



Be the 1 – Reach Out a Hand A Walk Out of Darkness

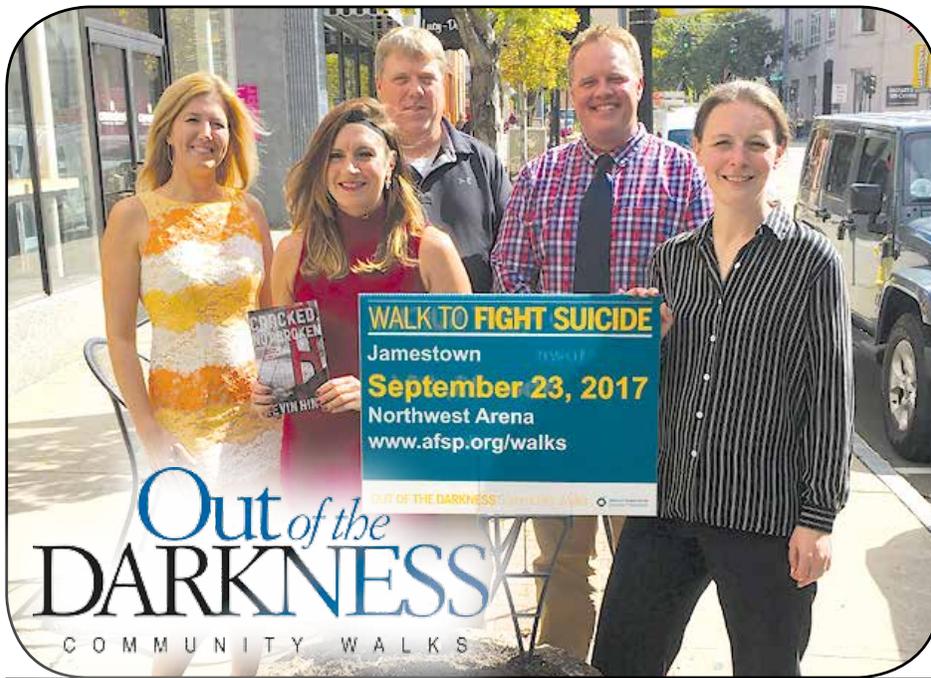
Article Contributed by
Walt Pickut

Life is precious. But sometimes it takes a helping hand to remember that – reaching out to help someone take a first step out of the darkness.

“I think it’s just the way we are made,” said Victoria Patti, coordinator for Chautauqua County’s Community Alliance for Suicide Prevention. “We all want to help when we see a friend or a neighbor or even a stranger in need.” In that spirit, September 2017 has been designated National Suicide Prevention Month, with Chautauqua County’s observance slated for the week of Monday, September 18 through Saturday, September 23.

“Suicide has been a taboo topic for a long time,” Patti said, “but people are beginning to realize the good news that there is lifesaving work going on to help prevent it.”

According to the National Center for Health Statistics at the CDC suicide ranks at about number 10 among the leading causes of death in the United States. Although it is



(L to R): Cynde Johnson, Victoria Patti, Thaddeus Lund, Chris Anderson, Annie Rosenthal

far behind such well-known killers as heart disease and cancer, it is also among those for which the efforts at prevention and treatment are moving rapidly forward.

A caring and well-informed community can play a critical role in suicide prevention according to the American Foundation for Suicide Prevention (AFSP).

Take a Walk

“Six years ago 75 people set out for a stroll at Falconer High School for our first Out Of Darkness walk,” said Ann Rosenthal, the public relations coordinator for Chautauqua Tapestry, a key organizer for this year’s event. “By last year the walk had grown to about 500 people.” Out of the Darkness walks nationwide are by far the AFSP’s largest fundraiser, raising millions of dollars for suicide prevention programs and uniting those who have been affected by suicide with communities learning about the important mental health issues of the day.

The motto for this week’s walk and for Chautauqua County’s suicide prevention week is, “Be the 1 to Reach Out a Hand.” The emphasis is on recognizing the warning signs for people at risk for suicide and connecting them with help.

The Chautauqua County Crisis Hotline is open 24/7/365 at 1-800-724-0461.

On Saturday morning, September 23, at 10 o’clock, the Northwest Arena at 319 W.

Continued on Page 10...

America's Got Talent Finalists to Perform at Reg Lenna Center for The Arts in February

Article Contributed by
**The Reg Lenna Center
For The Arts**

Los Angeles-based dance troupe DIAVOLO - scheduled to perform at Reg Lenna Center for The Arts in February 2018 - will compete in the finals on America's Got Talent airing locally on NBC's Buffalo affiliate WGRZ Channel 2.

DIAVOLO was formed 25 years ago by choreographer Jacques Heim (Cirque du Soleil's "Ka") and tours internationally with a company of dancers who mix the intensity of extreme sports with the grace of ballet. The troupe has performed on the current season of America's Got Talent using large architectural pieces including a rocker, dreamcatcher and a train for their



high-flying act. After making it through all rounds of competition, they will perform again in the finals of America's Got Talent on September 19 at 8 p.m. on WGRZ Channel 2. The winner of this year's competition will be announced in the finale airing September 20 at 8 p.m.

On February 15, 2018 at 7 p.m.

DIAVOLO is scheduled to perform their show VoLo at Reg Lenna Center for The Arts. Marketing Director Len Barry said, "DIAVOLO kicks off the second half of our upcoming season which is very much geared toward family audiences. Between this troupe and Dino-Light (performing March 24 and a former America's Got

Talent competitor) we will have had two performances that have been enjoyed by a national television audience."

Tickets for DIAVOLO: VoLo are on sale at Reg Lenna Center for The Arts. Ticket prices start at \$5 for children aged 18 and under and \$10 for adults.

For more information visit reglenna.com or call 716.484.7070. The Reg Lenna Center for The Arts is located at 116 E. 3rd St. in Jamestown, NY. The box office is open Tuesday through Friday, 10 a.m. until 5 p.m. and Saturday from 10 a.m. until 2 p.m.



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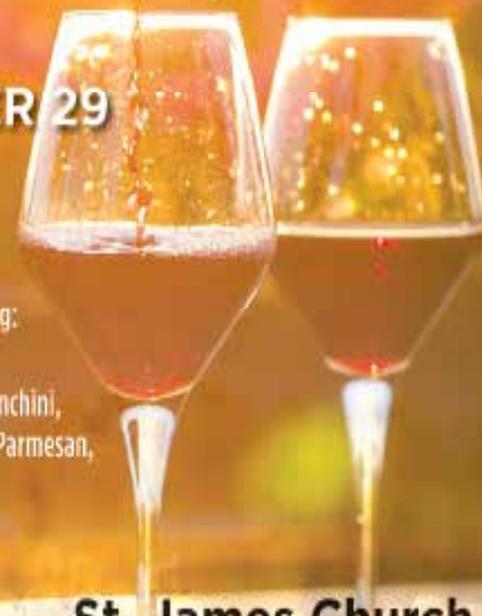
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Charles A. "Chuck" Nash of Chautauqua, NY
Lind Funeral Home

James R. Truax of Bemus Point, NY
Falconer Funeral Home

Jennie M. Sampson of Lakewood, NY
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September 8, 2017

Gloria S. "Dodie" Glatz of Jamestown, NY
Lind Funeral Home



September 9, 2017

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Mason Funeral Home

Donna Grace Loveless of Jamestown, NY
Jordan Funeral Home

Colt C. Holzhausen of Jamestown, NY
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Carole C. Zimmerman of Russell, PA
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Geraldine Ann Turney of Carmel, IN
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Alma June Knipe of Bemus Point, NY
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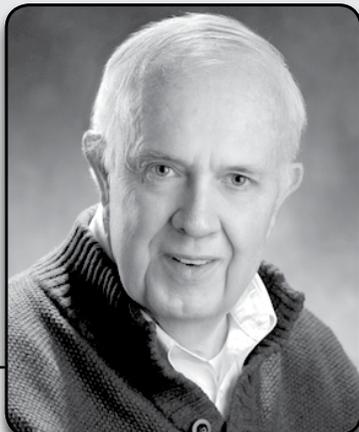
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Words of Wisdom

Contributing Editor
Walt Pickut



Over the Edge?

