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The People's Paper.

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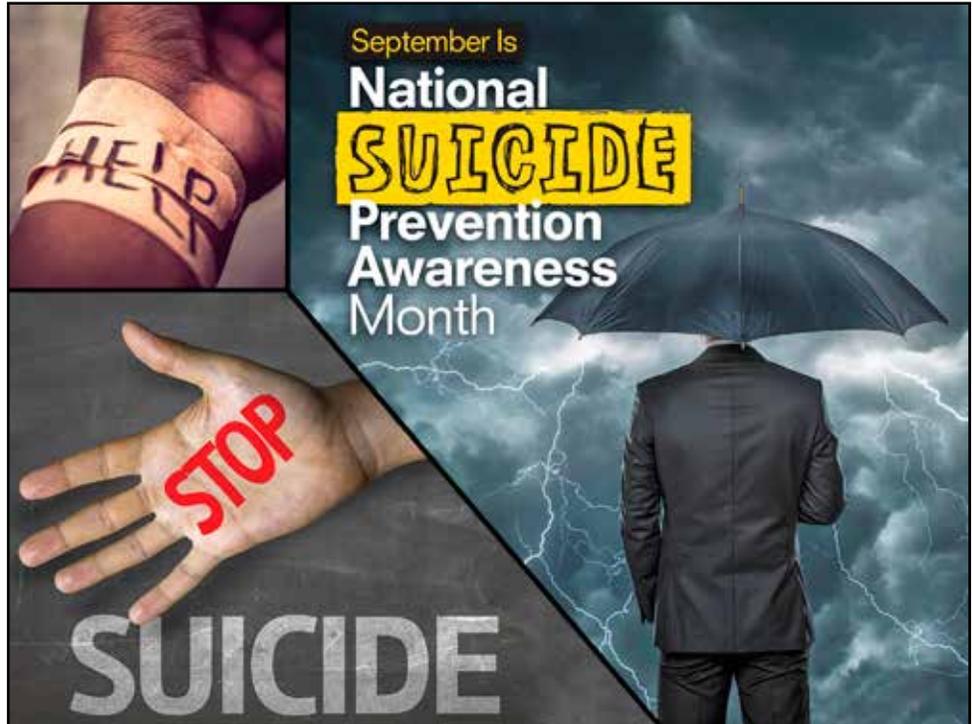
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Raise Awareness Not Stigma

Article Contributed by
Joni Blackman

Why Suicide?

Imagine a young boy with a supportive, loving family who had no idea he felt like he didn't deserve to be alive because he had terrible thoughts and did mean things. His family thought he was a wonderful son. Where did his negative and self-hating thoughts come from? The talented, kind young man this writer spoke to doesn't remember how the bad thoughts started. He does know he was singled out at school because he studied and loved ballet. That's when it started. He was bullied and beaten, both mentally and physically. He hid his feelings and made sure his loving family could not blame themselves for his actions. He constantly thought about "today is a good day to die". He thought of his life with the possibility of death, by his choice, every day. Most of us go through most of our life not giving



death a thought until it happens around us.

His parents thought he was just going through a phase. After all he was creative and smart so why wouldn't he question his life? It would be alright. It

As a teenager he began acting out.

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PFC Dwyer Suicide Prevention Motorcycle Poker Run Raises Awareness for Suicide Prevention

Poker Run to Start and Finish at Harley Davidson of Jamestown

Article Contributed by
Chautauqua County Department of Mental Hygiene

The Second Annual PFC Dwyer Motorcycle Run for Suicide Prevention will take place on Saturday, September 21, 2019 at Harley Davidson of Jamestown, 1951 E. Main St. in Falconer, N.Y. with registration starting at 10 a.m. and kick stands up at 11:15 a.m. The cost to register for the ride is \$20 per motorcycle and \$15 per rider. Registration includes a barbeque chicken dinner. This Dwyer Run was organized to raise awareness about suicide prevention for veterans as well as the local community. Money raised will be used for local suicide prevention efforts through the Community Alliance for Suicide Prevention and the Constance project, an equine and human



Submitted Photo

Pictured above, the opening of the 2018 PFC Dwyer Motorcycle Run for Suicide Prevention.

CONTINUED ON PAGE 12



Great News for Seniors!

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Living 50 PLUS



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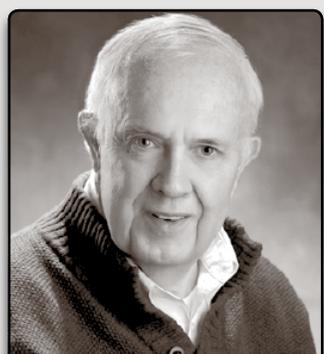
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Words of Wisdom

Contributing Editor
Walt Pickut



Jamestown Gazette

The People's Paper.

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

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Brought to you by: 



UNpredictable

I don't really believe in luck, but I do believe "stuff happens." Sometimes I like what happens and sometimes I don't. The dumbest thing I can do is take credit for "good stuff" when I like it, and blame somebody else when I don't.

Then there's Jimmy Dean's way of looking at luck. He once said, "You gotta try your luck at least once a day, because you could be going around lucky all day and not even know it."

But really, I think the best idea for people who believe in luck is therapy – reality therapy.

