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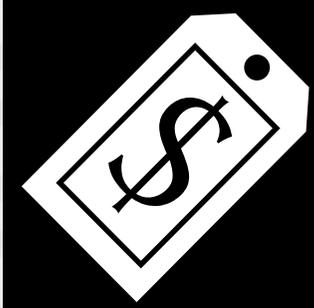
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# Open and Easy Medicare Open Enrollment Season Arrives

Article Contributed by  
**Walt Pickut**

Medicare is simple. It is a bank account shared by a lot of people. Sick people can take out more money than they put in because healthy people take out less. Fifty million people enrolled in Medicare this year – with a lot of different preferences on how to manage their investment – but only a few complexities have crept into the system.

Every year people get about 7 weeks – from October 15 to December 7 – to change their plans for the next year. It is called “Open Enrollment.”

**Definition**

Medicare is US Government health and hospitalization insurance for people 65 or older and for some younger, disabled people, certain chronic or end stage illnesses and people on social security disability for 24 months or more. People turning 65 in the next year, just starting their Medicare eligibility, have special enrollment options.

**The Big Question**

“Should I change my health insurance?” is just about the only question to ask for Open Enrollment. People want the best medical and hospital insurance they can get for the lowest possible price. Most people, according to



(L to R) Christine Cheronis, HIICAP Coordinator and Dr. Mary Ann Spanos, Director of Chautauqua County's Office for the Aging (OFA).

Chautauqua County's Office for the Aging (OFA), need only three things to make that decision:

1. A copy of next year's insurance plans.
2. Somebody who knows all of the changes.
3. A Crystal Ball

OFA does not supply #3, but their certified Medicare Counselors (see page 20) say a client's

doctor and some common sense make a pretty good substitute. The rules are under constant revision to help make better decisions, though they can look complex at first glance.

**Spending Less**

According to Dr. Mary Ann Spanos, Director of Chautauqua County Office for the Aging,

**Continued on Page 14**

## The Resource Center, Mental Health Association Sign Agreement

Article Contributed by  
**The Resource Center**

Two area mental health providers have joined forces to address Chautauqua County's mental health and drug addiction challenges.

The Resource Center (TRC) and the Mental Health Association in Chautauqua County (MHA) recently finalized a partnership agreement. The agreement formalizes a strong alliance that already existed between the two organizations.

During the past several years, the community has struggled to deal with the large number of residents suffering from mental health and addiction challenges. Several drug forums have been held to raise awareness and increase advocacy efforts to try to prevent individuals from falling through the gaps in the local care systems.

The Mental Health Association is a peer support agency that employees peer recovery coaches. A peer is someone who has life experience with mental health, addiction and other challenges, and through this experience offers support to someone who is struggling with similar challenges. The Resource Center has developed an integrated approach in delivering

**Continued on Page 16**



Posing together after announcing the partnership between The Resource Center and the Mental Health Association are, from left, Kia Narraway-Briggs, Mental Health Association Executive Director; Rick Huber, MHA's Chief Executive Officer; Denise Jones, The Resource Center's Executive Director; Heather C. Brown, Assistant Executive Director for TRC; Dr. Lillian Vitanza Ney, the Chair of the Mental Health Association's advisory board; Dale Robbins, a member of the Mental Health Association's advisory board; and Leanna Luka-Conley, TRC's Director of Care Coordination and Behavioral Health Services.

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- Jan 15
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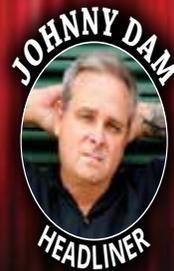


WITS 'n GIGGLES

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# Editor's Message



## The Best Cure



Broken bones get splinted, cuts get stitched and diseases get treated with anything from penicillin to chicken soup to magic potions made from bat wings and Six pairs of Don Alverzo's tweezers\*.

Not too long ago in human history the average life span was a mere few decades. Fifty was old age. But today we can cure plague and leprosy and pneumonia which within living memory often came with a death sentence.

Billions of dollars and uncountable professional lives have been dedicated to curing all that ails us, and it has paid off in vigorous, productive life spans beyond the imagination of people who lived only a few generations ago. The average American now lives to somewhere between 70 and 80 and even 100 isn't particularly rare today.

There's one problem. According to the California Health Care Foundation, "In 2014, even with the slow growth in national health spending in recent years, the US continued to spend a greater percentage of its wealth on health care than any other industrialized nation. In 2012, the US spent an average of \$8,915 per person on health care, reaching a total of \$2.8 trillion."

Check your pocket. Notice the hole in the bottom? Your health is valuable, but should it cost so much?

Here's the good news: Prevention is the best cure. A lot of it costs nothing. All we have to do is stop doing dumb stuff we shouldn't be doing anyway and a big portion of those ridiculous costs will disappear.

U.S. Senator Tom Harkin said, "America's health care system is in crisis precisely because we systematically neglect wellness and prevention." Why fix things we didn't need to break?

This week, the Jamestown Gazette invites readers to notice – and consider supporting – the growing emphasis on just those issues, wellness and prevention, in the nation's health insurance

industry. Alcohol, tobacco and dietary abuses alone rack up a big part of America's health and hospitalization insurance payouts... and they are all self-inflicted.

The point is that programs like Medicare and many others are beginning to invite people to partner in their own wellbeing so that cures will never even be needed.

There is something essentially absurd about people voluntarily hurting themselves and then expecting their government (hint: that means us taxpayers) and their insurance policies to pay for it...and then complaining about the cost.

American scientist Leroy Hood once made a prediction we can all help come true, "The wellness and prevention market will outgrow the health care market."

So let the Medicare Open Enrollment season we presented for your review on Page 1 this week encourage you, especially if you are not yet eligible for Medicare, to begin the process, if you haven't already, of curing our sick healthcare system. When it comes to health, prevention is even better than cure.

Enjoy your health and take care of it; nobody can do it better than you. And, as always, enjoy the read.

Walt Pickut

Editor

The Jamestown Gazette

\*From the editor's attic. Just Google "Announcer's Test" and you'll find this famous, goofy tongue twister with which you can annoy just about anybody with one hen, two ducks three squawking geese... six pairs of Don Alverzo's tweezers and much more, if you take a few minutes to memorize it.

# Jamestown Gazette

The People's Paper.

Publisher .....Stacey Hannon  
Editor.....Walt Pickut  
Graphic Designer / Account Executive.....Lori Byers  
Graphic Designer / Layout .....Tesla Grobaski

Web Management.....Nick Trussalo  
Sports Writer.....Bill Burk  
Circulation.....Victor Mull  
Circulation.....David Peterson

### CONTRIBUTING WRITERS

Janet Wahlberg.....Finding Your Family  
Jared Hill .....Picture Privateer  
Joanne Tanner.....Down to Earth  
Patricia Pihl.....Pieces of the Past  
Pastor Scott Hannon .....Faith Matters  
Pastor Shawn Hannon.....Faith Matters  
Vicki McGraw.....Join Me in the Kitchen

### QUESTIONS OR COMMENTS

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### CONTACT US...

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**ONLINE:** www.jamestowngazette.com

**AD DEADLINES:** Friday at 12:00 pm  
production@jamestowngazette.com

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Daily Times & Locations reported on page 2 of the Jamestown Post Journal,

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**ART:**Society of Animal Artists  
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716-665-2473**AUDUBON NATURE EVENTS:**OCTOBER:  
17<sup>th</sup>: Attracting Birds  
23<sup>rd</sup>: Falling for Nature  
Dinner & Auction  
NOVEMBER:  
6<sup>th</sup>: First Friday Lunch Bunch  
7<sup>th</sup>: Birds of Prey Day  
12<sup>th</sup>: Audubon Nature  
Photography Club  
**FOR MORE INFORMATION:**  
Call 716-569-2345 or visit:  
www.jamestownaudubon.org**BINGO:**Fluvanna Fire Hall  
Every Tuesday Night 7-10pm  
Sinclairville Fire Hall  
716-962-2025  
Every Wednesday Night 7pm**CHILDRENS EVENTS:**"Apples"  
Fluvanna Free Library  
3532 Fluvanna Avenue Ext.  
Jamestown, NY  
Sat., Oct. 17, 12:30pm - 1:30pm  
Includes Children's Stories,  
Activities and Crafts  
Registrations not required but  
helpful  
716 487-1773**COMEDY:**An Evening with Groucho  
Sat. Oct 17, 8pm  
Reg Lenna Center for the Arts  
116 E 3rd St., Jmst  
716-484-7070Wits N' Giggles Comedy  
Sat., Oct. 17, 7:30pm  
Jamestown Savings Bank Arena  
319 W. Third St. Jamestown  
716-484-2624**COMMUNITY EVENTS:**2nd Annual Jamestown Pride  
Conference  
Sat., Oct. 24, 1pm  
Jamestown Savings Bank Arena  
319 W. Third St. Jamestown  
716-287-2721Christmas Craft Bazaar  
Sat., Nov. 7, 10 am - 4 pm  
Findley Lake Fire Hall  
Jeff 716-581-3111  
Jhorner2009@gmail.com**DINING:**Breakfast Buffet  
2nd Sun. of every month  
Henry Mosher Post 638  
Falconer American Legion  
8am - 11am  
Buffet includes scrambled eggs,  
pancakes, French Toast, sausage,  
bacon, biscuits & gravy, toast,  
assorted juices and coffee.  
Adults: \$8.00 / Kids \$4.00.**EDUCATIONAL:**James Prendergast Library  
Call 716-484-7135 ext 225  
For Event Days & Times  
www.prendergastlibrary.orgPlanetarium Shows  
Saturdays in October  
11:15am, 12:15pm, 1:15pm  
Free, but Reservations Appreciated  
Lucile M. Wright Air Museum  
300 North Main St., Jmst  
716-664-9500 or 716-338-7596The Amish & Their History in  
Chautauqua County  
Sun., Oct. 18, 2 - 4pm  
Cherry Creek Inn  
1022 West Road  
Cherry Creek, NY  
Cost: \$15/person  
716-326-2977  
cchs@mcclurgmuseum.org**FALL & HALLOWEEN EVENTS:**Harvest Moon Cemetery Tours  
Fri., Oct. 16, 17, 7-10pm  
Barker Commons Gazebo  
Main St., Fredonia  
716-680-2844Fall Vendor Faire  
at Fluvanna Fire Hall  
Oct. 17, 10 am - 3 pm  
Proceeds benefit the Fire  
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The Safety Village  
2695 Route 394 Ashville, NY  
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Now - Oct. 24, 7:30pm - 10:30pm  
Tickets: Pre-sale \$8 / At door \$10  
www.townofterror.netFall Fest at Peek'n Peak  
Sat., Oct. 17 & Sun., Oct. 18  
Peek'n Peak Resort & Spa  
1389 Old Road Clymer, NY  
716-355-4141  
www.pknpk.com"The Phantom of the Opera"  
Silent Movie with live organ  
accompaniment by Jack Bollman  
Fri., Oct. 30, 7pm  
St Luke's Episcopal Church  
410 North Main Street  
716-483-6405  
Event is FREE & open to the publicThe Haunting at the Mall  
Chautauqua Mall  
(entrance behind JCPenney)  
318 E Fairmount Ave. Lakewood,  
NY  
Fridays & Saturdays in October  
7:30 - 10:30 PM  
Tickets: Pre sale \$10 / At door \$12  
716-720-0564**HISTORY:**Brown Bag Lecture Series  
2nd Wed of the mo. of  
Now-Oct.  
Fenton History Center67 Washington St, Jmst  
716-664-6256**MOVIES:**Movies at the Reg:  
116 E Third St., 716-664-2465  
www.reglenna.com**Nights of the Living Reg:**  
**A Nightmare On Elm Street**

