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Jamestown Gazette

FREE WEEKLY

Chautauqua Marketing Solutions, Inc. | The People's Paper. | Vol. 7 • No. 8 | Week of February 20, 2017

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Community Nominates Northwest Arena for Kraft Hockeyville USA

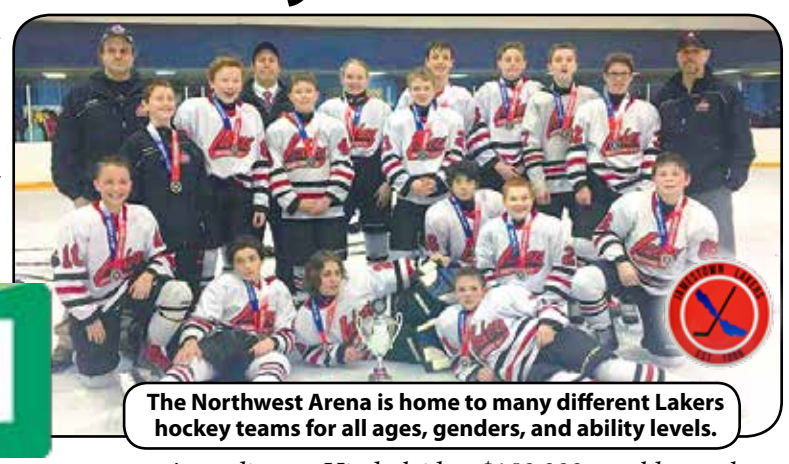
Article Contributed by
Cortney Linnecke

For the second year in a row, Kraft Hockeyville USA is presenting the Northwest Ice Arena and the Jamestown Community a chance to win it big.

Kraft Hockeyville USA is a contest that was created to search for the most passionate hockey community in America. All across the nation, various ice arenas have been nominated for the opportunity to win a grand prize of $150,000 in arena upgrades and the chance to host an NHL pre-season game. The winning arena is chosen by community members: people logon to Krafthockeyville.com, select their hometown rink, and write a nomination. The arena with the most nominations by 11:59 p.m. EST on March 10 wins.

"A lot of what the Kraft Hockeyville competition is about is community, and we feel that we've become an important part of the downtown Jamestown region," said Craig Hinderleider, general manager of Northwest Arena. "Hopefully, we can get the community to vote for us and push us onto the next round of contest voting."

While a competition decided by majority vote may seem daunting – Jamestown is sure to compete against larger cities – in fact, the two most recent winning arenas hailed from cities with smaller populations than Jamestown, NY. In 2015, the grand prize went to Johnston, PA, a city just an hour and a half outside of Pittsburgh. Last year, the winning arena was located in Marquette, MI, and the community hosted a pre-season game between the Buffalo Sabres and the Carolina Hurricanes. This year, prizes will also be awarded to a runner up, two first place winners, and six second place winners. Each winning arena will receive $75,000, $25,000, and $10,000 in arena upgrades, respectively.



The Northwest Arena is home to many different Lakers hockey teams for all ages, genders, and ability levels.

The Jamestown Skating Club calls the Northwest Arena home.

Public skates at the Northwest Arena are a popular weekend event.

According to Hinderleider, $150,000 would go a long ways at the Northwest Arena, where they are always striving to improve their facilities. In particular, he says the funds would help Northwest Arena buy a new Zamboni, a big purchase for which the arena has been saving.

They currently host a fundraiser which allows patrons to take a ride on the Zamboni for a $10 donation.

"We're looking into the electric Zambonis, which is kind of the wave of the future," Hinderleider said. "It's more economical and environmentally safe."

Winning the Kraft Hockeyville USA competition would mean more than buying a new Zamboni, however. It would mean giving back to the community: both by improving the arena's extensive programming and events, and by boosting surrounding businesses.

"I feel that we're kind of the lifeblood of downtown Jamestown," said Dan Shea, creative director at

Continued on Page 10...

Governor's Budget Cuts Senior Services Funding

Article Contributed by
Chautauqua County Office for the Aging

The Chautauqua County Office for the Aging (OFA) is joining the Association on Aging in New York and other Area Agencies on Aging across the state for the "Step Up for Seniors" initiative. This initiative brings together seniors so they can show state elected leaders their support for senior program funding.

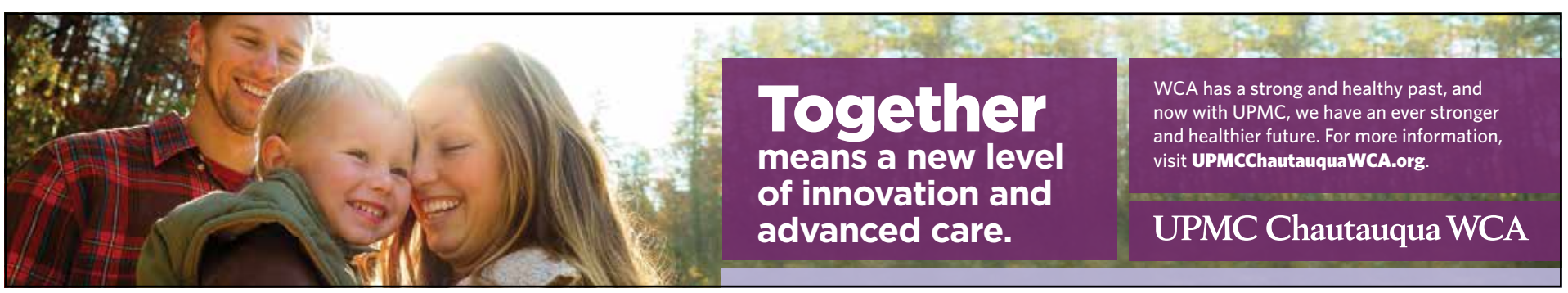
"New York State Governor Andrew Cuomo has announced his intention to make New York State 'Aging Friendly,'" said Dr. Mary Ann Spanos, Chautauqua County OFA Director. "But with the submission of his proposed budget for 2017-2018, senior residents of Chautauqua County and across the state are getting the opposite message."

Governor Cuomo's proposed budget shows severe cuts and shifts in funding to

Aging Services programs at a time when over 15,000 seniors across New York State are waiting for services. Instead of funding increases for senior services such as home care, personal care, home delivered meals, adult day care services, health insurance counseling, and transportation, the Governor's proposal cuts approximately $12.6 million from the 2017-18 annual budget for the State Office for Aging. In addition, changes in Title XX funding of the social services block grant put 65 senior centers in New York City alone at risk for closing.

The continued growth of the state's senior population due to the baby boomers reaching 65 continues to exceed national averages. Seniors of New York State now have to be concerned about the welfare of their current program funding, which they themselves financially support in part or entirely. In addition, they must be concerned about the ever increasing waiting list of seniors who need services in their homes but are not being addressed at all in this current budget funding. With the growing

Continued on Page 11...



Gazette Reader Unscrambles a $474 Valentine Prize Package

Amanda Henry, winner of the Jamestown Gazette Valentines Day Contest

Article Contributed by
Jamestown Gazette Staff

Amanda Henry of Mayville, NY, a regular Jamestown Gazette reader, picks up her copy every Monday where she works at the Chautauqua Suites' front desk. "I encourage every guest to pick up a copy," Amanda said last week when she stopped by the Gazette office to collect her winnings. "It's a real good read."

Amanda's name was drawn from among the many who successfully unscrambled all 23 Valentine's Day words hidden throughout the ads in the Gazette's February 6 edition. In goods, services and gift certificates donated by Jamestown Gazette advertisers, the grand prize tallied $474. "It took me about an hour," she said. "I read every single ad to find all the scrambles, but the ads are one of my favorite reasons to read the Gazette anyway," she added. "It was fun. The hardest one was VBLOIDRSE which I finally unscrambled as LOVE BIRDS."

"Mostly, I read the Gazette to find out what's going on," Amanda said. And this time the People's Paper really paid off for this regular reader. Chautauqua Suites is one of 250 plus locations in Chautauqua and Cattaraugus and Warren PA where The Jamestown Gazette appears on newsstands throughout the week and online www.jamestowngazette.com.

Thank You to the Sponsors of Our Valentine's Day Contest!

3 C's Catering	Mike's Nursery
Andriaccio's Restaurant	New Beginnings
Clearwater Aquarium	Novel Destination
Decorator's Gallery	Peterson's Candy
Elegant Edibles Catering	Prime Steakhouse
Farm Fresh Foods	Raynor's Liquor
Jamestown Concert Association	Richard's Hair
Lakewood Diner	Shear Creations
Lena's Pizza	Simply Natural
Lost Neighborhood Books	The Basket Company
Lucille Ball Little Theatre	The Dinner Bell

President Trivia

1. T/F: George Washington was the only American president to be unanimously elected.
2. What was Chester A. Arthur's nickname?
3. Who was was the first president to hold a press conference on television?
4. What president was wounded during the American Revolution?
5. Who was the only President to serve more than two terms?
6. When is President's Day?
7. What college has produced the most presidents?
8. How many presidents have not had children?
9. Who was the first president to call his residence in Washington, D.C. the "White House"?
10. T/F: Franklin Pierce gave his 3,319-word inaugural address from memory, without the aid of notes.

ANSWERS: (1) True (2) Elegant Arthur (3) John F. Kennedy (4) James Monroe (5) Franklin D. Roosevel (6) February 20 (7) Harvard (8) Six (9) Theodore Roosevelt (10) True

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LinkedIn Ph: 716.483.0691 • Fax: 716.483.0592 facebook

Heritage
Take time this month to visit one of our Open Houses and learn how you can take care of living while **WE** take care of the work!
Open House
TUESDAYS 10AM-4PM
The Woodlands-Southwestern Dr, WE
THURSDAYS 10AM-4PM
The Homestead-Rt 60, Gerry
Convenience comes standard!
Single family homes, 1 BR & 2 BR duplexes, apartments and cottages.
Call 763-5608 for more information
www.heritage1886.org

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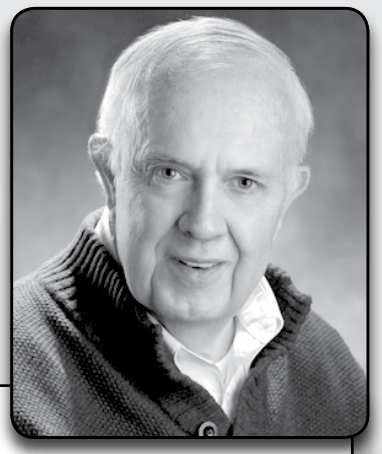
www.beichnerwaste.com

Words of Wisdom

Contributing Editor
Walt Pickut



If you don't like it…

There's always something you can do about it, like these old favorites…

• If you don't like the heat… *get out of the kitchen.*

• If you don't like it here… *move. You're not a tree, are you?*

• If you don't like the way I drive… *get off the sidewalk!*

There's always something more interesting, more fun and more sensible to do whenever you stumble across something you just don't like. Remember this one? "If life gives you lemons… make lemonade!"

