



Jamestown Gazette



Chautauqua Marketing Solutions, Inc.

The People's Paper.

Vol. 8 • No. 5 | Week of February 5, 2018

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The Heart of the Matter

Article Contributed by
Walt Pickut

Go for Low Risk

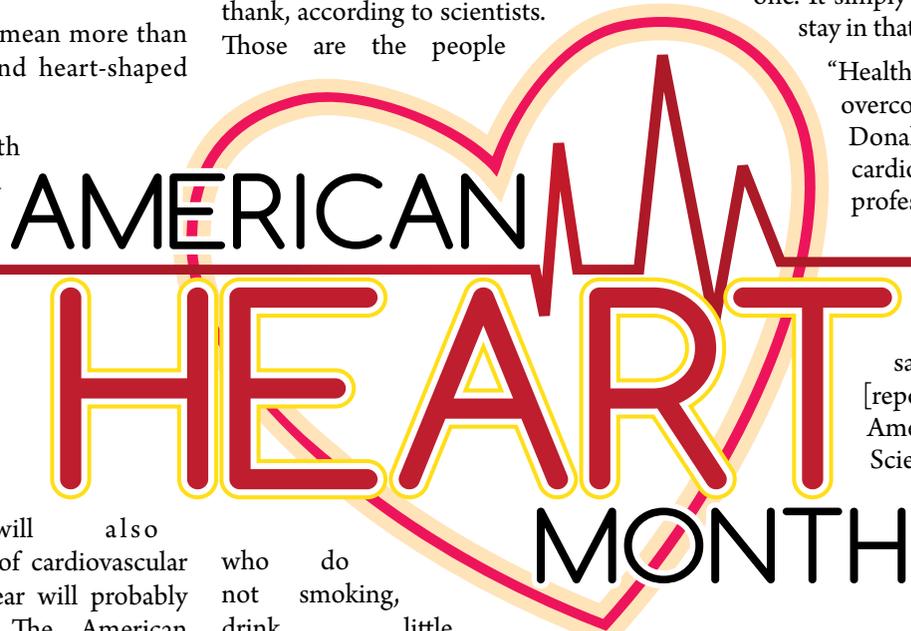
This month, hearts will mean more than Valentine's Day cards and heart-shaped candy boxes.

American Heart Month is here to remind American citizens that more than 99.998 percent of Americans will not have a heart attack this year, but that leaves at least 375,000 people who probably will. That is more than 30,000 every month.

The total number who will also suffer some other form of cardiovascular disease or stroke this year will probably double that number. The American Heart Association says that is too many. Everybody agrees.

American Heart Month, first proclaimed by President Lyndon B. Johnson back in 1963, was aimed at encouraging people to focus on their heart health. At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.

People who will not have a heart attack this year may well have themselves to thank, according to scientists. Those are the people



who do not smoking, drink little or no alcohol, keep a healthy weight, stay physically active and eat right. It's called the "low risk profile." Missing out on even one factor dramatically raises the risk for heart disease, heart attack and stroke.

Genetics, accidents and illness can also cause heart disease. Those factors are harder to control, but not always impossible. It

is now known, for example, that a family history of heart attacks does not guarantee that any other family member will have one. It simply calls for more caution to stay in that low risk group.

"Health behaviors can overcome a lot of our genetics," Donald Lloyd-Jones, M.D., cardiologist, chairman, and professor in the Department of Preventive Medicine at Northwestern University's Feinberg School of Medicine said. "Published research, [reported recently at an American Heart Association Scientific conference] shows people do have control over their heart health. The younger they are when they begin making healthy choices, the more likely they will be to earn that 'low-risk profile' for heart disease."

According to the American Heart Association, the good news is that even modest changes in diet and lifestyle can improve heart health and lower the risk of heart disease, heart attack and stroke by as much as 80 percent.

Continued on Page 10...

WinterFest 2018 – Community Fun in Bemus Point

Article Contributed by
Lisa Yaggie

Ah February! The time where everyone who isn't into snowmobiling or skiing is looking for the snow to go away. But thankfully for those winter outdoor enthusiasts, Chautauqua County can count on snow for at least another two months. So let's embrace the beauty of the season and get outside for some fun. WinterFest 2018 offers just such an opportunity. On Saturday, February 10th from Noon to 6pm, at the Bemus Point Golf Course & Tap House, located at 72 Main Street in Bemus Point, NY, the 5th Annual WinterFest will be held. This OUT DOOR event promises fun for everyone who attends. Jenna Head, one of the event founders, stressed that this day is meant to be a



community occasion, not just for snowmobilers. "You can ride or drive in" she noted. There will be parking for cars and snowmobiles alike.

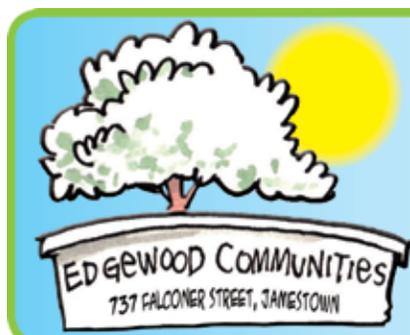
Head and four of her snowmobiling friends, Bryce & Rachael Steffen, Mitch Splawski and Ryan Crandall, came up with this idea for a festival in order to support the five area snowmobile clubs. Sunset Drifters, Ellery Sno Cruisers, Cherry Creek

Sno-Goers, Lake Effect Trailbreakers and the Chautauqua Lake Snowmobile Club maintain trails from Silver Creek/Irving, to Stockton, Cherry Creek, Ellington, Gerry, Kennedy, Sinclairville, Mayville, Bemus Point and Ellery. Each club, comprised of thousands of members who live both locally and in neighboring states, volunteer their time to all year round to make sure signing and grooming make for a safe and fun season. According

to TourChautauqua.com, over 400 miles of scenic trails are groomed by the five clubs. The maintenance on the grooming machines and the fuel to operate them is very costly. Each club makes money through membership fees, some grant awards and or very little state money. Any fundraising the club takes on helps them to say around.

Snowmobiling has been a favorite snow sport in Chautauqua County for many years. The importance to the local economy is significant. It is good business for hotels, restaurants and gas/service stations. The trails are typically open from late December through late March. You can check various sites for current trail openings and conditions or also at www.tourchautauqua.com, or by calling 800-242-4569.

Continued on Page 15...



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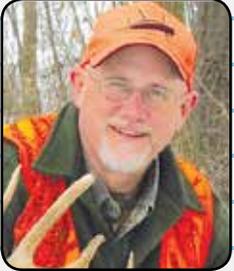
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Jamestown Gazette **I ♥ my hometown!**

What I love about Russell, PA:

When I grew up in the Warren area, we seldom traveled north to Jamestown. Since then I've lived other places, and now I live in Russell, just four miles from the New York/Pennsylvania border. It's the perfect place to capitalize on all these two great small towns offer. Plus, with better cars and better roads today, we're not far from Buffalo, Cleveland, Erie or Pittsburgh. I especially appreciate the beautiful, quiet countryside in our area—with so much public forest land—but it's not all about the outdoors. We found a great church—the Busti Church of God. And if you pay attention you'll find out the culture in our area offers a lot. I feel very blessed because I've talked to many people over the years who would love to move back to this area like I did.