Wed., Oct. 14, 7pm

**The Shining**

Wed., Oct. 21, 7pm

**Friday the 13th**

Wed., Oct. 28, 7pm

**The Rocky Horror Picture Show**  
Fri., Oct. 30, 10pmDIPSON THEATERS  
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www.dipsontheaters.com**MUSIC:**Rolling Hills Radio #47 at The  
Reg:Roy Book Binder  
116 East 3rd Street, Jamestown  
Thurs., Oct. 15, 6:30pm  
716-484-7070DJ Skates  
Friday's in Oct. 7:30-9:30  
JSBA, 319 W Third St., Jmst  
716-484-2624Joshua Stafford, Organist  
Fri. Oct 16, 8:00 pm  
St. Luke's Episcopal Church  
410 N. Main St. Jamestown, NYRani Arbo & Daisy Mayhem  
American Spiritual  
Sat., Nov. 21, 8pm  
Reg Lenna, 116 E. 3rd St., Jmst  
716-484-7070**SPORTING EVENTS:****Southern Tier Xpress**  
vs. Metro  
Oct. 17, 5pm;  
@ Toledo  
Oct. 24, 7pm;  
Jamestown Ice Arena  
716-484-2624**SUPPORT GROUPS:**Bariatric Support Group  
1st Mon. of each month  
James Prendergast Library  
Conference Rm 2nd fl 6-7pm  
509 Cherry St., Jamestown  
716-244-0293JAMA 15 S Main St, 2nd fl  
3rd Thurs of the mo. 5:30pm  
Fluvanna Com. Church,  
3363 Fluvanna, Ave. Ext.,  
716-483-5448Miracle of Recovery Fellowship  
Mondays & Wednesdays  
7-8pm  
Healing Words Ministries  
1006 W. 3rd St. Jamestown,  
716-483-3687**THEATER:**The Addams Family  
Oct. 16, 17, 8pm; Oct. 18, 2pm  
Lucille Ball Little Theatre  
18 E 2nd St., Jmst  
716-483-1095The British Invasion Series  
Oct. 16, 17 @ 8pm;  
The Spire Theater  
Studio Metro  
316 East 4th Street, Jamestown  
www.spiretheater.org**WARREN AREA EVENTS:****BINGO:**Russell VFD  
Tuesday night Bingo  
Doors open 4:30 PM  
Pleasant Twp VFD  
Every Thurs. Night 4pm  
Warren Senior  
Community Center  
Doors open 4pm.  
Smoke free game**STRUTHERS****LIBRARY THEATRE**Clint Black  
Sat., Oct. 17, 8pm  
*The Town Mouse & the Country*  
*Mouse* Tues., Oct. 20, 7pm  
302 W. Third St., Warren, Pa  
strutherslibrarytheatre.comGran Fondo of the Alleghenies  
Oct. 19, 2015-all day  
Holiday Inn of Warren  
210 Ludlow St., Warren**Farmers Markets**Downtown Jamestown Farmers Market  
Every Thursday through end of Oct.  
Cherry St between 2nd & 3rdFalconer Farmer's Market  
Every Saturday morning 9am-2pm  
til Oct. 31st.  
Davis Park, 100 W Main St.Fredonia Farmers Market  
Every Saturday 9am-1pm til Oct. 31st  
Church St., FredoniaWarren Co. Farmers Market  
Every Saturday 8am-Noon til Oct  
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## Wits 'n Giggles Stand-Up Comedy Returns to the JSBA



*Article Contributed by  
Jamestown Savings  
Bank Arena*

Wits & Giggles Stand-Up Comedy sponsored by Bud Light returns to the Jamestown Savings Bank Arena Saturday, October 17 at 7:30 p.m. The night features headliner, Johnny Dam; feature, Joe McCormick; and host Robb Will.

which broadcasts throughout the country on 3 different radio stations. Dam often tells his audience, "Every joke has a victim, and the only thing funnier than the truth is the painful truth."

Returning as the host of Wits 'n Giggles is Robb Will, Jamestown, New York's self-proclaimed 67th Funniest Comedian. Will has performed in Buffalo, Pittsburgh, and Southern Indiana where he draws from his life experiences and gives you reasons to laugh at them. Will has famously remarked, "I got into comedy because I needed to



Feature act, Joe McCormick is bringing his signature comedy to Jamestown all the way from Warren, Ohio.

Los Angeles, California native Johnny Dam will headline the event. Dam began his comedy career in 1991 performing in the U.S., Canada, the Middle East, Asia, and Africa. In 2004, Dam brought his talents to the classroom where he taught stand-up comedy around Improv comedy clubs throughout California. His first CD *The Painful Truth* released in 2006 which sold out through five production runs. 2008 saw the creation of the 2x award-winning politically funny Internet radio show, *The DAMage Report*. Dam returned to his roots in 2012 began touring the country with his stand-up performances. Since then, he has reformatted *The DAMage Report* into a 2-3 minute FCC-friendly satirical newscast

laugh, I am staying because you need to laugh."

Opening for Wits 'n Giggles is an NA3HL game between the Southern Tier Xpress and Metro

Jets. Comedy Night begins with a 5 p.m. puck drop on DFT Communications Rink. Tickets to the game are only \$5.

Wits 'n Giggles is held in the Bud Light Arena Club located on the top floor of the JSBA. Tickets for the event are \$10 presale, \$12 day of show, and \$5 for students. Must be 18 years of age and up to attend. Get your tickets today by calling 716.484.2624, visiting [www.jamestownarena.com](http://www.jamestownarena.com), or at the JSBA's Landmark Chevrolet Box Office.

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**UPCOMING CRUISES:**

**Oct 16:** 12:30-2:30 Sightseeing with Narration (Optional Lunch Buffet)

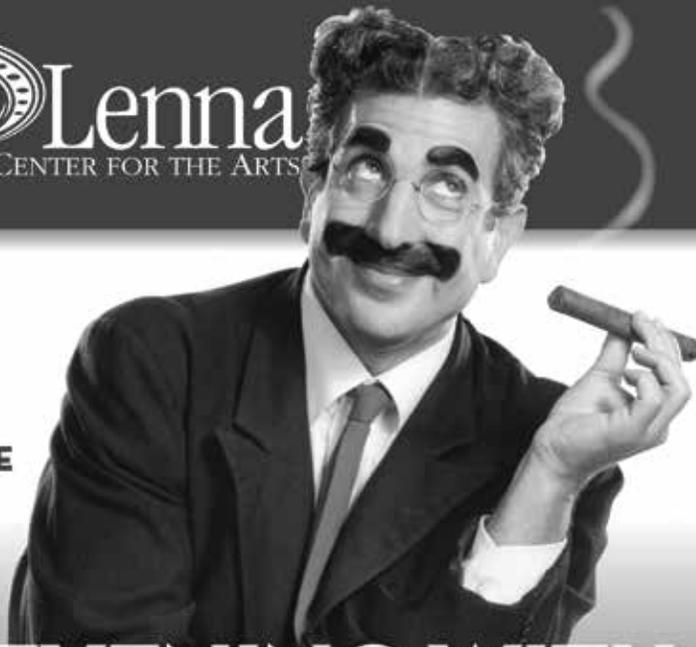
**Oct 18:** 12:30-4 Sunday Scenic Narrated Sightseeing Cruise of Upper & Lower Basin (Optional Buffet)

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# WHINE OF THE WEEK!

