

Jamestown Gazette

Chautauqua Marketing Solutions, LLC

The People's Paper.

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Striders Night Live A Great Night for a Great Cause

Article Contributed by
Walt Pickut



"The Striders Night Live is a fun event you just won't want to miss," promised Ben Lindquist, executive director of Chautauqua Striders.

Chautauqua Striders will host their third annual Striders Night Live on Friday, March 6 at Willow Bay Theater. Live, side splitting comedy, great music, dancing, food and drink will fill the evening in celebration of the Chautauqua Striders' mission: "... dedicated to the mentoring and guidance of youth through education, advocacy and athletics."

Striders Night Live

Jamestown's own improv comedy group, The Unexpected Guests, will open the program with a full hour of their hilarious, never the same, comedy routines. One local fan

says, "In a world of 5-star comedy, these guys rate a solid 4.6. That's means you spend 92% of your time laughing yourself silly and 8% just catching your breath. Don't miss them!" The Unexpected Guests have been a hit at Lucy Fest Weekend Late-Nite Improv Jam and many other venues across the county. They have also been known to offer practical advice. "Pick up some Nutella for your pet poisonous spider at Fudgeaway," for example.

Following The Unexpected Guests, the popular Porcelain Bus Drivers, fan favorites since 1996, will play the night away. Beer and wine will be on tap at the bar beside the dance floor. A Chinese auction and a generous spread of hors d'oeuvres will round out the festive night until... just about as long as guests want to dance and enjoy the music and the company.

Striders Night Live is open to guests 21 and over. Doors open at 6:30 and the show starts at 7 o'clock. Presale tickets are \$25, and \$30 at the door. The door prize will be a six month membership to the YMCA, a \$300 value. All proceeds benefit Chautauqua County youth through the Striders' mentoring and academic programs. For tickets contact Chautauqua Striders at 716-488-2203 or visit www.Chautauqua-striders.org.

An Amazing New Home

"The Lynn Development Group has been fantastic," Lindquist said, describing the Striders' recent move to a new home in downtown Jamestown's Lynn Building. The Striders' new location replaces the long-outgrown 3,000 ft.² old location with a 5,000 ft.² facility better suited to their expanding programs. The Lynn Development Group purchased the old Jamestown Post Office building and is now in the process of repurposing most of its space for community and commercial enterprises.

Chautauqua Striders now shares the ground floor (2nd

Street level) of the Lynn Building with the Infinity Visual and Performing Arts Center. Both organizations are committed to serving the community's youth, and according to Lindquist, envision ever closer cooperation in years to come. Both are only steps away from Jamestown High School, and once on location students need only to cross a hallway to take advantage of both programs.



An Outstanding Resource

"Hey! I passed my Regents exam. Thank you," is just one of the many proud comments heard by the Chautauqua Striders volunteer tutors, according to Lindquist. From time to time students and parents return just to say "Thanks" in many ways. "We get lots of stories," Lindquist added. "Past students and their parents often say something like, 'We never could have done it on our own without your help,' Others describe great jobs that never would've come their way without the advantage that Striders gave them.

Throughout Chautauqua County, the Chautauqua Striders organization serves an average of 1,800 students every year at its centers in Jamestown, Dunkirk and selected schools throughout the county including the Westfield YMCA, Brockton Elementary School and Chautauqua Opportunities in Dunkirk as partners in 2015. The Jamestown center is open between 3:00 and 5:30 p.m., Monday through Friday, with plans to add an extra hour for new one-on-one tutoring

Continued on Page 10

Youth to Perform With Pros

Article Contributed by
Skate Dance Dream

Kelly Hutton, 12, and Rylee Hutton, 9, will be participating for their third year in a row at Skate Dance Dream™ to be held at the Jamestown Savings Bank Arena on March 28, 2015 for a one-time area performance.

Skate Dance Dream™, a unique show production that brings together dance and figure skating stars all in one place, will feature some of the nation's top dancers and figure skaters. SDD will showcase 5 finalists from Fox's hit show "So You Think You Can Dance" headlined by Cyrus "Glitch" Spencer (Season 9 Runner Up). Also dancing on stage will be top 10 finalists Audrey Case



(Jazz), Ryan DiLello and Ashleigh DiLello (Ballroom), plus another top "SYTYCD" contestant, Amelia Lowe (Contemporary). The Skating Stars include 3 U.S. National

with Courtney Hicks! Having lessons from the stars of the show is pretty cool!"

Skate Dance Dream™ will offer 100 young

Senior figure skating pewter medalists in Courtney Hicks, and the ice dance team of Kaitlin Hawayek & Jean-Luc Baker, plus U.S. National Junior bronze medalist, Hannah Miller.

"Where else can you do a duet with [a star] and have a lesson from Courtney Hicks?," says Kelly. "Learning the group number with everyone is also a lot of fun!" Rylee excitedly recalls her experience saying, "I absolutely loved doing a spin off

dancers and figure skaters from the area the chance to have their dreams fulfilled performing in the show with and learning from the talented Stars they aspire to be! The sisters' parents, Rob and Deri Hutton, also have fond memories of Skate Dance Dream™. "We are so happy for our kids to be a part of SDD because it is so inspiring to them and they have met so many influential people with such a desire to help the kids! We are very thankful!"

This show has been made possible with support from the community of local arts and beyond, including the Jamestown Savings Bank Arena, Comfort Inn Jamestown, Kinzie's Closet, and Body Wrappers/Angelo Luzio.

Tickets are available to the show by calling 716-484-2624 or visiting JamestownArena.com. Youth dancers or figure skaters can sign up to perform in the show! Simply visit the SDD website at www.SkateDanceDream.com for full details.



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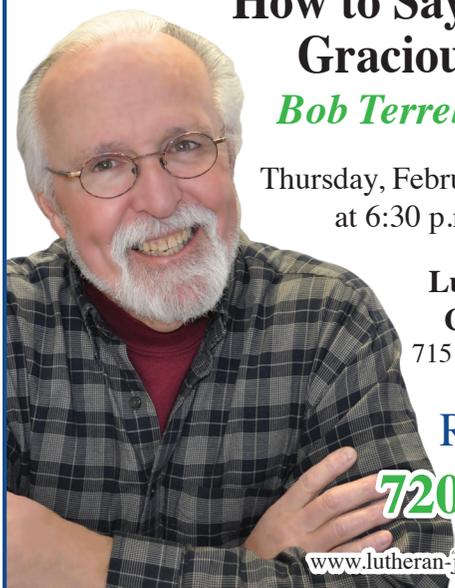
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VALENTINE CONTEST WINNER



Joyce Ecker Wins Gazette's Valentine Unscramble

Article Contributed by
Jamestown Gazette

Joyce Ecker is the Jamestown Gazette's big winner in this year's Valentine's Day Word Scramble game. Joyce is a native of Ashville where she lives with her daughter, Theresa. Though retired now, she enjoyed her 25 year career at Lakewood's Green Farm Gift Shop as well as many years with the local Rite Aid pharmacy.

"I was really surprised to get the call,"

Joyce told Gazette staff when she visited the office on Thursday to accept her overflowing gift basket. "I'll share all this with Theresa. She enjoyed the game, too, but insisted I submit the entry. We'll enjoy sharing this."

Joyce's gift basket, a \$400 value, included gifts and gift certificates from many of Jamestown Gazette's advertisers and Jamestown's finest businesses. The gift basket topped off Valentine's Day in style for Joyce Ecker and her daughter. Congratulations Joyce!

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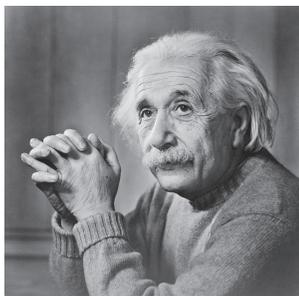
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Editor's Message



The Perfect Ignorance



Some people are dumb and some people are smart. There are dunces* and there are Einsteins. That seems to sum it up... except for the rest of us in the middle.

The question is, how do you move along that line from dumb to smart? It looks like an uphill climb some days, doesn't it? Maybe the best thing is to figure out how to start the climb.

The good news is that you are just where you should be to start getting smarter. The perfect place to start from – the only place you can start from – is right where you are. We often think that we are just not smart enough and that ignorance is a bad thing. But it's not really so bad if it's the perfect place to start from, is it?

Ignorance is merely the badge you wear that says, "Here's what I'm going to learn next." It's been said that half of being smart is knowing what you are dumb about.

So there you have it: The smartest people are the dumb ones who admit it. Learning can only begin from perfect ignorance. Pablo Picasso once said, "I am always doing that which I cannot do, in order that I may learn how to do it."

This week the Jamestown Gazette invites you to meet some very smart young people. They are so smart that they not only admit

their ignorance, they take it with them to their tutors and mentors at Chautauqua Striders.

Students who ask for help because they don't know enough or find learning difficult deserve your admiration. A real scholar is merely an ignorant student with the humility to admit it and the stamina to keep trying. Albert Einstein, just about everybody's idea of a genius, said it like this: "It's not that I'm so smart, it's just that I stay with problems longer."