by: **Steve Sorensen**



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Obituaries

In Memoriam

WHEN SOMEONE YOU LOVE BECOMES A MEMORY... THAT MEMORY BECOMES A TREASURE

January 24, 2018

Marvin W. Larson of Jamestown
Lind Funeral Home

January 25, 2018

Isaac "Ike" Borland, Sr. of Warren, PA
Donald E. Lewis Funeral Home

Ruth I. Hallberg of Frewsburg
Lind Funeral Home

Caroline Elizabeth Blyth Haslet of Warren, PA
Donald E. Lewis Funeral Home

Janice D. Nagle of Jamestown
Lind Funeral Home

Kevin Pajersky of Jamestown
Lind Funeral Home

January 26, 2018

Conrad "Connie" Floyd Johnson of Mayville
Freay Funeral Home

George P. Johnson of Jamestown
Lind Funeral Home

Katherine L. Johnson of Jamestown
Lind Funeral Home

January 27, 2018

Rosella Ann "Babe" Butera of Jamestown
Lind Funeral Home

Peter "Pete" Sisak of Jamestown
Powers, Present & Sixbey Funeral Home

January 28, 2018

Shirley E. Carlson of Jamestown
Lind Funeral Home

Leo E. Hadley of Ashville
Lind Funeral Home

Dr. Alan L. "Doc" Ott of Westfield
MASON Funeral Home

January 29, 2018

Hazel I. Anderson of Lakewood
Lind Funeral Home

Dolores Ann Ernewein of Jamestown

Jean E. Gagliano of Jamestown
Lind Funeral Home

William C. "Bill" Young of Randolph
VanRensselaer & Son Funeral Home

January 30, 2018

Mary J. Beers of Jamestown
Lind Funeral Home

James A. "Jim" Fardink of Ashville
Lind Funeral Home

Donald L. Flinchbaugh of Gerry
Lind Funeral Home

Harald "Tom" Kralovics of Sinclairville
Mentley Funeral Home

Paula S. Peters of Jamestown
Lind Funeral Home

January 31, 2018

Rodney Norman Boschert of Kane, PA
Peterson-Blick Funeral Home

Kay Frances Gnadzinski of Fredonia
Morse Funeral Home

Julia "Judy" Connolly Ziki of Warren, PA
Donald E. Lewis Funeral Home

February 1, 2018

Ronald L. Myers of Randolph
VanRensselaer & Son Funeral Home

John A. Oberg of Jamestown
Lind Funeral Home

Lady Falcons to 8th Annual Host Hoops for Hospice

Article Contributed by
Chautauqua Hospice and Palliative Care

The Falconer Girls Basketball Team will be hosting the 8th Annual "Hoops for Hospice" basketball event on February 13, 2018. The Lady Golden Falcons will square off against the Ellicottville Eagles this year in the Falconer High School gymnasium beginning with the Junior Varsity game at 6:00pm, followed by the Varsity game at 7:30pm.

Tickets can be purchased, at the FCS High School gym entrance starting at 3 p.m. on the day of the event and will be available until 7:30 p.m. that evening. Basket raffles, baked goods for sale and concession sales will continue throughout the evening.

The annual competition has become



a tradition for the community-minded team, which has raised over \$20,000 since the event was first organized, thanks to generous support of parents, donors and merchants. This year, all donations and funds raised by the basket raffles and T-shirt sales will be donated to CHPC in memory of Rosemary Billquist, whose husband Jeremy

is a Falcons alumnus. In addition, funds collected from the sale of baked goods and concessions will be donated to the Troy Little Children's fund.

"Emily and the Lady Falcon hoopers are a very special group of individuals," said Andrew Dickson, VP Community Engagement at CHPC. "We are truly grateful to be a

part of their team."

The Lady Falcons are also asking for donations of goods or services for the basket raffles. For more information about the event, or to make a donation, please contact Emily Scholeno, EScholeno@falcon.wnyric.org or 716-665-6624, x4215.

Community events, such as 'Hoops for Hospice' help to support the mission of Chautauqua Hospice & Palliative Care, which is to provide end of life education and care in Chautauqua County. CHPC provides hospice care for patients and families facing life-limiting terminal illness, palliative care for those with serious chronic illness, and bereavement support to individuals, families and organizations who have suffered the loss of a loved one. For more information, visit www.chpc.care or call (716) 338-0033.



Jake

Chautauqua County Humane Society Pets of the Week

This week we are featuring "Jake" and "Galaxy". Jake is a 5 year old Puggle who is an active guy who loves to run and play. He may be small in stature, but he is huge in personality! His ideal home is one without kids under the age of eight and where he can be the only pet to get your attention. Galaxy is a 3 year old house rabbit that is sweet as can be. He likes to be held carefully and chase his ball. If either of these pets sounds like the one for you, please come to the Strunk Road Adoption Center and ask to meet them. You will be glad you did! For more information or questions, please call (716) 665-2209 ext. 200.



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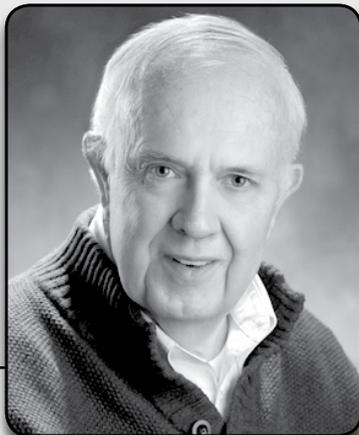
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Words of Wisdom

Contributing Editor
Walt Pickut



Control!

Control! Power! Command!

Everybody has some. It's what you do with your steering wheel, your TV remote and even

whatever you chose to put in your hot, steaming morning mug of coffee. You are in control!

But some days that's where it seems to stop. There's so much more I wish I could control. Take the winter weather and big earthquakes, for example. Or the world economy. Or what time the sun sneaks up under the window shade, through the covers where I'm hiding all warm and cozy and *wakes me up*.

If it's control you want, the world is full of things you can't. But there is a way.

The way to take control of something is based on one of the most ancient principles of human existence. It probably even predates civilization itself. It is *ownership*. Your best chance to control something is to own it.

And that's what worries me. An awful lot of people don't believe that. Here's my argument for that point of view:

Guess who owns your brain.

Consider this: I own my brain, I can tell it what to do. I can tell my hand and my foot what to do, so why not my brain?

Some people say a lot of our problems are the result of "mind control" by a vast and mythological conspiracy of advertisers and the media magicians. Even if it were true, why would any of us willingly hand over control of our most prized possession to them?

Jack Welch, the one-time chair and CEO of GE, increased his company's value by 4,000% in

a mere 20 years. He said, "Control your own destiny or someone else will." Jack's reward was a \$417 million pension, the largest in history.

The good news is that the payoff you and I can earn by controlling what we own... makes that one look like pocket change. What if the payoff could be your life itself?

This week the Jamestown Gazette is here to remind all of us for National Heart Week that the things we do can kill us or save our lives, and they are almost all under our own control. The most lethal lie in the world is that we can't control ourselves. Sometimes it isn't easy, but would you try it for \$417 million? How about to gain your life?

It is possible to decide what to like and what to believe. It is not simply something that sneaks up and happens to you.

If it seems beyond your control to stop killing yourself, you are probably wrong. You own your brain. Tell it what to do. Take control. That's power. And if there are circumstances you cannot control, your job is to control what your brain does with them.

National Heart Month is here to announce the latest discoveries in how to save your life. Ready? We've all heard them before, but now that you know who is really in control, look at them just one more time:

"People who will not have a heart attack this year may well have themselves to thank. Those are the people who do not smoking, drink little or no alcohol, keep a healthy weight, stay physically active and eat right.

Tell your brain what to do. Enjoy your life. And of course, enjoy the read.

Walt Pickut

Jamestown Gazette

The People's Paper.

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Janet Wahlberg.....Finding Your Family
Jeffrey Barkstrom.....Natural Health
Joan Lindquist.....Remembering Brooklyn Square
Pastor Scott Hannon.....Faith Matters
Pastor Shawn Hannon.....Faith Matters
Steve Sorensen.....The Everyday Hunter
Vicki McGraw.....Join Me in the Kitchen

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Edited by Margie E. Burke

Difficulty: Easy

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HOW TO SOLVE:

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

(Answer appears elsewhere in this issue)

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Faith Matters

Watch Over



Contributing Writer

Pastor Scott Hannon

St. John Lutheran Church Amherst, NY

for one another regardless of age. I hope we can be a community in which the old learn from the young and the young learn from the old – where seniors care for little ones and where little ones care for seniors. I want to be a part of a community in which we move beyond “thoughts and prayers” to real-life action. I want to see us respond with resolution and determination whenever we encounter desperation and tribulation. I long for us to be a people who sense when it is our turn to be watched and when it is our turn to watch over.

Ms. Katie is one of our favorite baby sitters. She loves my children like they're her own. She is responsible, kind, caring and fun. And it would be an understatement to say that my kids love her. They adore her.