## Assumptions?

Political ignorance has gone too far. I told somebody my opinion of one, single current topic and the guy I was talking to jumped to a conclusion about which political party I belonged to, and on a dozen other subjects.

Conversation over! Do we all live in tiny pigeon holes now, unable to think independently? Must we only belong to one team and all think in lock step? American politics does not need clones. Try thinking for yourself.

Submitted by: Eileen Tudor-Wright & Uleen Lefty

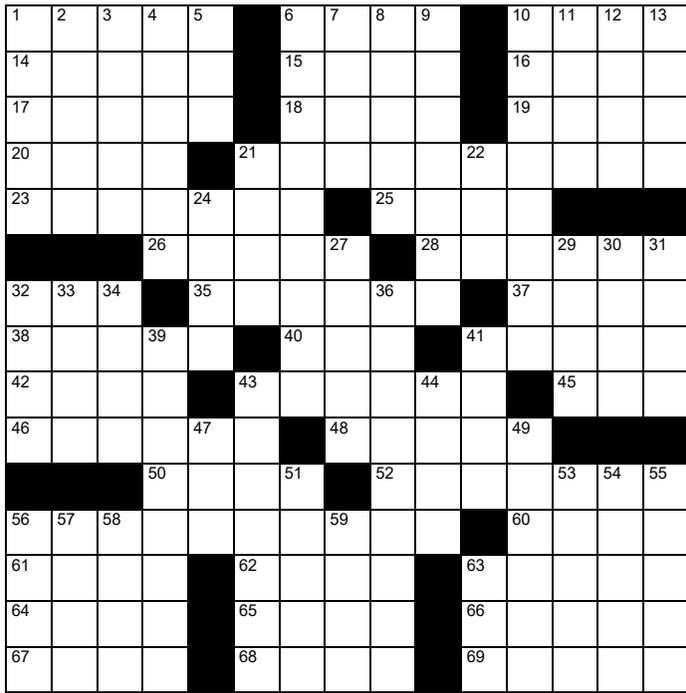


## The Weekly Crossword

by Margie E. Burke

### ACROSS

- 1 Very virile
- 6 Like the Sahara
- 10 Play group
- 14 Cool
- 15 Sandpaper grit
- 16 Hideous
- 17 Piece of turf
- 18 First-rate
- 19 Binge
- 20 Lying, maybe
- 21 Drive
- 23 Hotel room amenity
- 25 Hawaiian tuber
- 26 American symbol
- 28 Frozen water spike
- 32 Billboard listing
- 35 Popeye, e.g.
- 37 Dog with a blue-black tongue
- 38 Decree
- 40 Jam
- 41 Paris bisector
- 42 Exec's note
- 43 Come to pass
- 45 Part of a price
- 46 Spanish dish
- 48 Bring out
- 50 Gobs
- 52 Bromo ingredient
- 56 Region of Germany
- 60 Fries, maybe
- 61 Clear a hurdle
- 62 Delhi wrap
- 63 Energize
- 64 Kind of dealer
- 65 Beethoven's "Archduke \_\_\_\_"



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- 66 Cover
- 67 Printing block
- 68 Brio
- 69 Repeated sequence
- 10 Have no effect
- 11 Ancient
- 12 Smeltery refuse
- 13 Apprentice
- 21 Around the bend
- 22 Parenthesis, essentially
- 24 Strong fiber
- 27 A-list
- 29 "My Three Sons" son
- 30 "The \_\_\_\_ Ranger"
- 31 Ablutionary vessel
- 32 Cord fiber
- 33 "The very \_\_\_\_!"
- 34 Debut of March 3, 1923
- 36 Rust, e.g.
- 39 Cave in
- 41 The Amish, e.g.
- 43 Handkerchief fabric
- 44 Buggy terrain
- 47 Place to park
- 49 With little effort
- 51 Tangle
- 53 Kind of duty
- 54 Archetype
- 55 Crowded
- 56 \_\_\_\_ du jour
- 57 Eagle's nest
- 58 Light
- 59 "Tosca" tune
- 63 Anita Brookner's "Hotel du \_\_\_\_"

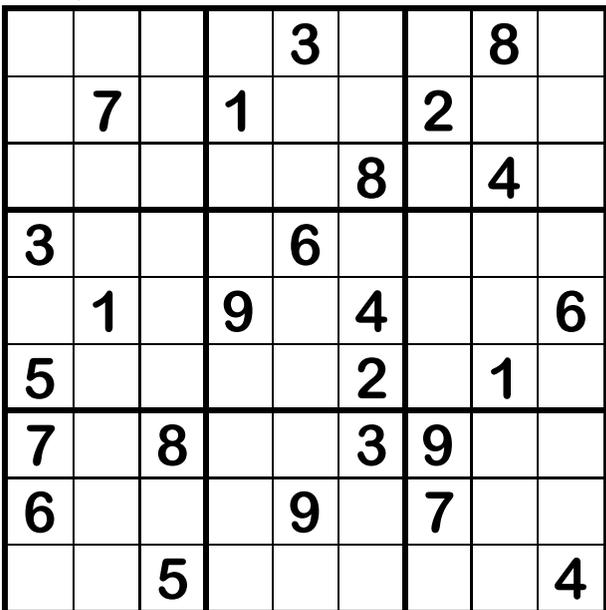
### DOWN

- 1 Palindromic address
- 2 Accused's need
- 3 Group of 13
- 4 Top with a top
- 5 Frequently, to Frost
- 6 Great beyond
- 7 Brawl
- 8 Keyboard function
- 9 Lack of hope

## SUDOKU

Edited by Margie E. Burke

Difficulty : Medium



### 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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# Dairy is Local 365 Days a Year



Consumers can easily tell where their milk was bottled, and can support local dairy farmers by purchasing milk processed in New York and Pennsylvania. This picture is of a gallon of milk purchased at a store in Chautauqua County. The number 36 indicates the milk was bottled at a New York plant.

### Article Contributed by Cornell Cooperative Extension of Chautauqua County

Cornell Cooperative Extension of Chautauqua County is proud to be an integral part of our county's agriculture industry – including the over 200 dairy farms that work hard to produce wholesome dairy products for us all to enjoy.

Whether you choose whole, organic, 2%, chocolate, or even a little bit of everything, dairy products are a great source of 9 essential nutrients: Calcium, Vitamin D, Protein, Potassium, Vitamin A, Vitamin B12, Riboflavin, Niacin, and Phosphorus. According to the United States Department of Agriculture (USDA), people over the age of 9 should consume 3 cups of a "dairy group" a day. For children 2-3 years old, that number is 2 cups, and 2 ½ cups for children 4-8 years old. What counts as a "dairy group"? In general, 1 cup of milk or yogurt or 1 ½ ounces of natural cheese is considered 1 cup of a "dairy group". For example, if you are an adult you can reach your daily need of dairy by having 1 cup of milk, 1 cup of yogurt, and 1 ½ ounces of cheese, or a combination of those things, every day.

Our county's dairy farmers work tirelessly every day to help feed the world! Did you know that locally produced dairy products can be purchased every day of the year? You can tell if your next cup of milk is from a local area quite easily. Find the code that is typically stamped on your next gallon or carton of milk. There will be a two digit number, usually at the beginning of that code,

which is followed by a hyphen (not a colon). This two digit number on the left side of the hyphen is indicative of the state from which the milk was bottled. New York's 2 digit code is 36 and Pennsylvania's code is 42. The typically four digit number following the hyphen, on the right side, indicates the specific plant that the milk was bottled. For example, Upstate Niagara's Buffalo plant is code 4739. Many of our local dairy farms ship their milk to and are a part of the Upstate Niagara Cooperative. All of these codes are available from the Food and Drug Administration (FDA)'s Interstate Milk Shippers (IMS) list, available online.

If you and your family are looking to support local farms throughout the entire year, look no further than your refrigerator! For more information, please contact Katelyn Walley-Stoll, Farm Business Management Educator with Cornell Cooperative Extension at kaw249@cornell.edu or 716-664-9502 ext. 202.

Support to Dairy Farmers and Public Education about Agriculture is one of many programs offered by Cornell Cooperative Extension of Chautauqua County (CCE-Chautauqua) in cooperation with Chautauqua County's 20/20 comprehensive plan. CCE-Chautauqua is a community based educational organization, affiliated with Cornell University, Chautauqua County Government, the NYS SUNY system, and the federal government through the United States Department of Agriculture's National Institute of Food and Agriculture. For more information, call 716-664-9502 or visit our website at www.cce.cornell.edu/chautauqua. Cornell University Cooperative Extension provides equal program and employment opportunities.

## GENEALOGY with Janet Wahlberg

## Preserving Documents &amp; Photos



Contributing Writer  
**Janet Wahlberg**

This month's topic should help you to properly store and preserve all those photos and documents that you come across in your research. If you are a scrap booker as well as a genealogist, much of this will be familiar to you. The one common topic for both paper and photos is...NO LIGHT, HEAT, OR HUMIDITY! These are enemies to both your documents and your photos. So the first thing that you have to do is get all documents and photos that you are storing in your basement or attic moved to a better location. This will protect them from fading, drying out and molds.

Let's first talk specifically about photos that you may have. You should begin by making certain that all of your photos are identified. This can be a daunting task if your parents and grandparents did not identify them. If these folks are still alive, plan a visit with them to start this task. You can also seek the help of aunts, uncles and cousins. They may have photos of these folks that are identified. In addition to labeling all those old photos, be certain that you are identifying the photos that you take today. The main information that you need to include is first and last name and the date. Your children and grandchildren will thank you.