You can't fall over a cliff from far away. You've got to be near the edge.

So, are you near the edge today? It sure can happen, can't it? Even the best of us – and that's a hard club to join anyway – can feel pushed too far some days.

The question really is, "How close to the edge are you normally, on a good day?" If you're cool, calm and collected, maybe you're harder to push over the edge than somebody else.

But life is full of pushes, isn't it? One example – with overwhelming evidence now accepted by the National Institutes of Mental Health, the National Academy of Sciences, the American Medical Association, and many more – is TV violence. It pushes children and adults alike toward an edge where viewers become more likely to be aggressive and violent... if pushed in that direction.

And lots of us get lots of pushes. But we are pretty resilient. We walk ourselves back from that edge over and over again and even grow stronger by pushing back.

Resilience, however, is not a solo act. Sometimes it's especially hard to walk back from the edge unless we have a little help from our friends.

So, here's the rub. Just like you can't tell a book by its cover, you can't tell who's living on the edge... not by just watching somebody walk down the street, slide a quarter into a parking meter, or squeeze a supermarket tomato to see if it's ripe.

Consider the possibility that someone may be so close to that edge that an angry word or a casual snub might be far more damaging than we would imagine for someone close to a fall. On the other

hand, maybe a kind word or the gentlest hand outstretched in kindness might be enough to help someone walk back, if only a step or two, from the brink.

It's too late to help by the time somebody falls off that cliff, so now may be the very best time to look a little closer at the people walking beside you.

This week your Jamestown Gazette takes on the very serious subject of suicide prevention. We're inviting you to come alongside some of our most vulnerable neighbors and even strangers – for their sake and for the sake of our community – and help them step back from the bottomless abyss from which no one can climb back up.

Joan Halifax, renowned anthropologist, ecologist, civil rights activist and hospice caregiver once said, "We live in a time when science is validating what humans have known throughout the ages: that compassion is not a luxury; it is a necessity for our well-being, resilience, and survival.

The Walk out of the Darkness event this Saturday will be a happy gathering for those friends and neighbors of ours who have decided to care... for one another and for the most vulnerable among us. The entire week, from Monday through Saturday, will also offer many more opportunities to learn or join in, in any way that seems right for you.

If you have ever looked over the edge of that cliff yourself, or know someone who has, you may find all the compassion you need to help a few others walk their way back.

Enjoy whatever walk you walk... and please, of course, enjoy the read.

Walt Pickut

Jamestown Gazette

The People's Paper.

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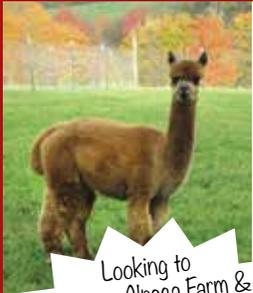
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CASAC Announces Mindfulness Practice

*Article Contributed by
Kathleen J. Colby (CASAC)*

Chautauqua Alcohol & Substance Abuse Council (CASAC) is offering an educational session for community members and professionals entitled "Mindfulness Practice: Enhancing Self-care & Client Outcomes."

Elaine K. Hammond, LMSW will present this session on Friday, September 29, 2017 from 9:00 am - 12:00 pm. This 3 hour course is offered at the First Presbyterian Church (near the College), 219 Central Avenue, Fredonia, NY. The Presenter, Elaine Hammond, LMSW is in her 40th year of Social Work practice, with experiences ranging from child welfare/protection to mediation/arbitration, and non-profit administration to clinical practice.

Is 'mindfulness' simply the latest faddish buzzword in a world gone slightly mad with information overload? Are the practices of persons living millennia ago relevant - and professionally responsible - in addictions practice of the 21st century?

This workshop will give practitioners working in addictions treatment knowledge in mindfulness interventions for client systems, the ability to tailor interventions to meet individual client needs and monitor efficacy firmly within trauma informed praxis.

Participants will have opportunities to experience mindfulness activities for themselves and discuss implementation

issues with colleagues with consideration for policy practice, self-care and social media.

Persons living with trauma and addictions, and those who care about and work with them, can expect to benefit from this mindfulness training with practical application to the treatment of addictions, clients living with trauma and its after effects and clinician self-care.

This course is also suitable for professional credentialing as a Credentialed Alcoholism and Substance Abuse Counselor (CASAC), Credentialed Prevention Professional (CPP) or Credentialed Prevention Specialist (CPS). The 3 CPP (Section 4) hours are approved for initial credit hours and for CPS/CASAC renewal by the New York State Office of Alcohol and Substance Abuse Services. This course work is also recognized and approved by the Pennsylvania Certification Board through reciprocity.

CASAC training offerings are suitable for community members that are aspiring to learn more about addictions and other related topics to improve their lives and the lives of others.

The fee is \$50 and pre-registration is required. To register for the above course contact CASAC or Kathleen Colby, Director of Training Services, 664-3608, kjcolby@casacweb.org, or visit our Website: www.casacweb.org.

For further information about CASAC services, call the Jamestown office at 664-3608, or the Dunkirk office at 366-4623 or visit our Website: www.casacweb.org.

Winged Ox Players to Present "One Flew Over the Cuckoo's Nest"

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

The Winged Ox Players will present their fall production of "One Flew Over the Cuckoo's Nest", on Friday and Saturday September 22 and 23 and September 29 and 30th at 7:30pm at the Willow Bay Theatre, 21 East Third Street, Jamestown.

The Winged Ox Players is a ministry of St. Luke's Episcopal Church in Jamestown. The local theater group presents plays that deal with contemporary issues and deliver thought provoking messages. Their last production of "Least Resistance" an original play based on true-life stories of local individuals affected by the Opioid Crisis, brought rave reviews, and was invited to be presented in Chautauqua and Buffalo, NY.

"One Flew Over the Cuckoo's Nest" is a ground-breaking play by Dale Wasserman, based on the novel by Ken Kesey. The play is set in a mental institution in the 1960's. It offers a harsh and yet compelling view of both the individuals suffering from mental health conditions and the mental health professionals who are entrusted with their care and treatment.

Steven Michael Cobb, Winged Ox Players' Artistic Director and Director of the production says that the group has chosen to bring the issue of the public perception of mental illness to light by staging this production. Admission to the show is free of charge,

but proceeds from donations collected at each performance will be donated to local mental health organizations.

"While conditions in mental institutions and our society's understanding of mental health have improved significantly, most people who suffer from mental health concerns never seek treatment for a variety of reasons including social stigma, cultural norms, and lack of access." says Cobb. "This play offers us the opportunity to work in our community to reduce the stigma of mental health conditions and to encourage open and honest conversations about mental health."

As an effort to be a part of the solution to this sometimes-overwhelming issue, the Winged Ox Players will be participating in the Out of the Darkness Community Walk for Suicide Prevention on Saturday, September 23rd in Jamestown. St. Luke's will also be offering an 8-hour course on Mental Health First Aide on Oct 15th and 16th. This training will teach participants to identify risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

For more information about the play or any of the other collaborative events, please contact Steven Cobb (716-499-5142), Marge Fiore, (margefiore777@gmail.com) or Willow Fodor (wfodor@gmail.com).

WHINE OF THE WEEK!

Watch your slanguage!

I've been having trouble understanding some people lately, so I decided to learn a new language, but even a little is too much. "Stay woke, pal, keep it 100 for plain English. I'm hundo p 4 that.