Another kind of smart is sharing what you already know with somebody who wants to know it too. That is what tutoring and mentoring is all about. If you have already built some smarts on top of your own perfect ignorance, Chautauqua Striders might be just the place for you. Meet some of those young people – courageous, humble and wise enough to start that climb. You may even meet a young genius in the making.

*From the editor's attic – Learn more about your favorite dunce at <http://en.wikipedia.org/wiki/Dunce>.

Enjoy the read.

Walt Pickut

Editor

The Jamestown Gazette

Jamestown Gazette

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- Information- info@jamestowngazette.com
- Events- ent@jamestowngazette.com

ONLINE: www.jamestowngazette.com

AD DEADLINES: Thursday at 4:00 pm
production@jamestowngazette.com

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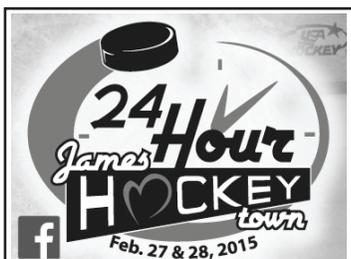
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The Warhol Effect Exhibition
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PULSE Poetry Slam
Thurs., March 5, 6-7:30
Infinity Arts Cafe
301 E. Second St., Jmst
716-664-0991

Swan Day Art Market
Sat., March 14, 11am-3pm
Infinity Visual & Performing Arts
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AUDUBON NATURE EVENTS:

MARCH
6: First Fri. Lunch Bunch 11am
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30: Mud Camp 9a-3p
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Every Wednesday Night 7pm

BENEFIT:

Striders Night Live
Fri., March 6, Doors 6:30
The Willow Bay Theater
21 E 3rd St., Jmst
716-488-2203

COMMUNITY EVENTS:

International Women's Day
Celebration
Fri., March 6, 6-9pm
Sarita Weeks Rm, Arts & Science
Bldg., 525 Falconer St., Jmst
716-499-0362

Fenton slice of History
Pizza Challenge
Sat., March 28, 1-3
Jamestown Renaissance Center
119 W Third St., Jmst
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EDUCATIONAL:

Chautauqua Talks Toastmasters
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March 28th, 7pm
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GARDENING:

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HISTORY:

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KIDS EVENTS:

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MOVIES:

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Rolling Hills Radio #42
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Reg Studio Theater
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Stephanie Rogers & Friends
Performance
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Infinity Arts Cafe
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Ireland's Caladh Nua
Sun. March 8 @ 7pm
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Center For The Arts
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THEATER:

The Soul of Flamenco
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Carlota Santana-Director
Tue., Feb. 24, 7:30
Reg Lenna Center for the Arts
116 E Third St., Jmst
716-664-2465

All My Sons
Fri., March 6, 7, 8, 13, 14, 8pm
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WARREN PA EVENTS:

THEATRE:
STRUTHERS LIBRARY THEATRE:
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DEALER SHOWCASE

Panera Bread



Pictured from left, Mike Gerdy, Manager, Steve Rams, Manager, Rachel Buckley, Manager, and Sam Baglia, General Manager.

*Article Contributed by
Melinda Centi*

The aroma of freshly baked breads and pastries instantaneously overwhelm your senses as you walk through the doors of Panera Bread. The layout is open and bright, inviting customers to sit down and enjoy a unique café experience in their hometown at an ideal location.

The café opened their doors December 2014 and has already been welcomed with much positive input from the community.

“Business has been great. We’ve been very well received and customers love it,” said Sam Baglia, General Manager of Panera Bread in Lakewood.

Panera Bread offers an expansive variety of breads, desserts, parfaits, soups, salads, and sandwiches with the highest quality of ingredients for your dining pleasure. Panera has not only introduced a new café experience to Lakewood, but in turn helped provide employment for more than 50 individuals in the area.

“I think we stand out because we have a really friendly staff and a clean, welcoming environment,” Baglia said.

Panera is active in the community by giving back to those in need. “Operation Donation” is a project in which Panera donates unsliced breads, pastries and bagels to St. Susan Center four nights a week along with donating to other local churches the remaining days.

“What drew me to Panera was the fact that they give back,” Baglia said.

Panera Bread currently offers Bagel Tuesday, when customers can receive a baker’s dozen of bagels for only \$6.99 on Tuesdays. They also have the You Pick Two option which invites a customer to pair any two handcrafted sandwiches, salads or soups for an affordable meal.

A special feature at Panera Bread is the many fast, efficient ways to place an order. Customers can walk in and order a meal at the register, use the drive through, phone in a request or use the online option for a Rapid Pickup and have the meal ready within ten minutes after ordering. More than 5 percent of the business is received through online ordering.

“Customers don’t have to brave the lines. They can just order online, come in, and their meal is waiting in alphabetical order to be picked up,” Baglia explained.

Panera also offers catering services for any number of individuals. Customers are encouraged to come in and see Jill Burkholder for their next catered event by Panera Bread.

“We invite the public to come on in. I think we have a relaxing, friendly atmosphere with great food and great service,” Baglia said.

Panera Bread is located at 80 Mall Blvd. in Lakewood, across the street from the Chautauqua Mall. They are open Monday through Saturday from 6 a.m. to 10 p.m. and Sunday from 7 a.m. to 9 p.m. To place an order, call 716-769-0364 or visit their website at www.panerabread.com

The Jamestown Gazette is proud to recognize our dealers, outstanding corporate citizens of our county. This week, the Gazette especially thanks Panera Bread for faithfully carrying The Jamestown Gazette, The People’s Paper, for the benefit of their customers, our readers.

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SUDOKU

Edited by Margie E. Burke

Difficulty : Medium

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HOW TO SOLVE:
Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

(Answer appears elsewhere in this issue)

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The Weekly Crossword

by Margie E. Burke

- ACROSS**
- 1 Painful sound
 - 6 Daytime TV show
 - 10 Former televangelist Roberts
 - 14 Main artery
 - 15 "Waterloo" group
 - 16 Choir attire
 - 17 Like a novel character
 - 19 Fellow
 - 20 Sunshine State, briefly
 - 21 Male servant
 - 22 Moon state
 - 23 Sandwich type
 - 24 Seattle slugger
 - 26 Fairytale villain
 - 29 Unmoved
 - 31 Napping dwarf
 - 33 Once more
 - 34 Future HS grads
 - 37 Streisand film, "____, Dolly!"

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62					63				64			
65					66				67			

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- 65 College grant
- 66 Stringed instrument of old
- 67 Praise
- DOWN**
- 1 Hook for fish
- 2 Stir up
- 3 Killer whale
- 4 Cell phone provider
- 5 Ingenuous
- 6 Shellback
- 7 Double-reed instrument
- 8 Bridge part
- 9 Dance step
- 10 Corsage flower
- 11 Tolkien's Riddermark
- 12 Degrade
- 13 Social outcast
- 18 Late for class
- 22 Before WWII, eg.
- 23 Part of the foot
- 25 Sailor's reply, when doubled
- 26 Workplace watchdog org.
- 27 Valley
- 28 Trust
- 30 Regatta entrant
- 32 Fast-growing tree
- 34 Docking place
- 35 Gift for a sweetheart
- 36 Crockpot food
- 38 Legal eagle
- 40 Flagellate
- 43 "Positively Entertaining" network
- 44 Pinky's pal
- 45 Type of shower
- 46 White weasel
- 48 Leftover food
- 49 Airport in the Windy City
- 50 Group of jurors
- 52 Fisherman's net
- 55 Way over yonder
- 56 Big name in plastic
- 57 Track shape
- 58 Whipping mark
- 60 "Well, ___ be!"
- 61 Kind of shelter

Stephanie Rogers and Friends at the Café



Article Contributed by
Infinity Performing Arts

Stephanie will be coming together with a great lineup of local musicians to give you a night full of amazing music! Special appearances by Gina Vecchio, Steve Davis, Jeremy Bunce, Daniel Witherspoon, Mark Bunce, Paul Sweat, and more!!

INFINITY ARTS CAFÉ PERFORMANCE ENTRANCE is on 3rd Street (the former post office main entrance). Look for the signs!

Friday, March 6th

7 p.m. to 8:30 p.m.

For more information, 716-664-0991

www.infinityperformingarts.org

Creating an Effective Powerpoint by Chautauqua Talks

Article Contributed by
Toastmasters Club

Cecil Rhoades, a member of Chautauqua Talks Toastmaster Club will present "Creating Effective PowerPoint Presentations" at 7:00 PM, Tuesday, March 3. The meeting will be held in the second floor conference room at 511 North Main Street; use the left side entrance.

The presentation will focus on the dos and don'ts of using multimedia to supplement

an oral speech.

Guests are welcome to attend Chautauqua Talks Toastmasters Club meetings. Club members work to improve their leadership and public speaking skills. Communication and listening skills are an important part of Toastmasters clubs.