Photos should not be stored in those magnetic albums as they are highly acidic and will cause your photos to fade over time. If they are stuck to the page, one way to remove them is to use waxed dental floss and gently slide it back and forth under the photo until it comes loose. A word about Polaroid prints, do not ever store them in an album or box with other photos as the chemicals in the Polaroid will cause the photos to deteriorate. If you have photos that are damaged, do not use scotch tape to repair them. Either place them in an archival sleeve or seek out a professional repair service.

An excellent way to store all of your more precious photos and documents is to scan them. You can

then put them on a CD or Thumb Drive and store them in a Fire Proof safe or even a Safety Deposit box at the bank. This can be especially helpful if you have old tintypes, *carte de visit* style photos or original birth, death or marriage records. Most printers for today's computers have a scanner function. Or you may wish to purchase a hand held scanner as it can be used for photos that cannot be removed from an album due to the adhesive used. Many of us have news paper articles, obituaries etc. These really should be scanned as news print is highly acidic and deteriorate rather quickly.

You will need some basic supplies to accomplish your preservation project. I would suggest that you begin by going to one of the local craft stores and purchasing the following items: a pen that is designed for labeling photos and archival sleeves for documents and photos. You will also need lignin and acid free albums and storage boxes. These tend to be more expensive, but aren't your memories worth it? Additional sources for these items are on-line and from scrapbook companies.

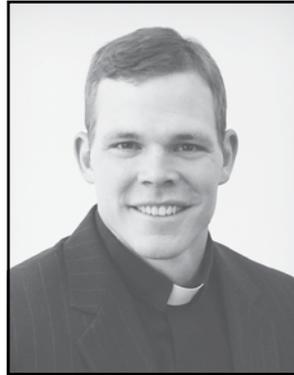
This is just a very brief overview of the topic of preserving photos and documents. There are many books on the topic as well and on-line information. You might want to Google "preserving old photos" or go to <http://www.archives.gov/preservation/family-archives/> or [http://homepages.rootsweb.ancestry.com/~george/preserving\\_photos.html](http://homepages.rootsweb.ancestry.com/~george/preserving_photos.html).

Now that you have everything safely preserved, labeled and stored, it is time to organize all of it. Good Luck with that!

To read Janet Wahlberg's previous genealogy columns or to delve deeper into her writings and insights for searching out and recording your own family's genealogy, please go to [jamestowngazette.com](http://jamestowngazette.com) and visit Janet's own web page.

# Faith Matters

## Starbuckese



Contributing Writer

### Pastor Scott Hannon

St. John Lutheran Church Amherst, NY

"I'll have a grande Pike Place with a splash of cream in a venti so there's room."

This is how I begin most days. That's Starbuckese for, "I'll have a regular coffee with a bit of cream in a cup that's big enough to keep it from spilling over the lid while I drive like a maniac to work."

It took me a while to learn Starbuckese. When I first started buying my coffee there I would order a large with cream.

"Do you mean a tall, a grande or a venti?"

"Light or dark?"

"Do you want room?"

"Uh...." I often thought to myself, "How can a 'tall' be 'small'? *Light or dark?*! I just want coffee. Room where? For what?"

Over time I learned their language and figured out how to order my coffee in exactly the right way. Today I am happy to report that my former anxiety, nerves and naiveté have been replaced with fluent Starbuckese.

Last week I spent a few days at the Upstate New York Synod Ministerium and it dawned on me halfway through the event that we were all speaking Christianese. "What's your ecclesiology?" "What role does ecumenism play in your ministry?" "How do your people feel about Luther's third use of the law?" "What's the interplay between justification and sanctification in your pews?" "What's your plan for missional ministry in response to the nones?" (Today's church gurus like to make up words. Hence, "missional" and "nones.")

These are real questions frequently asked by pastors leading Lutheran congregations across our country. I can't help but wonder, however, why we speak in a language our parishioners, guests, visitors and

folks in the mission field don't understand? Even in church on Sunday a.m. I fear that at times we start to speak Christianese in ways that confuse and complicate disciples simply trying to worship their God.

Take a simple word like "grace" – a word rightfully repeated in Lutheran congregations. What do we mean? Are we referring to the 10 year-old in the pew? The thing we (ought to) say before dinner? The way our grandma carries herself? Or God's undeserved love and favor? When we add more complicated words (confession, kyrie, intinction, etc.) I fear we end up putting verbal barriers between those who are 'in' and those who are 'out.'

If you're a barista at Starbucks you just look pitifully upon the naive customer on the other side of the counter. But what if you're a person in the church? What do we do about our Christianese?

I do not propose that we make dramatic changes to our worship or the language we use. However, I do suggest that we seek to be sensitive to the fact that many people (actually, an increasing number of people in this post-Christian world) don't fully understand some of the language we take for granted. On occasion I hope you'll join me in offering definition and assistance to those who are new. Ask a visitor if they have any questions. Explain how communion works. Reiterate that when the pastor says, "Jesus loves you," he means, "Jesus loves YOU."

Martin Luther advocated for translating scripture into the language of the people. Jesus, a Jewish man in an Arabic world, spoke Koine Greek (Koine = Common). In the same way, it will be important for us in this 21st century world to be clear and concise about what we mean and what we're doing.

It is time for our church to get back to "coffee with cream" in a "I'll have a grande Pike Place with a splash of cream in a venti so there's room," sort of world.

In the Way,

PSDH

For more inspiration and insights from Pastor Scott's past columns, please visit [www.jamestowngazette.com](http://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.

## Lucy Statue Sculptor

Article Contributed by  
*Village of Celoron*

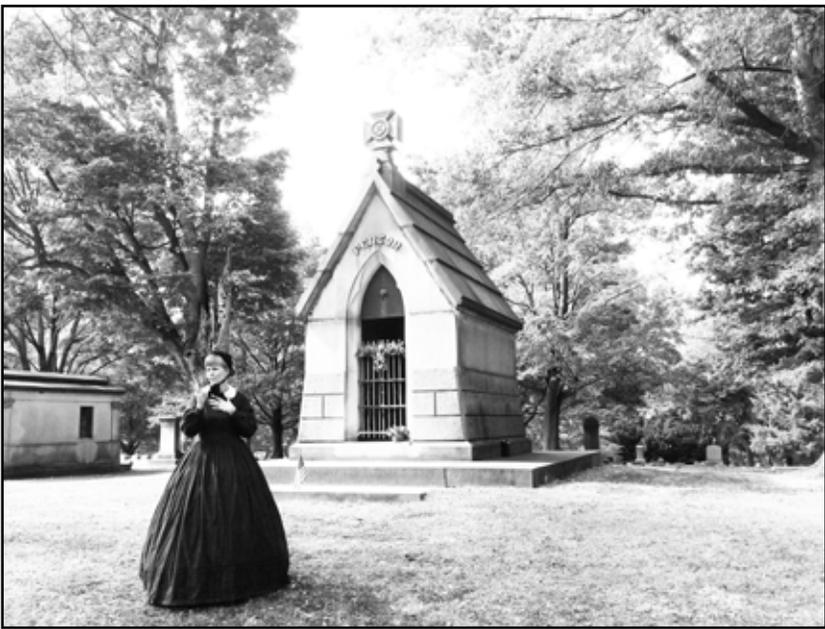
The Board of Trustees of the Village of Celoron, NY authorized an agreement with Carolyn Palmer of Montgomery, NY to create a new bronze statue of Lucille Ball for Lucille Ball Memorial Park on the shores of Chautauqua Lake. Mayor Schrecengost commented, "The Village of Celoron is very grateful to Ernie Boch, Jr. and other donors who have made it possible for the Village to honor the memory of Lucille Ball in this way."

Mayor Scott Schrecengost established

a committee comprised of local artists, a representative of the National Comedy Center and a Village resident to review the correspondence received from sculptors who were interested in creating a new statue. At a special meeting held on September 28, 2015, the Board of Trustees reviewed the recommendation of the committee and voted unanimously to contract with Carolyn Palmer. The Village and Ms. Palmer are anticipating an August 6, 2016 unveiling of the new statue.

Ms. Palmer said, "Thank you for giving me this great honor. I'm truly humbled and looking forward to capturing the beauty and charm of our beloved Lucille Ball"

## Rotary Club of Jamestown's October 5th Meeting



Article Contributed by  
*Rotary Club of Jamestown*

When Joni Blackman -- a longtime Rotarian and the director of the Fenton History Center since 2004 -- gets passionate about a topic, she takes it all the way. For the Rotary Club of Jamestown's Oct. 5 meeting, members traveled to the Fenton Mausoleum at Lake View Cemetery. There, they met Blackman, who was dressed up as Reuben Fenton's second wife, Elizabeth Scudder Fenton. In character, Blackman told Mrs. Fenton's story to a rapt audience of more than 50 Rotarians. With her husband, Mrs. Fenton said, she had "caught myself a real gem" -- Fenton was eager to make a name for himself by helping others, a quality Mrs. Fenton loved. She spoke about her husband's time as the Town of Carroll supervisor, as a U.S. Congressman, as Governor of New York, as a U.S. Senator, and as

the founder of the Republican Party in Chautauqua County. But she also spoke about her husband as a sort of one-man business incubator: Fenton would regularly make loans of \$1,000 -- the equivalent of about \$25,000 today -- to entrepreneurs and allow them to live at the mansion while they launched their business ventures. Mrs. Fenton also spoke of her husband's legacy: during his tenure as Governor, Cornell University was founded, a free public school system was initiated, and relief measures were sanctioned that benefited veterans. When Fenton died, Jamestown all but shut down for three days. More than 10,000 people lined the streets between the Fenton mansion and Lake View Cemetery to see him laid to rest. After Mrs. Fenton finished speaking, she invited Rotarians to see the inside of the Fenton Mausoleum, the only mausoleum at Lake View Cemetery to contain a basement.