So how's your LQ today? That's your "Lemonade Quotient". Are you turning more lemons into lemonade than most people are? People with a high LG are really, really good at turning bad stuff into good stuff. Here are some famous and even inspiring examples:

• A man failed at making a new super-glue but turned the stuff into... Post-It Notes.

• A druggist failed at curing headaches but his tasty concoction became… Coca Cola.

• A Big-Pharma company cooked up something called UK92480 to treat heart disease. It failed miserably! But it had interesting side effects… they named it Viagra.

Now that's a lot of lemonade.

Consider one more example. This one is all about finding great uses for something as common as water. In fact it is water, in its solid form: Ice

This time of year ice slicks up the roads and causes accidents. Ice cracks garden faucet pipes you forgot to turn off last fall. And it creeps into roadways to make cracks that become potholes that turn into craters big enough to eat whole Volkswagens.

Ice… if you don't like it, the Jamestown Gazette this week has some introductions to make. We Jamestowners have a few world-class examples of making ice into lemonade. Our examples are, of course, nothing new, but just in case you haven't noticed them lately, Cortney takes us on a tour this week of some of our very best examples, like ice skating, for instance.

Ice skating is as ancient as it is modern. Recently, National Geographic scientists discovered that people were ice skating 5,000 years ago in Finland. They made their skates from old animal bones. Today you can buy your own for anywhere from $50 to $2,000 made of much better stuff.

To see more of the best ice skating around, Cortney, the Northwest Ice Arena and Kraft Foods invite you to help bring the National Hockey League right here to Jamestown this year by logging on to https://www.krafthockeyville.com/. See the video and cast your proud vote for Jamestown.

But there's so much more to enjoy at the arena this year. Skating for fun with friends, families, kids, teens and seniors, for sport, figure skating and team competitions are only a start. And don't miss the Southern Tier Xpress, Jamestown's NA3HL ice hockey team, and the Chautauqua County Youth Hockey Association's Lakers.

Ice! If you don't like it… maybe you just haven't tried it. It really is much more than those clinking cubes that keep your lemonade mug cold and frosty on a summer day. Head on down to the arena and try it… you'll like it.

Walt Pickut

Jamestown Gazette
The People's Paper.

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Pastor Shawn Hannon.....Faith Matters
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Vicki McGraw.....Join Me in the Kitchen

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ONLINE: www.jamestowngazette.com

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production@jamestowngazette.com

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The entire paper, including supplemental content, is posted to our website www.jamestowngazette.com. Previous Issues are also archived on the website.

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WE'LL PUBLISH YOUR UPCOMING EVENTS!
Email your event info to
ent@jamestowngazette.com
by Thursday at 5 p.m.

Jamestown's Jive
LOCAL ENTERTAINMENT

ART:
Hope in the Dark
(Themes & Ideas of Hope)
Now - Feb. 24th • 4pm
3rd on 3rd Gallery
116 E 3rd St., Jamestown

AUDUBON NATURE EVENTS:
Call 716-569-2345
visit: www.jamestownaudubon.org
FEBRUARY:
20th: Snow Camp
MARCH:
3rd: First Friday Lunch Bunch
4th: Leatherworking
9th: Photo Club
11th: Little Explorers
20th: Happy Hour Hike into Spring
29th: New Trail Guide Orintation

BINGO:
Kiantone Fire Dept.
Every Monday 6-10pm
Fluvanna Fire Hall
Every Tuesday 7-10pm
Sinclairville Fire Hall
Every Wednesday 7pm
Celoron Hose Company No. 1
Every Thursday 7:15pm
Jamestown Mosse Lodge 1681
Every Friday 7pm (Downstairs)

CHARITY/BENEFITS
Soup & A Song
Sat., Feb. 25th • 6-8pm
St. Susan Center
31 Water St., Jamestown
Live Music by STEEL RAILS

9th Annual Kick Cabin Fever
Indoor Triathlon
Sat., Feb. 25 • 11am
Turner Community Center
4820 West Lake Rd, Chautauqua NY
716-763-2185
Proceeds stay in Chaut. Co.
for suicide prevention efforts.

Bemus Point Fire Department Breakfast
Sun., Feb. 26, March 12 & 26 • 7am-Noon
Bemus Point Fire Dept.
13 Alburtus Ave., Bemus Point

Spring Salute
March 11 • 6pm
Webb's Captain's Table in Mayville
Fundraiser for Chautauqua Rails to Trails

Lunafest - Film Festival
March 11 • 7pm
Robert H. Jackson Center
405 E Fourth St., Jamestown
by Zonta Club of Jamestown

Luck of the Irish Cake Walk Fundraiser
Fri. March 17 • 2:30pm
Brookdale Lakewood
220 Southwestern Dr
Proceeds will go towards "Meals on Wheels"

CLUBS / MEETINGS:
Chaut. Co. Weavers Guild
4th Sat. of the Mo. March-Nov.
Westfield YWCA 10am-1pm
814-520-6209

Jamestown Coin Club:
Meeting & Auction
Last Tuesday of each Month 7-9pm
BOCES, Rt 394, Ashville, NY
716-720-1591

Chautauqua Talks Toastmasters Club
Every 1st & 3rd Tues. • 7pm
James Prendergast Library
Fire Place Room, 509 Cherry St., Jmst
716-490-3820

Joint Veterans Council of
Jamestown Meetings
Every Monday , 6pm
41 Bigelow Ave., Jmst

Breakfast Buffet
2nd Sunday every month 8 to 11AM
Falconer American Legion
269-9826 mosherpost638@gmail.com

COMEDY:
The Wonder Bread Years
Sat., March 4, 8pm
Reg Lenna Center for the Arts
116 E Third St., Jamestown NY
716-484-7070

The Q Comedy Open Mic
Every Thursday • 7:30-9:30pm
104 W 2nd St., Jamestown
Hosted by Jamie Travale
Sign Up at 7:30pm

COMMUNITY EVENTS:
Sleigh Rides at Chautauqua
Every Sat & Sun Now-Feb 25
Chaut. Bookstore, Chaut. Inst.
10 Roberts St., Chautauqua
716-782-2871

Annual Vintage Snowmobile Show
-Pink Panthers
Sat., Feb. 25 • 11am-3pm
Pine Junction, Sherman NY

Ellicottville Winter Carnival &
Mardi Gras Weekend
March 10-12
www.ellicottvilleny.com

North East Uncorked:
Saturday Night Sangria
Sat, March 18 • 2pm & 6pm
A wine walk adventure
in downtown North East
www.nechamber.org

22nd Annual Maple Weekend
March 18-19 & March 25-26
Chaut. Co. Maple Producers

Jamestown Coin Club Coin Show
Sun., March 26 • 10am-3:30pm
American Legion
26 Jackson Ave., Jamestown
716-665-2607

Grow Jamestown
Garden Fair & Home Show
Sat., April 1st • 11am-5pm
Northwest Arena
319 W 3rd St., Jamestown

EDUCATIONAL:
Scandinavian Culture Days
1st Sat. of the Month
JCC 525 Falconer St., Jamestown
716-665-0883

Martz Obervatory Public
OPEN HOUSE
Every Wednesday • 7:30-10:30
176 Robbin Hill Rd., Fewsburg, NY
716-569-3689

ENTERTAINMENT:
Variety Performance Art Showcase
(Family Friendly)
Every First & Third Friday • 7:30pm
Gateway Center

FAITH:
Saturday Bible Breakfast for Kids
Every Saturday 9am-10am FREE
Jamestown Free Methodist
515 E 7th St, Jamestown

HISTORY:
Fenton History Center Trivia Contest
Wed. Feb. 22 • 7pm
Shawbucks, 212 W 2nd St., Jmst
716-487-2201

The Heyday of Barcelona's Fishing Fleets
Tues., March 7 • 6-7pm
Patterson Library, 40 S. Portage St., Westfield
716-326-2977

MOVIES:
DIPSON THEATERS
Lakewood Cinema 8
Chautauqua Mall
Cinema I & II
Warren Mall Cinema III
www.dipsontheaters.com
MOVIES @ THE REG
Moana
Fri., Feb 24th • 7pm
Sat., Feb 25th • 2pm
116 E 3rd St., Jamestown
reglenna.com

MUSIC:
Rolling Hills Radio presents
#61 Annie Wells, Alan Whitney
and the Healing Committee
Thurs., Feb., 23, 6:30pm
#62 The Farmer & Adele
Thurs., March 30, 6:30pm
Carl Cappa Theater
Robert H. Jackson Center
305 E 4th St., Jamestown, NY

Jamestown Concert Association Presents
Dana & Kyle
Fri., March 17, 8pm
St. Luke's Espiscopal Church
410 N. Main St., Jamestown
716-484-7070

NATURE:
Focus on Nature XIV
Now thru April 9th
RTPI, 311 Curtis St., Jmst
716-665-2473

Birds & Invasives
by andrea Locke, WNY PRISM
Mon., Feb. 27th 6pm
Where have our bats gone?
by Jonathan Townsend,
Chaut. Watershed Conservancy
Fri., March 3 6pm
Roger Tory Peterson Institute

Winter Tree Identification
Sat., March 4 • 3-5pm
Goose Creek Valley Greenway Preserve
1947 Hoag Rd., Ashville
716-664-2166

SPECIAL DAY OF THE YEAR
February 22, 2017
International World Thinking Day
This day was to set aside a day for girls all over the world to think of each other.
"First created in 1926 at the fourth Girl Guide/ Girl Scout International Conference, held at Girl Scouts of the USA's Camp Edith Macy."