Chautauqua Talks Toastmasters Club meets at 7 PM the first and third Tuesday of each month. For more information visit call Ned Lindstrom at 490-3820 or email emton55@hotmail.com.

Cummins Makes Capital Investment for New Block Machining Line

Article Contributed by
Cummins

Cummins Inc. today announced that the Jamestown Engine Plant has secured a significant capital investment to install a new block machining line into its current facility, with facilities preparation commencing in the 2nd half of 2015 with completion and full production capability expected by start of 2017.

The investment represents a vote of confidence in manufacturing in the Jamestown and surrounding area, and allows Cummins to further optimize the efficiency and agility of its supply chain. The investment also provides for job creation and retention in the Jamestown facility.

Cummins appreciates the engagement of the County of Chautauqua Industrial Development Agency and the Empire State Development Corporation and their efforts to help attract this work to Chautauqua County.

Today Jamestown Engine Plant manufactures more than 100,000 engines for the heavy-truck market, and currently provides engines for approximately 35% of all Class 8 trucks in North America.

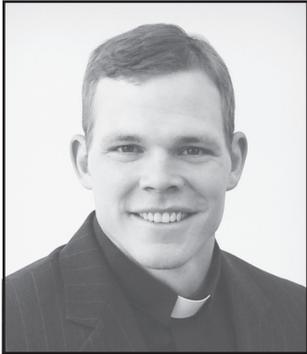
Cummins Inc., a global power leader, is a corporation which design, manufacture, distribute and service diesel and natural gas engines and related technologies, including fuel systems, controls, air handling, filtration, emission solutions and electrical power generation systems.

Headquartered in Columbus, Indiana (USA), Cummins currently employs approximately 48,000 people worldwide, and serves customers in approximately 190 countries and territories.

"We are truly blessed to have Cummins Inc. in Chautauqua County," said Vince Horrigan, Chautauqua County Executive. "Not only are they a leading major employer but the Jamestown Engine Plant employees contributed over 3,600 hours of community service and over \$600,000 in donations to various charities this past year."

Faith Matters

What Does This Mean?



Contributing Writer
Pastor Scott Hannon
Hope Lutheran Church, Arcade, NY

This is the question the disciples have after a mountaintop experience with Jesus.

Jesus is transfigured before them. Moses and Elijah appear. God's voice booms from the heavens. Time seemingly stands still as Jesus stands beaming with radiant light. When the scene quiets, Jesus tells them not to talk about it until he rises from the dead.

"What does this mean?" they wonder.

This is a question we all have to wrestle with in life. After the death of a parent. At a graduation from school. Trapped in the midst of a storm. Returning from a mountaintop moment. Reading the results from a test or scan. Losing a job. At the birth of a child...

What does this mean?

Unfortunately for the disciples, no answer is provided. What it means isn't exactly clear. What they do know, however, is that things will be different. Life has changed.

Most of the time, the same is true for us. What it means isn't clear. What we know, is that life will be different.

As the disciples journeyed with Jesus they came to learn the answer to their question.

What does this mean?

They watched as Jesus, the one who on the mountain shone with light, brought that light into darkness. They saw him bring healing from illness, hope in the midst of despair and life from death. They followed him down the road to Jerusalem - a road filled with ups and downs, "hosanna!" and "crucify him!" But ironically, as he was lifted up on the cross they once again wondered...

What does this mean?

What does it mean for Jesus to stand

beaming with radiant light? What does it mean for Jesus to journey down the road he walked? What does it mean for him to be lifted up on the cross?

Jesus found his disciples three days after that cross and gave them the answer.

It means life.

For the child mourning the loss of a parent, it means resurrection. For the student on graduation day, it means opportunity. For the person trapped in the storm, it means you are not alone. For the one journeying home from a mountaintop moment, it means that life can be different. For the person reading the results of a test or scan, it means peace no matter what. For the person who has lost their job, it means hope. For the proud parents of a new child, it means abundant life - life that isn't measured in breaths or days, but is measured in love.

You may find yourself asking that question today or some other time soon.

What does this mean?

Remember, you aren't the first to ask it. You won't be the last. And in time, you, like the disciples, will come to learn the answer.

It means resurrection, opportunity, relationship, change, peace, hope and life.

"As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what this... could mean." Mark 9:9-10

For more inspiration and insights from Pastor Scott's past columns, please visit www.jamestowngazette.com and click on the Faith Matters page. The Jamestown Gazette is proud to present our county's most creative and original writers for your enjoyment and enlightenment.



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Ditonto Named to JCC FSA Post



S U N Y



Ellen M. Ditonto, the new Executive Director of the Jamestown Community College FSA

Article Contributed by **Jamestown Community College**

Jamestown Community College's Faculty Student Association board of directors has named Ellen M. Ditonto as executive director.

In her new role, Mrs. Ditonto supervises the college's auxiliary operations at the Jamestown and Cattaraugus County campuses and the North County Center. The operations include the campus stores, Total Fitness program, residence life, food services, student activities, and FSA business services.

"Ellen brings a wealth of experience, a vision for our future, and a love for JCC, that will make FSA an even more effective and efficient organization," notes Jon O'Brian, FSA executive board chairperson.

"I am excited to join FSA and serve the college's students, faculty and staff," Mrs. Ditonto said. "I look forward to using my skills and abilities to move the organization

forward and to partner with the JCC administration to make all of FSA's services the very best they can be for our students, faculty, staff and the communities we serve."

As executive director, Mrs. Ditonto will serve on the student activities boards and college programming committees in Jamestown and Olean, and will serve as secretary of the FSA executive board.

Previously, Mrs. Ditonto was director of sales and business development for DFT Communications and chief information officer and deputy county executive for Chautauqua County government.

She holds a bachelor's degree in English from the State University of New York at Fredonia and a master's degree in business administration from St. Bonaventure University.

Mrs. Ditonto serves as chairperson of the Jamestown Zoning Board of Appeals and Chautauqua Striders. She is a member of the Chautauqua Region Community Foundation's grants committee and the First Lutheran Church handbell choir.

DOWN TO EARTH

Beating the Winter Blues



Contributing Writer

Joanne Tanner
Master Gardener

A Hawaiian friend of mine said, "Don't let the weather affect your mood." I thought, "That's easy to say when you come from a Tropical Paradise." He believed in mind control, at least until he spent a few winters here, up north in Western New York. The bitter cold is certainly a factor when it lasts so long. It tends to wear us down as much as a lack of light. Color, or lack of it, can affect our mood. Doctors diagnose this syndrome as SAD, "Seasonal Depression Disorder". Sufferers become hostile, angry, irritable and anxious.

Plants and sunlight bring color into our lives. They are a solution to SAD.

If you can't take a trip south or to the Hawaiian Islands where plants are still green and flowers are blooming, try a local solution. When our family has cabin fever, usually by February, we pack up for a one night stay in a local hotel with a warm swimming pool. Another requirement is that it be surrounded by tropical plants. Today there are indoor water parks that families can escape to for that tropical feel. You can also take a short day trip to the Erie County Botanical Gardens and spend the afternoon. Don't forget another local gem just over the border. Visit Niagara Parks Butterfly Conservatory in

Ontario, Canada. Walk among tropical plants and colorful butterflies.

If this isn't practical for the pocketbook, there are other ways to escape into a colorful world of green. Go to a local nursery with a greenhouse that sells houseplants, walk around, soak up the energy and pick up a new houseplant or two. Any indoor blooming plant will brighten your day, like a kalanchoe that comes in many bright colors. Try an anthurium that sends out stalks with a heart-shaped leaf type flower in white, red or pink. This time of year you might find winter jasmine just coming into bloom. It can fill your home with welcome, sweet aromas to chase away winter doldrums. Jasmine can bloom for several weeks. They like a southern window with plenty of humidity in a slightly cooler room. Splurge on a bouquet of beautiful flowers at the florist or supermarket. The plant kingdom is here to help. Isn't your mental wellbeing worth it?

To read more of Joanne Tanners "Down to Earth" reflections on nature and more good advice for greener, tastier and more fragrant gardens by our Master Gardener, please visit our website at www.jamestowngazette.com and click on Joanne's own page. The Jamestown Gazette is proud to present our county's most creative and original writers for your enjoyment and enlightenment.

CHAMBER CORNER

Shared Services Can and Do Work!

Contributed by Todd J. Trantum, President and CEO of the Chautauqua County Chamber of Commerce & Executive Director of the Manufacturers Association of the Southern Tier

The Manufacturers Association of the Southern Tier is celebrating its 115th anniversary this year, while the Chautauqua County Chamber of Commerce is observing its 15th year. Both organizations serve the business community in our region. When the two organizations were joined with shared staff and a cohesive business model, there were a few wrinkles that had to be worked out. Now, years later, the system works so smoothly that we sometimes forget the entities used to operate separately. The point is that mergers and shared service agreements happen. They often require a great deal of thought and planning, and the right level of finesse to make things work. But when they do work the systems can function very well for all concerned.