Consider these examples:

1. Back in 2003 an anonymous 25-year-old software engineer visiting Las Vegas decided to waste a few minutes at the Excalibur Casino while waiting for a basketball game to start. He risked \$100 on the video slots and went home \$39,710,826.36 richer!
2. Then there's Cynthia Jay-Brennan, a cocktail waitress in Las Vegas. She celebrated her future mother-in-law's birthday with a spin at the Megabucks slot machine and won \$34,959,458.50. She paid for the wedding of her dreams by marrying her boyfriend two weeks later. Then, a few weeks after that, Cynthia had in a horrible car accident with a drunk driver that left her confined to a wheelchair. Her story fueled a myth that good luck, like winning big jackpots, leads to bad luck.
3. Then what about National Park Ranger, Roy Sullivan, who was struck by lightning bolts seven times. He had his hair burned off four times and was knocked unconscious once. Roy started carrying around a can of water to douse himself in case lightning struck again. Is Roy's luck good or bad?

In other words, what happens next in your life is never quite predictable. Even the next half-hour of your life is as unknown to you and me as the back side of the moon is to the hound dogs that howl at it. Don't make believe that what happens to you is luck, good, bad, or indifferent.

Fortunately, there's something better than luck, we always have it with us, it is way more predictable, and it works.

Sean Covey, an international educator and business leader, said, "You are free to choose what you want to make of your life. It's called free agency or free will, and it's your birthright."

Some people think that they would have to be somebody else to have a better life. And that's the good news. Because you have free will, you can always become somebody else. You can do it as soon as tomorrow if the life you made so far isn't the one you want.

This week your Jamestown Gazette tackles the issue of suicide prevention because our point is that being somebody else is a whole lot better than just not being. Suicide sees no hope in tomorrow, but that is only true if things stay the same as they are.

With free will, you can make a new tomorrow. That, however, is hard. It can almost feel impossible. But it is not.

As a matter of fact, if life isn't right, right now, you still have one advantage. Where you are is the perfect starting place for something new. You don't have to go anyplace else to start.

Suicide prevention can start with you or me. One thing we might offer is a reality check. Remind somebody who is struggling with today that it doesn't take good luck to overcome bad luck.

Helping someone find the will for a better tomorrow may be at least one good, first step.

Enjoy today, make tomorrow better, and as always, enjoy the read.

Walt Pickut



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- Friday, Sept. 20th 4p-7p
High West Bourbon & Rye Whiskies
- Saturday, Sept. 21st 3p-6p
Deep Eddy Vodka





**September 4th, 2019**

Paul L. "Zombie" Garbart, 72, of Jamestown

Lind Funeral Home

Charlene Adams, 68 of Frewsburg

Hubert Funeral Home

Robert John Gatto Sr., 68, of Warren

Peterson-Blick Funeral Home

Edward H. Dibble, 83, of Westfield

Mason Funeral Home

Charles F. Wilcox, 72, of Colden

Mentley Funeral Home

Patricia Ann Langless, 80, of Leon

*DiStasio Funeral Home***September 5th, 2019**

Helen M. Wiltsie Park, 89, of Dunnellon

Donald E. Lewis Funeral Home

Lee E. Fuller Sr., 78, of Jamestown

*Peterson Funeral Home***September 6th, 2019**

Mark S. Peterson, 64, of Jamestown

Lind Funeral Home

Eleanor Shanshala, of Warren

Donald E. Lewis Funeral Home

John Robert Steele Sr., 86, of Warren

*Nelson Funeral Home***September 7th, 2019**

Robert P. Ellington, 69, of Lakewood

Lind Funeral Home

Lory C. Muscarella, 95, of Jamestown

Lind Funeral Home

Steven K. Howie, 75, of Jamestown

Hubert Funeral Home

Robert F. Dougherty, 81, of Corry

Bracken Funeral Home

Allison K. "Sonny" Bell, 78, of Spartansburg

Bracken Funeral Home

Esther M. Simmons, 70, of Gowanda

*Mentley Funeral Home***September 9th, 2019**

Carolyn G. Brown, 84, of Ashville

Lind Funeral Home

Eleanor M. Gregory, 82, of Lakewood

Lind Funeral Home

Samuel A. Gagliano, 72, of Jamestown

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Susan E. Anderson Bastian, 82, of Jamestown

Lind Funeral Home

Edna L. Miller, 93, of Sherman

Frey Funeral Home

Teresa J. Anderson, 96, of Stillwater

Peterson Funeral Home

Judith "Judy" Gormly Thompson, of Fredonia

Larson-Timko Funeral Home

Stanley W. Durolek Jr, 80, of South Dayton

*DiStasio Funeral Home***September 10th, 2019**

Bobby W. Kay, 85, of Clarendon

Peterson-Blick Funeral Home

Richard L. White, 77, of Warren

Peterson-Blick Funeral Home

Patricia M. Guianen, 71, of Corry

Bracken Funeral Home

John I. "Jack" Dillon, 76, of Corry

*Bracken Funeral Home***September 11th, 2019**

Ronald "Ron" B. Hendrickson, 87, of Youngsville

Nelson Funeral Home

Carolyn M. Anderson Kennedy Earle, 94, of Corry

*Corry**Bracken Funeral Home*

Bradley R. Querreveld, 62, of Corry

Bracken Funeral Home

Dorothy Fern Baressi, 90, of Corry

*Bracken Funeral Home***September 12th, 2019**

Nancy J Guiffrida, 88 of Lakewood

Hubert Funeral Home

O. Ruth Pears, 89, of Indiana

Peterson Funeral Home

Faith Matters

Never Forget

*Contributing Writer***Pastor Shawn Hannon**

Hope Lutheran Church, Arcade, NY

Part of the off-Broadway season ticket line up at Shea's in Buffalo this year is a show called "Come From Away." "Come From Away" is an uplifting musical, but in most unlikely fashion. Let me tell you why. It is unlikely because it is a story of one of the worst days in American history: 9/11. And not just that. It is unlikely because although it is a story of America, it takes place in Gander, Newfoundland and the cast of characters are from countries around the world.