## Merry-Go-Round Youth Theater at Bush School



Performers from the Merry-Go-Round Youth Theater perform "The Golden Goose" for Bush Elementary School first graders.

Article Contributed by  
*Jamestown Public Schools*

Bush Elementary School first graders had the unique opportunity to unleash their imaginations with a performance of "The Golden Goose" presented by the Merry-Go-Round Youth Theatre. Jamestown Schools partner with Merry-Go-Round Youth Theater to give every elementary school student in the district an opportunity to see, and participate, in live theater that directly relates to their classroom curriculum.

The first grader's performance revolved around the stories of the Brothers Grimm. Students become hunters, firefighters, clowns, soldiers, bakers, and elders through sound and motion and learn that it takes many people with different talents to make a town work. The collaboration with the Merry-Go-Round Youth Theater came about as a way to infuse curriculum with more art opportunities.

"The arts-in-education component of JPS students' education has been sporadic in recent years," said JPS Superintendent Tim O. Mains, "I'd like it to be more consistent and programmatic. Last year, we began a partnership with Merry-Go-Round Youth Theater to help engage all elementary school students in the arts. We are so pleased with the results -- both students and teachers have expressed how much they love the experience."

Before each performance, the actors visit individual classrooms to explain what happens in the plays with the learning targets of the standards in mind. The intent in the Pre-Performance Workshop is

to introduce them to the language, characters, settings and type of story they will see. Students should then be able to make their own predictions about what they will see in the show, allowing for critical thinking to continue throughout the performance. Each grade level receives a different program from the Youth Theater. Kindergarteners see "The Happy Circus" where students become part of a circus by mimicking animals. Students also learn about following directions, working as a group, and creatively using their imaginations as we teach them about musical instruments and animals. Second graders see Aesop's Fables come to life, along with learning tidbits about Aesop's life and traditions of Greek theater. Third graders explore the world of China through "The Magic Paintbrush," which is adapted from an ancient folktale told in the oral tradition and how it relates to modern-day superhero stories. Fourth graders learn more about the Native American tradition with a performance of "There Once Was a Longhouse." Students actively become part of life in an Iroquois village. The largest youth theatre in Upstate New York and one of the largest in the country, The Merry-Go-Round Youth Theatre reaches more than 125,000 students across the state through its curriculum based multi-discipline Sequential Dramatics Program. The Youth Theater chooses productions that compliment the subject matter to help teachers and students in meeting the Common Core Learning Standards. The program addresses state standards for The Arts, English Language Arts, Science, Social Studies and Career Development & Occupational Studies.

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**PUMPKIN TRIVIA**

- T/F: A pumpkin is really a squash.
- About how many seeds are in each pumpkin?
- How much did the largest pumpkin weigh?
- What state is considered to be the "pumpkin capital" of the world?
- What month is 80% of the United States pumpkin supply available in?
- T/F: Pumpkins are 50% water.
- Where did pumpkins originate from?
- Which continent does not grow pumpkins?
- What vitamin are pumpkins rich in?
- How many pounds of pumpkins do farmers grow in the United States each year?

ANSWERS: (1) True (2) Approximately 500 seeds (3) 1,140 pounds (4) Illinois (5) October (6) False. They are 90% water. (7) Central America (8) Antarctica (9) Vitamin A (10) 1.5 billion

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**Walk 4 Paws Event Raises Over \$30,000 for Chautauqua County Humane Society**

Article Contributed by  
**Chautauqua County Humane Society**

The Chautauqua County Humane Society (CCHS) is pleased to announce the totals from their eleventh annual Walk 4 Paws fundraiser. Team fundraising, individual fundraising, Tag Days money collection weekends, sponsorship and other various donations contributed to the approximate \$30,179.00 total. The money raised will go directly towards the mission of the CCHS.

The Walk 4 Paws event was held Saturday, October 3 at Chautauqua Institution's Market Gate parking area. This year's event brought together more than 300 people for the exciting day which included a two-mile awareness/fundraising walk, cook out and pet costume contest.

"We are so lucky and grateful to live in such a dedicated, animal loving community," said Jeff Lubi, Executive Director for the CCHS. "These participants and all of our volunteers, donors and sponsors are the foundation for the success of these events," said Lubi. "We certainly could not reach our goals without them."

The top three individuals and teams were announced at the event and will receive awards at a later date. Ellie Hartnagel was the first place individual collecting \$2,595 and Flarfy's Family finished as the top team, raising \$1,717. The pet costume contest winner was awarded to a boxer dressed as a Clydesdale horse.

"I fully support CCHS because I see progress; the funds raised are certainly going toward helping care for all animals in need," said top fundraiser, Ellie Hartnagel. "My dogs, Chloe and Scout are certainly part of my motivation. I know all animals are not this fortunate, so if I can help in a small way to give them the chance to find happiness, then this is my way to do so," said Hartnagel. "It makes me very happy that I can help and that I have such a great close knit group of family and friends that help me achieve these goals."

CCHS would like to extend their sincere appreciation to all those who volunteered and/or donated to the 2015 Walk 4 Paws. The success of the event was made possible by the sponsors and those that volunteered and went out and solicited donations. This year's lead sponsor was Petco Foundation. Additional sponsors included Chautauqua Chemicals Company, The Greater Chautauqua Federal Credit Union, Shults Ford, Lincoln, Hyundai, Allied Alarm Services, Alpha Dog Marketing, Chautauqua Institution, Clark Patterson Lee, Dog Speak, Fessenden, Laumer & DeAngelo, King's Heating and Sheet Metal, Lockwood Agency, Magnum Graf-X, Southern Tier Financial- Dave Switala and John LaBardo, SP Bussman Design Co, and UBS Financial Services. This year's media sponsors were The Post Journal and the five stations of Media One Group. Media One Group is the official media sponsor of CCHS.

For more information on the Chautauqua County Humane Society or to receive information on other special events, visit www.spcapets.com or call 716-665-2209 ext. 213.

The mission of the Chautauqua County Humane Society is to promote the adoption of animals, prevent all forms of animal cruelty and neglect, shelter lost, abandoned and homeless animals, and to provide education about the humane treatment of animals.



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Qualifications are a high school diploma or equivalent and must possess a valid driver's license for 3 consecutive years and be at least 21 years of age.

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## Framed in Pink: Bowling Over Breast Cancer



Framed in Pink Committee members gather together to promote Framed in Pink: Bowling Over Breast Cancer which will take place Sunday (October 18th) at the Jamestown Bowling Company in Jamestown. (L to R) front –Sue Lamb (event coordinator), Mary Jo Salvaggio and Megan back row –Eileen Bertrando, WCA Hospital Mammography Technician, Oleta Hannon and Patti Reed. Not pictured are: Marcia Derby, Julie Abramson, Theresa Jackson, Kristy Moore, Jenn Peters, Jenny Erickson, Lucy Schultz and Brooke Ludwiczak.

*Article Contributed by*  
**WCA Hospital**

A group of local bowlers will host the 7th annual Framed in Pink: Bowling Over Breast Cancer at the Jamestown Bowling Company. Formerly known as “Bowl For A Cure”, this charity event will support local breast cancer care at WCA Hospital and pay tribute to loved ones who have battled this deadly disease.

“I think this is a fantastic opportunity to raise awareness of breast cancer here in our community,” says Sue Lamb, event coordinator. “We all have a loved one who has been battled breast cancer. We are committed to honor those loved ones, promote good breast health, benefit local breast cancer care, and have a good time!”

This bowling event will begin with a sign-in and basket raffle at 12:00 noon, followed by bowling at 1:00 p.m. In addition, Framed in Pink is accepting donations for pink tribute frames that will be displayed in honor or in memory of loved ones who have battled breast cancer. Framed in Pink has raised over \$8,000 which benefits local breast cancer care at WCA Hospital. The committee would really like to surpass last year’s totals

of \$5,000 this year, so even though all of the noon slots are full to bowl, they are going to give an opportunity for those who would like to bowl a second time slot of 9 am.

WCA Cancer Care Program is one of the 25% of NY programs accredited by the Commission on Cancer of the American College of Surgeons. The program includes prevention education, screening, diagnostics, data collection and registry, and a holistic approach to Cancer Care.

As new advances are made in surgery, chemotherapy, radiation therapy and other areas of cancer treatment,

WCA is committed to bringing them to the community. WCA’s aim is to set realistic treatment goals according to the national standards, while meeting medical, psychological and nutritional needs. WCA provide’s patients and their families with the answers they need about diagnosis, treatment and recovery.

If you are interested in bowling, donating a basket, or supporting this great cause- please contact Sue Lamb immediately at (716) 484-8144 or WCA Office of Development, Megan D’Angelo at (716)664-8423.