As we look at shared services plans around Chautauqua County we see many examples, including our own. Now, as we advocate for the North County Water District and continue to advocate for a regional police system, mainly what we see is potential. When systems join forces they can realize efficiencies, improved service delivery and importantly reduced costs. We have realized efficiencies, improved and expanded services and reduced costs in our own offices, and

continue to see it in places such as the Panama and Clymer Central School Districts, which share a superintendent as well as the continued partnership between Chautauqua Central School District and Ripley School District. Central business offices and sharing resources are good ways for schools and municipal entities to take steps toward real cost savings, while still providing a high level of service for residents.

There are times when sharing services involves the creation of a new entity to manage a regional system, sometimes doing so is in everyone's best interest if it creates efficiencies, improves service delivery and reduces costs. This may ultimately be the outcome as efforts continue forward with the Northern Chautauqua Water Districts. In this case, the real issue surrounds how to provide a well-operated municipal water system for businesses and residents that may be relying on well water or on an older, small system that no longer meets the needs of the community or a system that needs significant investments for upgrading.

There is tremendous potential in our county as we consider further ways to provide utilities such as water and sewer services. There is also enormous cost-saving potential as we continue to look at ways to share personnel and expertise. Let's continue to focus on what we can achieve in order to make our county more business-friendly



The Rouse Estate, a community leader in healthcare service, is currently searching for team-oriented professionals:

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Email: tpascuzzi@rouse.org

EOE

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EOE



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EOE

Art in the Wilds Call for Artists

Article Contributed by
Art in the Wilds

The Ninth Annual Art in the Wilds is returning to Kane, PA this summer and we invite you to submit your application to the show! This outdoor, juried fine arts event will be held on Saturday, June 27 and Sunday, June 28 from 10 a.m. to 5 p.m. each day in beautifully wooded Evergreen Park right in the center of town!

Kane is a small town in northwestern PA, surrounded by the Allegheny National Forest. It is part of the PA Wilds and PA Route 6 Artisan Trails, a beautiful drive from any direction.

radio, newspaper and travel guide ads, rack card and poster distribution, online and social media.

- You may take advantage of Friday set-up with free parking nearby and an artist reception and free breakfasts on Saturday and Sunday.
- We provide overnight security and a safe atmosphere.
- Inexpensive lodging is available.
- Volunteers are at your service to provide booth sitting and help with set up and take down.
- There will be food vendors but the art will be the focus of the event.



The 2014 show was a great success, attracting more than 5,800 visitors who purchased more than 900 separate original art pieces. We expect to attract more than 6,000 visitors this year and plan to keep our number of artists below 40.

Funding is received from the Pennsylvania Council on the Arts and the Kane Community Development Foundation, along with corporate and individual sponsorships such as LINK, all of which are all used in advertising to bring patrons to buy your art.

Artist satisfaction is a priority with us:

- The 2014 show had an average artist satisfaction score of 9.3 on a scale of 1 to 10.
- We do extensive advertising including 52,000 show programs which are distributed in area newspapers along with

• It's Alumni Weekend in Kane – all of our five year high school classes celebrate at the same time so we already have a nice crowd.

• A musical group will perform on Sunday from 3 – 5 p.m.

Fine art, high quality fine craft, limited high quality prints and photography are accepted. The application deadline is March 1, 2015. Requirements include five digital images of recent work, one of your display and one of you creating your work, a copy of your artist statement and a description of your art process. These will be reviewed by outside professional jurors and you will be notified by March 24th of your acceptance.

You must provide a white tent with 4 sides that can be securely anchored to the ground and secured at night. The price of our 10' x 10' spaces remains at \$100 and the jury fee at \$20.

Continued from Front Page

Striders Night Live A Great Night for a Great Cause



Brockton Elementary School and Chautauqua Opportunities in Dunkirk as partners in 2015. The Jamestown center is open between 3:00 and 5:30 p.m., Monday through Friday, with plans to add an extra hour for new one-on-one tutoring opportunities next year.

“We always need more mentors and tutors,” Lindquist said. A mentor helps in a one-on-one relationship with a student and can provide assistance in many ways. A tutor is an individual who specifically limits his or her assistance to academic help with homework, test preparation and specific subjects.

“We are constantly turning new pages to find new ideas,” Lindquist said. “We still run the excellent track and field athletic programs we started with 35 years ago, and we keep finding new ways to carry out our mission, like working with Infinity and the Dream It-Do It Program.”

A New Model

In the past the striders main focus has been on drop-in homework help. The organization is now moving toward one-on-one tutoring with a model similar to music lessons. Tutors will be available at an hourly rate of \$20 per hour. Just as students may opt for piano or singing lessons at Infinity they may select math lessons or SAT coaching lessons with a Striders tutor. For drop-in group tutoring, students can become members for a single \$20 annual registration fee.

This lesson-by-appointment model is an evidence-based approach, supported by outcome measurements at a more than 60 Striders-like tutoring organizations

across the nation. In addition to tutoring, Chautauqua Striders is also investigating development of academic enrichment programs. “We are also looking for students who excel in their academics,” Lindquist said. “Some of our students are honor students in local high schools. They want to gain that extra edge for admission to medical school or law school.” Striders serves all students with individualized programs.

A Call for Resources

Traditional funding sources during the Chautauqua Striders 35 year history have included federal, state and local sources and a number of community foundations. Funding, however, continues to challenge organizations like the Striders.

Striders Night Live is only one of the many ways Striders offers local residents an opportunity to take part in their vital work for the community. Volunteers serving as tutors and mentors also provide irreplaceable support. At the present time Chautauqua Striders uses more than 100 community volunteers.

“Anyone who wants to help in the mentoring and tutoring programs,” Lindquist said, “simply has to pick up the phone, call us and ask, ‘How can I help?’”

Chautauqua Striders can be reached at 716-488-2203 (Jamestown), 716-363-2203 (Dunkirk) or by visiting at www.Chautauqua-striders.org and on Facebook, or in person at the Lynn Building, 301 E. 4th Street in Jamestown or Chautauqua Striders North County, 296 Lakeshore Drive East in Dunkirk.

Colecraft Furnishings Promotes Chris Friend



Chris Friend, the new Senior Vice President (COO) of Colecraft Furnishings

Article Contributed by
Colecraft Furnishings

Colecraft Commercial Furnishings has announced the promotion of Christopher Friend to the position of Senior Vice President, COO. Chris has been with the company for twelve years and previously held the dual roles of Vice President Materials and Corporate Administration.

Colecraft, located in Jamestown NY, is a manufacturer of high end commercial contract furniture. It is sold through select commercial dealers throughout the Eastern United States. Colecraft furniture is used in business, institutional, hospitality and educational applications.

TRIVIA

For a healthier heart should you...

- 1) Eat more or less saturated and trans fat foods?
- 2) Eat fatty meats?
- 3) Eat fried foods?
- 4) Quit smoking?
- 5) Get more fiber?
- 6) Eat cakes and cookies?
- 7) Cut down on sodium (salt)?
- 8) Develop an exercise program?
- 9) Stay away from second hand smoke?
- 10) Check your blood pressure regularly?

Answers:
1) Less. 2) No. 3) No. 4) Yes. 5) Yes. 6) No. 7) Yes. 8) Yes. 9) Yes. 10) Yes.

February is...

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February is American Heart Month!

Article Contributed by
Walt Pickut

A healthy heart is the nation's leading cause of a long life and wellbeing. Everybody knows that, but few think about it until they learn that heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart health and disease and especially to increasing knowledge about prevention. Get on track to better heart health and educate yourself on the dangers of heart disease.

Control is the Goal

The Centers for Disease Control and Prevention (CDC) and Million Hearts® – a national effort to prevent 1 million heart attacks and strokes in the United States by 2017 – are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Control and prevention should begin as early in life as possible, even as early as a baby's first taste of baby food. New CDC research reveals that a majority of commercial, packaged toddler foods, as well as snacks for both babies and toddlers, are high in sodium content or contain added sugars, both of which are identified as risk factors for high blood pressure and other preventable disorders cardiovascular disorders.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more

than 67 million Americans have high blood pressure. People with high blood pressure are four times more likely to die from a stroke and three times more likely to die from heart disease, compared to people with normal blood pressure.

Prevention: The Best Cure

Though heart disease is a leading cause of death, that doesn't mean anybody has to accept it as their fate. Some risk factors — such as family history, sex or age — are beyond anybody's control, but there are some key heart disease prevention steps everybody can take.

Avoid future heart problems by adopting a healthy lifestyle today. Doctors at the world famous Mayo Clinic offer six heart disease prevention tips to get started.

1. Toss the Tobacco

Tobacco of any kind is one of the most dangerous risk factors for heart disease. Chemicals in tobacco can narrow your heart and blood vessels, which can ultimately lead to a heart attack.

All smokers suffer from chronic carbon monoxide poisoning. The toxic gas replaces some of the oxygen in your blood, increasing your blood pressure and heart rate. Women smokers taking birth control pills raise their risk of heart attack, stroke and blood clots.