On Tuesday, September 11th terrorists high-jacked planes and used them to carry out the most devastating attack in American history. In the moments following, for the first time in American history airspace was closed. Every plane in the US was grounded. Every plane coming to the US was sent somewhere else. In most cases, although it was chaos and work, pilots and airports managed. But for the flights headed for the east coast of the US over the Atlantic Ocean questions remained. In some cases they turned around, but for those flights that had traveled too far there remained only one option: Gander. In the end 42 unexpected planes landed virtually doubling the population of the small town in an instant.

But the story isn't in the reality of the incident, but in the response. This community welcomed

the strangers with open arms. Businesses and community groups opened their doors, donated their goods, and offered every assistance they could. Locals opened their homes, offered everything they had, and held vigil with their new neighbors as if they had known them their entire lives. It is an incredible story of hospitality for the stranger, help for the hurting, and love in the face of hate. While we all regret the cause, the response is nothing short of moving.

#neverforget.

There's much to remember about 9/11, and for me this is part. We remember not simply the bravery of the men and women who gave everything and the people who lost it all, but how an event that was meant to be the worst thing imaginable, brought out the best in people.

My hope for us is that we not simply remember their response in Gander, but that we can learn from it, be inspired by it, and embody it. I hope we can look for the hurting, the lonely, and the strangers in our land and we can offer love, support and help. Scripture is clear. God cares about how we treat guests (Lev. 19:33-34, Deut. 10:18-19, Exodus 23:9, Malachi 3:5, 1 Kings 8:41-44, Job 31:32, ...). Hopefully learning from the past and empowered by Gander's example, it will not take a global tragedy for us to remember the value of human life and the love we are called to share with those in need.

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.

"When someone you love becomes a memory, that memory becomes a treasure."

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Audubon Offering Kinzua Dam and Allegheny National Fish Hatchery Tour, Saturday, October 5

Article Contributed by
Audubon Community Nature Center

Audubon Community Nature Center (ACNC) is presenting an event that is so exclusive you have to get government clearance to participate.

On Saturday, October 5, you can spend the day in behind-the-scenes tours of Kinzua Dam and the Allegheny National Fish Hatchery.

Reservations are required by Tuesday, September 24, but spaces could fill up before then.

Guests will begin the day at 8:30 a.m. with a guided tour inside the U.S. Fish and Wildlife Service Allegheny National Fish Hatchery. Located at the base of USACE's Kinzua Dam in Warren County, Pa., the hatchery is one of eleven National Fish Hatcheries working to restore, enhance and maintain heritage fisheries throughout the Northeast Region. The Allegheny Hatchery produces lake trout for restoration in Lakes Erie and Ontario.

Following the hatchery tour ACNC guests will enjoy a rare, scenic drive across the top of Kinzua Dam followed by a picnic lunch at the U.S. Army Corps of Engineers (USACE) Visitor Center. Lunch is BYO or you can order a box lunch with your registration.

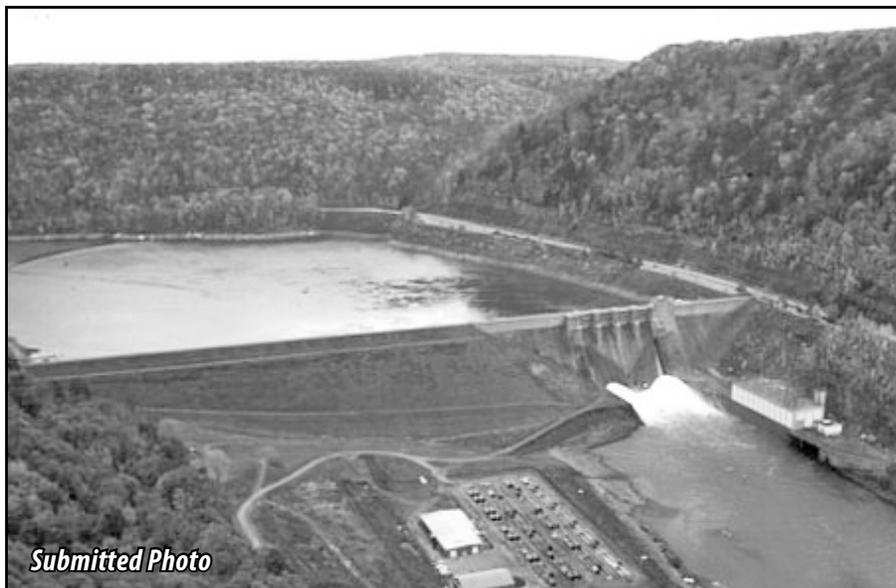
The afternoon tour is inside the heart of Kinzua Dam on the Allegheny River. One of the largest dams in the United States east of the Mississippi River, its 26,541-acre Allegheny Reservoir is up to 135 feet deep and extends 25 miles to the north, nearly to Salamanca, N.Y.