At the moment Ms. Katie is sick (I got her permission to write this, don't worry). She's in the hospital awaiting surgery. And so, I told my daughters to pray for her. When Delaney (who knows a thing or two about being in the hospital herself) heard that Ms. Katie was sick, she cried. She wept for a moment or two and then she stopped. Her lips tightened and she lifted her head. In her eyes was a look of determination and resolve. Ferocity emanated from her. She had the look of a child who had made up her mind about something and was determined to execute her plans no matter what.

She said, “Daddy, I have to watch Ms. Katie.”

Caught off guard, I replied, “What?”

She reiterated, “I have to watch Ms. Katie. Just like she watches me. Now it's my turn to watch her.”

My heart broke in the best way. In that moment Delaney put words to the longings of my heart.

See, I'm hopeful that we can be a church filled with people who care

One of the hard truths about life in this world is that so often we feel helpless. We are not sure what to say; we don't know what to do. But Delaney has me thinking... maybe life's a whole lot easier than we adults make it. Maybe most of what we have to do doesn't require having all the answers, saying the right thing, or performing miracles. Maybe all we need to do today is watch over each other, be mindful of the other, be present with those God has placed in our lives.

If you're sick, I hope you find yourself being watched over. And if you're well, learn from a little one and find someone to watch.

“Let each of you look not to your own interests, but also to the interests of others.” (Philippians 4:11)

In the Way,
PSDH

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.

WHINE OF THE WEEK!

On YOUR time, Please!

About a week ago I was standing in a long checkout line. The customer at the register must have been the clerk's best and only friend because they were solving the whole neighborhood's problems, comparing notes on TV shows and gossiping about everybody within a 50 mile radius of Jamestown.

What they weren't doing was moving! Please people, not on my time, and by the way, not on the boss's time either. What do you think clerks get paid for?

Submitted by: D. Gabbie
Estinlyne & B. A. Walker II



The Weekly Crossword

by Margie E. Burke

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| ACROSS | 1 Peter I, for one | 5 Border plant | 10 Call to a mate | 14 Altar locale | 15 Gibson garnish | 16 Ice cream treat | 17 Quarterback's option | 18 Girder material | 19 Comedienne Imogene | 20 "Halt!" | 21 Verse of four measures | 23 Show fear | 25 Dead letters? | 26 Kind of cord | 28 Chill out | 33 Unrefined | 34 Energize (with "up") | 35 Block | 36 Hourly charge | 37 Stake | 38 Look after | 39 Chowd down | 40 Neglected boy | 41 Abstain | 42 From the age of chivalry | 44 Plow's trail | 45 "Gosh!" | 46 Heart line | 47 Smelly pranks | 52 Desire | 55 Designer Chanel | 56 Circa | 57 Showy flower | 58 Unpleasant emanation | 59 Hangman's knot | 60 Air show stunt | 61 Strengthen, with "up" | 62 Dissuade | 63 Kitty starter | DOWN | 1 Last call? | 2 Cross words | 3 Kind of press | 4 Answer | 5 Cheap lodging | 6 Script direction | 7 South Beach, for one | 8 Suffix with theater | 9 Darkroom apparatus | 10 Click the OK button | 11 Knee-slapper | 12 Enough, for some | 13 Academic period | 22 Personal air | 24 Is no longer | 26 "Beat it!" | 27 Go on and on | 28 Watch | 29 Square | 30 Mental lapse | 31 Ballroom dance | 32 Fund | 34 Buddhist leader | 37 Range of frequencies | 38 Tex-Mex staple | 40 Nerdy one | 41 PETA peeve | 43 Slight, in a way | 44 Encourage | 46 Bullying, e.g. | 47 Kilt wearer | 48 Type of list | 49 Desktop feature | 50 Double-reed instrument | 51 Kind of court | 53 Congeal | 54 Hoopla |
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CASA of Chautauqua County Announces 10th Annual Come to the Table Fundraiser

Article Contributed by
CASA

Court Appointed Special Advocates (CASA) of Chautauqua County, Inc.'s 10th annual fundraiser, Come to the Table, will be held on May 10, 2018 at Chautauqua Suites Meeting and Expo Center in Mayville. Doors open at 5:00 p.m. and the live auction starts at 6:30 p.m. Guests will enjoy light refreshments and live entertainment. Admission to the event is \$10 and includes a chance to win the door prize. Ticket buyers need not be present to win.

Tables are decorated with a unique theme that event attendees can bid on to support CASA of Chautauqua County. Come to the Table provides exceptional visibility and recognition for individuals and businesses that create and sponsor tables for the event. Event Co-Chair, Carrie Rinehart says, "This is such a unique event. It is amazing to see the tables filled with gift certificates, various items like sports tickets or spa outings, gorgeous table settings and fun activities to do locally." "I could not believe the creativity and overall dedication to the event the first time I attended". Come to the Table offers something for everyone: all budgets and all ages. There are multiple ways to participate with other side auctions and basket for the winning!

This year is sure to be exciting, as the event is celebrating 10 years of success for the agency. CASA Executive Director, Kathy Park says, "The support the community shows each

year at this event is truly amazing" "When we started this event 10 years ago we never imagined the success it would become and expressed this would not have been possible without the generous support from our local business, community groups and individual's as well as friends. When you have friends and business that have supported you for years to join your cause in providing advocacy for children, you realize just how amazing of a community you live in".

CASA of Chautauqua County, Inc. relies on highly trained volunteers who are appointed by the Chautauqua County Family Court judge to advocate for children in court. These volunteers work with relevant agencies and parties in order to advocate for the best interest of the child. With the information provided by the CASA volunteer, family court judges are better able to make informed decisions as to what is best for the child, choosing options such as returning to their parents, foster care, or adoption.

Monies raised from Come to the Table are used to fulfill CASA's mission of supporting and promoting court-appointed volunteer advocacy for abused and neglected children so that they can thrive in safe, permanent homes. To purchase tickets, become a table designer or for more information: Please contact Kathy Park 716-753-4123 or Carrie Rinehart 716-753-4132 or email casacttt@gmail.com. You can also find our event on Facebook: 10th Annual Come to the Table 2018.

FINDING YOUR FAMILY with Janet Wahlberg

Using Timelines for Genealogy



Contributing Writer
Janet Wahlberg

Most of us are familiar with Timelines. You see them in museums and history books. But, have you ever thought of using them to enhance your genealogical research? They can vary from simple to elaborate with images and embellishments. They can cover a short time span or one that spans centuries. In short, they can be configured to your specific needs.

Some of the ways to use them in your research are to display the movement of your family over time, to organize all those notes that you have acquired over time, taking a closer look at Brick Walls or to sort out people with the same name. Depending on your specific need and your way of looking at things, you again have choices. You may want to create the straight line across a page, create a grid or simply create a list down the page. Grids and tables can be created using Excel or Word Tables.

The next step is to decide what it is that you hope to accomplish with your timeline. Let's work through a few examples. Such as why did they emigrate, which John Johnson is my relative, what am I missing in solving my brick wall, and what else do I need to look for in my ancestor's life.

You have done a great deal of research and have all the dates of birth, marriage death, and immigration. Don't we all wish for this scenario! However, what you do not have is why your family immigrated and why they moved around once they came to this country. I would use a line timeline for this. They have wonderful roles of paper at some of the office supply stores that would be the perfect medium. Now get out your yardstick and begin. You will want to be concise in the information that you put on the chart and leave a bit of space between events. Now go to one of the timeline websites that are on the internet and type in timeline for what is pertinent to your family. Example - Timeline Ireland 1830 - 1920. You will receive several choices. I used the WIKI ones

in researching for this article.

Plug in some of the more major events that show up such as the Potato Famine or the 1916 Uprising. As you add these items to your timeline, you may notice a pattern that shows that your family emigrated at a time that coincides with these events. While you will probably never have actual proof, it can give you an idea. It may also inspire you to read about these events to develop a better understanding of this time in history that your family was apart of.

Let's look at another scenario that has emerged from your research. You have found 3 or 4 men with the exact same name and are not sure if they are the same person and even if they are your family. This time you will want to create a fairly short timeline. Set it up with dates that range from 10 to 20 years before your earliest information on these men and 10 to 20 years after the latest information on them. Now begin to fill them in along the time line. To help keep them separate you may wish to use different color ink for each. As you look at the timeline, you may begin to see that one or two of them appear to be the same person. This indicates the need to closely re-exam your research. Or you may see that two of them are in totally different locations on the same date. As this is physically impossible, it again indicates the need to re-visit your research.