SPORTS:
Snowshoe Jaunt
Tues., March 14th • 5:30pm
Chaut. Watershed Preserves
664-2166

Snowshoe Hike with Evergreen Outfitters
Sat., Feb. 25 • 1-3pm
Audubon Community Nature Center
1600 Riverside Rd., Jamestown

SOUTHERN TIER EXPRESS HOCKEY
Feb. 24 • 7pm
Northwest Arena
319 W Third St, Jamestown
716-484-2624

JAMESTOWN JACKALS
Feb. 26 • 4pm
Sun. March 19 • 4pm
JCC, 525 Falconer St, Jamestown

SUPPORT GROUPS:
Bariatric Support Group
1st Mon. of each month, 6-7pm
James Prendergast Library
Conference Rm 2nd floor
509 Cherry St. 716-244-0293

Miracle of Recovery Fellowship
Mondays & Wednesdays 7-8pm
Healing Words Ministries
1006 W. 3rd St. 716-483-3687

Mental Health Association
A Peer Support Recovery Center
Fri's 12-12:45pm
Gateway Ctr, 31 Water St, Dr #14,
www.mhachautauqua.org
661-9044 Samantha Sargent

THEATER:
Randolph Central School presents...
Footloose • March 2, 3 & 4 at 7pm
Tickets available at the door
Senior citizens are invited to our dress rehearsal Feb. 28th at 7pm Free of charge.

Paragon Springs
March 3, 4, 10, 11 • 8pm March 5 • 2pm
JCC, 525 Falconer St, Jamestown
716-338-1187

CINEMA SERIES:
Hidden Figures
Tues., Feb. 21st • 7:30pm
LIVE VIA SATELITE:
I, Claude Monet Thurs., Feb. 23rd • 7:30pm
Rusalka Sat., Feb. 25th• 1pm
LIVE AT THE MET:
La Traviata Sat., March 11th • 1pm
Idonmeneo Sat., March 25th • 1pm
1891 Fredonia Opera House
9 Church St., Fredonia
716-679-1891

Rapunzel: Beginnings & Beyond
March 24, 25, 26, 31 & April 1, 2, 2017
Lucille Ball Little Theatre
18 E 2nd St., Jamestown
716-483-1095

WINTER FARMERS MARKET:
Fredonia Winter Farmers Market
Every Sat. Now thru May 13th 10-1
Masonic Forest Lodge
321 E. Main St., Rte 20, Fredonia

WARREN AREA EVENTS:
Knuffle Bunny: A Cautionary Musical
Feb. 23, 24, 25, 7pm
Feb. 26, 2pm
Blue Oyster cult
March 4, 8pm
Struthers Library Theater
struthers librarytheatre.com
302 W Third Ave, Warren Pa
(814)723-7231

BINGO:
Russell VFD
Tues night Bingo, Doors open 4:30pm
Pleasant Twp VFD
Every Thurs. Night 4pm
Warren Senior Community Center
Doors open 4pm / Smoke free game

Place Your AD Here & get NOTICED

Jamestown Gazette

Check out the Jamestown Jive events listing each week to find out what's happening around town!
Send your event to us to be included on the Jamestown Jive!

EMAIL: ent@jamestowngazette.com
PHONE: 716-484-7930 **FAX:** 716-338-1599

Double YOUR IMPACT with Print & Online ADVERTISING!

Jamestown Renaissance Corporation Announces Free Historic Tax Credit Workshops

JAMESTOWN Renaissance CORPORATION

Article Contributed by
Jamestown Renaissance Corporation

One of the biggest challenges for Jamestown's revitalization is the financial burden of renovating historic buildings. Grants and loan programs from the city, state, and foundations are available to help fill financial gaps. However developers often need more support to sensitively restore older buildings and carry projects through to completion. Beginning in 2013, the Jamestown Renaissance Corporation (JRC) worked closely with the City to formally nominate the downtown Jamestown commercial district for historic designation. By November 2014, the district and just over 100 downtown properties were listed on both the State and National historic registers. With the downtown district listed, JRC turned its sights to Lakeview Avenue in 2015 with over 200 properties. The NYS and Federal Rehabilitation Tax Credit programs can be combined to cover 40% of qualified rehabilitation expenditures.

For the Downtown Jamestown Historic District, securing the historical designations means that most property owners can tap into historic preservation tax credits, one of the most lucrative and effective subsidies of recent years. The current federal and New York State tax credit programs have enabled much of the recent revitalization work in Buffalo and other parts of the state. Giving Jamestown property owners access to this subsidy significantly increases the chances of renovation downtown, improves the quality of the downtown environment, and increases the inventory of available space. Over time, this stimulates demand which brings new investments, rising rents, higher property values, a more stable financial picture for building owners, and a stronger tax base for the city.

The Lakeview Historic District is a unique opportunity to benefit our community, because unlike most states, New York State offers historic preservation tax credits to homeowners. This is the first residential neighborhood in Jamestown to be nominated. JRC worked with the State Historic Preservation Office to define the boundaries of the Lakeview district to be as broad as possible so that a large number of property owners would be eligible for the tax credits. Ultimately, over 200 properties were included in the designation. In December of last year, the nominating paperwork was approved by the State Preservation Review Board which added the district to the state register. It is now awaiting approval at the federal level.

NYS AND FEDERAL REHABILITATION TAX CREDIT FOR INCOME-PRODUCING COMMERCIAL PROPERTIES

Thursday March 2, 2:30-4:30 PM

Wright Conference Room, 2nd Floor

Reg Lenna Center for the Arts

116 East 3rd St, Jamestown

Presented by Julian Adams, NYS Parks and Jason Yots, Preservation Studios

NYS HISTORIC TAX CREDIT FOR HOMEOWNERS

Thursday March 2, 6:30-8:00 PM

Christ First United Methodist Church

663 Lakeview Ave, Jamestown

Presented by Sloane Bullough and

Jennifer Walkowski, NYS Parks

Realtors, contractors, business and home owners, community leaders and anyone who wants to learn about new opportunities for community reinvestment should attend. These workshops are free and open to the public however advance registration is strongly encouraged as seating is limited. Please RSVP by February 27th by calling Mary Maxwell at 716-664-2477 ext. 224 and indicate Commercial or Homeowner.

To be eligible, your home or property must be located in the Lakeview Historic District or the Downtown Jamestown Historic District. For more information, call Larry Moss at (518) 268-2187. You can also learn more by visiting: https://parks.ny.gov/shpo/tax-credit-programs/

The Jamestown Renaissance Corporation supports downtown and neighborhood revitalization by promoting reinvestment, stakeholder engagement, and innovation in the greater Jamestown, NY area. For more information, please visit www.jamestownupclose.com or call 664-2477. You can also learn more about the organization by joining our Facebook page.

Annie Wells
Alan Whitney & The Healing Committee
Episode 61 / February 23

Annie Wells

Article Contributed by
Rolling Hills Radio

About Annie Wells

Annie Wells will be performing songs from her soon to be released 6th CD,"Lonely Hearts Club". Jeff Spevak of Gannett newspaper says that she has "one of the nicest singing voices around" and the late, great Chuck Cuminale (Colorblind James) said her voice "is amazing." But Annie Wells is more than just another pretty voice; she has a passion for creating songs that travel both to the troubled places of the heart and to the light of hope. Scott Gudell of Freetime Magazine once wrote: "As an experienced story teller, she's constantly casting below the surface in search of deeper meanings." Annie's influences include Laura Nyro, Joni Mitchell and Billie Holiday. Since she was 17 years old, Annie has delighted audiences with her sweet and soulful vocals and jazzy piano performances in venues large and small.

About Alan Whitney & The Healing Committee

Western N.Y. singer-songwriter, guitarist, and recording artist Alan Whitney writes songs about guys who steal Cadillacs and have rope burns on their fingers from holdin' on too long. Whitney rocks his own rhythm and soul Americana music. Early on, he worked as a singer-songwriter in Los Angeles and Nashville developing his music in legendary venues like The Troubadour and The Palomino on bills with such luminary Americana artists as Alison Krauss, Jim Lauderdale, Lucinda Williams and Dave Alvin. Alan will be joined onstage by The Healing Committee Band featuring multi-instrumentalist Timmy P. Pitcher and returning Rolling Hills Radio performer Kathryn Koch.

About Rolling Hills Radio

Host Ken Hardley brings a mix of hard-working, frequently touring musicians, singers and songwriters to the Studio Theater stage for an intimate evening of live music, interview, storytelling and more. Rolling Hills Radio, a creation of producer/host Ken Hardley, is an ongoing series featuring live musical performances from regional, national & internationally recognized artists exploring, celebrating, and performing grassroots Americana music. Whether blues, classical, bluegrass, folk, traditional country, rockabilly, jazz, or pop the music reflects the heart of the musician and the human condition.

Each concert is recorded with you - the live audience - then broadcast the following week on WRFA-LP 107.9 Radio For The Arts. For tickets call (716) 484-7070.

Alan Whitney & The Healing Committee

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WHINE OF THE WEEK!

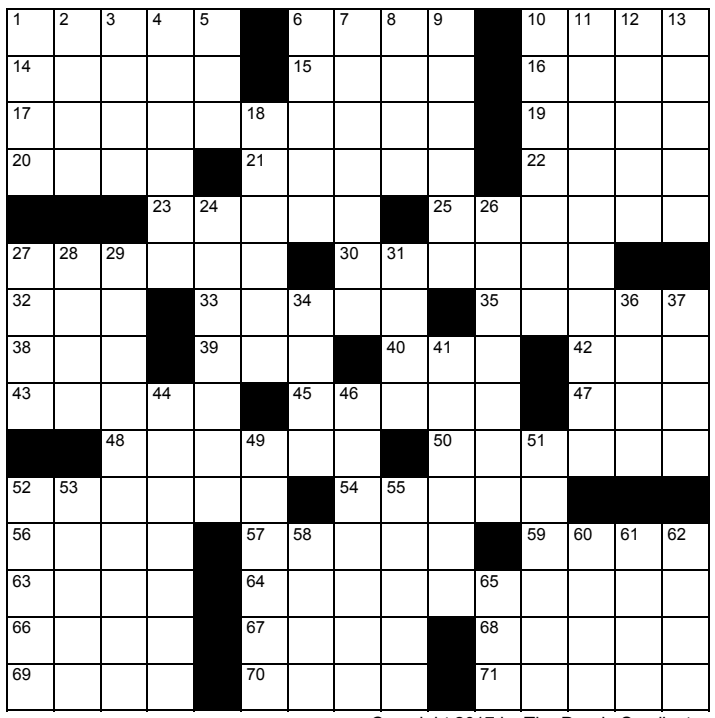
Beep Beep

I bumped (literally) into a problem I've seen often lately… people who abandon empty shopping carts in supermarket aisles. Do some moms let kids shop for themselves then put stuff in Mom's cart and leave theirs to clog an aisle? I even saw a motorized cart left blocking an aisle. Would a disabled user just walk away, or was it some kid's no-longer-amusing "race car"? You wouldn't leave your car in the middle of the street when you're done for the day, would you?