At the 2 p.m. completion of the guided tour of the dam, you are welcome to explore the area on your own. It is only a short walk to the base of the dam where you can experience a cooling mist or do some fishing. Then enjoy a scenic drive east on SR59 along the reservoir to the Jakes Rocks or Rim Rock Scenic Overlooks.

Be sure to dress for the weather and wear comfortable walking shoes. Due to number of steps and amount of walking required, this is not considered a handicap-accessible experience.

Children aged nine and up are welcome when accompanied by an adult.

Because Kinzua Dam is a secure federal facility, preregistration is required in order to secure clearance from the USACE for admission. Adult visitors (age 18 and older) must be U.S. citizens. To obtain clearance, each adult guest will need to provide 1) full name, 2) date-of-birth, 3) home address, and 4) driver's license number upon registration. Children need only provide full name and date-



Submitted Photo

Make your reservation soon to spend Saturday, October 5, enjoying guided tours of Kinzua Dam and the Allegheny National Fish Hatchery located at its base. This event presented by Audubon Community Nature Center is so exclusive, you will need clearance by the U.S. Army Corps of Engineers to take part.

of-birth.

The behind-the-scenes tour of Kinzua Dam and the Allegheny National Fish Hatchery is an Audubon Exclusive: a distinctive opportunity and unusual experience created to help fund programs at Audubon Community Nature Center.

Donation to ACNC is \$45, and space is limited. An optional box lunch is \$10.

Reservations are required by Tuesday, September 24, and can be made by calling (716) 569-2345 during business hours or going

online to AudubonCNC.org/Exclusives [2]. Additional details are also on that webpage.

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, N.Y., and Warren, Pa., or online at AudubonCNC.org [3].



Submitted Photo

Don Peterson and Nancy Bertch harvesting crops from the Peterson garden at The Homestead, a Heritage senior living community in Gerry, NY.

Farm Fresh at Heritage

Article Contributed by
Heritage Ministries

Family members at The Homestead, a Heritage senior living community in Gerry, NY, have kept everyone well supplied with fresh produce from their gardens. Don and Janet Peterson, who owned a farm prior to moving to Heritage, love growing multiple types of produce in their own garden right at The Homestead and sharing the fruits of their labor. The couple has shared many different types of vegetables they have grown with the community this year including corn, zucchini, summer squash, and beans.

Don shared, "My wife and I spent 30 years on our family farm in Sherman, New York. When the time came to consider independent living options, moving wasn't easy, but we were ready for the freedom and security that comes with a home maintained by Heritage. Not straying too far from our roots, The Homestead offers country living just outside the city; it's the best of both worlds!"

Heritage Ministries was founded as

the Orphanage and Homes of the Free Methodist Church in 1886 and has grown from its original campus in Gerry, NY, to six locations in New York with additional affiliations in the states of Washington, Illinois, and Pennsylvania. As a not-for-profit provider of senior care and housing, Heritage is a leader in the industry, employing approximately 1,500 team members, and serving over 2,500 individuals annually. With locations in New York, Pennsylvania, Illinois, and Washington, Heritage and its affiliates provide rehabilitation and skilled nursing services, independent retirement housing, and assisted living. The Homestead Stables provides intergenerational equestrian opportunities as well as boarding, training, and lessons. In addition, childcare is provided at two campuses, allowing for intergenerational programs.

For more information on Heritage Ministries, please visit www.heritage1886.org.

Chautauqua County Health Officials Issue Advisory on Vaping & E-Cigarettes

Severe Pulmonary Disease Associated with Use

Article Contributed by

**Chautauqua County
Department of Health and
Human Services Division of
Public Health**

In light of advisories issued by New York State Health Commissioner Dr. Howard Zucker and warnings from the CDC, Christine Schuyler, Chautauqua County Director of Health and Human Services, is urging all residents of Chautauqua County to stop using all vape products until the investigation into the definitive cause of reported vaping-associated illnesses nationwide is concluded.

According to the New York State Department of Health (NYSDOH), as of September 5, 2019, NYSDOH has received 34 reports from New York State physicians of severe pulmonary illness among patients ranging from 15 to 46 years of age who were using at least one cannabis-containing vape product before they became ill. However, all patients reported recent use of various vape products.

Schuyler states, "Due to the nationwide trend of severe pulmonary (lung) disease associated with e-cigarette products, I am urging county residents to stop using vape/e-cigarette products. In addition to this emerging trend of pulmonary disease, we know that these products represent a real health risk to young people as the nicotine in these products is highly addictive and can harm adolescent brain development. Until more information is available

locally, we will continue to monitor findings issued by Wadsworth, New York State's public health laboratory, and further advisories issued by the NYSDOH and the CDC."

According to NYSDOH, laboratory test results showed very high levels of vitamin E acetate in nearly all cannabis-containing samples analyzed by the Wadsworth Center as part of this investigation. At least one vitamin E acetate containing vape product has been linked to each patient who submitted a product for testing. Vitamin E acetate is not an approved additive for New York State Medical Marijuana Program-authorized vape products and was not seen in the nicotine-based products that were tested.

As a result, vitamin E acetate is now a key focus of the NYSDOH investigation of potential causes of vaping-associated pulmonary illnesses. Vitamin E acetate is a commonly available nutritional supplement that is not known to cause harm when ingested as a vitamin supplement or applied to the skin. However, the NYSDOH continues to investigate its health effects when inhaled because its oil-like properties could be associated with the observed symptoms.