As this topic is larger than can be covered in one column, I will continue the discussion next month with a look at a time line that I am using to sort out a very challenging family. I will also share some on-line resources that may be of great assistance.

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

PUZZLE SOLUTIONS

Solution to Crossword:

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

Solution to Sudoku:

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



THE EVERYDAY HUNTER®

with Steve Sorensen

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An Awareness Ribbon for Hunting?



Photo by Steve Sorensen

The orange camouflage hunting awareness ribbon is distinct, and doesn't share its color with any other cause. Wear it, along with the same broad smile John Annoni wears!



Contributing Writer
Steve Sorensen

the trigger squeeze—for other people, animals and land. The ribbon is a way to display unity and change opinions. Our mission is to increase accessibility for hunting education, to improve the image of hunting, and to grow and unify its diverse participants.”

What are some reactions you've received because of the hunting awareness ribbon?

“This is a grassroots push, but we have already aligned with hunting businesses and individuals who want to ignite this message of unity in areas we as a charity don't have the capital to reach. It enables businesses and supporters across the country to visually show who really cares.”

Have you received any negative feedback from the hunting awareness ribbon campaign?

“The few who have been negative are simply misinformed and don't take the time to collect facts before judgment. Oddly, we have even been called an anti-hunting campaign in disguise—where that comes from is beyond me! We invite ALL that have any stake in hunting to participate.”

Has the hunting awareness ribbon caused any unexpected responses?

“It has opened up many unexpected dialogues about hunting, even in non-hunting areas. It allows hunters to be viewed in a positive light like never before. I was recently stopped by a Philadelphia policeman for a small infraction—and he asked about the ribbon.”

What other comments do you want to make about the hunting awareness ribbon?

“We at Camp Compass are excited to have you interested in this awareness effort. This call-to-action campaign asks everyone to come to the table to join other hunters, hunting organizations and hunting businesses in wearing an orange camouflage ribbon.”

A hunting awareness ribbon is a small way do something big. Proceeds fund youth services through the Camp Compass Academy, and offer individuals, clubs, companies, or other organizations the opportunity to fund America's future expansion of our youth hunting and shooting activities across the United States. Purchase up to 50 ribbons for \$5 each, and more than 50 for \$2.50 each. The discount is a great way to raise money for your own hunting programs and tie them to the Hunting Awareness campaign. Go to www.HuntingAwareness.com for more information and to get on board now!

When “The Everyday Hunter” isn't hunting, he's thinking about hunting, writing about hunting, talking about hunting, dreaming about hunting, or wishing he were hunting. Contact him at EverydayHunter@gmail.com, and read more of his thoughts about hunting at www.jamestowngazette.com.

Every cause has its advocates, and more than 500 causes have awareness ribbons. They range from pink for breast cancer to black for those lost in the September 11th attacks. And now we have an orange camouflage awareness ribbon for hunting.

Before you respond that the idea is trivial, think about this. If hunting's opponents succeed at ending hunting, wildlife would face enormous tragedy. Hunting is the chief mechanism for wildlife conservation in North America and hunters are wildlife's chief benefactors, but few people know the truth about hunting. In our increasingly urbanized society, people need to become aware of the positive benefits of hunting.

Hunting not only diminishes animal suffering, without hunting wildlife would far less abundant and accessible than it is today. Regulated hunting has never harmed a species. In fact, all the evidence is that we would have less wildlife in North America without hunting.

That means people who fight against hunting are actually fighting against the most successful wildlife management policies ever created. So John Annoni came up with a hunting awareness ribbon in order to draw more attention to the truth about hunting. Annoni is no stereotypical hunter. He's a black man teaching school in the inner city of Allentown, Pennsylvania, and founded Camp Compass Academy in 1994 (www.CampCompass.org) to introduce his students to the value and meaning of hunting.

Annoni can teach his kids the truth about hunting, but everyone needs to know because what people often read and hear in the media is untrue. So I asked Annoni a few questions to find out what's behind this whole idea of an awareness ribbon for hunting.

Why does hunting need an awareness ribbon?

“Hunting needs help right now—and no one is going to help but hunters. Our numbers are diminishing and society's views of hunting play a part in the decrease. Hunters are often depicted in the media as blood thirsty, but hunters care—beyond

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Limited Tickets Available for Have a Heart 4-H Green Tie Affair



4-Hers prepare to serve 700 guests at the 2017 4-H Green Tie Affair. Join us on February 25th to celebrate 4-H!

*Article Contributed by
Cooperative Extension of
Chautauqua County*

Cornell Cooperative Extension of Chautauqua County's 4-H Youth Development Program still has pre-sale tickets available for their 6th annual Have a Heart for 4-H Green Tie Affair benefit dinner on Sunday, February 25, 2018. Tickets for this fun event are still available for \$25.00. Tickets will also be available at the door, if seats are still available, on the 25th.

The Have a Heart for 4-H Green Tie Affair will take place on Sunday, February 25, 2018 at the Chautauqua Suites in Mayville. Doors open at 3:00pm with a basket raffle. Dinner will be served at 5:00pm with a pie auction immediately following dinner. New this year the Green Tie Affair will feature a bake sale and decorated cake silent auction. This events draws 600-700 guests annually and there is something for everyone!

Chautauqua County 4-H connects 325 youth to year-round, hands-on learning opportunities that help them grow into competent, caring, contributing members of society. An additional 700 youth participate in Conservation Field Days Tractor and Farm Machinery Safety Course. The Green Tie Affair will directly fund 4-H programming in 2018. Any funds raised over that need will be placed in the endowment that 4-H has created at the Chautauqua Region Community Foundation so that

4-H can positively impact the lives of families in Chautauqua County forever.

Tickets can be purchased from any Chautauqua County 4-H member, by calling the 4-H Office at 664-9502 ext. 214, or by visiting the 4-H Office Monday through Friday from 8:00am-4:30pm. The 4-H Office is located in the Frank Bratt Ag Center 3542 Turner Road, Jamestown.

The 4-H Youth Development Program is one of many programs offered by Cornell Cooperative Extension of Chautauqua County (CCE-Chautauqua). CCE-Chautauqua is a subordinate governmental agency with an educational mission that operates under a form of organization and administration approved by Cornell University as agent for the State of New York. It is tax-exempt under section 501(c) (3) of the Internal Revenue Code. The association is part of the national cooperative extension system, an educational partnership between County, State, and Federal governments. As New York's land grant university Cornell administers the system in this state. Each Cornell Cooperative Extension association is an independent employer that is governed by an elected Board of Directors with general oversight from Cornell. All associations work to meet the needs of the counties in which they are located as well as state and national goals. For more information, call 716-664-9502 or visit our website at www.cce.cornell.edu/chautauqua. Cornell University Cooperative Extension provides equal program and employment opportunities.

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The RiverPet
of the
Week

My name is Petey. I may be big, but I'm full of love. I have a lot of energy and will require an owner who has time to exercise me. I do well with most dogs, but don't like cats.

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National Comedy Center Acquires the Archive of Comedian Shelley Berman



Article Contributed by
National Comedy Center

The National Comedy Center is proud to announce the acquisition of the archive of ground-breaking comedian Shelley Berman, who passed away in September 2017 at the age of 92. The donation was formally announced during a tribute attended by Larry David, Dr. Demento, Cheryl Hines, Laraine Newman, Howard Storm, David Steinberg, Fred Willard, and Alan Zweibel, hosted by Lewis Black and presented by the National Comedy Center on Tuesday, January 30th at the Comedy & Magic Club in Hermosa Beach, California.

The Berman archive is the latest acquisition for the National Comedy Center, the first non-profit cultural institution and national-scale visitor experience dedicated to the art of comedy, which already houses a number of archival pieces including the 25,000-piece George Carlin collection, donated in 2017.

In production now in Lucille Ball's hometown of Jamestown, New York, the National Comedy Center fulfills Ball's vision to establish a center that celebrates comedy in all of its forms, educating and engaging visitors with the story of the art form and its artists. The National Comedy Center is slated to host its ribbon cutting August 1-4, 2018 during its annual Lucille Ball Comedy Festival.