Got no FOMO. In fact, got JOMO on it." Rough translation: "Keep informed, friend, stay true to plain English. I'm 100% in favor of it, no fear of missing out, in fact joyful to do so." The truth is, I'm afraid to oversleep tomorrow morning.

Slang is changing so fast I might wake up to a totally foreign language.

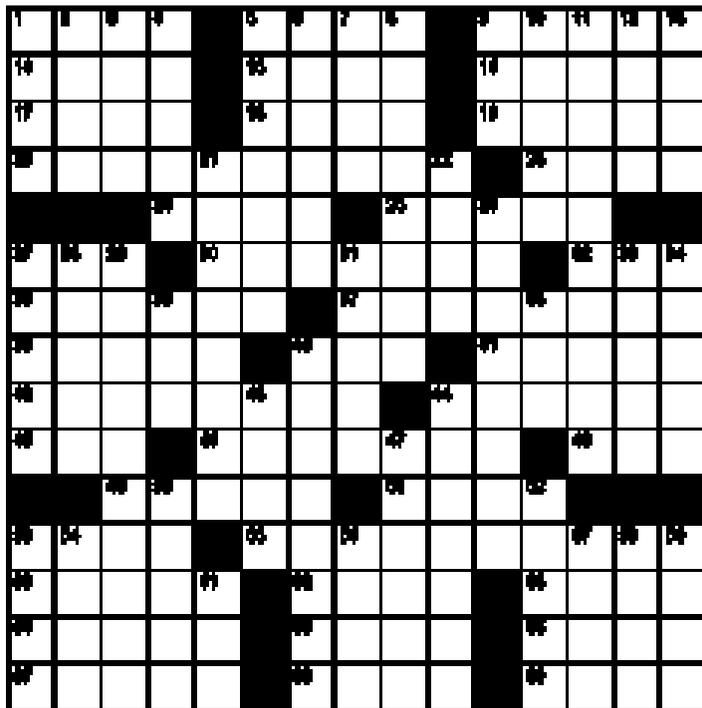
Submitted by: Ima Lisstnin & May B. Hugh Kirsten Hollered



The Weekly Crossword

by Margie E. Burke

- ACROSS**
- 1 Came clean
 - 5 Cloudier insect
 - 9 Kind of training
 - 14 Succulent plant
 - 15 As it happens
 - 16 One-up
 - 17 Zodiac animal
 - 18 Computer operator
 - 19 Fairy tale character
 - 20 Blonde, e.g.
 - 23 Vicinity
 - 24 Aussie pal
 - 25 Filly root
 - 27 Honor stick with a inside-riding puppet
 - 28 Headache cause
 - 32 Debt from a dish
 - 35 Flat
 - 37 Radioactively figure
 - 39 Perfume base
 - 40 Stray, in a way
 - 41 Talk a blue check
 - 42 Archie or Jughead
 - 44 _____ Forge, TN
 - 45 Get it wrong
 - 46 Hold in check
 - 48 Fair area
 - 49 Clinical work
 - 51 Opera house box
 - 53 Place for books
 - 55 Compensate
 - 60 American writer?



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- 62 Tag into
 - 63 Water holder
 - 64 Be wild about
 - 65 Chapel prop
 - 66 Mountain goat's perch
 - 67 On edge
 - 68 Keweenaw leader
 - 69 Beginner
- DOWN**
- 1 Salt rock?
 - 2 Spicy stew
 - 3 Hang over one's head
 - 4 Blue jeans' material
 - 5 Beach
 - 6 Pay attention
 - 7 Say so
 - 8 Line from pole to pole
 - 9 Web crawler
 - 10 Ear-related
 - 11 Plots
 - 12 Mollusks
 - 13 Bubbly drink
 - 21 Eye affliction
 - 22 "Dirty" activity
 - 26 Enmesh (upset)
 - 27 Deception
 - 28 Doctor
 - 29 Jolly Rancher flavor
 - 31 Polo, e.g.
 - 33 Singing
 - 34 Small change
 - 36 A Bobby boy hair
 - 38 Big galoot
 - 40 Life, for one
 - 43 Alliance
 - 44 Parasitic deal
 - 47 Remission gives
 - 50 Signs of spoilage
 - 52 Straight up
 - 53 Conflict
 - 54 Trapper's wear
 - 56 Police address
 - 57 Off-kilter
 - 58 Word before gas or drop
 - 59 Heave
 - 61 Casual top

Faith Matters Blessings



Contributing Writer

Pastor Shawn Hannon

Hope Lutheran Church Arcade, NY

Part of the territory of pastoral ministry is being asked to pray. These prayers cover a wide variety of requests. Some are very serious like praying for the sick or the grieving. Other requests fall more in the ritual sense like praying before a meal or a meeting. But some of my favorite requests involve praying for things. Every year I get to pray for things from motorcycles to fire trucks. Last week at church we blessed backpacks for school children and the first week in October we are praying for people's animals.

But why? Why do we bless things, and when we bless things what do we expect to happen?

When we were blessing the children's backpacks a couple of adults asked me if I would bless their purses. They were joking, of course. *Mostly. But we all know what they would have liked to have happened. They'd love to see their wallets overflow with cash. Naturally, I disappointed them.

Truth is, most pastors' prayers don't have the power to physically change inanimate objects. The motorcycles I bless won't drive faster. The fire trucks I bless won't never run out of water. The animals I bless will still poop on your living room floor. The book bags I bless may still end up lost. And the purses I bless never seem to end up with more money.

So why bother, right?

It all comes down to why we bless

things in the first place. Let me give you an example of the few things I bless the most: Water, wine, and bread. Before baptisms pastors make water holy. Before communion pastors bless wine and bread. But when the baptism itself comes, the water is still water. Physically unchanged. When communion is served it's the same bread and wine as before (unless you're Catholic). But now that water, bread, and wine are accompanied by God's grace. Now when we are washed, we aren't just cleaner. We're saved. Now when we eat, our bellies aren't the only thing that is satisfied. We're spiritually nourished as well. Prayerful blessings don't change physical objects. They allow us to experience God's grace through them.

We bless backpacks so that the little people carrying them might experience grace and love through their experience at school and the joy and life through their learning. We bless firetrucks so that people experiencing emergencies might know that God is a refuge, strength, and very present help in times of trouble. We bless motorcycles so that bikers might experience grace in the fellowship of other riders and the beauty of creation.

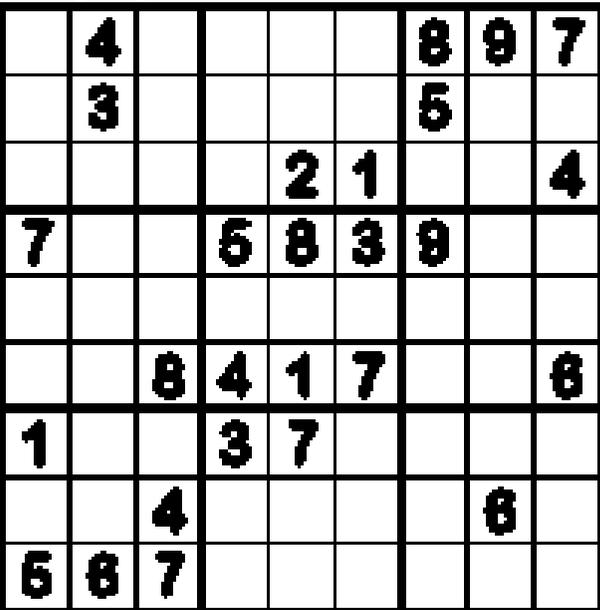
We bless things so that through those things God might bless us with opportunities to experience grace. For the record, although pastors are frequently asked to pray, anyone can do it. Do not be afraid to say prayers of blessing over the things in your life. Just know what you are getting yourself into. God's blessing won't change your objects or even make them better, but blessing them will help you feel God's grace and love through them. Which, if you ask me, is way better anyway.