Regardless of the ongoing investigation, the Chautauqua County Department of Health and Human Services recommends the following guidance per the CDC:

- Youth and young adults should not use e-cigarette products.

- Women who are pregnant should not use e-cigarette products.

- Adults who do not currently use tobacco products should not start using e-cigarette products.

- If you do use e-cigarette products, you should not buy these products off the street (for example, e-cigarette products with THC or other cannabinoids).

- You should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.

- Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you need help quitting tobacco products, including e-cigarettes, contact your medical provider or call the New York State Smokers' Quitline at 1-866-NY-QUITS (1-866-697-8487) or visit www.nysmokefree.com. The Quitline also provides free starter kits of nicotine replacement therapy (NRT) to eligible New Yorkers. Services are free and confidential.

Data from the 2019 Chautauqua County NY Partnership For Success Student Survey (grades 8, 10 and 12) shows that in the past 30 days (from the administration of the survey):

- 27.8% of combined students used an E-cig or a vaping device, • 45.4% of students believed there was slight or no harmful risk involved with using an E-cig or vaping device,

- 13.12% of students used marijuana with a vaping device, and

- 48.9% of students believed there was slight or no harmful risk involved with using marijuana with a vaping device.

Chautauqua County Department of Health and Human Services, in collaboration with Tobacco Free Chautauqua Cattaraugus and Allegany Counties, Roswell Park, Erie 2 BOCES, and Prevention Works, have worked with local school districts in recent years to educate parents, teachers, and students on the risks of e-cigarette use and the suggested course of disciplinary protocol. The discipline protocol suggestion is the culmination of discussions during forums, collaborative discussions, and research. According to the CDC, "The most effective approaches to helping youth quit tobacco use are through counseling and education." If you are concerned about your health after using an e-cigarette product, you can call the Upstate New York Poison Center at 1-800-222-1222 (<http://www.upstate.edu/poison/>). CDC Public Information about the outbreak of lung disease associated with E-Cigarette Use or Vaping is available at the following website: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/need-to-know/index.html. If individuals are concerned at all with their vaping device or products or just want more information, they can call the NYSDOH's Vaping Hotline at 1-888-364-3046.

LaMancuso Named Rising Star

Article Contributed by

Lewis & Lewis, P.C.

Jamestown attorney John I. LaMancuso of Lewis & Lewis, P.C. was named a Rising Star by Super Lawyers. Super Lawyers is a rating service of lawyers from more than 70 practice areas who have attained a high-degree of peer recognition and professional achievement. The Rising Stars selection process

includes independent research, peer nominations, and peer evaluations. To be eligible for designation as a Rising Star, the attorney must be 40 years old or younger and in practice for 10 years or less. No more than two and one-half percent of lawyers in the state are designated Rising Stars. LaMancuso, a Jamestown native, was included in Super Lawyers' Annual List of Top Attorneys in Upstate New York which was released in print in

August. For more information about Super Lawyers and Rising Stars, visit www.superlawyers.com.

Since its founding in 1944, Lewis & Lewis, P.C. has represented thousands of individuals throughout Western New York. Lewis & Lewis' thirteen attorneys represent clients from the firm's offices in Jamestown, Olean, Buffalo, Niagara Falls, and Batavia.



Submitted Photo

John I. LaMancuso of Lewis & Lewis, P.C. was named a Rising Star by Super Lawyers.

MOVIES AT THE REG

The Farewell

Sat. Sep 21, 2019 - 8:00 pm

Where'd you go, Bernadette

Wed. Sep 25, 2019 - 7:00 pm

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All for Amy



Submitted Photo

Pictured are the "All for Amy" Golf Tournament committee members. Back row, left to right: Jen Peters, Theresa Jackson, Jennifer Hinson, Caryn Pace, Wendy Spencer, Jenny Erickson. Front row, left to right: Melanie Cobb, Michelle Maher, Tonie Wirsen

Article Contributed by Chautauqua Region Community Foundation

As the nation paused to remember the thousands of lives forever changed by the acts of September 11, 2001, friends and family of Amy King remain committed to keeping her memory alive by helping others.

Since 2006, the "All for Amy" Golf Tournament has raised over \$150,000 for the "All for Amy" Fund, a scholarship to provide financial support to students furthering their education and who are well

rounded, kind and caring to others, characteristics that King embodied.

To date, 23 students have received scholarships totaling more than \$30,000.

In 2017, the golf committee, made up of King's friends from high school and college, decided to create a second fund with the Chautauqua Region Community Foundation to support local charitable activities.

"After 12 years of running the golf tournament, we decided to create (the second fund) and split the proceeds from the tournament to support programs we all feel Amy would love to support," said Tonie Wirsen, King's friend and golf committee member.

Just last year, the "All for Amy" Memorial Fund granted money to the Child Advocacy Program for its Stewards of Children program; A Fresh Start Recovery Support Center; Mental Health Association in Chautauqua County for PTSD Recovery for Veterans; the Winifred Crawford Dibert Boys and Girls Club of Jamestown, WCA Foundation for its Framed in Pink Event, and The Salvation Army's Bundle Them Up Campaign.

"Amy loved to give and help others, however she could," Wirsen said. "This is just our way to continue that for her."

For more information on either of the funds established in King's memory, contact the Foundation at 661-3390 or visit crcfonline.org.