Submitted by: Bordon Drousy Parker & Rick O'Shea Ryder

The Weekly Crossword

by Margie E. Burke



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ACROSS

1 Athenian statesman
6 Glitzy rock genre
10 Hail Mary, e.g.
14 Cut off
15 Wedding shower?
16 Bar mitzvah, for one
17 Nursery glow
19 Emanation
20 Just O.K.
21 Catchall category
22 Bill of fare
23 Part of LCD, in math
25 Footnote word
27 During
30 Protect, in a way
32 Aquatic appendage
33 Macbeth, for one
35 Postgame summary
38 Warning color
39 Farm female
40 De Niro's "___ the Dog"
42 "That's ___!"
43 Ready for later
45 Spoonful, say
47 Jersey call
48 Fastening pin
50 Type of roof
52 Detective, at times
54 Crumpet's cousin
56 Part of SWAK
57 Crosswise, on deck
59 Certain herring
63 Like some grins
64 Six or seven, often
66 Wild party
67 Pizzazz
68 Like days gone by
69 Court action
70 Depend (on)
71 Teeny _____

DOWN

1 ____ serif
2 Mixed bag
3 Fireplace fodder
4 In phone limbo
5 Clear
6 Southern staple
7 Take a load off
8 Pain in the neck
9 Measured in grams, e.g.
10 Oath
11 Military assistant
12 Sculptor's medium
13 Emergency supply
18 Abominate
24 Artsy one
26 Arrive impolitely
27 Bushy coif
28 Comportment
29 Signifying, with "of"
31 What's happening
34 Get in the game
36 Burn soother
37 Lumber along
41 In one's abode
44 Part of the inner ear
46 Bag of tricks
49 Wall Street figure
51 Grinding tool
52 Pipsqueak
53 Yankees, to the Red Sox
55 Shrewd
58 Digestive juice
60 Cover up
61 "You can say that again!"
62 Refute
65 Brouhaha

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy

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

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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JOIN ME IN THE KITCHEN *with Vicki McGraw*

Contributing Writer
Vicki McGraw

I don't know about where you are, but it is another cold and damp day here in my little corner of the world! I'd like nothing more than to curl up under a thick blanket with a good book and a steaming cup of coffee, but unfortunately, I can't… I'm at work and there is no recliner in sight! Guess I'll just have to find another way to warm up…

I think it is a perfect day to bake cookies! Now here at Elegant Edibles, we are well known for our many varieties of homemade cookies. No premade cookie dough from a tube here…we bake from scratch, and those recipes are followed with a generous portion of tender loving care. Remember your childhood days of coming home from school to a glass of milk and a plate of warm chocolate chip cookies? Well just walk in my front door on cookie baking day. You will be transported back to your childhood by the wonderful aroma of cookies baking.

I am always looking for ways to sneak a little "extra-healthy" ingredients into my yummy treats…it helps me feel a little less guilty when I enjoy a cookie rather than a carrot! By adding a just a little bit of whole grain into your favorite recipe you can boost the nutritional value and kick a bit of guilt to the curb. I really enjoy adding ingredients like flax meal and wheat germ or oatmeal to batters and doughs. Just a small amount- say a ¼ cup or so- will add a bit of a hearty, sometimes nutty flavor and a bit of a chewy texture to cookies , muffins and breads. You can also substitute gluten-free (non-wheat) flours in many recipes for added nutritional values.

One of the more popular cookie varieties we bake is peanut butter thumbprints. It is one of those comfort food varieties that just take you home when you close your eyes. The thing about these cookies (as with most any baked good) is the difference in end result which varies according to the baker! You can have 8 different bakers using the exact same recipe and wind up with 8 completely different looking (and tasting) cookies in the end. One of the biggest variables tends to be in the measurement of the ingredients. Measuring with a heavy hand will result in a much different product than if you measure with a light hand. This is the reason that commercial recipes usually list ingredients by weight, rather than traditional cup and spoon measures. Weight offers consistant portioning regardless of who is doing it!

Another variable when baking cookies is the temperature of the ingredients you use. Cold versus room temperature or melted butter will change the final consistency of the dough. If you have to substitute white sugar for brown sugar, the result will be a crisp cookie, rather than a chewier one. Chilling the dough before baking will result in a thicker cookie. Even the time of year can result in differences in your final product! When the weather is cooler and dryer, the dough will stay more firm and when it is hot and humid in the kitchen, the dough will be much softer!

Enough about the science and nutrition of cookies, I'm ready for one! Time to put on a pot of coffee and bake a batch…

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.

Peanut Butter and Jelly Cookies

- **¾ C Butter**
- **1 ½ C Peanut Butter**
- **¼ C granulated sugar**
- **½ C brown sugar**
-
- **1 egg**
- **1 t vanilla**
- **¼ C milk**
- **3 C flour**
- **¼ C ground flax seed**
- **1 t Baking soda**
- **½ t salt**
-
- **1 C grape jam**
- **¼ C coarse sugar**

Cream butter and sugars, beat in eggs and vanilla. Combine flour, soda and salt and gradually add alternately with milk into wet ingredients until well blended.

Drop by rounded spoonful onto baking tray. Roll each dough ball in coarse sugar, then make small indentation in center of each cookie and fill with ½ t jam.

Bake for about 12-14 minutes at 375*, cool on rack.
Store in an airtight container.

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NATURAL HEALTH *with Jeffrey Barkstrom*

Natural Home Remedies

Contributing Writer

Jeffrey Barkstrom

What to do when you can't get to a Doctor. I thought I'd put together a simple list of things you can do for small problems.

Burns are a common problem for many chefs. It's good to have an aloe plant in the kitchen. If an accident happens, simply break off a leaf and dab on the burn.

Aloe is also good for ulcers. In this case, you would want to get the liquid from the plant. Add a couple of spoonfuls to a glass of cold herbal tea. It provides instant soothing relief.

For a cold, Echinacea is an herb you can grow in your garden or get in tea form at a store.

Garlic chives are great to help with colds. Just boil up some water, cut up the chives and pour over the boiling water. If you have a sore throat, just add a tablespoon of honey to quickly relieve your throat irritation.

If you have trouble controlling your blood sugar, besides the normal advice of cutting back on your sugars and grains, drinking the juice of one fresh lime in a small glass of water everyday has been shown to help immensely.

Joint inflammation has many causes, but good advice is to avoid the #1 inflammatory causing food: SUGAR! Turmeric is great for inflammation and is available as a spice in most grocery stores. You can add it to foods or make a tea out of it. Celery is also great for inflammation and has the added benefit of lowering blood pressure.

Canker sores are a pain. They can be helped easily with baking soda. Simply put a teaspoon in a half cup of warm water and swish around your mouth. Aloe as mentioned above is also good for canker sores.

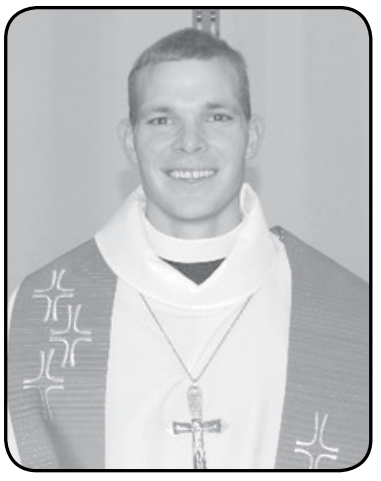
Garlic and onions help to reduce cholesterol by cleaning out the arteries. Fish and olive oils are great for helping raise your good HDL cholesterol. Just spend the extra money and get quality fish oils. Fish oils can go rancid and are toxic if taken when they have gone bad.

So, these are just a few things to start with. We'll be going over more things you can do at our March 7th workshop. Until then, have a happy healthy February!

Jeffrey Barkstrom has been helping people with health and weight loss issues for more than 12 years. He has spoken at colleges, businesses, non-profits, national conferences and on television about the benefits of a healthy lifestyle. He currently practices at Barkstrom Acupuncture PC, Natural Health Improvement Center in Jamestown, NY. Learn more at www.barkstrom.net or at www.jamestowngazette.com.

Faith Matters

ReLENTless Faith



Contributing Writer

Pastor Shawn Hannon

Hope Lutheran Church Arcade, NY

Burnout. It's cool when it's a car. It's expected when it's a candle. But, boy, is it a bummer when it happens to us. We all know what leads to it. It comes from a significant amount of work with very little reward. It comes when we feel like we are all alone, and we are not in control of our situation. It comes when monotony is relentless, when work seems to never end, and when progress is difficult to measure.

And it can happen in any aspect of our lives, even in our faith life.

I know it has happened to me. I've gotten into the grind of church work so much that I go to pray or to pick up the Bible and can't remember the last time I did either of those things for personal use. And suddenly what used to be the most life giving part of my life operates like an appendix. It's just there, but not really essential anymore. It's in those times that I recognize my personal need for renewal.

Perhaps it's because the weather is threatening to turn toward spring (yes, I know I'm being optimistic), but I compare it to rotating crops. Farmers long ago realized that growing the same crop on the same piece of land year after year resulted in diminishing harvests. They realized two things were happening. First, they were sucking the nutrients out of the soil without giving them an opportunity to replenish themselves. Second, they were giving insects and disease opportunity to inhabit the same ground with an endless food source.

At times, that is what we do with our faith. We repeat the same motions over and over again until they've lost their intentionality. Additionally, like insects looking for their next meal, our faith becomes susceptible to bad habits. We don't lose our faith all at once, but slowly watch it diminish over time.

We risk spiritual burnout, and we need spiritual renewal. Enter Lent.

This March we will all again be entering a season of the church year called Lent. For many this season is about discipline. For others, about sacrifice. But for those of us who are feeling tired or maybe even bored (if you'll allow me to say that) with our faith, may this season be about renewal. May we trade in the relentless monotony for a reLENTless faith that again brings us life.

The prophet Isaiah promises renewal. He wrote, "Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not fall" (40:30-1).

This Lent may that promise be ours. May that renewal of strength manifest itself in us. But may we remember, the ground won't replenish its nutrients until the crops are rotated. Enter this Lent intentionally. Look for God in new places. Practice your faith in new ways. And as you do, may you experience what it's like to mount up with wings like eagles.

For more inspiration and insights from Pastor Shawn'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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Feb. 18-25, 2017

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Future Farmers Keep America Growing

Article Contributed by

Walt Pickut

Every year since 1947, chapters of the Future Farmers of America (FFA) around the country have celebrated National FFA Week. The date was selected to include George Washington's birthday in honor of his legacy as a farmer and agriculturist. FFA Week, February 18 to 25 this year, is always observed from the Saturday to Saturday that includes Washington's Birthday, February 22.