No amount of smoking is safe, but, the more you smoke, the greater the risk.

The good news: when you quit smoking,

heart disease risk drops almost to that of a nonsmoker in about five years. Quitters start reaping some rewards as soon as they quit.

2. No Surprise, Exercise

Thirty to 60 minutes of moderately intense physical activity on most days of the week can reduce the risk of fatal heart disease. It also helps control weight, reduces chances of developing high blood pressure, high cholesterol and diabetes.

Shorter amounts of exercise, however, also offer heart benefits. Breaking workout time into three 10-minute sessions most days of the week can even give many of the same health benefits.

It doesn't have to be strenuous, but bigger benefits come from increasing the intensity, duration and frequency of workouts.

3. Eat Heart-healthy

Try the delicious and satisfying Dietary Approaches to Stop Hypertension (DASH) eating plan and the Mediterranean diet, rich in fruits, vegetables and whole grains that can help protect the heart. Limited fat and low-fat sources of protein and certain fish also can reduce your risk of heart disease.

Keep saturated fat to no more than 10 percent of daily calories and avoid trans fat altogether, then add five to 10 servings a day of fruits and vegetables. Limit Alcohol because your body thinks it is fat.

4. Healthy Weight

Excess weight around the waist ups the risk of heart disease, high blood pressure, high cholesterol and diabetes. Keep your Body Mass Index (BMI) under 25 and waist measurements under 40 inches for men and 35 inches for women. Higher numbers

are associated with higher blood fats, blood pressure and risk of heart disease and stroke..

5. Get Good Sleep

Sleep deprivation harms health with a higher risk of obesity, high blood pressure, heart attack, diabetes and depression. Most adults need seven to nine hours of sleep each night.

If you're getting enough sleep. But, if you're constantly reaching for the snooze button and it's a struggle to get out of bed, you need more sleep each night.

Make sleep a priority in your life. Set a sleep schedule and stick to it by going to bed and waking up at the same times each day. Keep your bedroom dark and quiet, so it's easier to sleep.

If you're tired throughout the day, get evaluated for sleep apnea and treat it. If you have it and treat it, remember what a good night's sleep feels like, probably wake up without your alarm clock, feeling refreshed and lower the risk of heart disease.

6. Get Regular Check-ups

High blood pressure, high cholesterol and diabetes can damage the heart and blood vessels. But without testing, you'll probably never know you have them until it is too late to prevent them. Regular screening is the best way to find out and take action.

Although Smokey Bear works for the United States Forest Service, his slogan makes just as much sense for heart health as for the health of the nation's forests. "Only you can prevent heart disease!"

And that's the good news for February – American Heart Month. You can prevent heart disease.

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CASA Volunteers Needed for Abused Chautauqua County Children



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Become a **CASA** Volunteer today.

Article Contributed by CASA

A Court Appointed Special Advocate (CASA) volunteer is a trained citizen who is appointed by a judge to represent the best interests of a child in court. Children helped by CASA volunteers include those for whom home placement is being determined in court. Most of the children are victims of abuse and neglect. CASA of Chautauqua is a non-profit organization that relies on these specially trained volunteers to help serve the children in our community.

CASA of Chautauqua County is in need of more CASA volunteers to help provide advocacy to the 84 children in need of a CASA volunteer. Interested people do not have to have a legal or social service background. Volunteers must be at least 21, go through 30 hours of training, a background check and be available approximately 10 hours per month. We are looking for, "everyday people that have a heart for kids and want to stand up for them when many times nobody else is doing that." CASA volunteers come from all walks of life and possess a variety of professional, educational and ethnic backgrounds. There are lots of places to serve within CASA. People who want to volunteer with CASA do not necessarily have to become advocates in court; CASA could use a number of talents, from helping with newsletters, fundraising, awareness and more.

Judges appoint the advocates to watch

over the children to make sure they do not get lost in the overburdened court system. Volunteers stay with each case until they are resolved. Since CASA's national inception, CASA volunteers have helped more than 2 million children find safe and permanent homes. Volunteers are able to help judges by getting to know the child and talking with the adults in that child's life - from foster parents to teachers, physicians, attorneys, social workers and others. CASA volunteers offer children trust and advocacy during complex legal proceedings. They help explain to the child the events happening involving the case, reasons they are in court and the roles of the judge, lawyers and case workers. While remaining objective observers, CASA volunteers also encourage the child to express his or her own opinion and hopes about their case.

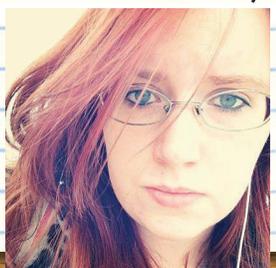
When volunteers are in the courtroom with these children, it makes a huge difference. It can be very difficult for a judge to make recommendations regarding placement "because everybody is speaking for someone, but nobody is solely interested in the well-being of the child like an advocate."

To learn more about volunteer opportunities, please join us at one of two informational sessions on March 4, at 5:00 p.m. at the James Prendergast Library's Fireplace Room OR March 5, at 5:00 P.M. at the Darwin Barker Library, 5 Day Street Fredonia. Contact the CASA office at 753-4123 or email kparkcasa@gmail.com for further details or visit our website www.chautauquacasa.com.

I ♥ my hometown!

What I love about Jamestown:

I love Jamestown and the Chautauqua area because there is so much natural beauty to be found here. As a nature photographer I am always seeking new areas to take photographs of the Chautauqua area has so many beautiful places! From the Jamestown Audubon Center to the Chautauqua Lake and Chadakoin River and the many parks around the area, there are so many ways to experience the fantastic nature and wildlife. While finding this natural beauty the area has given me a chance to be creative with my photographs and do what I love to do. That is why I love the Chautauqua area and Jamestown, NY



by: Tesla Grobaski

WHINE OF THE WEEK!

Shut The Door!

Were you born in an igloo? That's the arctic version of "born in a barn". We live in a friendly town. Everybody knows everybody and we love to chat. But when it is 13 degrees below zero and you're in your

favorite coffee shop, please don't stand in the open door on the way out and ask the cook about Aunt Sadie,

Uncle Charlie and little Bobo's cat. I didn't need a snow drift in my soup and a chill in my chilli. Open the door, step through, shut the door.

That's a winter wise neighbor.

Submitted by: Dora Jar and Doe P. Walker



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JOIN ME IN THE KITCHEN with Vicki McGraw

Winter Baking



Contributing Writer
Vicki McGraw

Happy end of February! By now, I do believe most of us are really, REALLY sick of cold weather... I know for a fact my patience has run out on old man winter and I am anxiously awaiting gentle spring breezes. That being said however, I have really been enjoying having my oven on! Let's face it; when the temperature is in the 80's, the last thing we want to do is heat up the house by baking anything, but when its -20 or so, lets crank that bad boy up!!

Over the last few weeks we have been filling our freezers with cookies of every variety, freshly baked muffins and quick breads...bring on a big old cup of coffee! I love to stock up when we have time and having it cold outside is a terrific time to bake. The cool thing with most of these yummy treats is that I can make them using a very simple "base" recipe and 'kick it up' however I'd like. Basic cookies and quick breads or muffins start with simple ingredients... flour and sugar, butter or other fat, eggs or baking powder or soda...the fun part is all the different stuff you can add in!

One of my very favorite (and easiest) cookie recipes starts with an ordinary box of cake mix. You can use any flavor you would like, and add anything to it that sounds tasty... my personal favorite is a cherry cake mix with slivered almonds and a dash of almond extract. The varieties are limitless when you look at the different cake mix flavors out there. Similarly, a basic muffin recipe - or mix- can be tweaked to create a multitude of different kinds of muffins or breads.

Bananas and chocolate chips make chunky monkey bread, pineapple, coconut and a dash of rum extract make a terrific pia colada muffin, cocoa powder and red food coloring create everyone's favorite red velvet muffin, and don't get me started on the advantages of adding crushed candy bars to anything... mmm mmm good!

Most baked goods like cookies, muffins and quick breads freeze really well when they are packaged in air tight containers or zipper bags. As soon as they have cooled after baking, I wrap muffins and quick breads in plastic wrap, and then store in air tight containers in the freezer. The same goes for cookies; once they have cooled, I place them in zipper bags and freeze. I have found that the trick to all of this is, however, that I must do my baking when my kids aren't around, or there won't be anything left to freeze anyway! Stay warm and bake away, my friends!!

Basic Muffins or Quick Bread
Wisk together in a large bowl:
2 C flour
1 T baking powder
½ t salt

Add wet ingredients to dry and mix together with just a few strokes. Do not over mix, batter needs to be lumpy! Gently fold in desired mix-ins**

Wisk together in a separate bowl:
2 eggs
1 C milk
2/3 C sugar
½ C melted butter

Divide batter among 12 muffin cups or between 2 small loaf pans. Bake muffins at 400* for 18-24 minutes (until toothpick inserted in middle comes out clean) or bake loaves at 375* for 30-40 minutes (testing for doneness with a toothpick)

To read more of Vicki McGraw's commentaries on good cooking, fine recipes and perfect party treats, visit www.jamestowngazette.com and click on Join Me in the Kitchen's own page. The Jamestown Gazette is proud to present our county's most creative and original writers for your enjoyment and enlightenment.