For more inspiration and insights from Pastor Scott and 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.

SUDOKU

Edited by Margie E. Burke

Difficulty: Easy



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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Reed Helps Secure Funding for Chautauqua Center

Article Contributed by
**The Office of Congressman
Tom Reed**

Congressman Tom Reed announced that the Chautauqua Center has been awarded a U.S. Department of Health and Human Services grant for \$175,700.00.

"Federally Qualified Health Centers provide a model for care that is a key component in the public health of our entire region," Reed said. "The service and care the Chautauqua Center provides to its patients is invaluable, and I was happy to provide support for their application to receive this critical funding," he added.

The grant was awarded by the Health Resources & Services Administration of the Department of Health and Human Services for use in expanding

access to mental health and substance abuse treatment, prevention and awareness.

"We are very appreciative of the continuous support we receive from Mr. Reed and his staff. These grant funds will allow us to expand our mental health and substance abuse programs to not only serve more Chautauqua County individuals but also further enhance the quality of the services we provide. Our dedicated family of providers are always willing to assist any person and tailor their care to their individual needs. There is a huge need for these services in our community and The Chautauqua Center, along with our partners, is ready to address those needs. We look forward to further expanding our services in Chautauqua County," said Michael C. Pease, Chief Executive Officer of the Chautauqua Center.

First Lutheran Church Rally Day



Article Contributed by
First Lutheran Church

First Lutheran Church Rally Day was observed on Sunday, September 10th with a tour of the church building, arts and crafts activities, and a birthday cake celebrating the 500th Anniversary of the Reformation. A special display highlighting the various ministries of the church were featured in the church parlors and will be throughout the month of September.

Pictorial and digital displays depicting the mission of each organization

included the First Lutheran Choir, the Sacred Fire Contemporary Team, the Community Outreach Center Thrift Store, the church library, Daily Vacation Bible School, the Mission Support and Outreach Committee, True Sisterhood, the Property Committee, Short Term Missions Team, the Bible Seekers, Marcia and her Ladies, Lake Chautauqua Lutheran Center, T.E.A.M., 23 Center Street Green Space, and the Knitting Ministry. The First Lutheran Church School meets every Sunday at 10 a.m. in the Paul A. Westerberg Educational Building. The public is welcome to attend.

Learn Botanical Drawing and Painting in Three Sessions at Audubon



Both beginners and seasoned artists and naturalists can improve their observation skills and their drawing and watercolor techniques at a three-session workshop at Audubon Community Nature Center. The class will be Saturday mornings, October 7, 14, and 21, 2017.

Article Contributed by
**Audubon Community
Nature Center**

Audubon Community Nature Center is offering a unique opportunity to learn "The Art of Botanical Drawing and Painting."

In three Saturday morning sessions presented by two artists on staff, you can learn the basics of nature drawing and painting from observation.

Ruby Miller and Kim Turner will tag team instruction from 9 a.m. to noon on October 7, 14, and 21, 2017. Deadline for registration is Monday, September 25.

Artists and naturalists alike can benefit from this workshop. Beginners and seasoned artists are invited to hone their observation skills while developing drawing and watercolor techniques.

The sessions will progress each week, culminating with a finished watercolor painting of a botanical study. The methods used throughout the workshop are inspired by Agathe Ravet-Haevermans's book, *The Art of Botanical Drawing: An Introductory Guide*.

Miller completed her Bachelor of Fine Arts at Grand Valley State University in Michigan. She works in several different media including sculpture, printmaking, and illustration. Turner received her Master of Fine Arts from Indiana University Bloomington and has taught art to all ages. She works primarily through drawing, small

sculptural work, and photography. Their portfolios are heavily influenced by nature and concepts of collecting.

The fee for all three sessions is \$92 or \$69 for Nature Center members.

Materials fee is \$25. If you prefer to supply your own materials, you will need: 3 paint brushes, 6 tubes of watercolor paint, 12 pans of watercolor paint, 3 watercolor pencils, 1 graphite pencil, 1 pencil sharpener, 1 eraser, 1 mixing tray, watercolor paper and sketch paper. For clarification on materials, you can call (716) 569-2345.

Enrollment is limited. Paid reservations are required by noon on Monday, September 25, 2017: Call (716) 569-2345 during business hours or reserve online at the Programs page at auduboncnc.org.

While not required for the class, *The Art of Botanical Drawing* can be purchased in Audubon's Blue Heron Gift Shop.

Audubon Community Nature Center is located at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown, New York, and Warren, Pennsylvania.

Audubon Community Nature Center builds and nurtures connections between people and nature by providing positive outdoor experiences, opportunities to learn about and understand the natural world, and knowledge to act in environmentally responsible ways.

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Chautauqua County's Innovative 2% Occupancy Tax Grant Program for Lakes and Waterways Continues to Evolve



(L to R): The Findley Lake Dam Rehabilitation Project and a Streambank Stabilization Project in the Chautauqua Lake Watershed. Both projects received funding through the County's 2% Occupancy Tax for Lakes and Waterways Grant Program.

Article Contributed by
**Chautauqua County
Department of Planning and
Economic Development**

Chautauqua County's innovative 2% Occupancy Tax for Lakes and Waterways Grant Program has been improved for 2018. Changes include new application dates and a new Request For Assistance (RFA) form that is intended to help applicants prepare stronger, more compelling grant applications.

"There is a substantial need in the County for these grant-funded projects; however, the application process and administrative requirements can be daunting," said Chautauqua County Watershed Coordinator Dave McCoy. "The RFA process is intended to help pair prospective applicants with technical service providers such that high-quality projects can be developed and delivered."

The 2% Occupancy Tax for Lakes and Waterways Grant Program offers competitive grants of up to \$40,000 for water quality improvement projects including streambank and lakeshore stabilization, agricultural

runoff, drainage, and stormwater management. Applications for the 2019 program will be available on February 1, 2018 and will be due on April 1, 2018.

Requests For Assistance forms are currently available on the Chautauqua County Legislature's page and Chautauqua County Finance Department's page of the county website at www.co.chautauqua.ny.us and on the Watershed Management page of the Chautauqua County Department of Planning and Economic Development website at www.planningchautauqua.com.

Hard copies of the form are also available at the Department of Planning and Economic Development office at the BWB Center, 201 West Third Street, Suite 115, in Jamestown. The office is open Monday through Friday from 8:30 a.m. to 4:30 p.m.

For more information about the grant program, please contact Dave McCoy, Chautauqua County Watershed Coordinator at 716-661-8915.

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AUTUMN TRIVIA

1. What is the first day of fall called?
2. How long does autumn last in the Northern hemisphere?
3. What is a harvest moon?
4. What are the 3 Zodiac signs of fall?
5. What weed pollen causes the most common fall allergies?
6. T/F: On autumnal equinox the number of hours of daylight and darkness are equal.
7. In autumn do you turn your clocks ahead or back?
8. During which month does summer end and autumn begin?
9. Why do the leaves change colour in autumn?
10. Although some varieties are available year round, what fruit is freshest in the fall?

ANSWERS: (1) autumnal equinox (2) mid-Sept to mid-December (3) the full moon which occurs closest to the autumnal equinox (4) Libra; Scorpio; and Sagittarius (5) ragweed (6) True (7) Back (8) September (9) As the leaves lose chlorophyll, their other pigments are exposed. (10) Apples

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A Walk Out of Darkness

Continued from Front

3rd St. in Jamestown, New York, will be the staging point for this year's Out of the Darkness walk. It will step off once again to prove that when people work together they can make big changes in their community and in the world.