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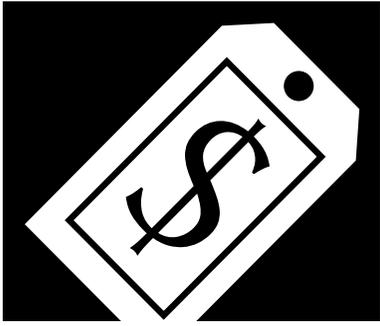
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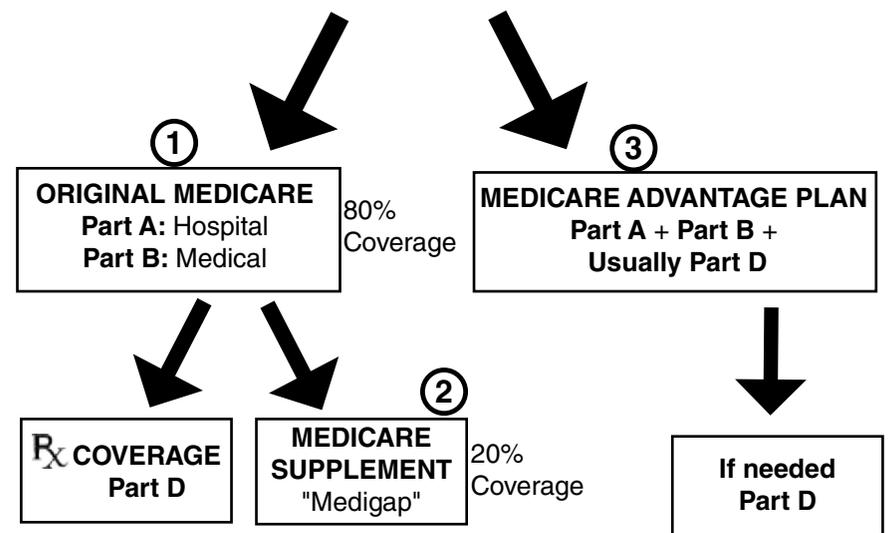
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## Select Original or Advantage Plan



# Open and Easy

## Medicare Open Enrollment Season Arrives

Continued from  
Front Cover

private insurance companies asked for a chance to offer an alternative to Original Medicare, called "Medicare Advantage". The US government approved, but only if they could do this more economically, at 95 percent of the government's cost.

However for more than a decade the cost rose as high as 120% of what the government spent because the private insurance companies were not held to their promise. The new Affordable Care Act, so called "Obamacare", holds the line strictly at the 95 percent which the government pays the insurance company to provide at least the same basic coverage as Original Medicare. Good insurance must be affordable.

In addition, the "Medicare Savings Program" (MSP) also returns the monthly Medicare Part B premium of \$104.60 to the Social Security check of clients who's income is below \$1325 per month. "We call it "The Golden Ticket," Cheronis said, "because it also lowers prescription drug costs." Thirty percent of Chautauqua County's population over the age of 65, for instance widowed senior women who stayed at home to raise a family, are now dependent on only their late husband's Social Security.

### Only Three Plans

There are only three Medicare plans: Original Medicare, Medigap and Medicare Advantage.

1. Original Medicare is considered "full coverage". It covers the daily hospital room charge (Part A) and the medical costs (Part B). People with Original Medicare carry the traditional red, white and blue Medicare membership card. There is a gap, though. Part A does not pay for other hospital related costs and has a deductible of \$1260 and Part B costs \$104.90 per month deducted from monthly Social Security payments. Overall, Original Medicare only covers 80% of the costs.

A patient can pay that remaining 20 percent out-of-pocket or select either plan 2 or 3, below, to fill the gap.

### Filling the Gap

The plan a person chooses depends on their personal situation.

2. The second plan, the one designed to fill that 20 percent gap, is called the "Peace of Mind" plan. This Medigap Plan (Medicare supplemental insurance) together with prescription drug coverage (Part D) covers the remaining 20% and some other medical expenses.

3. The "Pay-As-You-Go" plan is called Medicare Advantage (Part C). This combines parts A, B and D. It works well for people who don't take a lot of medication, don't see a lot of doctors and are in generally good health. The part B premium of \$104.90 goes to the private companies administering Medicare Advantage plans.

Medicare Advantage plans are popular across New York State, according to Cheronis. In Chautauqua County, about 40 percent of Medicare clients use Advantage plans.

### The Advantages

The popular Medicare Advantage plans can change every year as the private companies look for ways to cover their expenses at the 95 percent of Original Medicare level they receive from the government. A limited network of providers who accept low negotiated payments helps achieve this, but this may narrow subscriber options for care.

"Some of the changes in the Medicare Advantage Plans are subtle but very important. These little changes are what people really need to be aware of," said Christine Cheronis, Medicare Insurance Coordinator and Senior Services Coordinator, "and that's part of our job." OFA fields a team of fully certified counselors who are available all year long to assist with Medicare and related questions, like claim disputes, prescription or physician changes, legal assistance through the Medicare Rights Center and more.

"In October people in the Advantage Plans are receiving thick packets of information from their insurance providers describing next year's changes. For instance, this year a deductible has been added to the prescription plan which never existed before," Cheronis explained. "Some people may have to pay full price for a drug before they meet their deductible."

The basic question Cheronis asks is, "Are you going to stay in your Advantage Plan or are you going to switch to the 'Original Plan' with a supplement to fill the 20 percent gap?"

Many people switch to the Original Plan, according to Cheronis, as they age. People experience more illnesses and see doctors more often. "Plus, the Original Medicare plan follows you everywhere," Cheronis adds. "People who travel a lot just don't want to deal with in-or-out-of-network issues."

During open enrollment, plans become highly individualized, one size does not fit

all. Medicare counselors are specially trained to help customize and optimize plans.

### Wellness Coverage

Everyone knows the best cure is prevention.

"The Affordable Care Act, though not perfect," Spanos said, "is starting to reward prevention instead of only paying for sickness care... with coverage for vaccinations, annual medical checkups with no co-pays or deductibles. Annual screenings for conditions like breast cancer, colon cancer and diabetes are also now covered automatically. Medicare is incentivizing doctors to see patients with chronic diseases on a regular basis."

"Locally," Spanos explained, "we have developed something called an 'Accountable Care Organization' comprised of about 35 local physicians, a couple of hospitals and nursing homes, being paid by Medicare in a new way which rewards them financially out of the savings for keeping the patient well."

### Not Retiring Yet?

People who work beyond 65 might be hurting themselves monetarily by delaying Medicare enrollment, according to Spanos. An employer's payroll deduction and co-pays for health insurance may actually exceed the cost of a Medicare plan, but such workers are not required to take Medicare at 65 if their employer's plan meets standard, acceptable requirements.

OFA also partners with HR departments of local businesses to help them understand the role of Medicare in retirement planning for their employees or for employees who continue to work after the age of 65.

### Attention Veterans

Veterans in the VA health care system often think they don't need Medicare. However, travel to veterans centers in Buffalo and Erie become more difficult with age and local hospitalization and specialist care are not covered by veterans benefits.

"We are partnering with the local veterans agency," Cheronis said, "to talk to our vets about Medicare. By taking advantage of both programs, Medicare and Veterans, an individual can be covered anywhere."

Enrolling in part B after age 65 results in a penalty to make up for the years the monthly premium was not paid. That penalty can be quite large in some cases. "That makes it all the more important for veterans to add Medicare coverage to

their Veteran's coverage as soon as they turn 65," Cheronis said. "The notion that veterans do not need part B is a serious and widespread misconception which we are trying to correct."

### Epic Savings

Epic is a NY State program to lower prescription drug costs. It supplements Part D co-pays. This program is based on income eligibility with an individual's income less than \$75,000 per year or a couple's income less than \$100,000 a year.

### Counselors Ready

Phone numbers and locations for counseling are listed below. "We get lots of hugs in this business," Cheronis said. "I love it when someone who comes in so worried, nervous and stressed out, finally takes a deep breath of relief and walks out with a smile. That means everything to me." OFA hours are from 8:30 a.m. to 4:30 p.m. on weekdays. Call for an appointment before coming to the office to see a Medicare Counselor.

### Community Service or program to help an aging or disabled person NY Connects Helplines:

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SPORTS with **BILL BURK**

# 'Round the Block with Bill



Contributing Writer  
**Bill Burk**

**Best Ever**

So Yogi Berra, who died at 90 plus years old last week, played for the New York Yankees for 17 years, went to 14 World Series and won 10 of them, fought at D-Day in WWII, won a Purple Heart, a Distinguished Unit Citation, two battle stars, and a European Theater of Operations ribbon. How American can one guy get?

Yogi had 8,359 at bats and only struck out 414 times (less than 5%) and managed to hit 348 home runs while playing the hardest position in baseball. He caught the only perfect game in World Series history, and if you know anything about catching, you know he gets at least a third of the credit for that. How does his name not come up when we mention the best players of all time, much less the best Yankees ever?

**Bad Coach Good Coach**

Let's apply a little sport psychology and logic to youth coaching for a few words, shall we? The prefrontal cortex of the brain, the region that helps you and me make wise choices, isn't fully developed until after the age of twenty-five (explains a lot about teenagers, doesn't it?). The brain before that time is still growing, adding cells. Adversity and stress can hamper neurogenesis (the production of new cells in the brain), and impair the circuitry of the brain. This in turn can artificially create negative emotional states, especially in kids. Abuse can have this negative effect and start a vicious downward spiral; negative feelings create stress which then creates more negative emotions which create more stress, etcetera, etcetera.

Negative emotions narrow attention and awareness. We almost literally get blinders on under stress. Conversely, positive experiences expand awareness. Studies have shown that peripheral vision actually widens when people experience positive emotions. Negative coaching therefore is physiologically less effective at developing young athletes and building youth sports teams than positive coaching. Kids who get negative coaching can easily fall into that negative emotional spiral. Coaches who use sarcasm and abuse are not only ineffective, they can be dangerous. My point is, the next time you hear a coach yelling at a kid, ask that coach why. Chances are it's what they think will work best, or an ego trip.

Coaching rules of thumb; be demanding, not demeaning, and use a 5 to 1 ratio of positive emotional feedback to criticism.