"No longer the step child to the arts, comedy and those who make us laugh are about to have their own place in the world. When I found myself surrounded by all of Shelley's writings, I wondered what to do with all of it. Do I give it to some museum where they let it gather dust before they throw it away? Along came the National Comedy Center, driven by people who have the vision to know that this material and the material of other comedians has a value. They are dedicated to preserving all for their archives and for future generations who may want to know about those who gave us the gift of laughter. I feel confident that all of Shelley's fine work will be in good hands," said Sarah Berman, Shelley's wife of more than 70 years.

The archive was carefully collected

and stored in Berman's home office for seven decades, and spans from the 1940s to the 2010s. It includes hundreds of photographs, contracts, scripts, calendars, scrapbooks, correspondences and rare footage and audio chronicling his wide-ranging career in stand-up, improv, television, film, theater, and comedy writing.

Included in the gift are Berman's consecutive Gold Records for his two landmark 1959 albums *Inside Shelley Berman* and *Outside Shelley Berman*, the first of which was the comedy album first to win a Grammy. Also included is the trademark stool on which he performed his classic routines during live engagements across the country.

Berman's unique brand of anxiety-ridden observational humor helped to redefine stand-up comedy in the late 1950s and '60s. He continued to be a favorite with audiences in his later years for his Emmy-nominated portrayal of Larry David's father, Nat, on HBO's *Curb Your Enthusiasm*.

"Berman had changed the face of stand-up comedy. What I feel helped inform me as a comic, was the precision in his language. You had someone who was this terrific actor doing comedy, and that's rare," said event host Lewis Black.

Fred Willard echoed Black's sentiment. "Shelley Berman came along with that whole new wave of comedy. It forever changed the way we look at stand-up comedy."

Kelly Carlin further added, "My father looked up to Shelley Berman. He appreciated Shelley's use of words and his gift for story-telling. And I can tell you, my dad would be thrilled to know that Shelley's papers will be sitting next to his in Jamestown."

Executive Director of the National Comedy Center, Journey Gunderson, concluded the event by saying, "Shelley Berman was there at the very beginning of what we call modern day stand-up comedy. We are so honored that Sarah has chosen the National Comedy Center as the institution to house Shelley's archive, and has trusted us to preserve and celebrate his legacy."

Audubon Snow Camp for Kids 5-14 on Presidents' Day, February 19



Like summer Day Camp with a winter twist, Snow Camp at Audubon Community Nature Center is a day of fun and learning for kids on Presidents' Day, Monday, February 19.

Article Contributed by
**Audubon Community
Nature Center**

Presidents' Day is an opportunity for winter play and outdoor exploration at Audubon Community Nature Center (ACNC).

From 9 a.m. to 3 p.m. on Monday, February 19, kids ages five to 14 can have fun at Audubon's Snow Camp while they learn about winter wildlife, plants, and weather.

Exploring in the winter is magical and provides a window into a world many rarely experience. During this day of free exploration, guided discovery, and play, children learn more about the world around them, how it responds to winter, and how they fit into the season.

Naturalists will lead children in groups through the grounds and inside the Nature Center to connect better with the world around them, share the experience with friends and peers, and celebrate the winter break.

Cost for the day is \$30 or \$25 for members. Siblings receive a \$5 discount.

Enrollment is limited. Paid reservations are required by Thursday, February 15.

To register, call (716) 569-2345 during business hours or click through Plan Your Visit/Attend a Program at auduboncnc.org.

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

Audubon Community Nature Center is at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown, N.Y., and Warren, Pa. The Nature Center building is home to the Blue Heron Gift Shop and three floors of interactive exhibits, including live animals that inform and engage visitors of all ages. Hours are 10 a.m. to 4:30 p.m. Monday to Saturday and 1-4:30 p.m. Sundays. Bald Eagle viewing and trails for snowshoeing and cross country skiing are open dawn to dusk every day.

To learn more about ACNC and its many programs, call (716) 569-2345 or visit auduboncnc.org.

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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French Toast Trivia

1. T/F: French toast was invented in France.
2. What is French toast called in France?
3. When is National French Toast Day?
4. In Great Britain what condiment is sometimes used on French Toast?
5. When did the phrase "French toast" first appear in print?
6. Medieval recipes for French toast suggest this meal was enjoyed by who?
7. What is French toast called in England?
8. In what country is French toast traditionally served with sausage between two slices of French toast, eaten as a sandwich?
9. T/F: The French were advocates of making French toast with fresh bread.
10. T/F: Recipes for French toast can be traced to Ancient Roman times.

ANSWERS: (1) False (2) "lost bread" (3) November 28 (4) Ketchup (5) 1871 (6) The wealthy (7) "poor knights pudding" (8) Scotland (9) False. Stale bread. (10) True

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american heart month

The Heart of the Matter

Continued from Front

Lagging Research

According to the National Center for Health Statistics, Chautauqua County averages between 600 and 700 heart-related deaths in men over 35 every year. For Chautauqua County women in the same age group, the figures vary more widely, ranging between 450 and 1,250 per year.

Heart disease symptoms and warning signs, however, are not always the same for men and women, and gender specific research for women has historically lagged behind, which at least in part explains the wide gap in outcomes for women.

Seeing Red

Though National Wear Red Day® - Go Red For Women, was Friday, February 2, the spirit of the event extends all the way through February, National Heart Month - to raise awareness about cardiovascular disease and to save lives. The Heart Association says that living healthy comes down to simply making

healthy choices.

According to the national Go Red for Women website, "Cardiovascular disease in the U.S. kills approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Go Red For Women advocates for more research and swifter action for women's heart health."

"Heart disease kills more women than all cancers combined," said Dr. Jennifer Haythe, a cardiologist at NY Presbyterian Columbia Medical Center in New York City. "But since 80 percent of heart disease is preventable, both women and men can take control of their risk factors and lower them dramatically."

Everybody: Know Your Numbers

Go Red's advice to women applies to men as well. "Make the time to 'Know Your Numbers.' It is life-saving knowledge. Five numbers that everyone should know to take control

of heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help people and their healthcare providers determine their risk for developing cardiovascular diseases."

The Harder Cases

Unfortunately, the most difficult issues in heart disease are the rare ones beyond anyone's control - accidental injury and unexpected illnesses.

A rare condition known as viral myocarditis, for example, has recently made headline news in Jamestown in the case of a young local sportswriter named Cody Crandall. Cody, now 23, contributed a regular, popular sports column to the Jamestown Gazette in his college years and during his internship in journalism. His current career as a professional sportswriter is well known to sports fans throughout the county.

Cody's dad, John Crandall, asked the Gazette to extend his and his wife Lisa's

personal thanks to all in the community who have helped, prayed, and sent their well-wishes.

This sudden illness recently took Cody from athletic good health, in the space of only a week, to Strong Memorial Hospital in Rochester awaiting a heart transplant. Though always serious, this condition does resolve spontaneously on rare occasions, but appears to be more damaging in men than in women. The specific virus to blame is rarely known, so all protective measures against viral infections are advised. This may be especially important in considering whether to get an influenza vaccination before - and even during - the flu season.

Ready, Set, Start

Heart attacks appear to be preventable in a great majority of cases. The best news is that the key to prevention is in just about everybody's hands. The Jamestown Gazette invites all of our readers to make National Heart Month their time to begin a healthy new lifestyle journey.



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One Heart Beat Away

Heart Disease Fought Daily at UPMC Chautauqua WCA

Article Contributed by
UPMC Chautauqua WCA

with a pacemaker. Unfortunately, for his safety - and in order to have insurance coverage of such surgery - other possible reasons for his blackouts needed to be eliminated.

“He had an angiogram in Buffalo to see if he had a blockage,” said his wife, Cathy Caster. “During the procedure he had a stroke, but it wasn’t discovered until he was home. It was too late to reverse its effects by the time we could diagnose it.”

After the stroke, Caster continued to have blackouts which required further investigation.