The walk is designed to unite people affected by suicide with the community that cares about them. A highlight of the walk will be the balloon release. White, yellow and blue balloons will rise into the sky from Jamestown's Third Street bridge celebrating the hope that Suicide Prevention Week has come to represent.

To preregister for the Out of the Darkness Walk, Jamestown Gazette readers can visit www.afsp.org/walks or register on the day of the event between 8:30 and 10 a.m.

A Full Week

Suicide prevention week offers a full slate of activities and guest speakers all week long for adults, children, mental health workers, and all interested and concerned local residents. Key locations in addition to the Northwest Arena include the Chautauqua Mall, Jamestown Community College, SUNY Fredonia, the Resource Center in Dunkirk and the Mental Health Association in Chautauqua County in Jamestown. For the full lineup visit Community Alliance for Suicide Prevention events tab on Facebook.

Anyone who attends any of the events during Chautauqua County Suicide Prevention Week will have a chance to win a copy of "Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt" by Kevin Hines and a Kevin Hines T-Shirt, according to Cynde Johnson, Marketing Director for Chautauqua Mall in Lakewood.

A Remarkable Example

Very few people survive a leap off San Francisco's Golden Gate Bridge. One person who survived and is sharing his exceptional story is Kevin Hines. After two years of struggling with bipolar disorder, diagnosed at the age of 19, Kevin attempted to take his life by jumping 245 feet into the frigid waters of the San Francisco Bay.

Kevin did not end his life that day, but he changed his life forever and the lives of countless of others for the better. He is now an award-winning and dynamic global speaker, a best-selling author, a documentary filmmaker and mental health advocate working around the world. As part of Suicide Prevention Week, Kevin Hines will be a special guest speaker at Jamestown Community College's Scharmann Theatre at 7 p.m. on Thursday evening, September 21, and on the SUNY Fredonia campus, Williams Center, at 10 a.m. on Thursday.

Success Stories

"Success stories are not hard to find in Chautauqua County," said Chris Anderson, Marketing and E-commerce Manager for The Resource Center, another key sponsor in the week's activities, "though we don't always know their names and specific circumstances. But we know that we succeeded when people are reaching out for support, because it shows they know that they have resources for help."

Suicide Warning Signs

- Talking about wanting to die or to kill oneself
- Looking for ways to kill oneself
- Talking about hopelessness, no reason to live
- Talking about feeling trapped or unbearable pain
- Talking about being a burden to others
- Increased use of alcohol or drugs
- Acting anxious, agitated, reckless
- Sleeping too little, too much
- Withdrawing or feeling isolated
- Showing rage, seeking revenge
- Extreme mood swings

Suicide Hotline:
1 - 800 - 724 - 0461

"And it's not all sad stories," Thaddeus Lund, The Resource Center's Program Manager added, "there are a lot of positive ones."

Special Work

"It's not a 9-to-5 job," Victoria explained one morning last week at the Chautauqua Tapestry offices in Mayville. "We are responding to emails and Facebook posts frequently for those who want to get involved in prevention efforts. Our work here is kind of a lifestyle. We believe it's our responsibility to provide that to our community, especially to somebody who needs that."

"This is a topic I am glad to have training in," Ann Rosenthal added. "It is rewarding and fulfilling to know that I can help people that way, by sometimes just giving a person a listening ear."

"The reason this is so important to me is because I care about Chautauqua County," Victoria explained, "and because I have lived here all my life. I have seen our community go through the hardship of suicide. It is very rewarding to provide positive outlets to those who have been touched by suicide, whether it's personal or simply that they know someone who has been affected by it. They know that there are resources here and that people don't have to struggle alone."

Suicide prevention, however, is not limited to professionals. "Many people have been touched personally by suicide," Victoria said, "and they have found that sharing their story is very impactful because they have turned their loss and their heartache into something that can be healing."

As a result, recognizing the signs of suicide risk - is very important, not only for those at risk but for their friends, loved ones and the community as a whole. See the attached important list of those recognizable signs.

More to Learn

To better understand the work of the American Foundation for Suicide Prevention visit www.afsp.org. Chautauqua Tapestry was created to assist the County to act as a system of care for children and youth with emotional and behavioral challenges and their families. Visit their website at www.chautauquatapestry.org. They welcome visitors to their site or their Facebook page with questions and concerns to share. Please visit the Community Alliance for Suicide Prevention of Facebook for further information about upcoming trainings and events. Readers can also visit www.BeThe1To.com for more resources related to suicide prevention.



CHAUTAUQUA MALL

September 18, 6-7pm
SUICIDE PREVENTION WEEK KICK-OFF
Local partners discuss the importance of suicide awareness, including events for the week, available trainings, and supportive resources.

September 20, 6-7:30pm
KIDX CLUB ROCK PAINTING
Anti-Bullying Rock Painting event free for kids 12 & under.

SUICIDE PREVENTION WEEK 2017 EVENTS

MONDAY, SEPTEMBER 18

Suicide Prevention Week Kick-Off • 6 p.m. • Chautauqua Mall, Lakewood, NY

Your Story Doesn't End Here Poetry Slam • 7 p.m.

Mental Health Association in Chautauqua County

TUESDAY, SEPTEMBER 19

Tie-Dye for Hope • 12:30 p.m. • SUNY JCC North County Center • Dunkirk, NY

WEDNESDAY, SEPTEMBER 20

Tie-Dye for Hope • 12 p.m. • Outside by the Pond (rain location Student Union)

Paint for Suicide Prevention • 6 p.m. • The Resource Center Dunkirk

KIDX Club Rocks ~ Rock Painting • 6 p.m. • Chautauqua Mall, Lakewood, NY

THURSDAY, SEPTEMBER 21

Kevin Hines at SUNY Fredonia • 10 a.m. • Fredonia, NY

Recovery Luncheon • 1 p.m. • Mental Health Association in Chautauqua County Jamestown

Tie-dye for Hope • 2 p.m. • Mental Health Association in Chautauqua County Jamestown

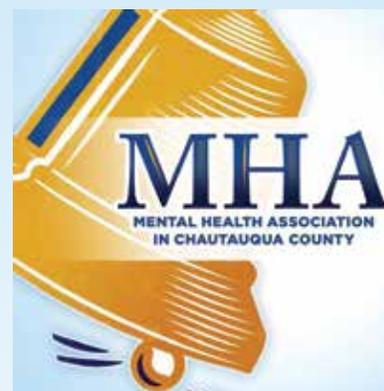
Kevin Hines at SUNY JCC • 7 p.m. • Jamestown, NY

FRIDAY, SEPTEMBER 23

Jamestown Out of the Darkness Walk 2017 • 10 a.m. • Northwest Arena



FOR MORE INFO VISIT THE COMMUNITY ALLIANCE FOR SUICIDE PREVENTION FACEBOOK PAGE



Celebrate

messages of hope, resilience, and help spread messages about the importance of taking care of your mental health!

SEPTEMBER 18:

Open Mic at MHA Poetry Slam, 7-8pm

The mic is always open for any performer. So, come down for time to share your music, poetry, comedy or anything else.

SEPTEMBER 21:

Recovery Luncheon, 1-2pm

Lunch is provided with friendship and love.

Tie-Dye for Hope, 2-3:30pm

Please bring your own apparel. All other supplies will be provided.

All events FREE and open to the community!

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FRIDAY
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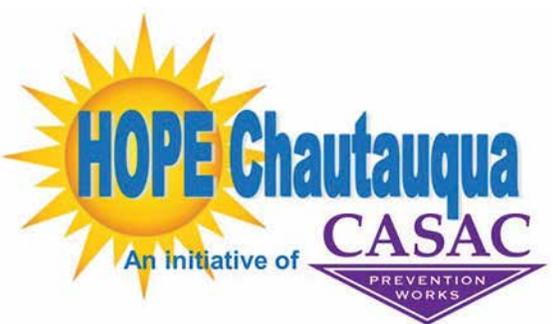
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FROM THE LOCKER ROOM with *Cortney Linnecke*

Midget Football with Commissioner Branden Maggio



Contributing Writer
Cortney Linnecke

age groups: modified, JV and Varsity. So there's actually 15 football teams in total.