**By the Way Department**

Did everyone else know that The Levy is a bar in Rye, NY, and in the song "American Pie"

Don Mclean sings, "And me and the boys were drinking whiskey IN Rye"? And not "whiskey AND rye" (which always seemed redundant to me...I mean whiskey and rye are the same thing, right?)?

And did we ever figure out why the Howells, Thurston and Lovey, were on the Minnow?

Want to feel old? Farm Aid is 30 years old.

**What I Won't Talk About**

I never argue music or politics...you never get anywhere. That said, Bobby Jindal, presidential candidate (by the way, nobody's putting someone named Bobby in the White House unless he's a Kennedy), said he eliminated 30,000 government jobs in Louisiana while governor. My question is: What happened to those people? Are they unemployed? Did they have to sell their homes? Why is he so excited about 30,000 pink slips? I get we don't want government waste and people abusing the system, and I appreciate the private sector that says government workers live off our taxes, but isn't it also good that those government workers are able to buy things? Thirty thousand people without jobs, unable to contribute to the economy? That's a great thing? What am I missing?

**Big Sports**

We're coming up on the busiest, most fun time of the sports-viewing year. Major League Baseball playoffs (the only "must-watch" ball in a seven month season), college and pro football in full swing (the Bills aren't mathematically out of the playoffs yet), college basketball cranking up (pro too, I suppose), and the National Hockey League. Only thing missing is important golf.

I was amazed when C.C. Sabathia put himself into alcohol rehab the day before the Yankees one-game wild-card playoff game (baseball's version of a 3-hour over-time shoot-out). Teammates and Brian Cashman HAD to be publicly supportive, but they also had to be saying, "Hey C.C....at \$23 million a year, how about you check in tomorrow...or maybe a week from now."

Most profiles I read about high-level athletes say they are humble and down-to-earth, uncomfortable in the spotlight and shy about their fame. I believe this almost never.

*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.*

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# Rock-N-Roll Speedway Reunion in Frewsburg



Don Mara's 1936 Ford No. X59 that competed at Rock-N-Roll Speedway in 1957.

Article Contributed by  
**Chautauqua Sports  
Hall of Fame**

The Chautauqua Sports Hall of Fame, the Carroll Historical Society, and the Myers Memorial Library, with assistance from the Chautauqua Region Community Foundation, will hold a gathering for all persons interested in the history of Rock-N-Roll Speedway on Sunday, October 25th. The reunion will be held at the Carroll Historical Society, located behind the Town Hall on Main Street, in Frewsburg at 1:30 P.M.

Rock-N-Roll Speedway was built by Joel Anderson on his property on Oak Hill Road just past the radio tower in the Town of Carroll. The jalopy track was in operation from 1957 to 1960.

The reunion is open to the public with a special invitation extended

to anyone who may have competed, attended or worked at the speedway. The organizing committee plans to videotape those attendees who are willing to share their remembrances. Persons with movies, photos, or other Rock-N-Roll memorabilia are asked to bring those items.

Following the gathering at the Carroll Historical Society building, the group will visit the site of the former speedway. Bob Anderson, son of Joel Anderson, will lead a tour of the property.

Former Rock-N-Roll racer, Fred Clark, who had great success at the Frewsburg oval, is among the expected guests. Refreshments will be served.

For questions about the Rock-N-Roll Speedway reunion, please contact Chautauqua Sports Hall of Fame president Randy Anderson at 716-640-6219.

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# The Resource Center

Continued from Front Cover

services to the community and has enhanced this approach by using the MHA's peer recovery coaches. Both organizations have been involved in pilot projects with Jamestown Mental Health Treatment Court and have implemented a peer enhanced system of care.

"It is a wonderful thing to see two caring organizations come together as partners to face a serious community problem, working together in a complementary way to offer wraparound services to those clients who are suffering from addiction and who may also have co-existing mental health related issues. This is collaboration and cooperation at its best," said Dr. Lillian Vitanza Ney, the Chair of the Mental Health Association's advisory board. "The heroin epidemic and its ramifications will require the best efforts of all organizations involved as well as the community at large."

"The MHA is excited to work in collaboration with TRC in providing peer recovery support

groups and certified peer coaches," said Kia Narraway-Briggs, Mental Health Association Executive Director. "Our collaboration will ensure that those in need will engage in provider-offered treatment services and increase all areas of wellness."

"This collaboration has created new energy and momentum to assist with preventing individuals from falling through the gaps of the system," said Leanna Luka-Conley, The Resource Center's Director of Care Coordination and Behavioral Health Services. The alignment of Mental Health Association with our Personalized Recovery Oriented Services programs (PROS) is a win-win for the community. We have observed many success stories already from our partnership and know there will be many more."

For more information, phone the Mental Health Association at 661-9044 or The Resource Center's Counseling and Psychiatric Services at 661-1590.

# Building Faith One Brick at a Time



Article Contributed by  
**St Luke's Episcopal Church**

If you were to ask a child in elementary school (especially a boy) what his favorite thing to do on any given afternoon was, the answer would most likely be 'play with Legos'. These popular building sets, which have been in existence for several decades, have grown in popularity to the point that they top the Christmas and birthday wish lists of most American children.

The Rev. Luke Fodor, Rector of St. Luke's Episcopal Church in Jamestown, who is also the father of two young boys, is no stranger to the bricks. He enjoys helping his children build things with them and even participated in a Lego-themed story time with them at the local public library. As he watched the children play and work together on projects based on the stories they heard that day, it occurred to him that this would be the perfect type of setting to introduce children to the stories of the bible and encourage discussion about them as well.

Fodor was already familiar with "The Brick Bible for Kids", by Brendan Powell Smith, a picture book of Lego illustrated Bible stories. This book would become the central piece of St. Luke's 'Bricks of Faith' ministry, an after school program open to elementary aged children in the Jamestown area. The program currently runs every Tuesday afternoon from 4pm to 5:00pm in the church's undercroft at 410 North Main Street, Jamestown. It is led by Fodor, who is assisted by Corinne Frederickson, St. Luke's Director of Children and Youth Ministries.

"We call the program Bricks of Faith because we are slowly building our children's faith" explains Fodor. "It is a safe place where it is okay to express our

uncertainties, doubts and ignorances as we grow in wonder and grace. It has become both an entry point for children who have not yet spent much time in Sunday school or other children's bible themed programs and for those who know the stories well to share in further engaging the sacred stories."

The children gather for free play with the Lego bricks for the first half hour and then listen to a story from the Brick Bible. After story time and a short snack they round out the afternoon by building things as they talk about the story that they just heard. Somewhere amidst the silly jokes and noise that is created by the often rambunctious boys the meaning gets through.

"Talking about God with children is never easy and I appreciate the ability to connect with them." Fodor says. "Not only to talk about God and faith, but to literally play with God and faith. More than knowing the stories, the children put the stories into action and apply the learning to their lives."

One of his favorite stories about the program came in the form of an email that the Rev. Fodor received one evening from a parent. She had overheard a comment made by one of the boys as she waited for her own son during that day's program. 'Quote of the Day' the title of her note read. The body of the message continued.... "I never knew about God before now." (said one of the boys tonight at Legos)." The mother then summed it all up by saying, "It makes the wriggly, laughing, zombie chatting, boy-behavior disappear... Nice work!"

St Luke's Bricks of Faith Ministry is open to all elementary school-aged children regardless of their church affiliation. For more information call the church office at 716-483-6405.

# Jefferson 7th Graders Learn Firsthand About African Children's Long Walk to Water

Article Contributed by  
**Jamestown Public Schools**



shared text. They are setting the foundation for reading closely, and actively, so that as readers they can understand central themes emerging and to be able to gather meaningful text evidence to support their thinking. This particular book is also a cross-cultural experience and helps the seventh graders appreciate how others live and survive through hardship. As this school year begins, the writing instruction is also foundational. The 7/8 teaching team decided to incorporate more "Quick Writes" in their instruction. For example, students wrote reflection paragraphs that included their thoughts about water use in the U.S. and the responsibility of getting water for young girls in the Sudan.

"It really gave us the opportunity to see what it might be like to walk eight hours for water like they have to in the book," said Jefferson seventh grader, Lillian Ingrao. "I think it's cool to read about other cultures because it makes us more aware of what is going on in the world and maybe it will make us think twice about helping out a cause."

The teachers decided to try the actual walk with water because many students learn by doing, instead of visually or by hearing. To hook them into any concept, getting them involved is key to getting them engaged. Carrying the water for the short distance and experiencing a little bit of struggle with balancing the weight is a simple illustration, but according to the post-reflection activities, many of them felt "it was actually difficult" to carry the water, but that they knew it was necessary to survive. That same evening, students counted the steps to their own water resources at home and were shocked at how convenient and "spoiled" they have it. Our recent viewing of Girl Rising, the documentary about disenfranchised girls across the globe who long for the opportunity to go to school, also helped to echo how third-world nations don't have what we have. From water to education, these students are being surrounded with lessons about not taking their privilege for granted. The hope is that they see these resources as blessings and opportunities for their own journey to live better and to give back.

One common theme amongst the Jefferson students in their reflection writings was the willingness to do this labor if their families' lives were at stake. They saw it as sacrifice, but were willing to take on the responsibility for their loved ones. It brought awareness of the risks as well. Many students commented on "dangers" of drinking contaminated water and having to travel in such harsh conditions.

"I was happy to see so many of our students express gratitude and awareness of their own privilege," said Mrs. Rowe-Baehr. "They've begun to admire those who are suffering and to feel compassion for those who are fighting for their futures. It's a beautiful lesson we all need to consider when what we do in education isn't just a responsibility, but a human right we need to offer to everyone."