“I am absolutely so satisfied with Dr. So, the Cath Lab staff, and the nurses here at the hospital,” Caster said. “They have been wonderful. It was two years of chasing it down and what it came down to was Dr. So, right here in Jamestown, diagnosed it two years before it was resolved.

“We went to Cleveland Clinic, Buffalo, and Strong in Rochester and it was here in Jamestown that I got my answers from Dr. So and my primary care physician, Dr. Evadne Ong,” he said.

In August 2016 a wireless implantable cardiac monitor was placed in Pernell’s chest by Dr. So to capture the activity of his heart while diagnosing the issue he was having.

“Two weeks later it captured an event in his heart, but it couldn’t be pinpointed,” Mrs. Caster said. “Dr. So adjusted the scope of criteria for the monitor and in November, the device pinpointed the problem. The test showed his condition warranted a pacemaker. Surgery was scheduled for November 15, 2016.

“Pernell kept telling me, ‘I’m not going to make it to Christmas,’ ” she said. “I assured him we’d get the right answer,



The Caster family of Frewsburg have fought the ravages of heart disease for three years. Pernell Caster, son Grady and his wife Cathy found their best care and solutions through Dr. George So in Jamestown and UPMC Chautauqua WCA.

effects of his stroke are the cross he bears daily. In 22 seconds Pernell Caster went from being a partner in Caster Well Drilling who had traveled the world a few times for business, to a heart patient struggling against the ravages of the disease – a disease that doesn’t play favorites.

In Jamestown, Sally Black, a retired local nurse and educator, spoke of her experiences at UPMC Chautauqua WCA.

“Going through the cardio-vascular surgery unit was a very positive experience. The staff there are skilled, personable, and friendly in greeting and serving patients. I had to wear a halter heart monitor that records your heart’s activity 24/7,” said Black. “The readings are sent away and through the monitoring they discovered my heart was periodically skipping beats for 5 seconds at a time – night and day. That’s how they discovered I needed a pace maker.

“Jim (Cirbus, M.D.) did the whole sterile procedure in a specialized unit equipped for it at WCA,” she said talking about her pacemaker surgery. “Everyone was very attentive and I had no problems. I was discharged and it was great.

“That gadget they put in my chest – the whole technology and process – is amazing. It overwhelms me,” Black concluded. “It is wonderful to have this technology and trained physicians and staff right here in our community.”

Two very different stories about heart disease successfully treated in the comfort of local care at UPMC Chautauqua WCA. With support of the community and fund raising events like Strike Out Heart Disease, delivery of life saving service happens here every day.

but I secretly was very frightened.”

He confessed, “I could feel myself getting weaker by that day. I would just sit and stare at our five-year-old son.

“The day before my surgery I was home taking care of Grady when I felt an episode coming on,” related Caster. “I made it to the couch before I passed out. Luckily my heart started again, even though it shouldn’t have after that length of time. It was all recorded and reported to Dr. So who told me I came very close ...”

Pacemaker surgery was successful for Caster who hasn’t had any blackouts since.

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MARTZ OBSERVATORY

Martz-Kohl Thanks a Good Partner

Article Contributed by
Walt Pickut, Martz/Kohl
Board of Directors

The Martz-Kohl Observatory in Frewsburg has become a very popular local attraction, a valuable community asset and an important educational resource for the entire Western New York region. The observatory deeply appreciates the people of Frewsburg for their interest in our work, their support, and their partnership in our scientific and educational achievements.

It has become clear that whatever is good for Frewsburg is good for the Martz-Kohl Observatory, and we believe the same is true in return.

As a result, Martz-Kohl has worked alongside the town of Frewsburg for many years to evaluate Sealand Waste LLC's repeated proposals to build a landfill within the town borders and within a mile of the observatory. Concerns have grown that Sealand cannot achieve the protections and guarantees needed to safeguard the observatory or the community.

Frewsburg citizens have generously included Martz-Kohl's concerns in their responses to Sealand's renewed attempts to overturn local laws and rulings. Russell Payne, a concerned local citizen, offers the following thoughts. Interested readers can learn more at <https://carrollconcerned.org/>. Payne writes: Despite previous legal victories and a 2007 town law against future landfills, the Town of Carroll once again is forced to fight back a repeated attempt by Sealand Waste, LLC to build a landfill on a 50-acre rural parcel of land. In an almost fourteen-year fight, the town board and a large majority of 2,100 local residents oppose the landfill. On Wednesday, February 7th at 6:00 p.m. in the Frewsburg High School auditorium*, a legislative hearing will be held with the state

Department of Environmental Conservation and Sealand Waste, LLC regarding a permit application for the Jones-Carroll landfill. The public is invited to attend and comment. A continuously unified town board has spent significant funds rejecting the attempts by Sealand Waste to reopen and dramatically expand a long-closed, small, three-acre landfill. In 2007, the town enacted a law banning any future landfills. Sealand has issued numerous unsuccessful court challenges to the law, yet is once again requesting a permit to operate a landfill operation on Dodge Road. Some of the main concerns of residents include:

1. Groundwater pollution. The on-site creek is part of the Mississippi River watershed.
2. Environmental noise, safety and traffic issues due to 200 waste-filled trucks every day.
3. A nearby Chautauqua County taxpayer funded landfill is already in operation, more than adequate for present and future needs.
4. Sealand's facility would operate in direct competition against Chautauqua County.
5. Operational harm to neighboring Martz-Kohl Observatory.

Russell Payne invites all local citizens interested in this issue to please attend the meeting at 6:00 p.m. on Wednesday evening, February 7 at Frewsburg High School.

*If school is closed for weather or other reasons on Wednesday, the meeting will be held on 2/8/2018 instead, in the Frewsburg High School auditorium at 6:00 p.m.
For a deeper look at the night sky, planets, stars and the entire universe, visit the Martz/Kohl Observatory online at martzobservatory.org, check the schedule of events and visit in person. Thank you to Hall and Laury Opticians for sponsoring these Martz/Kohl column.

Little Explorers Learn about Beautiful Birds at Audubon, Saturday, February 10



"Beautiful Birds" is the theme for Audubon Community Nature Center's Little Explorers on Saturday morning, February 10. Through an indoor lesson and a walk outside, children ages three to eight and their favorite grownups will learn all about birds - like this Black-capped Chickadee photographed by Suzette Paduano.

Article Contributed by
Audubon Community
Nature Center

You probably know that birds have feathers, build nests, and lay eggs, but the more you delve into the lives of these animals, the more fascinating they become.

On Saturday, February 10, 2018, 10-11:30 a.m., you and the three- to eight-year-old child(ren) in your life can learn more about "Beautiful Birds" at Audubon Community Nature Center's Little Explorers.

Feathers are a unique feature of birds. This is an opportunity to investigate feathers, nests, wings, beaks, feet and more.

Unless the weather is particularly severe, after the indoor lesson and exploration, you will head outdoors. There you will feed the birds as well as see their tracks in the snow and other evidence that they are around in the winter. Remember to dress for the weather.

You will also learn about a citizen science project called the Great Backyard Bird Count and how you can participate.

After going outside, everyone gathers back indoors for a snack and, if time allows, a craft.

The fee for Little Explorers is \$8 for adults, \$6 for Nature Center members and children. Reservations are required by Thursday, February 8, 2018, and can be made by calling (716) 569-2345 during business hours or online through the Programs page at auduboncn.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 is at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown, New York, and Warren, Pennsylvania. To learn more, call (716) 569-2345 or visit auduboncn.org.

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.

WinterFest 2018

Continued from Front
Something for Everyone

WinterFest 2018 will feature fun food vendors like Fowler's Taffy and Franklin's Kettle Korn. Other food and beverage vendors will be on hand for the day. The organizing committee has received many wonderful donations from local businesses to hold a large Chinese Auction. There are some really neat big ticket items this year also.

Live from the porch of the Golf Course & Tap House, the band Black Widow will play from 1-5pm. This group plays all types of music

and brings an energetic vibe to any place they go.

From collected dead Christmas trees, there is a huge bonfire to help keep everyone warm. And the "not-to-be-missed" Sledding Pile is always a fun thing to try out.

If you are a snowmobiler or are looking for winter appropriate gear, there will be several outfitter vendors attending also.