The FFA motto proudly promotes:

Learning to Do,

Doing to Learn.

Earning to Live,

Living to Serve.

Rarely have so many Americans owed so much to so small a group of their citizens. Farm families make up only 2 percent of the U.S. population. Yet these energetic and resourceful people dot America's rural landscape with 2.2 million farms. They grow and raise so much food that nearly 1/3 of all U.S. farm income is earned from exports. American farmers are truly leaders in feeding the world.

There are more than a dozen FFA clubs flourishing within a 50 mile radius of Jamestown. They include such nearby locations as Randolph and Ellicottville, Clymer, Sherman, Ashville and Cassadaga Valley. Local chapters can be found at https://www.ffa.org/.

Last year alone, the National FFA Organization awarded $2.2 million in scholarships for higher education. In 2017, FFA will offer students a list of more than 1,800 scholarships. In order for the nation's farming youth to take their place in the agricultural world of the 21st Century, farmers must also be scientists, naturalists and informed stewards of the land and the nation's unmatched natural resources.

The Cornell Cooperative Extension program also continues to encourage cooperation between the FFA and 4-H Clubs in local shows, state-wide and national competitions, and in their support for the entire farming community.

FFA trains America's youth in how to keep the nation's agriculture one of the most powerful and productive in the world. The FFA divides Service into three kinds: direct, indirect and advocacy. During National FFA Week local chapters will showcase Direct Service by identifying a community need. Students, for example, may volunteer at a food kitchen. Some have worked with community senior centers to create an adopt-a-grandparent program that lasted well beyond FFA Week. Indirect Service activity in some communities has channeled food resources to meet a local need, like a canned food drive that helped a nearby food pantry. Some have offered help in community beautification projects.

Advocacy Service in farming is always a key issue for FFA. One of their aims is to train tomorrow's farmers to influence policymakers and elected officials, to advocate in support of local farmers in their important work of filling America's markets, pantries and kitchens.

Thanking FFA supporters is always an important part of FFA Week. America's young farmers want to share their gratitude with their parents, teachers and sponsors. In return, the Jamestown Gazette is proud to take this opportunity to thank America's future farmers, and all of today's working farmers across the region, for their tireless work and their crucial role in keeping our local communities strong and healthy.

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We believe in the future of agriculture. FFA activities help students learn, advance and develop the leadership skills that strengthen our local communities and American agriculture as a whole. New Holland and our dealership salute these agricultural leaders of tomorrow. Look to New Holland for all your farming needs today and tomorrow.

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St. Susan Center Hosts "Soup and a Song"

Steel Rails will perform at Soup and a Song on February 25th.

Article Contributed by

St. Susan Center

On February 25th Jamestown's St. Susan Center will host the second of three "Soup and a Song" programs combining popular local musical groups and a great meal.

Guests of the Soup and a Song will be treated to different specialty soups, including the winning entry from the recent **Souper Bowl Event** at the Lakewood Rod and Gun. Jim Mee of the Gametime Sports Bar & Grill will be bringing down his award winning Cheesy Chicken Fiesta for our guests to try. Additional Soups will be prepared by the staff at St. Susan Center.

The evening's entertainment will be provided by Steel Rails. Musicians Dave Moller and Gary Cuckler give it their all wherever they play. Although from different backgrounds, their musical interests and directions merged creating a southern, country, rock sound that they love and have shared with others for over a decade. Executive Director Jeffrey Smith says, "We had Steel Rails here the last two years and the house was full both times."

The Soup and Song events will be held at St. Susan Center located at 31 Water Street. Guests will be admitted beginning at 6:00 pm, with the entertainment beginning shortly after and playing until 8:00pm. Tickets are $10.00 and available at the door. Proceeds from the Soup and a Song series will benefit St. Susan Center, Jamestown's soup kitchen, which served 122,406 meals last year.

Community Nominates Northwest Arena for Kraft Hockeyville USA

The Northwest Arena has been fundraising to buy a new Zamboni. Winning the Kraft Hockeyville USA competition would help with the purchase.

Continued from Front

Northwest Arena. "The arena was one of the first places in the area to start the downtown revitalization. Now we're getting the comedy center right behind our building and a hotel across from us, and it all came in after we opened here 15 years ago."

According to Shea, Northwest Arena has developed into a significant actor in the Jamestown community. The arena often collaborates with other community groups to fundraise and raise awareness about important issues, such as child cancer and suicide prevention. It also provides an outlet for community members, offering a variety of entertainment and physical activities.

"We're a great outlet for the community, especially with a lot of the recent issues with drugs in the area," Shea said. "The arena is a good way to forget all of that. People come in and try to escape some of the issues with life and have fun for a couple of hours a week."

There certainly is no shortage of ways to have fun at the arena. Northwest hosts many public skating events, including senior skates on weekday mornings, drop-in hockey on weekday afternoons, and DJ skates on the weekends. For beginner skaters of any age, the Jamestown Skating Club offers "Learn To Skate" lessons. For adults wanting to begin the sport of hockey, Hinderleider teaches an "Old Dogs, New Hat Tricks" training program.

"I've had guys coming in from as far as Erie and Warren, PA," said Hinderleider of his hockey program. "They all learn something new, have fun, and never even realize how much exercise they're truly getting."

Then there are all the teams that call Northwest Arena home. First and foremost is Southern Tier Xpress, Jamestown's NA3HL ice hockey team, which provides affordable family entertainment on most weekends. Then there are all the teams that fall under the Chautauqua County Youth Hockey Association: namely, the Lakers. The CCYHA puts on tournaments, hosts hockey camps, and has over 20 competitive teams which include boys and girls of all ages and abilities. For disabled players, there are the Lakers sled hockey team and Lakers special hockey team. Then, once players age out of CCYHA teams, the arena offers adult hockey leagues. Currently, there are six teams in the Adult A League and seven teams in the Adult B League. Average about 15 players per team, and that's nearly 200 adults playing hockey in the greater Jamestown area.

Hockey is not the only skating sport hosted at Northwest Arena, however; there is also the Jamestown Skating Club, a non-profit organization that teaches figure skating. 2017 marks the 40th anniversary of the club, which serves over 50 members of all ages, including 20 competitive figure skaters.

"Our skaters are very dedicated to their sport," said Lynn Hice, president of the Jamestown Skating Club. "[They] keep their bodies strong through skating and they are all well-rounded young people that are great role models to many in our community."

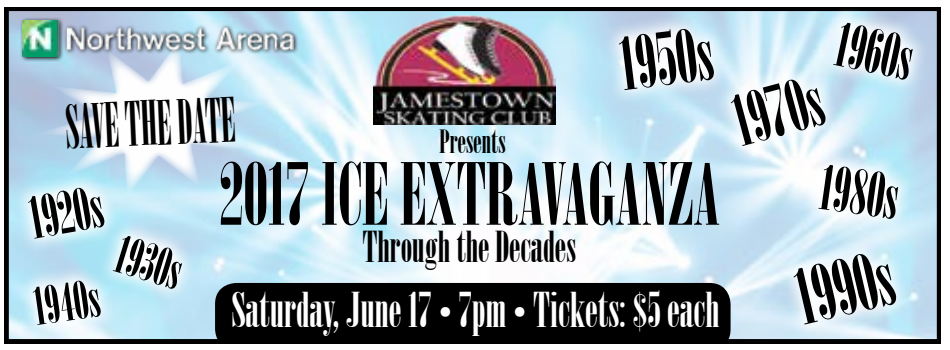
Besides skating sports, the Northwest Arena offers still more activities to the community. The arena is the home of the Jamestown Weight Watchers branch; it also houses an indoor walking track that is open year-round. Rink space is also used to host festivals, shows, and concerts. Upcoming events this year include a home and garden show sponsored by Media One in March, and then another sponsored by Jamestown Renaissance Center in April, as well as the Taste of the Trail Wine Festival in May.

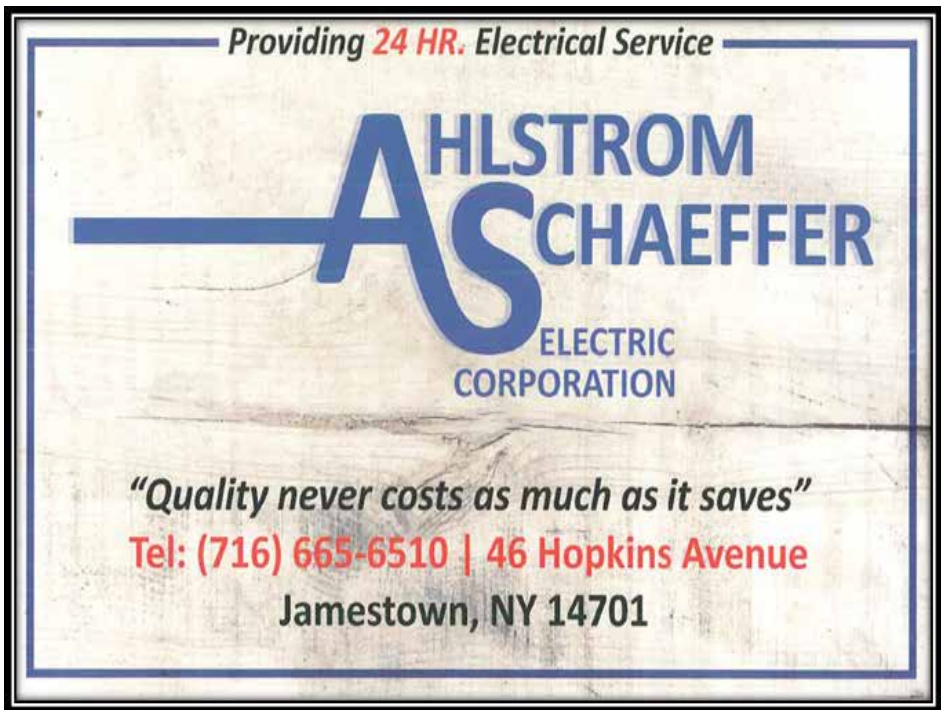
"Never when this building opened up did I think we'd get top wrestlers or rock singers coming to perform here," said Shea of the arena's entertainment. "But we get big crowds now for all our events – every Lucy Comedy Fest that has been held here has been closed or sold out. Once we started getting that level of entertainment, it got the community excited."