SPORTS with BILL BURK

This n' That



Contributing Writer
Bill Burk

-Maybe they've been saying "Johnny Foosball" all this time, because Manziel's a mess when it comes to football.

-From February 12th through March 10th the JCC PHED Complex will be (was) open a total of 328 total hours, weekdays from 5:30 a.m.-9 p.m., a few less on weekends. Of that total, there will be organized basketball on the main court 115 hours (35% of the time), 70 of those spent in game action. Eight champions will be crowned. Five colleges will be represented. Twenty nine different high schools from Class C and D will play, and the Jamestown High School men's team will practice there. That's a LOT of basketball.

Here's the schedule:

Thursday, February 12th: Jayhawk Women's Game 5:30 p.m., Jayhawk Men's game 7:30 p.m. A gimme for the women's team, and a thriller for the men as they came back from a 5 point deficit, only to miss a 3 at the buzzer for the win. This is one of the more talented Jayhawk men's team in years.

Friday, February 13th: Randolph JV boys and Maple Grove JV boys 6 p.m. Randolph Varsity vs. Maple Grove Varsity 7:30 p.m. By all accounts this was one of the better games in this series, with Maple Grove skimming a 2 point win.

Thursday, February 17th: Jayhawk Men's game 7 p.m. Jayhawks thumped their sister campus from Olean.

Friday, February 20th: Southwestern girls Varsity vs. Clymer girls Varsity at 6 p.m., and Southwestern boys Varsity vs. Clymer boys Varsity at 7:30 p.m..

Saturday, February 21st: Jayhawk Women at 1 p.m., and Jayhawk Men's at 3 p.m.

Wednesday, February 25th: Jayhawk Women's Sub-Regional Game at 7 p.m..

Monday, March 2nd- Friday, March 6th: High School Basketball Playoffs! Boys C1, C2, and D games Monday, Wednesday and Friday. Girls C1, C2, and D g a.m.es Tuesday, Thursday and Saturday; Three g a.m.es every night! Then Tuesday, March 10th Girls Class C1-C2 Crossover Game at 7 p.m. Twenty-four high school teams playing nineteen playoff basketball games in seven nights!

-Most mornings I wake up with a random song stuck in my head... ear-weasel. No idea where it comes from. The other day I'm humming the Stray Cats, Rock This Town. When I start my car the EXACT same song is playing on the radio at the EXACT part of the song I'm singing. If that

doesn't freak you out, not sure what would.

-The Jackie Robinson West team from Chicago became the first all-black team to win the U.S. Little League Championships in the summer of 2014. The team won the hearts of a lot of people, even got an invite to the White House. Good story, right? Except they cheated. Their coaches knowingly falsified records to include ineligible players who lived outside the team's residential boundaries. The players apparently did not know. People everywhere are siding with the kids, but Babe Ruth had to strip them of the title. Every coach or player who's had their season ended by gerrymandering or questionable transfers or competitively convenient mergers knows it stinks. There are kids that should have made that team that didn't get to play because coaches wanted to cheat the system, and there are teams that had to go home because coaches filched players who weren't rightfully theirs. Trust me, everyone in Chicago knew this was wrong. Imagine a great player from Frewsburg suddenly showing up on a Falconer team with no explanation. Everyone would know; parents, coaches, players...everyone. And here's what's missed; wrong is wrong, and while the kids aren't culpable, they and their parents knew this was wrong. Everyone who has competed against a stacked team. knows the universal unfairness of this. The coaches should be ashamed and ostracized at the very least. The kids shouldn't be blamed, but neither should they be feted. They should be taught.

-I'm physically incapable of holding a garden hose and not spraying another human being if they're in range.

-Full disclosure; disrespect for the flag is a pet peeve of mine. Last week I'm standing for the national anthem at a high school basketball game. A kid, maybe seven years old, stands next to a man, maybe seventy. Both wear hats. I scowl from across the gym. The kid suddenly realizes his mistake and snaps his hat off at about "bombs bursting in air." I stop scowling. The kid then nudges the old man and tips his head at the offensive cap. The man yanks his hat from his head, and I smile. Crisis averted, respect salvaged.

To read more of Bill Burk's reflections, astute observations and a rant or two on the wide world of sports, visit www.jamestowngazette.com and click on Bill Burk's page. The Jamestown Gazette is proud to present our county's most creative and original writers for your enjoyment and enlightenment.

SPORTS with CODY CRANDALL

A-Rod Issues Apology to MLB, the Yankees and Fans



Contributing Writer
Cody Crandall

About a decade ago, Alex Rodriguez was regarded as one of the best baseball players in the game at that time, and arguably one of the best baseball players in history. He was in the prime of his career, and had the world at his fingertips. With multiple MVP awards already under his belt, the sky was the limit for one of the faces of Major League Baseball. Since then, the New York Yankees third basemen's career has spiraled out of control, culminating in him being suspended for the whole 2014 season due to his use of performance enhancing drugs.

However, heading into the 2015 season, Rodriguez has a chance to put everything behind him, and just play baseball. Recently, he issued a hand written apology for his actions to the MLB, the Yankees and fans. According to ESPN, some highlights of the apology included Rodriguez saying that he takes full responsibility for the mistakes he made. He also stated that he is aware that a lot of people aren't going to listen to his apology, or anything he has to say, but he is ready to put this "chapter"

behind him and play baseball.

Quite frankly, I believe that is what's best for Rodriguez as he nears the end of his career. He just needs to worry about playing baseball, being a good teammate and helping the Yankees win ball games. Because, let's face it, fans in every ball park are going to harass A-Rod and boo him like there is no tomorrow. The only support he is really going to receive is from his teammates. Essentially, it's going to be A-Rod against the world.

As an avid Yankees fan, I don't support the decisions that A-Rod had made. But, it's obvious that he is capable of helping the Yankees' offense. He may not see a lot of playing time at third base due to the fact that the Yankees signed Chase Headley to a four-year contract this off-season, but he could potentially see a good amount of time as the designated hitter in the New York lineup. It will be interesting to follow the team, and see how he plays as the season progresses. How will he handle all the scrutiny that will surely be thrown at him? How will he respond after missing all of the 2014 season? How will his Yankee teammates deal with all of the attention on and off the field? With A-Rod back on the field in New York, there will definitely be no shortage of things to keep an eye on in 2015.

Cody Crandall is an intern at the Jamestown Gazette. To read more of his insights, commentaries, and news about the world of sports and the Jamestown Jammers, visit www.jamestowngazette.com. The Jamestown Gazette is proud to present our county's most creative and original writers for your enjoyment and enlightenment.

City Sets Youth Recreation Baseball League Sign-Up Date

Article Contributed by
Jamestown Parks & Rec.

The City Parks, Recreation and Conservation Department would like to announce sign-ups for the City Recreation Youth Baseball League will take place Tuesday, March 17th from 4:30 -6:30 p.m. in the lobby of City Hall.

The program is open to boys and girls ages 7 to 12 year olds. Children of 7 years of age will only be allowed to play in the outfield.

City residents must pay a \$5.00 registration fee per child. Non-city residents must pay a \$15.00 registration fee per child. All children registering must supply proof of age. Children who played in the program in previous years must still sign up on March 17th and pay the registration fee.

The age determination date is APRIL 30, 2015. Whatever a player's age is on or before April 30, 2015 is the player's LEAGUE age for the 2015 season. This playing age rule corresponds with that adopted by Babe Ruth Baseball.

CL&W Management Alliance Hires Executive Director

Article Contributed by
CL&W Management Alliance



The Chautauqua Lake and Watershed Management Alliance (Alliance) is excited to announce that it has hired Erin Brickley as its new Executive Director. Brickley, a Bemus Point resident, will take the helm of this newly-formed not-for-profit organization on February 23, 2015.

Brickley grew up in Chautauqua County and graduated from Falconer Central School with honors. She attended Hiram College for her undergraduate work, and earned a Bachelor's degree in Biology. She worked in the banking industry for almost a decade, and was recognized as a leader in each role she held. While living in California, she turned her attention back to the sciences and earned her Master of Science degree in Environmental Management from the University of San Francisco while working full-time as a Microbiology Water Lab Supervisor. Her most recent experience was with Trinity Biotech where she was a Quality Assurance Analyst/Assistant Manager of Quality Systems.

"We searched nationally to fill this position and we received resumes from some very qualified people," said Pierre Chagnon, Interim Chairman of the Alliance. "We were very fortunate to find someone who is not only well qualified, but who has roots here in Chautauqua County."

"I am excited about bringing my educational background and work experience to the Alliance," said Brickley.

"I am committed to the Alliance's mission of improving the quality of Chautauqua Lake and its watershed for the betterment of our community."