Sure sounds like a fun day in the middle of February! For full details (they are adding things daily) on the event, check out their Facebook Page – WinterFest 2018.

Heritage Announces Administrator Accomplishment

Article Contributed by
Heritage Ministries

Heritage Ministries has announced that Jeremy Rutter, Heritage Administrator at The Park in Jamestown, NY and previously at The Village in Gerry, NY successfully has obtained his Master's degree in Public Administration from Villanova University. He also holds a Bachelor of Science in Health Services Management, Magna Cum Laude from the State University of New York at Utica.

Prior to his employment with Heritage, Rutter served at the Director of Admissions and Marketing at Bridgewater Center for Rehab and Skilled Nursing, where he also began his Administrator in Training (AIT) internship. In 2014, he accepted the position with Heritage Ministries as Administrator of Record at The Village in Gerry, NY. Rutter became the Administrator at The Park in Jamestown, NY in January 2018.

Jeremy is also a 2016 graduate of Leading Age NY's Leadership Academy, and serves on the Board of Directors for the Foundation for Long Term Care. He received the prestigious Eli Pick Facility Leadership Award in 2016 and 2017. During his tenure as Administrator at The Village, the facility has received a number of awards and recognitions including a deficiency-free survey, a five-star rating and a listing in U.S News and World Report as one of America's Best Nursing Homes.

Rutter currently resides in West Ellicott, NY with his wife Christine and their three children, Jake, Chloe and Phoebe.



Jeremy Rutter

Heritage Ministries was founded as the Orphanage and Homes of the Free Methodist Church in 1886. The organization focused its mission on elder care and housing with the elimination of the orphanage in 1965 due to changing regulations. Heritage has grown from its original campus in Gerry, New York, to six locations in New York State, one in the state of Illinois and one in the state of Washington, offering Independent Living, Assisted Living and Skilled Nursing and Rehabilitation services. Recent affiliations with Heritage include Hearthstone Communities in Woodstock, Illinois,

Vincroft Retirement Community in Clarence Center, NY, and The Kenney in Seattle Washington. Heritage and its affiliates provide independent and/or assisted living residences for seniors at The Homestead (Gerry, NY), The Woodlands on Southwestern Drive (West Ellicott, NY), Vincroft (Clarence Center, NY), Orchard Grove (West Ellicott, NY), Hearthstone Communities (Woodstock, Illinois) and The Kenney (Seattle, WA). Rehabilitation and skilled nursing services are provided at The Village (Gerry, New York), The Park (Jamestown, New York), The Green (Greenhurst, New York) and Hearthstone Communities (Woodstock, Illinois). Additionally, Heritage Living at the Chautauqua Mall in Lakewood, NY serves the community by providing an easy-access location for area seniors, and their families, to get answers to questions about the evolving needs of seniors. For more information on Heritage, visit www.heritage1886.org, or call 716-487-6800.

Red Cross Opening Shelter in Chautauqua County

Article Contributed by
American Red Cross

Volunteers from the American Red Cross are opening a shelter in Chautauqua County for residents affected by a power outage in the area. The shelter will be located at St. Mary's Catholic Church, 24 East Chautauqua Street, Mayville. Volunteers will offer a warm place to stay, food and water, comfort and support. With dangerously cold temperatures expected overnight, residents affected by this power outage are urged to seek a warm place to stay for their own safety.

People can download the Red Cross Emergency App for instant access to winter storm and other disaster safety tips, as well real-time weather alerts and a map of shelter locations. Expert medical guidance and a hospital locator are included in the First Aid App in case of hypothermia, frostbite, and other emergencies. Both apps are available to download for free in

app stores or at redcross.org/apps.

You can help people affected by disasters like winter storms and countless other crises by making a donation to support American Red Cross Disaster Relief. Your gift enables the Red Cross to prepare for, respond to and help people recover from disasters big and small. Visit redcross.org, call 1-800-REDCROSS or text the word REDCROSS to 90999 to make a \$10 donation.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at @RedCross.

Doors Open Jamestown Recap



(L to R): Lauren Johnson, Chautauqua County Chamber of Commerce; Lisa Hatch, Jamestown Renaissance Corporation; Kevin Karr, raffle winner; Steve Trapani, Discount Discs - Collector's Paradise; Michael Streed, DoubleTree by Hilton Jamestown; Brandon Wade, DoubleTree by Hilton Jamestown

Article Contributed by
Jamestown Renaissance Corporation

Another successful Doors Open Jamestown brought over 1,000 people downtown on Saturday, January 20. Jamestown Renaissance Corporation (JRC) and Jamestown Up Close would like to thank all of the participating attractions, restaurants, retailers, and most importantly the people that came out to support the event. JRC would also like to thank the Chautauqua County Chamber of Commerce and the Jamestown Community Chamber of Commerce for their continued sponsorship.

Each of the 16 attractions in the Greater Jamestown Area provided free admission and distributed enough giveaways to create a free raffle at each location. Each attraction drew their own winner and presented them with their prize.

This was the first year of an additional raffle to encourage participants to spend money downtown or at the attractions they are visiting. "We wanted everyone

to realize they just received a great day of free entertainment and then take advantage of their savings to buy a souvenir or tickets from an attraction, a meal from a locally owned restaurant, or a great gift from one of our downtown retailers," said Zach Aggett, Marketing and Events Manager at JRC.

The winner of this raffle was Kevin Karr of Jamestown, who turned in a receipt from Discount Discs - Collector's Paradise. Kevin's prize included a one night stay at the new DoubleTree by Hilton Jamestown, slated to open this summer, a \$50 Shoptauqua Gift Card courtesy of the Chautauqua County Chamber of Commerce, \$50 to a restaurant of his choice, and \$50 to a retailer of his choice. Kevin elected to receive his gifts from Brazil and Discount Discs - Collector's Paradise.

At Jamestown Renaissance Corporation we make Jamestown better through inspiration, action, and celebration. Keep an eye out for Doors Open next year, and continue to support our local attractions, retailers, and restaurants. For more information on JRC special events email zach@jamestownrenaissance.org.

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2018 National Win & You're In Poetry Slam Comes to Jamestown

Article Contributed by
Pulse Poetry Slam

On Saturday, February 24th, performance poetry will reach a new height in Jamestown, NY. Pulse Poetry Slam has been invited to host the 2018 National Win & You're In Poetry Slam, a qualifier event for poetry slam teams in this region of the US. Poetry slam teams representing Buffalo, NY, Pittsburgh, PA, Columbus, OH, and Cleveland, OH will travel to Jamestown to participate in this event, which will decide which teams will have a spot to compete in the 2018 National Poetry Slam, hosted in Chicago, IL this summer. The National Poetry Slam is the largest & longest running team poetry slam in the world, and teams from across the country will participate.

A poetry slam is a performance poetry competition. Poets who participate in a slam read or recite original poetry in front of an audience, and 5 randomly selected judges, who are generally individuals simply attending the event as spectators. These judges attribute numerical scores to the performances, and cumulative scores from multiple rounds and performances decide the winner of the slam. The

performances are judged on the content of the poems, the performance itself, the impact, style, and overall way that the performances move the judges. Poetry slams are energetic, engaging, and fun. They combine performance art with the excitement and unpredictability of a competition, and force us to ask the question, "How do you judge art?"

This qualifier slam will be hosted at the Studio Metro Underground Theatre, located at 316 East 4th Street in Jamestown, NY and will begin at 7:00PM. In addition to the team slam, there will be an open mic for participants interested in performing their own original poetry at the event. There will also be live music from local musicians. This event is free to attend!

For more information about the 2018 National Win & You're In Poetry Slam, please visit [facebook.com/pulsepoetryslam](https://www.facebook.com/pulsepoetryslam), email pulsepoetryslam@gmail.com, or call 602-339-6980. We hope to see you on Saturday, Feb. 24th, 7:00PM at the Studio Metro Underground Theatre for this exciting event!

Cornell Cooperative Extension to Host Conservation Field Days

Article Contributed by
Cornell Cooperative Extension of Chautauqua County

Cornell Cooperative Extension of Chautauqua County's 4-H Youth Development Program is hosting the 52nd annual Conservation Field Days at Lake Chautauqua Lutheran Center in Bemus Point on May 23-24, 2018.