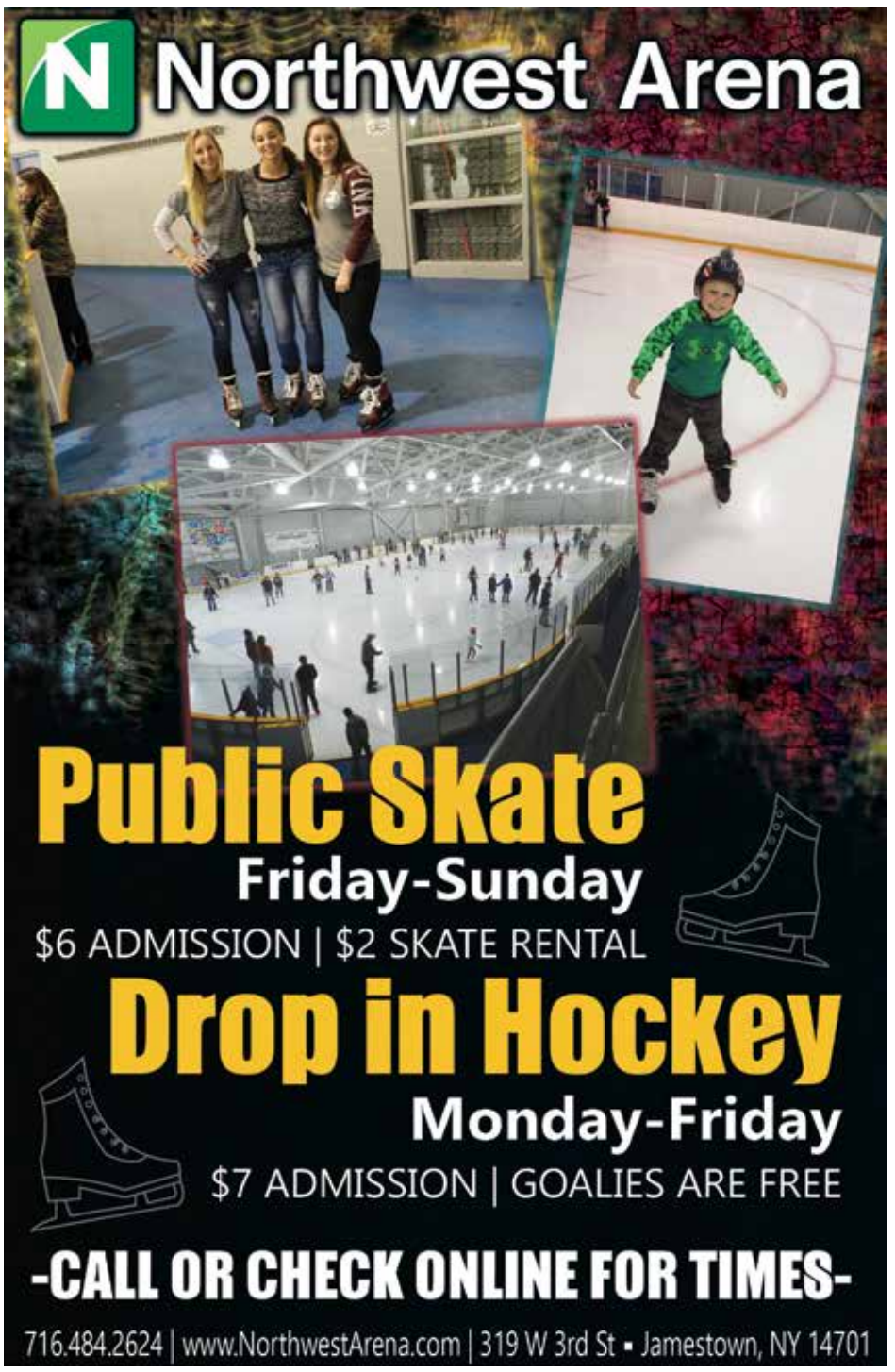
Located on the top floor of the Northwest Arena is the Jamestown Mattress Arena Club, where the Wits'n Giggles Stand Up Comedy series is held. The arena attracts even the biggest names in comedy, such as Jim Gaffigan, who is scheduled to perform this summer.

"Wits'n Giggles provides a bit of comedic relief throughout the year," Hinderleider said. "Overall, I think we provide a great source of entertainment. We have a good variety of events as well as the physical aspect of skating."

With all the events, sports, and fundraisers that the Northwest Arena works to provide for the Jamestown community, it seems that the arena is certainly deserving of a Kraft Hockeyville USA nomination. For more information on the contest or to cast a nomination for the Northwest Arena, visit Krafthockeyville.com. This year's competition is sponsored by Kraft Heinz, the National Hockey League, the National Hockey League Players' Association, and NBC Sports.







Governor's Budget Cuts Senior Services Funding

Chautauqua County Office for the Aging

Continued from Front

aging population, attention needs to be focused on current needs to help seniors age in place and future programs that will allow seniors to remain in their homes, support their local economy, and live a long, happy life.

A few of the Governor's proposed budget items would affect Chautauqua County in a very big way.

1. The governor's proposal will change the Community Services for the Elderly (CSE) program, removing the 25 percent county share exemption. Removal of this waiver is a cost shift to local governments who are already constrained under the property tax cap. This would put the burden of needing additional local Chautauqua County tax dollars to maintain current services for local seniors and would not address the more than 500 seniors currently on a waiting list for services.

From April 2016 to December 2016, approximately 4,832 Chautauqua County seniors received some kind of OFA services provided in part through CSE or other Aging Services funding which may now be decreased significantly.

2. The governor's proposal consolidates transportation funding within the CSE program, moving the transportation funding into the CSE funding line which now subjects all of the transportation funding to the need for local matching funds, putting these critical services in jeopardy. Public transportation is already very limited in rural areas like ours in Chautauqua County. This funding change may make it more difficult for seniors to use public transportation to get to medical appointments, shopping and other critical services.

There are already over 15,000 older adults statewide on waiting lists for critical community based aging services. Because lengthy waiting lists already exist and will grow as a result of demand, it is outrageous that the budget proposes cuts and cost shifts that put funding for seniors in jeopardy.

3. The governor's proposal eliminates core funding to NY Connects and will shift NY Connects from the State Office for the Aging budget and put it under the Department of Health Medicaid cap. There is no designation under the Department of Health budget that NY Connects will continue.

The Office for Aging has spent the last 10 years promoting NY Connects as the "No Wrong Door" for all aging and long term care services and supports. In Chautauqua County, more than 4,000 people each year contact NY Connects for information and referrals for services for themselves or their loved ones, eliminating the frustration many people have had in calling several places for information they need.

This break-through program has provided a "one stop shop" for individuals needing information and assistance and is now in jeopardy of being eliminated due to funding cuts in the Governor's budget.

For the Step Up for Seniors initiative, each county is asking their seniors to attend mock rallies in their counties, sign petitions and write letters to the Governor and their state legislators NOW!

Seniors in Chautauqua County have several opportunities to participate in a Step Up for Seniors mock rally. Rallies will be held on:

February 21

- At 10:30 a.m. at the Dunkirk Adult Day Center, 733 Central Ave., Dunkirk, NY 14048
- At 12:30 p.m. at Westfield Adult Day Care (YMCA)and Dining Site, 58 South Portage St., Westfield, NY 14787
- At 3 p.m. at Frewsburg Rest Home, 106 W. Main St. Frewsburg, NY 14063.

February 22

- At 11 a.m. at the Taft Center, 663 Lakeview Ave., Jamestown, NY 14701.

February 24

- At 11 a.m. at Joseph Steger Apartments, 15 North Main St., Dunkirk, NY 14048.

Seniors are asked to wear red at the rallies. A group photo will be taken of the seniors holding signs showing support of senior program funding. These photos and signed petitions will be sent to all the state legislators and Governor Cuomo prior to the beginning of the public hearings on the budget.

"Seniors need to step up and let our elected officials know that their support is needed for the future of senior services," Dr. Spanos said.

For more information on any of the Chautauqua County Step Up for Seniors mock rallies, or for information on the Governor's proposed budget, contact the Chautauqua County Office for the Aging at (716) 753-4582.

Seventeenth Annual Sporting Clays Tournament to Benefit Boy Scouts

BSA ALLEGHENY HIGHLANDS COUNCIL MERZ • ELK LICK

Article Contributed by
Allegheny Highlands Council

The Allegheny Highlands Council, Boy Scouts of America will be hosting their seventeenth Annual Sporting Clays Tournament at the Bradford Gun Club in Pennsylvania. Tournament chairman Mike Schuler from Bradford said " A really good time was had by one hundred competitors that came from three states last year, and more of the same is in store for this year. This is a terrific way to come out and support the scouts, enjoy the event and the sport, partake in a great buffet luncheon, and win great prizes, as well as get in on some really nice drawings.

The date of the event is Saturday, February 25, with check-in at 9:00 AM a shotgun start at 10AM. The day will conclude with prizes awarded in seventeen positions, for custom-engraved Zippo lighters. "There will be other drawings and super prizes for competing which make for a really fun day.

The cost of the event is $50, which includes 50 sporting clays, awards, prizes, and a great buffet lunch. Shooters of all ages and skill levels are invited to join in the day, and walk-ins are welcome. Female shooters are also welcome, and is one of the awards categories. Scoring is done by skill level, so everyone has a good chance of winning a top award.

For more information, please call the Scout Service Center (716) 665-BOYS(2697) or visit the boy scout council webpage at www.alleghenyhighlands.org for the participation flyer and details.

Zonta Welcomes New Members!

New Zonta Club members, Jennifer Peck-Wells (L) and Kerry Mihalko (R) are pictured with Ellen Munella (middle) on the stairs at the Marvin House in Jamestown.

Article Contributed by
Zonta Club of Jamestown

The Zonta Club of Jamestown welcomed two new members at their recent meeting. Jennifer Peck-Wells, originally from Sidney, New York now lives and works in Jamestown at MD ELEKTRONIK. She is a graduate of Sidney High School, the University at Buffalo and has her master's degree from Western Governors University. Jennifer is married to Dan Wells with two young boys, Sammy and Max.

Kerry Mihalko is the coordinator of the Diabetes education program at UPMC Chautauqua WCA in Jamestown. Originally from Cassadaga, New York, Kerry is a graduate of Cassadaga Valley Central School and Seton Hill University. She is married to her wonderful husband Paul with 2 great boys, AJ and Trent.

The Zonta Club of Jamestown is the 12th Chapter of Zonta International (Zonta.org) which is a service organization of executives and professionals working together to empower women through service and advocacy. For more information visit ZontaJamestown.org, Zonta Club's community page on Facebook or tweet us @ZontaJamestown.