This year the top priorities for the Alliance include consolidating its membership, electing the permanent Board of Directors, and pursuing funding for projects. It will also coordinate and collaborate with lake and watershed related organizations, governmental bodies, and other stakeholders to foster and promote the management of Chautauqua Lake and its watershed. Although the Alliance recently received its 501(c)(3) status as a not-for-profit corporation from the Internal Revenue Service, the Board of Directors has interim status and the general membership has not yet been established.

"We wanted strong leadership to advance the Alliance through the organizational process, which is why we established the Interim Board of Directors," said Chagnon. "Once the general membership is established, they will in turn elect the permanent Board of Directors that will lead the Alliance into the future."

Chautauqua County Executive Vince Horrigan explained that the new Alliance is an evolution of the Chautauqua Lake Management Commission. "Many of the members are the same, but the primary difference is that the Alliance has the ability as a not-for-profit corporation to raise and allocate funding primarily through donations and grants from state and federal sources" said Horrigan. "The startup of the Alliance was funded through generous donations from the Chautauqua Region Community Foundation, the Sheldon Foundation, the Lenna Foundation, and by Occupancy Tax funding allocated by the Chautauqua County Legislature. We now have funding in place for the first two years of operation, which will give us the wherewithal to seek and procure funding to undertake priority projects aimed at improving the water quality in Chautauqua Lake."

Mark Geise, Chautauqua County Deputy Director of Planning and Economic Development, said the Alliance is planning a second Chautauqua Lake "Rally" sometime in the late winter or early spring of 2015, which will provide the public an opportunity to meet Brickley, be updated on the progress to address challenges being encountered in Chautauqua Lake, ask questions, and participate in efforts to improve the Lake.

PICTURE PRIVATEER



Dear White People

Movie Review



Article Contributed by
J.F. Hill

Dear White People is a punchy, satirical comedy with thought provoking intentions. Dear White People is a film that intends to leave a bitter taste in your mouth, despite you slurping on a Coca-Cola, or munching down your buttery, delicious popcorn. This film intentionally showcases dramatized interaction between races; in order to inspire thoughts about real life interactions among real people.

A question is raised at the beginning of the movie, "What if they made a 'Dear Black People?'" To which our female protagonist, Sam White, rebuts, "No need. Mass media from Fox News to reality TV on VH1 makes it very clear what white people think of us." You can feel the angst in her comedy and in her words, and at the start the film may feel a little off-putting. But everybody knows that even the slightest shred of truth doesn't go down easy. This is what I came to understand watching Dear White People.

The film takes place at a fictitious Ivy League school - Winchester University, where the school's motto for all creeds and colors is, "You Belong Here!" However, the attitudes

and the character of their diverse student body simply does not embody that saying.

A new policy created by their school President, the "Randomization of Housing Act" has put black students at Winchester in jeopardy. The act intends to randomize the student housing for sophomores and for incoming students.

Seems perfectly reasonable to the eye, but between the lines, it means the end of Armstrong-Parker house, whose population is entirely black. With this act in place, the future Armstrong-Parker is destined to be divided and eventually completely liquidated. While the other university houses will feel difference, Armstrong-Parker will change. Unlike everybody else, Armstrong-Parker was founded on embracing and preserving black culture at Winchester.

Running on a rebellious campaign, Sam White, head of the black student union and host of the radio show "Dear White People" is shockingly elected as the new head of the Armstrong-Parker house - and she certainly stirs things up.

The origins of comedy often lie in exaggeration. This movie is based on over-dramatization, but just by a small margin. Not every white person lunges to touch every afro they see, and not every white person who listens to hip hop talks black. The intention is to exaggerate these actions to make the viewer think about today's culture.

Underneath the surface, this film, with its racial satire and strong media criticism, may be the most thought provoking film of 2015.

Rating: 3.5/4 stars

J.F. Hill: The Jamestown Gazette is pleased to bring our readers insightful and informative reviews of some of the nation's most popular, current films. J.F. Hill's past commentary and reviews will be archived at Jamestown Gazette's website, www.jamestowngazette.com.

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Gardens & Landscapes Day Planned

*Article Contributed by
Jamestown Community
College*

Gardens & Landscapes Day, hosted by Cornell Cooperative Extension of Chautauqua County Master Gardeners and Jamestown Community College's Center for Continuing Education, will be held from 8:30 a.m.-3 p.m. on March 7.

The program will be held in the Carnahan Center on JCC's Jamestown Campus. The \$50 program registration fee includes lunch. To register, call JCC at 338.1005 by March 3.

Keynote speaker Connie Oswald Stofko will present "45 Gardening Tips in 45 Minutes," a compilation of the best ideas for successful gardening in western New York. Participants will also have the opportunity to interact during gardening workshops and demonstrations.

She will share some of the best tips she has learned while interviewing home gardeners and gardening experts. Her magazine explores plant choices, news on pests and diseases, gardening trends, gardening crafts, interviews with experts, tips from home gardeners, and how-to videos.

Ms. Stofko publishes Buffalo Niagara Gardening.com, an online gardening magazine for western New York that features a comprehensive list of regional gardening events.

A reporter for more than three decades, Ms. Stofko has received state and national awards for her work. She holds a bachelor's degree in journalism and a master's degree in applied communication.

"The Beauty and Diversity of Native Flora" will be presented by Sara Baker Michalak, a native plant propagator, visual artist, and writer.

After founding and operating a native plant nursery, Canadaway Wildflowers, she and others now enjoy the extensive native plantings on the family's property along Canadaway Creek in Fredonia.

Ms. Michalak will outline the beauty and diversity of native flora, the

environmental benefits of landscaping with native plants, the relationships among native flora and wildlife, and creating backyard habitats.

Her essays about the natural world have been published in Nature Photographer Magazine, Buffalo Spree, Upstate Gardeners' Journal, and The Christian Science Monitor. Her visual art is exhibited extensively.

David Metzler, an artistic designer, will share tips and techniques emphasizing structure and design in "Designing a Garden for Four Seasons."

Metzler's gardens have been spotlighted in the Jamestown Audubon Society's annual Secret Garden Tour several times. The features, architecture, and unique use of plants and other natural elements that

Metzler incorporates into his 'secret' paradise are renowned.

Metzler has shared his passion for unique floral designs with garden clubs and event settings throughout the region.

Betsy Burgeson will explore environmental implications during "Emerald Ash Borer: Are You Ready?"

The Emerald Ash Borer (EAB) is an invasive insect of Asian origin that is rapidly making its way across the United States, threatening all ash trees. It tunnels under the bark, thereby cutting off water and nutrients and ultimately killing the tree within two to four years.

Ms. Burgeson will empower participants to recognize the signs and symptoms of EAB, understand the potential effects on communities, and prepare for an infestation and make educated plans for their own ash trees.

Ms. Burgeson, chairperson of the Chautauqua County Forest Pest Task Force, was hired in 2008 as Chautauqua County's first watershed steward, a position that incorporated her love of gardening with educating the public on the importance of water quality.

She was instrumental in restarting the Master Gardener Program in Chautauqua County after a 20-year hiatus and was the program coordinator from 2010 until January 2015 when she joined the Chautauqua Institution staff as superintendent of gardens and landscapes.

Ms. Burgeson earned a bachelor's degree in earth science and biology education from the State University of New York at Fredonia and taught biology at Panama Central School from 2000-2007.

Horrigan and Brinkman Announce Upcoming Community Drug Forum

*Article Contributed by
Chautauqua County Offices*

Chautauqua County Executive Vincent Horrigan and Chautauqua County Community Mental Hygiene Services Director Patricia Brinkman have announced a Community Forum focused on the continuing prevention efforts to combat the epidemic of Opiate use and abuse in Chautauqua County will be held on March 16, 2014 at 9 a.m. at Chautauqua Suites Hotel and Expo Center, 215 W. Lake Rd. in Mayville.

Key stakeholders who are also involved in preparing for the event include leaders from the Chautauqua Alcoholism and Substance Abuse Council (CASAC), WCA Hospital, Chautauqua County Sheriff's Office, Chautauqua County Department of Mental Hygiene, the Mental Health Association, Dunkirk Police Department, Jamestown Police Department, Chautauqua County Office of Emergency Services, Chautauqua County Department of Health and Human Services, and the Health Care Action Team.

"Effective solutions to our substance abuse problems in Chautauqua County require all of us to come together with a community based approach to evaluate where we are and how we can become more effective in reversing the growing problem of drug abuse in Chautauqua County," said Horrigan. "This problem affects us all in one way or another. We must stay on task to get results."

The Community Drug Forum will feature experts who will discuss current treatment practices, impacts of drug abuse, and community involvement in organizing efforts to combat addiction. Anticipated speakers include Michael Fox, Allison Sharer and Dr. Robert Meyers.