Conservation Field Days is an opportunity for area 5th graders to learn a variety of conservation related topics and explore careers in conservation. Conservation professionals and enthusiasts volunteer to staff over 35 stations. 1,000 youth from nearly forty schools tour seven stations. Chautauqua County Soil and Water, the Department of Environmental Protection, Audubon, Allegany State Park, Cornell Cooperative Extension Master Gardeners, Beekeepers Association, and many more local conservation organizations take part to educate youth about conservation in an "out of the classroom" experience.

Conservation Field Days exemplifies the New York State 4-H mission of connecting youth to hands-on learning opportunities that help them grow into competent, caring, contributing members of society. Chautauqua County 4-H is proud to have had the opportunity to offer Conservation Field Days to county youth for over fifty years.

If you are a conservation enthusiast and would be interested in volunteering at



Andy Dufresne teaches local 5th graders about the grape industry in Chautauqua County.

Conservation Field Days please contact the 4-H Office at 716-664-9502 ext. 214 for more information and to register.

The 4-H Youth Development Program is one of many programs offered by Cornell Cooperative Extension of Chautauqua County (CCE-Chautauqua). CCE-Chautauqua is a community based educational organization, affiliated with Cornell University, Chautauqua County Government, the NYS SUNY system, and the federal government through the United States Department of Agriculture's National Institute of Food and Agriculture. For more information, call 716-664-9502 or visit our website at www.cce.cornell.edu/chautauqua. Cornell University Cooperative Extension provides equal program and employment opportunities.

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JPS UPK Students Benefit from YMCA Swimming Program



Article Contributed by
Jamestown Public Schools

UPK students from the Heritage House program had the fantastic opportunity to learn basic safety such as jumping in and finding the wall, back floating, and swimming across the pool at the YMCA. UPK three- and four-year-olds from across Jamestown participate in the basic safety lessons and are often swimming for the first time.

"Our goal for them is that at the end of the school year they will know what to do if they get in a bad situation, know how to avoid the bad situation and hopefully swim good enough to get out of the situation," said YMCA Aquatics Director Jason Chinni. "It is the best way we can get these kids exposed at a young age to water. In this area, we have a lake, rivers and pools and no formal aquatic education. This is a great start before they get to second grade where they come back for our safety day."

Since the community is surrounded by water, it is important for local children to have water safety skills. Over 3,500 people drown each year in the US. One out of every five of those deaths are children under the age of 14 (that is 730 children). Drowning is the second

leading cause of unintentional injury related death in 1-14 year olds. Those alarming statistics are what drove the Jamestown YMCA to begin their aquatic safety programs.

The second grade program is a hands-on learning experience where students learn three distinct components: rules and personal safety, helping others, and boating safety including lifejackets. Each component consists of group discussion and practicing skills in the water. Every child participates in all parts both in and out of the water ending with a review of what was learned and a short recreational swim. Students receive a participation lanyard and coloring sheets that reiterate the lessons learned throughout the hour and a half. Over the past eight years, the YMCA has taught over 2,800 second grade students how to help themselves, and others in and around water and ice. Trained YMCA staff and lifeguards conduct all of the interactive activities. The second grade programs are funded through the YMCA's annual Partner with Youth campaign.

The goal of both programs is to expose Jamestown School District's students to swimming and empower them to keep themselves safe around water.

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Heritage Honors Employee of the Year at The Village

Article Contributed by
Heritage Ministries

Heritage Ministries recently honored their 2017 Employee of the Year for The Village in Gerry, NY. Dennis Thomas was presented with a special award for his achievement. Dennis started at The Village as a CNA in 2012 and currently works as a Registered Nurse. Nominated by his colleagues for the award, Dennis exemplifies Heritage's core values which state that they strive for: Respect for human dignity; excellence in everything they do; acceptance of every person; compassion for all; and honesty above all else. His co-workers said of him, "He made a seamless transition from CNA to RN over the last few months; never forgetting his roots and assisting the staff and residents with whatever they may need. Dennis never has the mentality of 'it's not my job' or 'I'm and RN now, I don't do that'. He is approachable by all and always has a friendly attitude, and is a prime example of a Heritage employee who demonstrates our core values while providing the best customer service possible. As a supervisor Dennis is patient and understanding while



Pictured is Dennis Thomas with Valerie Johnson, Acting Administrator at The Village and Maureen Winne, Director of Nursing at The Village

guiding his staff to do their best. He absorbs knowledge quickly and applies it. He is loved by all staff and residents alike."

Heritage Ministries was founded as the Orphanage and Homes of the Free Methodist Church in 1886. The organization focused its mission on elder care and housing with the elimination of the orphanage in 1965 due to changing regulations. Heritage

has grown from its original campus in Gerry, New York, to six locations in New York State, one in the state of Illinois and one in the state of Washington, offering Independent Living, Assisted Living and Skilled Nursing and Rehabilitation services. Recent affiliations with Heritage include Hearthstone Communities in Woodstock, Illinois, Vinecroft Retirement Community in Clarence

Center, NY, and The Kenney in Seattle Washington. Heritage and its affiliates provide independent and/or assisted living residences for seniors at The Homestead (Gerry, NY), The Woodlands on Southwestern Drive (West Ellicott, NY), Vinecroft (Clarence Center, NY), Orchard Grove (West Ellicott, NY), Hearthstone Communities (Woodstock, Illinois) and The Kenney (Seattle, WA). Rehabilitation and skilled nursing services are provided at The Village (Gerry, New York), The Park (Jamestown, New York), The Green (Greenhurst, New York) and Hearthstone Communities (Woodstock, Illinois). Additionally, Heritage Living at the Chautauqua Mall in Lakewood, NY serves the community by providing an easy-access location for area seniors, and their families, to get answers to questions about the evolving needs of seniors. For more information on Heritage, visit www.heritage1886.org, or call 716-487-6800.

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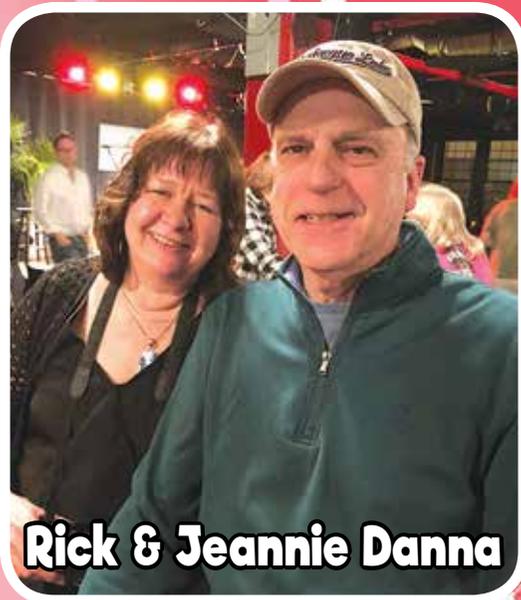
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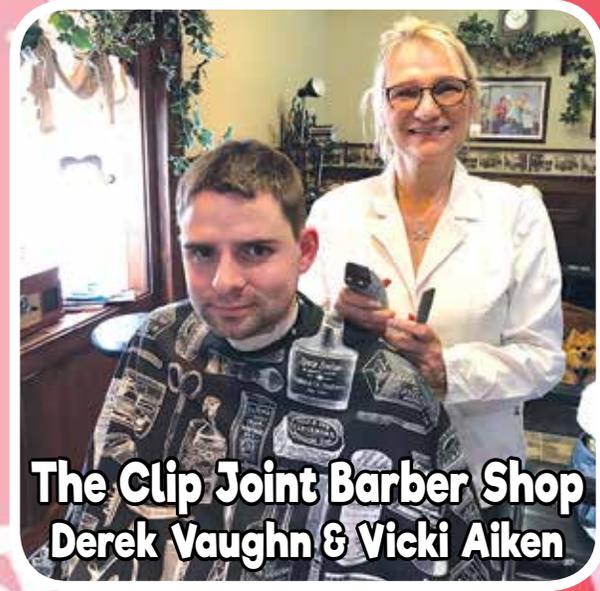
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- Ability to assess, plan, implement, and evaluate education programs.
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