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Fluvanna Free Library Hosts Winter Reading Program

Article Contributed by

Fluvanna Free library

It's time to Rev up your Reading with the Fluvanna Free Library's Winter Reading Program, "Race to Read". The program will run from Saturday, February 25 to Saturday March 25 beginning with a Daytona 500 Race Party Kick-off Celebration, on Saturday, February 25 from 11 am to 1 pm. There will be games, crafts, stories and refreshments. Space is limited so registration for the kick-off celebration is suggested. This event is free and open to the public.

Winter Reading Program applications are available at the library or by emailing a request to flulib@stny.rr.com

For more information about this or any of our events please call the library at (716) 487-1773 or visit the library at 3532 Fluvanna Avenue in Jamestown, next to the Fluvanna Fire Department. The Fluvanna Free Library is open Monday – Friday from 10am to 6pm and Saturday from 10am-2pm.

Paws Along The River

Pet of the Week

My name is Eve. I'm a 7 month old Chihuahua mix. Yes, I am small, I weigh 5.5 lbs. I am active and playful. If you are patience, I can learn to listen. I am really adorable & I am worth the effort. Do you have the right forever home for me?

Paws Along the River
212 Elm St., Warren, PA
814-726-1961
www.pawsalongtheriver.org
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Chautauqua Patrons Insurance Company, Everyday's True Value Donate Smoke Alarms

(L to R): Mark Prechtl, Chautauqua Patrons Insurance; Peter Sinagra, Major Gifts Officer; Steve Columbara, Everyday's True Value; Scott Anderson, Disaster Program Specialist; Brian Willink, Chautauqua Patrons Insurance

Article Contributed by

Red Cross

Chautauqua Patrons Insurance Company recently purchased 35 smoke alarms for the American Red Cross in support of the Home Fire Campaign. Volunteers from the Red Cross will install the alarms, purchased at a reduced rate courtesy of Everyday's True Value, in Chautauqua County homes that need them.

"We are so grateful that Chautauqua Patrons Insurance Company and Everyday's True Value for supporting this important initiative," said Chuck Marra, Executive Director of the American Red Cross, Western New York Chapter. "If a fire occurs, you may have only two minutes to escape your home. A working smoke alarm's warning can save your life."

The Red Cross is asking every household in America to take two simple steps: check their existing smoke alarms and practice fire drills at home. As part of the Home Fire Campaign, the Red Cross is joining with fire departments and community groups nationwide to install free smoke detectors in homes that need them while providing families with important fire safety information. Between July 1, 2015-June 30, 2016, volunteers installed 241 smoke alarms in Chautauqua County homes. For more information or to schedule an installation appointment, please visit http://www.redcross.org/local/new-york/western-central-new-york/homefires.

Chautauqua Patrons Insurance Company, in business since 1877, is a Property and Casualty Insurance Company located in Jamestown, NY. The company offers many types of property and casualty insurance products, but focuses on insurance for three major lines of business: Homes, Businesses and Farms. Products and services are proudly distributed by over 150 independent agents located in over 200 locations throughout the Upstate region of New York State. Please contact an agent near your for more information, or visit www.chautauquapatrons.com.

Spring "Healthy Bones" Class Schedule

Front row (L to R) are certified StrongWomen© Site Leaders, Paula Daneshkhah, Ann Galbato, Meri Swanson and Linda Bailey. Back row (L to R) is Hossein Daneshkhah, Joanne E. Nelson, Cherrie Clark, Nancy Kerrin, and Sue Waterman.

Article Contributed by

Lutheran Foster Grandparent Program

"I am more flexible and I have better balance" are some of the remarks made by past participants of the "Healthy Bones" classes. "I fell and didn't break my wrist," recalls another while "I can lift my legs into the car" claims another member. They may seem to be small feats but to those with limited mobility and strength – they are monumental. This is why Chautauqua County Retired and Senior Volunteer Program (RSVP) continues its classes following the StrongWomen© curriculum. StrongWomen© was developed by Dr. Miriam Nelson of Tufts University in Boston. The exercise routine includes a research-based series of resistive exercises using weights. The training classes help ward off or prevent osteoporosis and osteopenia, and aim to increase your strength, bone density, balance, and energy and you will look and feel better! As one progresses through the exercise routine, you are encouraged to add weight (either dumb bells or leg weights) to your exercise to increase their effectiveness.

Each class follows the same routine but may vary in times and length. An information session precedes each class to complete the required paperwork with classes beginning shortly thereafter. Class cost is $25.00 and weights are available for your use at each location. Spring classes are beginning at six individual locations throughout Southern Chautauqua County:

First Presbyterian Church

Informational Meeting: Wednesday, March 15, 2017 – 9:30 am

Classes Begin: Wednesday, March 22 – meeting Mondays and Wednesdays from 9:30 am – 10:45 am and ending May 24.

Location: First Presbyterian Church

509 Prendergast Avenue

Jamestown NY 14701

Please park using the large Sixth Street lot and enter through the rear entrance.

Contact: to enroll call Joanne E. Nelson 488-9574

Park United Methodist Church – Sinclairville

Informational Meeting: Tuesday, March 14 – 9:30 am

Classes Begin: Tuesday, March 21 – meeting each Tuesday and Thursday from 9:30 am – 10:45 am and ending May 23.

Location: Park United Methodist Church

49 Sinclair Drive

Sinclairville NY 14782

To enroll call Linda Bailey at 962-1014 or

Meri Swanson at 493-6632

Zion Lutheran Church

Informational Meeting: Tuesday, March 28 – 1:15 pm

Classes Begin: Tuesday, April 4 – meeting each Tuesday and Thursday from 1:15 pm – 2:30 pm and ending June 6.

Location: Zion Lutheran Church

45 Falconer Street

Frewsburg NY 14738

Contact: to enroll call Nancy Kerrin at 569-6300

GALC Cafetorium

Informational Meeting: Monday, March 20 - 5:00 pm

Classes Begin: Wednesday, March 20 – meeting each Monday – Wednesday from 5:00 pm – 6:15 pm and ending June 7

Location: Gustavus Adolphus Learning Center Cafetorium

200 Gustavus Avenue

Jamestown NY 14701

Contact: to enroll call Sue Waterman at 789-3741

St. Timothy Lutheran Church

Informational Meeting: Monday, March 27 – 9:00 am

Classes Begin: Monday, April 3 – meeting each Monday – Wednesday from 9:00 am – 10:15 am and ending June 14.

Location: St. Timothy Lutheran Church

3748 NY – 430

Bemus Point NY 14712

Contact: to enroll call Paula Daneshkhah at 490-2343.

Additional "Healthy Bones" instructors through Chautauqua County Office for the Aging conduct classes in Dunkirk, Fredonia, Sinclairville and Findley Lake. For additional information on "Healthy Bones" classes or other exercise/wellness programs in the county, contact NY Connects at 753-4582, 661-7581 or 363-4582.

For additional information on classes in southern Chautauqua County, please feel free to contact Chautauqua County RSVP at 665-8039.

Connecting Women Through Film

LUNAFEST® short films by, for, about Women®

Article Contributed by

Zonta Club of Jamestown

LUNAFEST is a traveling film festival of award-winning short films by, for and about women. This season, our program of nine films – filled with stories of reflection, hope and humor – will travel to over 175 cities and screen in front of 25,000 people. Each year, various organizations bring LUNAFESTs to their communities and raise funds for their local non-profits as well as our main beneficiary - Breast Cancer Fund.

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www.LUNAFEST.org and www.ZontaJamestown.org

Capacity Building Camp Offers Organizational Skills Training and Development

Article Contributed by

Southern Tier West Regional Planning & Development Board

Southern Tier West will sponsor *Capacity Building Camp,* a diverse two-day training series presented by Nonprofit Works, a Saratoga Springs, NY organization specializing in high-impact training and consulting. The training series will take place on Wednesday, April 5 and Thursday April 6 in the BOCES conference center located in the Center for Regional Excellence in Salamanca. Registrants can choose from flexible learning options: the full 2-day series is $195 per person or choose one day for $105 per person. Registration includes all workshop materials, morning refreshments, and lunch. *Capacity Building Camp* participants are suggested to bring a laptop or tablet, but it is not a requirement to take the trainings. A flier, outline of the workshops, and online registration is available at the Southern Tier West website: www.SouthernTierWest.org.

Capacity Building Camp is a boot-camp style approach to learning critical knowledge and skills that can translate to success in meeting goals for your organization, business, or municipality. Presenters Paul Mastrodonato and John Wilner will lead participants through four ½ day workshop intervals over a two-day span. The learning approach will be designed for impactful knowledge and skills training utilizing experiential activities, real-life examples, reference templates, resources, and a dynamic engaging instruction style. Workshops include "Developing a Strategic Plan" and "Mission-driven Communications" on Wednesday, April 5, and "Researching and Approaching Grantmakers" and "Plan Programs & Budgets Using Logic Models" on Thursday, April 6. With flexible learning options, registrants can choose to attend both training days (all four workshops) or choose to attend just one day (two workshops) that will meet their training needs.

"Southern Tier West is pleased to present this high-outcome, value-priced training series that will give participants information and skills that can be readily used to help achieve their organizational goals and successes. Nonprofit Works provides exceptional training sessions that impart exactly the information needed by today's organizations and municipalities in a format that's engaging and styled for "just in time learning" strategy. Participants who attended a previous training that Southern Tier West presented with Nonprofit Works rated the workshop as highly beneficial, practical and valuable and requested that we bring Nonprofit Works back to the Southern Tier region for more trainings," state Kimberly LaMendola of Southern Tier West. "This training series will fill quickly so we recommend reserving spots as soon as possible."

The two-day training is taught by Paul Mastrodonato and John Wilner of Nonprofit Works, headquartered in Saratoga Springs, NY. Paul Mastrodonato has helped nonprofit organizations and professional associations build their organizational skills and capacity to achieve success in reaching goals. John Wilner has worked as a researcher, reporter, editor, director of publications, and as a communications consultant for a variety of nonprofit and media organizations for nearly 30 years.

For additional information or questions, please contact Kimberly LaMendola, Regional Development Coordinator, Southern Tier West Regional Planning & Development Board: klamendola@southerntierwest.org or 716-945-5301 x2211. Advance registration is required. The program flier is available at: http://southerntierwest.org/pdfs/2017/CapacityCamp2017flier.pdf

G.A.L.C. Youth Taking Major Strides with Therapeutic Horse Riding Program

Lauren Neal poses with Double or Nothing, a horse at Skywalker Stables.