Michael Fox, Research Associate from the

Begun Center for Violence Prevention Research and Education, will share perspectives and approaches specific to adolescent co-occurring disorders and moving toward risk reduction approaches. Allison Sharer, Director of Prevention Programs with Drug Free Action Alliance, will be speaking on community coalition building focused on prevention. Dr. Robert Meyers is an emeritus research associate professor of psychology who worked in the clinical research branch at the University of New Mexico's Center on Alcoholism, Substance Abuse and Addiction for over 22 years. He will be presenting a

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treatment model that motivates and encourages substance abusers to seek help called the Community Reinforcement and Family Training (CRAFT), which is featured on the HBO documentary, Addiction.

"The Forum will include presentations to guide the community's role in continuing prevention and treatment efforts including new training models, prevention and community engagement," said Brinkman. "This is a multifaceted problem facing each of us either within our families, or through our profession and will require innovative strategies that involve law enforcement, treatment programs, crisis services, prevention efforts and funding sources."

The Community Drug Forum will focus on updating the community about accomplishments achieved since the previous forum in March of 2014. Committees were formed in the spring of 2014 to focus on steering the overall effort, prevention, policy and legislation, law enforcement and treatment. Each committee will be represented and will be reporting their progress since the last forum.

Fredonia Secures Agreement with UB Pharmacy School

*Article Contributed by
SUNY Fredonia*

A new 3+4 articulation agreement between the State University of New York at Fredonia and the University at Buffalo School of Pharmacy and Pharmaceutical Sciences will enable Fredonia students to fulfill requirements for a Bachelor of Science degree and Doctor of Pharmacy degree in less time.

Beginning in the 2015-2016 academic year Fredonia students will be able to apply to the UB pharmacy school during their junior year and, upon acceptance, have their first-year pharmacy courses count toward their undergraduate degree requirements at Fredonia.

Instead of taking four years to complete an undergraduate degree and another four years to complete the doctor of pharmacy degree – for a total of eight years – students can complete both programs in seven years.

"We're happy to have this agreement with such a well-known and prominent pharmacy school. Many of our students are

from Western New York, so they should be very interested in this opportunity," said Ted Lee, chair of Fredonia's Health Professions Advisory Committee.

Students must complete General Education and major core requirements at Fredonia by the end of their junior year, Dr. Lee noted, and the pharmacy program also has its own prerequisite courses. Lee will accompany a group of Fredonia students on a pharmacy school tour in early April.

The UB pharmacy school – the only one in the SUNY system -- is ranked within the top 20 pharmacy and pharmaceutical sciences schools in the nation and is located in a 120,000 square-foot facility that opened in 2012. Graduates have a 99 percent employment rate, according to the school's website.

Fredonia has articulation agreements already in place with SUNY Upstate Medical University College of Medicine, Lake Erie College of Osteopathic Medicine and its pharmacy school, University of Buffalo School of Dental Medicine and SUNY Optometry.

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EYE ON BUSINESS



Owners, Mark Mills and Fred Mills

Roto Rooter

Article Contributed by
Julia Eppehimer

“Roto Rooter, that’s the name, and away go troubles down the drain.” It’s an old jingle that has defined the Roto Rooter plumbing business for years, a business that began in 1935, and that cleans drains and repairs plumbing.

It was in 1979 that Fred Mills brought the Roto Rooter name to Jamestown. Thirty four years later, the Mills family is still serving the local community, including Chautauqua, Cattaraugus and Warren Counties.

“My dad started working at Roto Rooter in Binghamton,” Mark Mills, the current owner, explained. “He worked there for about nine or 10 years, then he decided to open his own franchise. Jamestown was one that was open, that nobody had run before.”

So Fred Mills picked up his family of four children and moved them to Jamestown. His youngest son, Mark, began working for the company in 1991. “I rode around with a guy at first, for two to three months, so I learned what I was supposed to do,” Mark described. “Then they put me in a truck all by myself.” He laughed, remembering how people didn’t trust him at first because he was so young.

Almost 20 years later, in 2010, Mark took over the business from his father. The family’s dedication to the company is evident in their involvement.

“Hello?” Mark answers the phone while he sits at home playing with his dog Buster. His work doesn’t stay at the office, but follows him wherever he goes. “So I can answer it live, I’ll call forward the business number to my cell phone or my house phone,” Mark said. Customers can call him anytime, but “preferably before midnight,” he pleaded.

But if a problem does arise at midnight, Mark and the employees of Roto Rooter do not hesitate to come out. “Just last week, the dorms at JCC were all plugged up,” Mark remembered. “I sent one guy down, it was only around nine or 10 o’clock, but he was having trouble, so I went down to

help him... I didn’t get home till 1 or 1:30.” Fred is still involved in the business, as is his dog Fritz and Mark’s dog Buster. The pups are often seen scampering about the office space, and even managed to get their pictures up on the website: rotorooterjamestown.com, where one can also hear the famous Roto Rooter jingle.

Roto Rooter is a national company, with franchises like this one owned locally. It was originally started when Samuel Blanc invented the electric snake so that he could cut tree roots out of sewers instead of digging them out by hand. He dubbed his invention the Roto-Rooter and quickly built up a business around it. Thus began the tradition of unclogging drains with the electric snake, a tool that Roto Rooter employees still use today.

In addition to the original electric snake, they use a hydro-jet, a high-powered stream of water, to flush out drains. They have several different styles of jets, depending on the size of the drain.

Some of their more high-tech equipment includes a camera that they can use to see down in the drain so that the workers can see exactly what is causing the problem and where it is. They also have a device they put on the end of a cable that uses radio signals to pinpoint a spot underground, to know where to dig and how deep to go.

The Mills have built up a reputation with Roto Rooter for solving problems in a quick and friendly manner. To be as much help as possible to their customers, they also offer tips on their website for how to keep drains unclogged, such as to “run plenty of cold water as you turn on the disposal.”

“Helping people,” Mark responded simply to what his favorite part of the business was. “They’re having trouble, and in their time of need, I can help them out.”

Roto Rooter is located at 2596 S. Work St. in Falconer, and they will travel to anywhere in Chautauqua, Cattaraugus and Warren Counties. To schedule an appointment, call 716-664-3260. Or visit the website: rotorooterjamestown.com to see pictures of the puppies, hear the jingle, or learn more about the services that Roto Rooter offers

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Solution to Sudoku

9	1	6	4	3	7	2	5	8
8	2	7	5	6	1	9	4	3
5	3	4	2	9	8	6	1	7
2	7	5	6	1	3	4	8	9
6	9	1	8	2	4	7	3	5
4	8	3	9	7	5	1	6	2
1	6	8	7	5	9	3	2	4
7	4	2	3	8	6	5	9	1
3	5	9	1	4	2	8	7	6

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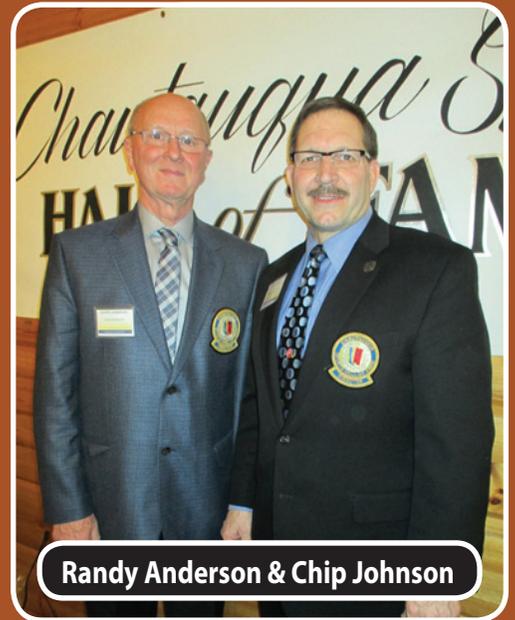
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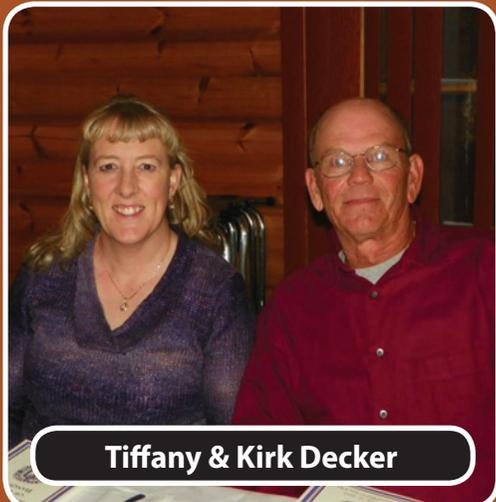
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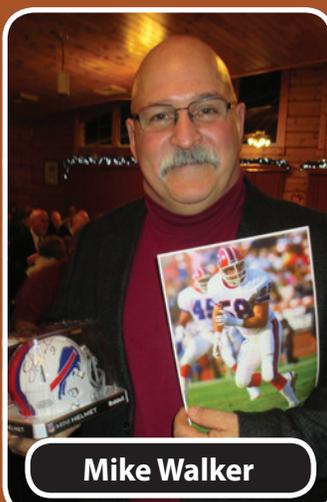
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