Cortney: What can you tell me about the kids that make up the teams?

Maggio: The kids are broken into age groups: usually 9 and 10, 11 and 12, and then 12 to 14, though it really depends on their grade levels. It's not just boys, either: girls are welcome to play too. I believe we do have a few participating this year. Then we offer cheerleading as well.

Cortney: What is the core mission of JAMFL?

Maggio: Athletically, it's to prepare them for high school, for that next level of football. But our true objective is just to teach kids leadership, accountability, and discipline. We want to try to help them become better people. That's really the goal of youth sports.

Cortney: Where do you find the coaches for this program?

Maggio: They typically volunteer, step up and ask to participate. Most of our coaches stay with us for a long time: we have some that have been in the league for almost 30 years now. All of our coaches also have to take a certification course through USA Football. So everyone that's out there is certified to coach football; everyone has training.

Cortney: Midget football games always seem to draw a crowd. What do you think is exciting about watching young kids play as opposed to more skilled athletes?

Maggio: You never know what you're going to get from game to game. The kids are so excited and they really have a lot of fun on the field. They're competitive, sure, but they're just having so much fun. You notice that. You also really get to watch them develop over the years, especially within our three age divisions. A lot of parents will stay and watch all three games, because then they get a chance to see how the kids' skill levels increase over time.

For more information on JAMFL, visit the league's Facebook page @ Jamestown Area Midget Football League.

To read more of Cortney Linnecke's creative and informative contributions to the Jamestown Gazette, please go to www.jamestowngazette.com.

Football is the sport of choice for any red-blooded American come autumn. But while many locals devote themselves to NFL teams or root for high school athletes beneath Friday night lights, there is another form of football with some serious traction in Chautauqua County. The league in question is different than most, if only because a majority of players won't tip the scales past 100 pounds. It is, of course, midget football.

Already this fall, hundreds of kids (and parents in tow) have begun converging across Chautauqua County for midget football games on the weekends. The athletes take the field uniformed in bulbous helmets and bulging shoulder pads, and like any other football team, they pass, they tackle, and they run for touchdowns. And they do so all under the umbrella of the Jamestown Area Midget Football League (JAMFL).

This week, JAMFL Commissioner Branden Maggio sat down with the Jamestown Gazette to explain the league, and midget football, in further detail. Read on to learn about the history of JAMFL, the league's current football teams, and why midget football may just be the most entertaining form of football around.

Cortney: Can you tell me a bit about the history of the league?

Maggio: The league is over 50 years old now. It's been around for what seems like forever. It originally started with just four Jamestown teams, but then it expanded out to Falconer, Frewsburg, Southwestern, Dunkirk and Fredonia. Now it's gotten a bit smaller again, so we currently have five teams: three Jamestown teams, a Dunkirk team and a Fredonia team. Then within each team we have three

EYE ON BUSINESS



Peter Harrison, owner and artist at Jamestown's Trophy House.

The Trophy House

Article Contributed by
Walt Pickut

The Personal Touch

"My training in the arts plays a definite role in my work," Peter explained. "I work with my customers to create something new and interesting and personalized. Catalogs and online websites simply cannot do the same thing." The Trophy House countertops do display 30 or more lavish catalogs as a starting point to stimulate a customer's creativity, "But sometimes that's only the beginning," Peter added. "And after ordering something from a catalogue, try asking for advice or changing something once the work is started. You can't replace the personal touch."

Something Completely Different

"I still get surprised by some customers' requests," Peter said with a smile.

"Just recently somebody took a swear jar from their office and asked me to mount it on a plaque to give to a departing employee who had become notorious for contributing more to it than anyone else." Few awards are given for a "rich vocabulary", but when needed, The Trophy Store can do it.

"Sometimes people bring in guns, hunting knives, ceremonial swords and sabers and almost anything else you can imagine for me to engrave on," Peter said. "That's where the personal touch with the customer becomes so important. People bring in all kinds of things."

The Trophy House also does considerable business-to-business work for local institutions and manufacturers, churches, not for profits, community organizations and schools.

No Place Like Home

"A lot of my friends left college and went to the big cities," Peter said. "But now, I hear from some that they want to come back and raise their children here. I encourage them to do just that, if they have a special skill or trade."

"This is a wonderful place to do it," he insists. "For example, there is nobody probably within a 30 or 40 mile radius of Jamestown doing what I do. So if somebody has a specialized skill and brings it back to a city like Jamestown, the neighborhood probably will not offer them much competition."

The Trophy House is open for business from Monday through Friday, from 10:00 a.m. to 5:00 p.m. Walk-ins are always welcome to see the vast array of trophies, awards and signs always on display. To learn more, Peter Harrison says, "Stop in to see me at 100 E. 2nd Street or call me at 716-483-0168."

To read more articles featuring local businesses around the area, please visit www.jamestowngazette.com.

"This is beautiful," a customer told Peter Harrison admiringly. "It's just what I wanted," he said as he ran his hand over the polished wood, handcrafted commemorative plaque now gleaming in the sunlight on a countertop at Jamestown's Trophy House, 100 East Second Street, owned and operated by Harrison for the last 6 years.

Great Place to Do Business

"I feel like this whole Second Street and Third Street area has really grown a lot in the last few years. We've seen a lot of new blood bringing in new stores. We've all worked hand-in-hand with Jamestown's Renaissance."

A local resident, Gary Greenland, first opened The Trophy House in 1985 in a small shop beside the restaurant then known as the Ironstone, and moved to Second Street in the '90s. Harrison started as an employee in 2002 and credits Gary's manager as an outstanding mentor in helping him learn the trade. He assumed full ownership in 2011. And over time, according to Peter, the engraving technology has continued to improve, now aided by computers, lasers and much more for ever greater precision and artistry.

A Busy Place

"You're a lifesaver!" said another one in a steady line of customers at The Trophy House recently. She had come with an important award in mind but in need of an artist's assistance in designing something entirely special and new. A brief conversation, a guided tour through a trove of options, and she was soon able to leave with a smile and the promise of exactly the trophy she had hoped to create.

Peter Harrison attended SUNY Fredonia as an art major and clearly applies his talent for layout, composition and design to many one-of-a-kind commemoratives and trophies when called upon for something special. His college days followed a 1993 graduation from Southwestern High School and before that Lakewood Elementary school which he said, sadly isn't even there anymore.

Peter has always lived in Lakewood and Jamestown, and with his wife, Erin, enjoys some extended family still in this area and nearby in Naples, New York, though some others, he added thankfully, recently managed to weather Hurricane Irma in Naples, Florida.



Busti Apple Festival

Article Contributed by
Busti Historical Society

September 24, always the last Sunday in September, is the date for the Busti Apple Festival. This year is the 38th annual. The Apple Festival is the regional favorite among history and craft fairs featuring dozens of handcraft vendors, a farmers' market of produce and seasonal foods, and historical craft and skill demonstrations spread all over the extensive grounds, a new large building, and a pavilion.

The festival, like the sponsoring Busti Historical Society itself, was organized to help a local 4-H group accomplish the restoration of the historic 1838 Grist Mill. After 40 years of work, the Mill was rededicated to the community in 2013. It will be open and grinding throughout the festival.

More recently the Society acquired the miller's house directly across the road and began restoration of that to the 1846 period in which it was built. The exterior was completed: roof, siding, paint, windows, porch, in 2016. One completed interior room will be open for public view this year.