Article Contributed by

Lutheran

Among the programs available for youth at Gustavus Adolphus Family Services, the Therapeutic Horseback Riding Program has one student in particular achieving success in and out of the classroom. 17-year-old Lauren Neal, a junior at Gustavus Adolphus Learning Center, has begun to compete in the Interscholastic Equestrian Association's high school riding competitions.

Neal, a Niagara County native, began participating in the Therapeutic Horseback Riding Program at G.A. Family Services shortly after moving to Jamestown in April 2016. Since then, she has placed in almost every horse riding class she has competed in.

"Lauren has a lot of natural talent. She grew up around horses when she was younger and has really excelled as a student and a person since joining our riding program," said Misty Pennington, Director of Clinical Services at G.A. Family Services. "Of course this program and Lauren's training would not have been possible without funding through Niagara County," said Pennington.

Neal must meet specific criteria to participate in IEA competitions like take group riding lessons with her IEA teammates. The students practice locally at Skywalker Stables, owned by Tracy Erickson, and they are coached by Jillian Gazdak. The IEA was established in 2002 to introduce students in private and public middle and secondary schools to equestrian sports. The organization has over 12,500 members in 42 states across the United States.

"This program has been a very strong motivator for Lauren to complete her placement here at G.A. Family Services. We're very grateful for the opportunity afforded to her by Skywalker Stables. It is a tremendous facility and program," said Pennington. Neal recently participated in a competition at Alfred State College. Her success in the IEA competitions could lead to scholarships on college riding teams post-graduation.

"I really love animals but especially horses," said Lauren Neal. "I think what I like most about riding is that it keeps me out of trouble and has helped me focus on my future. I am starting to look at colleges now," said Neal. Aside from competing, she has also been able to travel, improve her self-esteem, make new friends and develop positive peer influences.

For more information on the services provided by G.A. Family Services, please call 716-665-2116 or visit G.A. on the web at www.gafamilyservices.org.

G.A. Family Services is a part of Lutheran, a Christian organization with a comprehensive continuum of community, residential, and home based supportive services that help people of all ages gain or retain independence.

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Monday-Saturday 7am-9pm, Sunday 7am-8pm

Community Foundation's Executive Director to Retire

Article Contributed by

Chautauqua Region Community Foundation

It is with regret, the Chautauqua Region Community Foundation's Board of Directors announces the retirement of executive director, Randy Sweeney.

For over twenty years, he has faithfully served our donors and the people of Chautauqua County. We are sincerely grateful for his exemplary leadership.

The Board established a search committee to find Mr. Sweeney's successor and is in the process of moving forward. Send any inquiries to crcfsearch@gmail.com.

2017 City Softball League Fees Announced

Article Contributed by

City Parks, Recreation and Conservation Department

The City Parks, Recreation and Conservation Department announces Thursday, April 6, 2017 as the deadline for all entry fees for the City's softball leagues.

League Entry / Fee

City Slo-Pitch League / $380.00 (Includes Umpire fees for Mid-Season Tournament, Double-Elimination Play-Offs)

Co-Ed League / $385.00 (Includes Umpire Fees, Double Elimination Play-Offs)

****NEW**** Modified League / $400.00 (Includes Umpire Fees, Double Elimination Play-Offs)

****NEW**** One-Pitch League / $330.00 (Includes Umpire Fees, Double Elimination Play-Offs)

There are limited openings in some Leagues. Payments may be dropped off to the Jamestown Parks & Recreation Office on the 4th Floor of City Hall during business hours or mailed to:

Jamestown Parks, Recreation, & Conservation Dept.

Municipal Building

200 East Third Street

Jamestown, NY 14701

Payment must be received in full by April 6th. No late fees will be accepted.

Additional information can be found on the City's website at www.jamestownny.net.

Infinity's Local Artist Showcase - Art Market and Art Auction

Article Contributed by

Infinity Visual and Performing Arts

Join Infinity Visual and Performing Arts, Inc. for the 3rd Annual Local Artist Showcase!

Local Artist Showcase will be held at the Infinity Arts Café on Saturday, March 11 from 11am-4pm.

Our art market will feature work for sale from an eclectic variety of talented local artists, an art auction of locally-made art (auction proceeds to benefit Infinity), and an array of fun family and arts-based activities!

Tickets are $5 each and will be available at the door on the day of the event. Children 18 and under will be admitted free of charge. Join us!

The Infinity Arts Café is located at 300 East 3rd Street. Look for the neon guitar!

Email info@infinityperformingarts.org

Website http://www.infinityperformingarts.org/

Laurel Run Logo Contest Under Way

Article Contributed by

The Resource Center

Area high school students can put their artistic talents to use by participating in the 2017 Laurel Run logo contest. The person who designs the winning entry will receive a $100 gift card to a store of his or her choosing.

Laurel Run was started in 1997 by Wayne and Elaine Hotelling of Silver Creek. The annual event is named in honor of their oldest daughter, Laurel, who has Down syndrome. Laurel Run seeks to raise awareness and appreciation about the achievements of people with disabilities, and the Hotellings have dedicated Laurel Run to Laurel and to all of her friends with disabilities who attend The Resource Center's Work Center program in Dunkirk. Money raised through Laurel Run goes to Filling the Gap, Inc., which works with The Resource Center to support people with disabilities and their families in Chautauqua County.

The Laurel Run logo contest is open to high school students in Chautauqua County. Design entries should not be too intricate, as the winning design must reproduce well on a T-shirt. Artists can use as many colors as they want in their design but should keep in mind that the design used on the shirts probably will feature only one or two colors. Artists also are encouraged to submit original designs, rather than using artwork they find on the Internet or through other sources.

The person creating the winning design will receive a $100 gift card and a T-shirt featuring the winning design.

Designs must be received by Monday, April 24. Internal voting at The Resource Center and Filling the Gap will identify the finalists. Again this year, the Observer will allow the public to cast votes for the winner through the newspaper's web site.

Designs should be submitted to: Laurel Run Logo Contest, c/o Filling the Gap, 92 Fairmount Avenue, Jamestown, NY, 14701. Designs also may be submitted electronically to kayla.bohall@resourcecenter.org. All entries become the property of Filling the Gap.

This winning design from 2015 was created by Elizabeth Mazzone of Jamestown High School.

The 21st annual Laurel Run will take place July 14 and 15. The traditional Jamestown-to-Dunkirk relay run will take place Friday, July 14. The following morning, the action shifts to Silver Creek and features an 8-kilometer running race, a 5k walk, a 1k fun walk, children's runs, "Laurel's Lap" (for anyone with a disability), and a party in the village square.

For more information about the logo contest, phone 661-4735. For information about Laurel Run, visit www.laurel-run.com.

Chautauqua County Humane Society Pets of the Week

Hello there, my name is Petey. I am a happy little guy who loves to play and loves attention. I'm 5 months old and am very curious. If you're looking for unconditional love, I am the guy for you. Come check me out at CCHS, I'd love to show you what I am made of.

Hi there, my name is Alec. I am a talkative older boy who likes lots of attention. I get along with other dogs, but should not go to a home with cats or other small animals because I really don't like them! I do like bones though, and can get protective of them. I should meet all younger family members first before going home.

Chautauqua County Humane Society • 2825 Strunk Rd., Jamestown • (716) 665-2209 • www.spcapets.com • cchs@spcapets.com

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Significant Announcements, Recognitions at Mental Health Association Luncheon

Twenty-four people in the recovery community were recognized for their achievements at the Mental Health Association in Chautauqua County's January Recovery Luncheon. Among those who received certificates were (L to R): Debra Carr, Samantha Sargent (with her son in front), Miranda Lopez, Harry Radke, and Erica Burkholder.

Article Contributed by
Mental Health Association in Chautauqua County

In 2016, 465 different individuals worked with Mental Health Association in Chautauqua County (MHA) recovery coaches. More than 90 gained or maintained employment, and 57 enrolled in education programs.

Those were the numbers shared by Director of New Program Development Rick Huber at the MHA's January Recovery Luncheon

In presenting awards for achievements to MHA participants, Associate Director Steven Cobb said, "You are the recovery community in Jamestown....You are all very important members of our community. We need you to grow and strengthen our town. When you are finished here, you go out and contribute to the Recovery Jamestown needs. You will all be vital parts of our community."

Six people were recognized for completing treatment court, eight for advancing stages on treatment court, and ten for achieving recovery goals from employment to new housing.

Cobb also announced that Jenny Rose is the new chief financial officer of the MHA.

Evergreen Health Services can now test for Hepatitis C. Anyone who has tattoos or has injected drugs is encouraged to visit Evergreen's office at the MHA for free testing.

Jim Quattrone of United Christian Advocacy Network (UCAN) announced that the Jamestown Union Gospel Mission is expected to be reopening soon.

The delicious meal was prepared by UCAN, including Charlie Hodges, and served by Jan Ball, Jonathan Schwabb, and Joe Cohen.

The MHA is staffed by recovery coaches, trained individuals who are recovering from mental health diagnosis, most from substance abuse. They work in collaboration with local treatment providers, other non-profits, and especially the Jamestown City Treatment Court to help participants be successful in attaining their goals.

Over two dozen peer support groups meet weekly at the Mental Health Association, where participants can talk with others across a wide range of concerns, from PTSD to parenting and much more. All MHA services and programs are offered free of charge.

The Mental Health Association is located in the Gateway Center, 31 Water Street, Door #14, Jamestown, New York. To learn more about the MHA and its many programs, call (716) 661-9044 or visit www.mhachautauqua.org or www.facebook.com/MHAChautauqua.

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PUZZLE SOLUTIONS

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

Solution to Sudoku:

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

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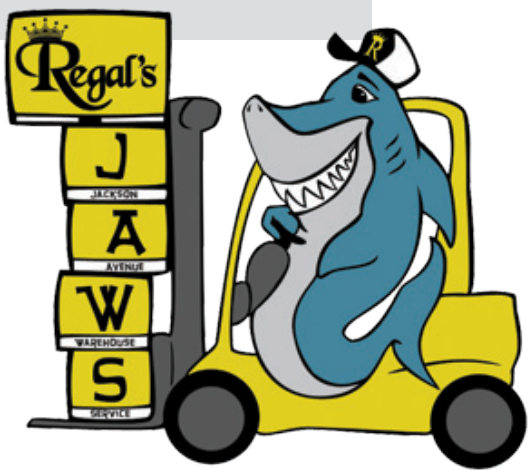
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