Jefferson Middle School seventh graders recently experienced what it felt like to carry water long distances in Africa, just like the children in the book they are reading, Long Walk to Water with the help of teachers, Betsy Rowe-Baehr, Kali Simko and Hilda Ocasio.

The book, by author Linda Sue Park, is based on a true story documenting the life of two, eleven-year-olds in Sudan, a girl in 2008 and a boy in 1985. The girl, Nya, fetches water from a pond that is a two hour walk from her home: she makes two trips to the pond every day. The boy, Salva, becomes one of the "lost boys" of Sudan, refugees who cover the African continent on foot as they search for their families and for a safe place to stay.

"Student's knowledge of Africa is very narrow," said Mrs. Rowe-Baehr. "At this point, many of them are basing their background on grand assumptions of what they've seen in the media and they have limited awareness of its people. As Long Walk to Water is largely nonfiction, this journey helps them picture a young person in the midst of turmoil, which many of them can relate, but also challenges them to consider how the extreme situation of a war-torn, impoverished nation could produce brave heroes who want to live better and to give back. Reading about places outside of this country helps them to learn the emotions of compassion and tolerance for other perspectives."

Long Walk to Water is the seventh graders first

## PUZZLE SOLUTIONS

Solution to Crossword:

M	A	C	H	O		A	R	I	D		C	A	S	T	
A	L	O	O	F		F	I	N	E		U	G	L	Y	
D	I	V	O	T		T	O	P	S		T	E	A	R	
A	B	E	D			G	E	T	U	P	A	N	D	G	O
M	I	N	I	B	A	R		T	A	R	O				
				E	A	G	L	E		I	C	I	C	L	E
H	I	T		S	A	I	L	O	R		C	H	O	W	
E	D	I	C	T		F	I	X		S	E	I	N	E	
M	E	M	O			B	E	T	I	D	E		P	E	R
P	A	E	L	L	A		E	D	U	C	E				
				L	O	T	S		A	N	T	A	C	I	D
P	A	L	A	T	I	N	A	T	E		S	I	D	E	
L	E	A	P			S	A	R	I		L	I	V	E	N
A	R	M	S			T	R	I	O		A	L	I	A	S
T	Y	P	E			E	L	A	N		C	Y	C	L	E

Solution to Sudoku

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

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# October is Breast Cancer Awareness Month

Article Contributed by  
**Office of the  
Chautauqua County  
Executive**

It is estimated that one in eight women will develop breast cancer during her life. Breast cancer is the second-leading cause of cancer-related deaths among women in New York State. Each year in New York, nearly 15,000 women are diagnosed with breast cancer and about 2,700 women die from the disease. These women are our wives, mothers, sisters, and friends.

In recognition of National Breast Cancer Awareness Month in October, Christine Schuyler, Director of Health and Human Services is urging all women to talk to their doctor about breast cancer screening and their personal risk for the disease.

Breast cancer is most commonly found in women 50 years old or older. The United States Preventive Services Task

Force recommends a mammogram every two years for women between 50 and 74 years of age. Women ages 40-49 years old are encouraged to talk to their health care providers about when and how often they should have screening mammograms. Any woman, who is at high risk for breast cancer, as determined by a doctor, may need to begin screening earlier. Any woman, or man, who has symptoms or changes in their breasts, should schedule an appointment with their doctor immediately. While very rare, it is possible for men to get breast cancer.

"Each woman needs to be aware of her personal risk for breast cancer and make an informed decision with her doctor about when and how often she should be screened," Schuyler said.

Although the causes of breast cancer are still unknown, there are some factors that may increase a woman's chances of getting the disease:

- Getting older - most women are

diagnosed when they are 50 years of age or older

- Having a first menstrual period younger than the age of 12
- Starting menopause older than 55 years of age
- Never giving birth, or giving birth to a first child after age 30
- Not breastfeeding
- Having had breast cancer or some non-cancerous breast diseases
- Having a close family member (parent, sibling, child) who has had breast cancer, especially at an early age
- Having certain gene mutations such as BRCA 1 or BRCA 2
- Being overweight or obese
- Drinking alcohol
- Not getting enough exercise
- Exposure to high levels of ionizing

radiation to the chest area early in life

- Long-term use of hormone replacement therapy

Even if a woman has one or more of these risk factors, it does not mean she will get breast cancer. And, women with few or no risk factors may develop breast cancer. This is why screening is important for all women.

Breast cancer screening is covered by the health plans participating in the New York State of Health. For more information, about health care coverage through the New York State of Health, visit the New York State of Health: The Official Health Plan Marketplace website or call the help line at 855-355-5777 or TTY: 800-662-1220.

Regularly scheduled breast cancer screening increases the chances that cancer is found in its earliest stages and the earlier the better.

"Great advances have been made in early detection and treatment of breast cancer,

and many women diagnosed with the disease are living long, healthy lives," said Schuyler.

Uninsured women who are 40 years of age and older may also be able to get breast cancer screening through the New York State Cancer Services Program. To find a Cancer Services Program in your community, a genetic counselor, legal services, or a breast cancer support program, call 1-866-442-CANCER (2262).

Visit the New York State Department of Health website for more information about breast cancer, including prevention, diagnosis, and treatment.

Chautauqua County Cancer Services Program assists with the cost of breast, cervical and colorectal cancer screenings and diagnostics for men and women who are uninsured or underinsured. For more information, call the local Cancer Services Program at 800-506-9185.

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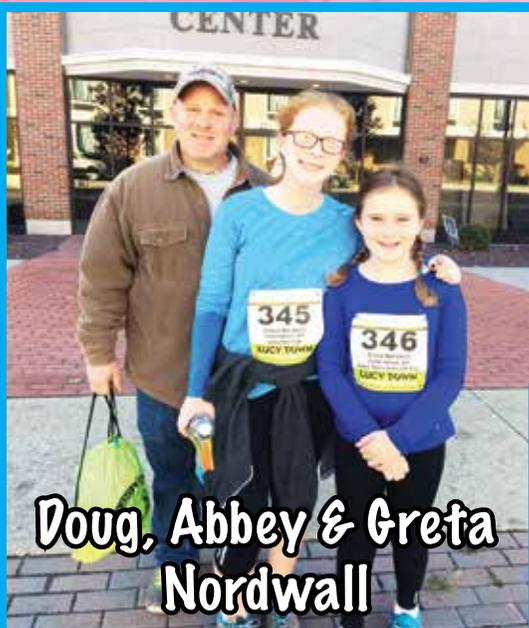
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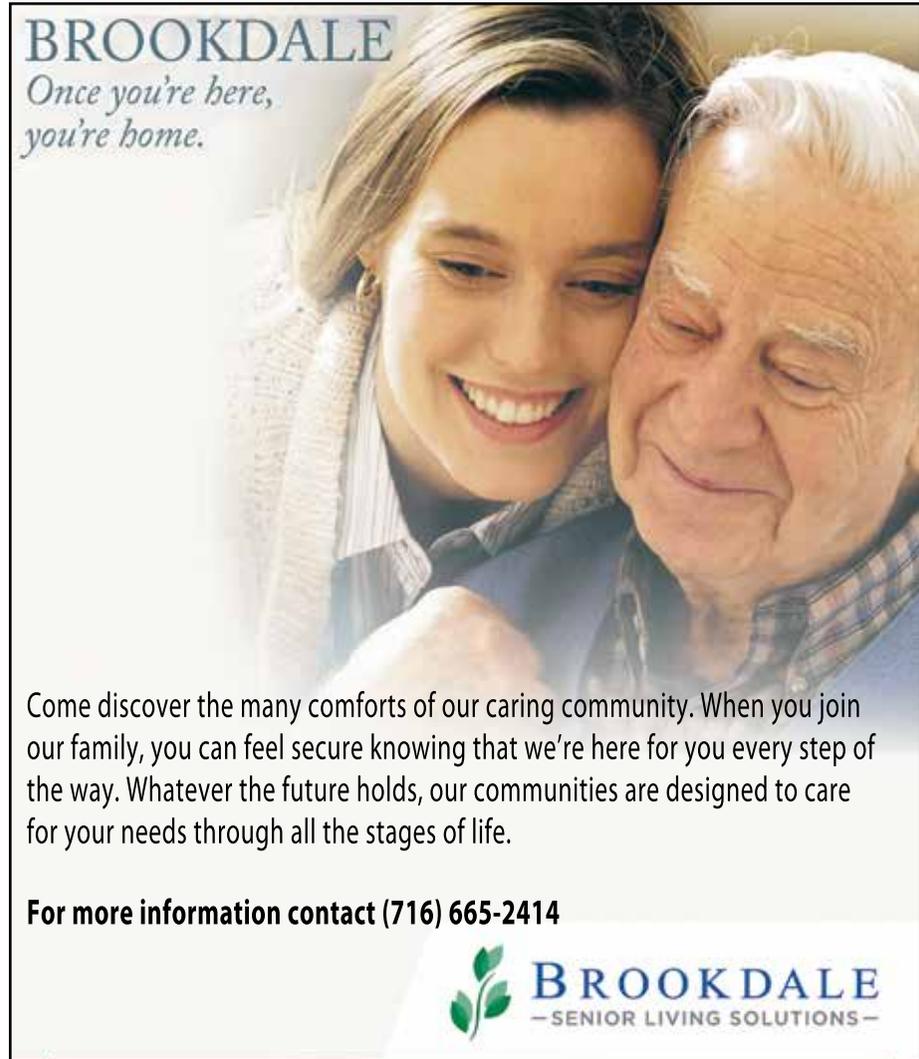


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