In addition to the vendor/sales booths lining the highway and extending onto the grounds, there will be historic and educational exhibits indoors and out on both sides of the road. Cider pressing, weaving, flax breaking, shingle making, Civil War surgery and Civil War re-enactors, apple butter making, soap making, historical and scientific curiosities, genealogy, and old fashioned toys are among the many attractions. A one room school will be taught in an authentic classroom in the regular museum building. A



unique display of Chautauqua County gunsmiths, their products, their tools and workshops, even their families is presented here and nowhere else.

In front of the miller house, Allegheny Crossing, an old time string band will play throughout the day and is available to call square dances on the spot should the crowd ask for it.

All the familiar ready to eat and take home foods are available: hamburgers, hot dogs, beef on kummelweck, pulled pork, pies, cheese, cider, and apples and more.

The festival has a great record for good weather, celebrating the last of summer and the best of fall, but it goes on rain or shine. Admission is \$5 for adults, children under 12 free. Parking is free on the Busti Firemen's grounds. Half the admission fee supports the firemen. This is a busy, crowded environment, not suitable for pets large or small, walking or carried. For your safety and theirs, leave them home.

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Harvest and Enjoy Fall's Bounty at Audubon Workshop, Sunday Afternoon, October 1

Article Contributed by
Audubon Community Nature Center

Beans, winter squash, Asian pears, apples, and quince.

These are some of the veggies, fruits, and tubers of the season that you can harvest and enjoy at the final session of Audubon Community Nature Center's gardening series on Sunday afternoon, October 1.

You are invited to the home of organic gardeners Scott and Pam Stoleson in Sugar Grove, Pennsylvania, for the 1-3 p.m. event.

Likely things you will be able to pick and sample include Shinseiki and Yoinashi Asian pears, Beurre Bosc pears, Rose Finn and Austrian Crescent potatoes, winter squashes, American hazelnuts, and Aromatnaya Quince.

You will also discuss planting a cover crop in harvested areas to replenish the soil's organic material, preparing to plant the first plants for next season (garlic!), and putting the garden to bed for the winter.



At the final session of Audubon Community Nature Center's gardening series, you can harvest the last veggies, fruit, and tubers of the season, discuss how to prepare for next year, and feast on the bounty at the home of organic gardeners Scott and Pam Stoleson in Sugar Grove, Pennsylvania. These Asian pears will be among the treats at the Sunday afternoon, October 1, event.

The finale will be a feast of home-grown veggies, possibly augmented by harvests from other farms nearby.

Scott and Pam Stoleson have been

raising some of their own food for more than 15 years. They estimate that they produce 85% of the vegetables, 50% of the fruit, and 10% of the nuts

that they consume. Keep in mind that you could get dirty. Fee for the workshop is \$19, \$15 for Nature Center members. Enrollment is limited. Paid reservations are required by Wednesday, September 27, and can be made by calling (716) 569-2345 during business hours or through the Programs page at www.auduboncnc.org.

Audubon education programs are funded with support from the Carnahan Jackson Foundation, Jessie Smith Darrah Fund, Holmberg Foundation, Hultquist Foundation, and Lenna Foundation.

Audubon Community Nature Center builds and nurtures connections between people and nature by providing positive outdoor experiences, opportunities to learn about and understand the natural world, and knowledge to act in environmentally responsible ways. Visit at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown, New York, and Warren, Pennsylvania, or online at auduboncnc.org.

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REMEMBERING BROOKLYN SQUARE with Joan Lindquist

The Roosevelt Theater

Article Contributed by

Joan V. Cusimano Lindquist

The Roosevelt Theater, beloved movie house of children who lived in or near the Lost Neighborhood and beyond in the late 1930s and 1940s, became a staple of childhood Saturday and Sunday afternoon entertainment. Matinees featured Westerns starring Tom Mix, Roy Rogers, Gene Autry, the Lone Ranger, and Hopalong Cassidy as well as cliffhanger serials based on the adventures of Dick Tracy and Flash

Gordon, to name a few. The theater was located at 31 S. Main Street, sandwiched in between Montagna's Bar and Grill and Johnny's Lunch.

The Roosevelt, or "Roosie" as it was sometimes called, was a single-screen theater built in the Art Deco mode. When it opened in 1926, it had approximately 400 seats at lobby and balcony levels and was fitted with a Link theater organ, which undoubtedly provided background music for silent films. The Roosevelt, a part of the Shea's chain of movie houses originally known as Shea's Roosevelt Theater, was a "second cousin" to the larger and more luxurious Shea's Theater on East Second Street, now home to Jamestown's Lucille Ball Little Theater.

In its early history, the Roosevelt often featured imported Swedish and Italian movies, appealing to Jamestown's two major European immigrant groups. Many of the Swedish films shown there featured Edvard Pearson, who was related to Henning Pearson, owner of the Nordic Service Station on Second Street and later the Kimball Stand Restaurant.

But by far, Jamestonians remember the Roosevelt as a "B" film movie theater known for its Westerns, where Republic Pictures and Monogram Pictures found

a real home, and for its serials, those suspense-filled adventures that had kids coming back for more each week to see how the cliffhanger tease at the end of each episode would be resolved. One of my Derby Street neighbors, Herb Hennas, worked at the Roosevelt as an usher and a projectionist during the summers when he was a college student. In his recollections, Herb thought that somehow Milk Duds tied in with the Dick Tracy serials: if you bought "X" number of boxes of Milk Duds, you would get to see the last episode for free. What an incentive to fill Saturday and Sunday matinee seats!

When the theater was renamed the Park Theater in the early 1950s, I remember attending evening performances of reruns of A films with my parents. One that I recall most vividly was "The Great Caruso" that my father loved because he admired the popular Italian tenor/movie star Mario Lanza so much.

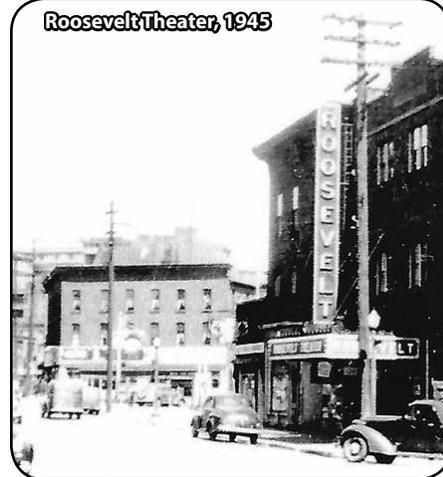
My other recollections of the old theater, whether the Roosevelt or Park, was the long incline of the lobby whose walls were filled with large, colorful teaser and character movie posters advertising upcoming films. The ticket booth was manned by a young woman who also did double-duty at the concession stand, often running back and forth between the two stations to fill ticket orders or popcorn boxes! Freshly popped corn that spilled over from the hanging metal

kettle, generously salted and scooped into cardboard boxes, and an array of five cent candy—anything from Jujubes and Juicy Fruits to Hershey and Clark bars—were irresistible. And you couldn't beat the price. It was often the best quarter a parent ever spent!

To most of us, the Roosevelt was never just a building, but a movie house with a long and varied history of films that appealed to many of Jamestown's residents. It enjoyed a life of more than a quarter of a century, until it fell to the wrecking ball, along with other memorable landmarks in old Brooklyn Square.



Roosevelt Theater, 1945



To read more of Joan V. Cusimano Lindquist's creative and informative contributions to the Jamestown Gazette, please go to www.jamestowngazette.com.

Fall Educational Series to Be Held at Tanglewood Manor

Article Contributed by

Tanglewood Group

The Tanglewood Group will be offering a Fall Educational Series as a free service to the community this year. They will be bringing in local experts from our area to speak on a wide variety of topics related to aging and the elderly population.

The weekly series of presentations will be held at 2pm on each scheduled day at Tanglewood Manor throughout the months of September, October and November. Topics to be covered will be appropriate for seniors and individuals who serve as caregivers for aging friends and family members.