Submitted Photo

Amy King

Good News Hand Bell Ensemble Concert



Submitted Photo

The Good News Hand Bell Ensemble, a Music Ministry of First Lutheran Church of Jamestown

Article Contributed by First Lutheran Church of Jamestown

The Good News Hand Bell Ensemble, a Music Ministry of First Lutheran Church of Jamestown, will present a concert of sacred and popular favorites on Sunday, September 22nd at 4 p.m. in the church nave. The 14-member bell choir will play

octavos on their four and a half octaves of hand bells, four octaves of tone chimes directed by Karen Linn and accompanied by Brian A. Bogey, organist; Dan Miceli and Glenn Utter trumpeters. There will be a free-will offering and a reception will follow immediately after the concert down in the church parlors. The First Lutheran Church is located at 120 Chandler Street, Jamestown. The public is cordially invited to attend.

Circulus Tournament Benefits Hospice



Submitted Photo

Shauna Anderson, President & CEO of Chautauqua Hospice & Palliative Care, accepts the tournament proceeds check from Circulus members Ron Pappalardo, Jack Scalise, Phil DeAngelo, Bucky Lombardo and Tom Olson.

Article Contributed by Circulus Golf Tournament

For the 12th year the Circulus Golf Tournament has supported the mission of Chautauqua Hospice & Palliative Care. The scramble tournament, which took place at Moon Brook Country Club on August 26, raised \$10,000 bringing the 12-year total to over \$82,000.

First Flight winners at 13 under par were Jon Gren, Derek Dawson, Paul Cardinale and Dave Bogden. Second Flight winners Eric Johnson, Brandon Waite, Eric Anderson and Jack McCauley came in 5 under par.

CHPC thanks Circulus for their continued support, as well as the many golfers, sponsors and donors who made the event a success.

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Creche Inc. Completes Backpack Project



Submitted Photo

Pictured from left to right are: Beth Snow – Co-chair, Dawn Columbare, Kari Soffel – Co-chair and Shirley Sember Daly. Creche members dividing school supplies for distribution to area schools.

Article Contributed by
Creche Inc.

A grant from the Blossom Fund at the Chautauqua Region Community Foundation helped the Creche Inc. finish another backpack project for local schools. The Creche was able to provide 400 backpacks to local schools and hundreds of school supplies as well, including binders, composition books, crayons, pencils, erasers, highlighters, ear buds, paper and dividers. Headed by co-chairs Beth Snow and Kari Soffel, the Creche Backpack Committee interviewed area schools to ascertain their needs and from that, compiled a list of items. They applied for a

Blossom Grant through the Chautauqua Region Community Foundation and were awarded \$2,000 to help fund the project. Gary Evans, president and CEO of the Jamestown Cycle Shop supplied backpacks. Wal-mart ordered supplies and set up tables for assembly. Creche volunteers came together to deliver much-needed school supplies for local students. The Creche Inc. is a local non-profit women's organization founded in 1900 dedicated to assisting children in need and their families in the greater Jamestown area. For more information on membership and donations, visit Crecheforkids.org.

Cello, Piano Duo to Perform Works by Women Composers



Submitted Photo

Drs. Eliran Avni and Natasha Farny

Article Contributed by
State University of New York at Fredonia

“Women’s Voices,” a program featuring ground-breaking music for cello and piano written by women, will be performed by The Ekstasis Duo at the State University of New York at Fredonia on Friday, Sept. 20, at 8 p.m.

The concert, in Rosch Recital Hall, is free and open to the public.

The Ekstasis Duo is comprised of School of Music cellist Natasha Farny, associate professor, and pianist Eliran Avni, assistant professor.

The goal of the program is to introduce music by minority composers who

are often overlooked. “We are eager to show people what they have been missing,” Dr. Farny said.

“You have it all here - the Romantic passion of Ethel Smyth, Lera Auerbach’s fiery angst, Clara Schumann’s intimacy,” Farny explained. “You will hear a heart-breaking lament by Ellen Taaffe Zwilich, elegant Classical style from Louise Farrenc, and a brand new transcription, premiered here in Fredonia, of three hit Nina Simone songs.”

The program includes: “Sonata in B flat Major,” op. 46, by Louise Farrenc; “Three Romances,” op. 22, by Clara Schumann; “24 Preludes,” by Lera Auerbach; “Lament,” by Ellen Taaffe Zwilich; “Sonata in A minor,” op. 5, by Ethel Smyth; and “Homage à Nina Simone,” arranged by D. Kaufman.

Crèche Fall Rummage Sale October 3 & 4

Article Contributed by
Crèche

The annual Crèche fall rummage sale is set to begin on Thursday October 3rd from 9am to 7pm with the bag sale on Friday October 4th from 9am to noon. From left are Sharon Liscandro and Anne Mathis, co-chairwomen of the fall sale displaying some of the items that will be for sale at St. Luke’s

Church, the location for this year’s event. Sale items include quality adult and children’s clothing, household items, antiques, toys, books and more. Founded in 1900, the Crèche Inc. is a local non-profit women’s organization dedicated to assisting children in need and their families in the greater Jamestown area. For more information on membership and donations, visit Crecheforkids.org or find us on FaceBook Crèche Jamestown.

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Grape Stomping Fun with the Westfield NY Fall Festival



Submitted Photo

The village of Westfield will hold a Fall Festival on Saturday September 21st during their weekly Farmers and Artisans Market in Moore Park.

Article Contributed by
Stephanie McCraw

Celebrate the Season

Fall is fast approaching and the village of Westfield will hold a Fall Festival on Saturday September 21st during their

weekly Farmers and Artisans Market in Moore Park. The Market runs from 9am-2pm and the Fall Festival will run 11am-2pm.

