed to redefining the classic sport of roller derby while giving it relevance. Flat-track roller derby is a full contact sport played by independent strong women. They inspire women on and off the rink, as well as serve the local community.

The 2023 Hellbilly Heartbreakers roster includes twelve competitive skaters, seven training pool/reserve skaters, and five officials. The Hellbilly Heartbreakers will be playing four home games at the William O. Rec Center in Olean, and will travel to three away games.

These limited-edition Enchanted Mountains Roller Derby chocolate bars will be sold by each of the Hellbilly Heartbreakers teammates as well as the Greater Olean Area Chamber of Commerce office located at 301 N. Union Street in Olean. For more information on this fundraiser or their 2023 season, email Enchanted Mountain Roller Derby at emrd@gmail.com or visit their website www.enchantedmountainrollerderby.com.

DONATE LIFE DAY

cont. from page 04

to her little sister. Her parents are so proud of what she did.

The last story we heard was about the ECS Speech Teacher, Alice Alessi. Her family has been on both sides of organ donation. As donors, John and Kristi Alessi both donated their organs posthumously and as receivers, David Alessi received a heart transplant in 2018.

Let's go over some important facts that were brought to the assembly's attention about the Donate Life organization and the process of organ donation:

- Donate Life is a non-profit organization.
- Every 9 minutes a person is added to the list of organ needing recipients. That's 140 people every single day!
- 104,000 people are waiting for organs; over 8k in NY alone.
- Without donated organs, people die. 20 people die each day waiting for an organ.
- You can only donate your liver one time but you can donate bone marrow, stem cells, blood/plasma multiple times.
- Donating blood is very important. There is always a huge need for all blood types.
- One kidney is a huge deal! (85% of donors are waiting for one of these.)
- You can donate over 60% of your liver and it grows back.
- One donor can save over 75 lives.

The assembly came to a close with Mr. Ploetz asking those present who would be willing to register as an organ donor after viewing the presentation. More than 75% off the students stood up to show their support!

We want to thank ECS for inviting us for this experience and we want to thank all the donors who came out and shared their stories with everyone. Please consider registering as a donor. It's as easy as checking that box on your license at the DMV and you could be the reason someone else gets the chance to really live!

Visit donatelife.ny.gov or connectlife.org (which is WNY's only community blood bank) to find out more details on organ, tissue and blood donation and register to be an organ donor today.

ECS VARSITY SOFTBALL

cont. from page 04

has pitched every single inning her team has played this season. Let that sink in for awhile. Northrup's a freshman, she dominates, and she hasn't left the mound for any other reason than the end of the game.

"Ande is mentally one of the toughest people I've ever been around," Finn said of his young pitcher. "She pitched for (the varsity team) last year as an eighth grader and in her first game, the second batter she faced hit a homer over the fence."

Finn praised the way his young pitcher handled the pressure that day saying, "She got the next batter out, struck out the batter after that to get out of the inning and settled in to pitch the rest of the game - which is so impressive - especially for someone so young!"

Instead of singling out defensive standouts from his team, Finn went on to say how proud he was of all the girls - especially when so many of them had been playing out of position after the Lady Eagles were beset with injuries.

Looking ahead to the second half of the season, the remainder of the regular-season slate of games will be played this week and next, with the final contest before the playoffs coming at home on Monday, May 15 versus North Collins.

As a very loose guideline, the Class (A,B,C,D) system is the way New York State separates schools by enrollment numbers for purposes of athletic competition. The schools with the largest enrollments play each other in Class A, while the smallest of the small schools play each other in Class D, and everyone else fits in somewhere in the middle - Classes B & C.

As a way of attempting to limit the amount of travel high school athletes have to go through during the regular season, 'leagues' or 'conferences' are set up with the idea that member teams would not have to spend more than 30 minutes traveling to 'away' games. During the regular season, teams are placed in these leagues or conferences, irregardless of the size of their school, and they play each other to determine a league champ, but also to achieve a ranking within their own class for playoff seeding. Once playoffs begin, schools will only compete against teams in their own class.

Currently, Ellicottville competes in Class D for all sports - including the combined Franklinville-Ellicottville Titans (football and track & field) teams.

Even for coaches and parents with lots of experience, the classification system is cumbersome to understand. Suffice it to say, though, that everyone's goal is to be the Section VI champion of their class.

AGENTS OF HOPE

cont. from page 11

the struggles his grandmother endured as she slowly succumbed to ALS and realized how little funding there is for research.

Thus far, the Agents of Hope Golf Tournament has raised over \$150,000 for ALS research. Held at the Chautauqua Golf Club, Soffel stressed the importance of this funding and indicated that sponsors for the event are needed. If you are interested in becoming a sponsor for this worthwhile and fun event, stop into your local ERA office or contact Soffel at his office in Ellicottville at 716-699-4800 or on his cell at 716-490-2596. Get involved. It's a good thing!

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

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



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holimont: Embrace the sunshine and make this a summer to remember at HoliMont. Our outdoor activities are perfect for family bonding and making memories! #evlnow #getoutside #familyfun #summeriscoming



hiyfarm: The Grand Canyon of the East, @letchworthstatepark, is pretty much right in our backyard WNY. #evlnow #wnyfun #gooutdoors



dash_913: Came home to a box full of awesomeness! #patmorgan



snowbestcanna: New stickers! #evlnow #hotwingdesigns



charleschamberlain: There's more to Ellicottville than just skiing. Flowers are blooming and the hiking is amazing. #doglife #evlnow



bperksey: When your son gives you a hug in public! #lovinglife



onemorereunevl: Healthy essentials. #liveyourstory



sk8evl: When your Town/Village Engineer is just as excited to drop-in. #grindlineskateparks #rcwjrf #builtoplay #skateparkproject #evlnow



sugar_goat_baking_and_grazing: Our goats were spotted down at the Enchanted Mountain Challenge booth at Maple Fest! #icecream



ellicottvilleNOW: Ellicottville Central School students have some amazing talent #artisawesome #evlnow #creativitymatters



beesgoldhoney1: WNY Maple Festival was a great success! #tasty #evlnow

Ecs Art Club

**Spring
FOR THE
ARTS**



**and Art Auction
Open House**

Friday, May 5th

5:00-7:00

Ellicottville Memorial Library

Presented by:
ellicottvilleNOW

VILLAGGIO

THE GINMILL

BALLOONS

JENN POWERS FOR HAIR

Place silent bids on completed palettes
during a special **Spring For the Arts Open House**

Students are creating their own masterpieces on 8" x 10"
canvases- \$20 Each

All those attending the Open House will be automatically entered into a
special door prize drawing