Kicking off the Fall Educational Series at Tanglewood Manor includes Janine Brady, Registered Diet Technician at WCA to discuss

how "Good Food Can Add JOY to your Life". Janine will discuss healthy food choices, dining out, and much more.

Some of the other local experts include Irene Terberry and Judy Blitz from the Office of the Aging giving a brief overview of Tai Chi and its benefits to our aging population. "Tai Chi is beneficial for anyone wanting to increase health and wellness. Tai Chi exercises all the joints, muscles and internal organs while simultaneously strengthening the mind" Judy Blitz mentions. Irene Terberry will be offering a one-time Tai Chi interactive introductory class to make the community aware of what Tai Chi is and of its many benefits. Irene is a volunteer Certified Tai Chi for Arthritis instructor with the Chautauqua County Office for the Aging and is actively engaged in doing and teaching Tai Chi.

Also getting involved in the Fall Educational Series includes Greg Carlson from the



Chautauqua County Veteran Service Agency discussing non-service connected pension, survivor's pension, and VA healthcare. Ann Akin of Lion See Inc. will also be joining us to discuss "Making Vision a Health Priority". "The purpose of the Making Vision a Health Priority program

is to present information about vision changes that can occur with age, the importance of eye health, and the need for regular comprehensive dilated eye exams. Participants will learn that vision loss is not a normal part of aging and what they can do to protect their vision as they age", Ann mentions.

Other presenters include the Center of Excellence for Alzheimer's Disease, Chautauqua Hospice and Palliative Care along with Willcare. Wayne Quattrone and Jacquelyn Smuda of Willcare will wrap up the Educational Series with a presentation on "Optimal Balance" discussing ways to improve and the benefits of increased balance as you age.

The Tanglewood Group welcomes residents, family members and the general public to attend any or all of these FREE programs. No reservation is necessary. For more information please call 716-483-2876.

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

Solution to Sudoku:

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

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Sisters Restaurant

Article Contributed by
Mallery Rockwell

Sisters Restaurant was first recognized as the Enterprise Drive-in in 1955, before sisters Esther Little and Jane Spiesman turned it into the successful family-oriented diner that they owned for 13 years. John (Ken) Larsen took ownership of the restaurant in May 2017, located on 3218 Falconer-Kimball Stand Road in Falconer. Larsen and the sisters had a 'turned-key' transaction in June, so the restaurant could be easily handed over to Larsen without having to close it down. "They were very helpful in making the transfer as smooth as it was," Larsen said. "They did a fantastic job building the restaurant up."

The historic building was once a concession stand where the movies were shown. A small square opening carved into the wood on the wall shows where the projector was laid to cast movies onto the screen in the back of the field. "It's kind of historical," Larsen said. "A lot of people will come in and say they came here as a little kid or met their first date here."

Original speakers and a poster of the first movie to ever play at the drive-in, the Bowery Boys Meet the Monsters, keep memories of the past alive. Larsen plans to paint the building to make it red, white and blue themed, with stenciled white stars showing through the front window.

Sisters and Brothers

Ken's wife, Tina Larsen, helps operate the restaurant. Ken's sons, Noah Larsen and Tavor Brisson often play live music with him at the restaurant. These talented pre-teens fill the room with sweet tunes from their

guitars and keyboard. The music schedule varies depending on their availability, but they often play on weekends. While playing at nursing homes last summer, the captain of the Chautauqua Belle heard the crew playing and invited them to bring their musical talent to the ship. After their performance, the boys were thrilled when the captain asked them to play there every Sunday for the entire summer. They are even booked to play next year.

Larsen has ten children and stepchildren. While Sisters Restaurant is the official name, the title 'Sisters and Brothers' has been worked into the restaurant. When Larsen told his children he was going to open the restaurant, the brothers were enthusiastic but questioned why the brothers weren't included in the name. Pictures of his daughters decorated the menu, so Larsen made Sisters and Brothers the name of the dinner menu and included pictures of the boys.

Larsen owned and operated Rooney's restaurant in Fredonia for six years and leased the restaurant for another 20 years; he also worked at the Jamestown Airport restaurant before taking on the Sisters Restaurant. Larsen has been involved in many types of food service including fine dining, delicatessen and catering.

His passion for the restaurant scene stemmed from his Danish father, John Larsen. When the ceremony of the Japanese Instrument of Surrender took place, John was cooking meals for General Douglas MacArthur. He then came to NYC to open up a deli and managed the Copenhagen, a very popular restaurant in the 60s.

Big Plans for the Future

"Out of all of my three restaurants this is the most exciting," Larsen said. "Things are happening where I'm going in a direction but it doesn't mean I'm going to get to the end result because something will take me somewhere else. I'm really excited about it." While nothing is set in stone, Larsen has big plans for the ten acres of Sisters Restaurant. He wants to bulldoze some of the trees to open up space for viewing the screen that was once used for drive-in movies, and



Ken and Tina Larsen

possibly display pictures or events.

"There's never a dull moment," Larsen said. "Each restaurant has its own idiosyncrasies. Each have certain things that will evolve and you just don't know what's going to happen." Larsen hopes to plant fruit trees and harvest fruit that will last throughout the change in seasons, like apples, pears and plums.

They currently grow fresh dill, thyme, basil and rhubarb plants. Larsen also plans to grow milkweed for the monarch butterflies. In the backfield, he has experimented growing

blueberries and envisions planting 50 to 100 more blueberry plants alongside the fruit trees. He has plans to build a deck off the back of the restaurant, allowing space for customers to enjoy the outdoors.

Order up

Sisters Restaurant serves breakfast and lunch Sunday through Saturday from 7 a.m. to 2 p.m., and dinner is served Friday nights from 4 p.m. to 8 p.m. Breakfast is served all day, and dinners include a delicious fish fry along with other changing specials. Under the new ownership, Larsen has introduced crepes, quiches and homemade Danishes. Larsen's father handed down the Danish recipe.

"Cooking food and seeing people enjoy it is the number one thing," Larsen said. "When I see the joy in their faces of something that we made then that says it all." All of the dishes are homemade, and breakfast and lunch specials are offered throughout the week. Some of the lunch specials include burgers, Cuban sandwiches, Monte Cristo sandwiches, Chicken patty sandwiches, and soups.

One dish that's a crowd favorite is called the 'skillet.' This mouthwatering dish is made with home fries, and customers have the choice of putting any kind of meat or cheese inside. Eggs are placed on top of the fries and gooey cheese tops off the breakfast masterpiece.

Sisters Restaurant is open Sunday through Saturday from 7 a.m. to 2 p.m. and dinner is served Fridays from 4 p.m. to 8 p.m. Visit Sisters Restaurant on Facebook or call (716) 487-3278 for more information.

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

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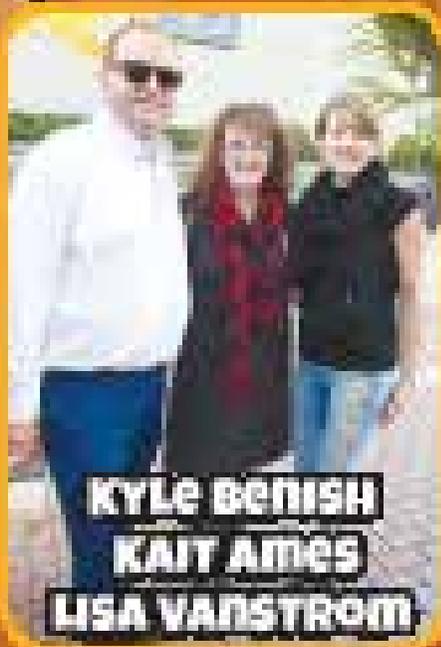
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