Westfield, NY is the part of the Lake Erie Grape Belt, the largest concord grape growing region in the world. Known as a town encompassing

a quaint village, and perhaps best known for wineries and grape grower cooperatives, it also boasts popular restaurants, art galleries, and beautiful scenery. “Westfield is our little piece of paradise,” remarked coordinator Sue Poster. She is part of the Westfield Barcelona Chamber of Commerce who is sponsoring the event this year.

Bustling Town Square

“It’s fun to watch kids try to eat a big Amish donut. They are barely able to hold it!” said Nancy Scrivens, coordinator for the Farmers and Artisans Market. Saturdays at Moore Park is like a meeting place for everyone in town. People can enjoy a donut and cup of coffee and peruse the many vendors. Beyond local produce, the artisan goods include engravings, soaps, jewelry, t-shirts, and much more. The town square has a gazebo where Bill Ward is scheduled to play.

“We’ll have a food truck for breakfast and lunch” said Nancy. She mentioned the new restaurant in town called

“Grace and Abe’s” which held a grand opening on September 12. The name is a nod to a famous story of the town and adds to the historic charm and lore of Westfield. The restaurant has a brew pub, including handcrafted ales, and an eatery that is getting great reviews.

Laid Back Fun

Nancy wants to encourage both adults and children to attend and says the festival has a “fun atmosphere.” Last year people loved the trivia and plenty of prizes were awarded. She has grape juice to hand out from the local growers.

The Fall Festival features a grape-stomping contest sponsored by Johnson Estates Winery, tractor and farm equipment on display, pumpkin decorating for children and adults, Westfield trivia, and prizes for the best scarecrow costumes. Big Inlet Brewery from Mayville and some wineries will be in attendance, offering samples and bottles of wine for sale.

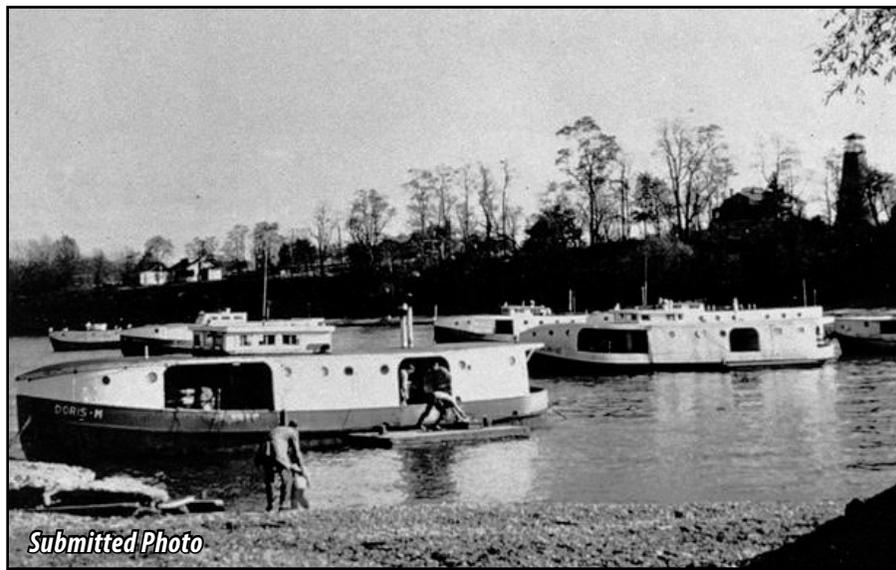
Historical Program on Barcelona Fishing Industry



Submitted Photo

Fisherman's Nets, Barcelona Harbor, Westfield, N. Y. 648

Barcelona NY Fisherman's Nets



Submitted Photo

Barcelona fleet of iconic Great Lakes fishing tugs, 1950s

Article Contributed by
Mark Smith

Cristie Herbst will present a program on the Barcelona Fishing Industry Thursday, September 19th at 7:00 pm, in the Sid Compton room of the Chautauqua Town Building (old high school), 2 Academy St, Mayville. Sponsored by the Chautauqua Town Historical Society, the program is open to members and interested others.

She is descended from the Jackways, a family who fished commercially

from Barcelona for a hundred years spanning four generations. She is president of the Chautauqua County Historical Society, was editor of the Jamestown Post-Journal, and is an insightful local historian.

Barcelona was an active commercial port in the early 19th century, and its commercial fishermen were major providers of white fish to the hotels and restaurants in New York City. She will talk about the history of the Barcelona harbor, Lake Erie, the fish, the boats and the nets.



Submitted Photo

Barcelona NY Fisherman's Nets



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September Trivia

1. What two zodiac signs share September?
2. On what day did the Full Harvest Moon fall in 2019?
3. What shiney, often red, fruit is best picked in September?
4. What two flowers represent September?
5. What is the birthstone for September?
6. Which goddess did the Ancient Greeks honor in September?
7. September is named for the number seven. True or false?
8. Which President declared Labor Day to be a legal holiday in the USA?

ANSWERS: (1) Virgo & Libra (2) September 14th (3) Apples (4) Aster & Morning Glory (5) Sapphire (6) Demeter (7) True (8) Grover Cleveland

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PFC Dwyer Poker Run

CONTINUED FROM FRONT PAGE

behavior training program for veterans and their families.

The PFC Joseph P. Dwyer Veteran's Peer to Peer Program is a non-clinical program that brings veterans together through activities for peer support. The program's goal is to offer opportunities for veterans to meet other veterans living in similar situation through social activities provided at no cost to the veteran. The peer support has proven to be successful and there are many options available to meet individual interests of the veterans.

"The program utilizes peer support from those who can relate to the struggles of transitioning into civilian life," said Cindy Reidy, Coordinator of the Dwyer Program. "We are thrilled to have

these wonderful partnerships with The Community Alliance, Chautauqua Tapestry, Veterans of Modern Warfare, Brothers by Choice and several other local partners. We all have common goals and values and together, the number of veterans that we can reach is innumerable."

"The Community Alliance for Suicide Prevention recognizes the importance of reaching out to our local Veterans and is happy to be included in the planning of this important awareness event," said Victoria Patti, Coordinator of the Community Alliance for Suicide Prevention. "We know that 22 veterans die by suicide every day and that is 22 too many. The Community Alliance for Suicide Prevention is dedicated

to protecting and promoting life by fostering shared responsibility through raising awareness and community support through events like the Dwyer Motorcycle Run. We hope that this event can help spread the word that help is available right here in Chautauqua County and veterans and other community members are not alone. The Alliance is honored to work with the passionate members of the planning committee and those that are involved in the Dwyer program. It is amazing what you can do with a team who is so giving and wanting to help others."

Harley Davidson of Jamestown has donated the space for the event. Live music by Afraid of Human, a basket raffle and 50/50's will take place along with a Chicken BBQ, provided by the Veterans of Modern Warfare Chapter 20, INC. Chicken dinners will be available to the public at \$10 each at noon.

PFC Joseph P. Dwyer Peer to Peer Program and The Community Alliance planned the run for Suicide Prevention, with Chautauqua Tapestry, Veterans of Modern Warfare Chapter 20 and Brothers by Choice along with other community organizations partnering for this event. The committee is looking forward to a great turn out to raise awareness for suicide prevention.

If you would like to be involved as a volunteer or would like to donate a basket for the basket raffle, please contact Cindy Reidy, Dwyer Coordinator, at 716-661-8447. For additional event information, you can search under the events tab at: www.facebook.com/DwyerChautauqua, www.facebook.com/unityallianceforsuicideprevention, or www.cyberspokes.com.



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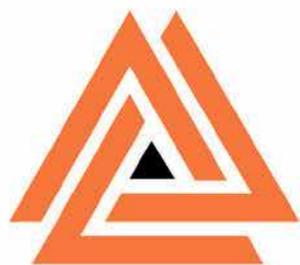
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Laugh Your Way to a Better Marriage Conference

Article Contributed by
Koinonia Christian Fellowship

Koinonia Christian Fellowship and Chautauqua Lake Men of Integrity announce an upcoming marriage conference featuring Phil Gungor, associate pastor at Celebration Church in Green Bay, Wisconsin, entitled, "Laugh your Way to a Better Marriage." The conference will be held on Saturday, September 21st at the Hotel Jamestown Crystal Ballroom

from 9am-4pm. The Event includes four sessions including The Tale of Two Brains, #1 Key to Incredible Sex, Compatability, and How to Stay Married Without Killing Anyone. The Event features practical tips on navigating the journey of marriage through a humorous approach. The cost of the event is \$20 per person and includes snacks, beverages and lunch. tickets can be purchased at www.philgungor.com. Scholarships for tickets are available. For more information, contact Pastor Ron Lemon at (716)499-8549.

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- Flag Page
- How to Stay Married

Phil grew up learning the principles to a successful marriage, being taught from an early age what God says about love, relationships, and marriage. In 2001 he started working full time in church ministry and is currently an associate pastor at Celebration Church in Green Bay Wisconsin. (Go Pack Go!) In 2013 Phil joined his father, Mark Gungor, in full-time marriage ministry with Laugh Your Way to a Better Marriage. Phil has been married to his wife Kirsty for 18 years, has 4 children, and has a passion for marriage, making people laugh, and a great desire to help couples thrive in their relationships.

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

Solution to Sudoku:

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

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REMEMBERING BROOKLYN SQUARE

with Joan V. Cusimano Lindquist

The Jamestown Mart



Submitted Photo

The Jamestown Mart

Article Contributed by

Joan V. Cusimano Lindquist

Very little is known about The Jamestown Mart. The city directories from the 1930s to the 1960s do not list such a store or the individual businesses that made up the Mart. The building's address, however, is 1-7 North Main Street because the Mart occupied the same location as the H.M. Reich Department Store, which places it in the New Warner Block. A comparison of the façade of H.M. Reich, which was the subject of my August column, and the Jamestown Mart reveals this exact Brooklyn Square location.

The large sign advertising The Jamestown Mart states "Service—Quality, Lowest Prices" as well as "Super Value Store—Merchandise." Signs in the upper windows advertise various types of personal furnishings (shirts, ties, underwear), candies, quality meats, vegetables, baked goods, Scott's fruit and vegetables, and groceries—a seeming hodge-podge of goods!

The individual stores, and there seem to be four, assembled under one roof offered a number of different products, and the store to the extreme left appears to be selling butter, eggs, and meat. The large center sign advertises chuck roast at 12 cents a pound, and the rest of the items sell at the

same low prices—anywhere from 10 cents to 15 cents per pound. Research shows that these prices, especially that of beef chuck roast at 12 cents per pound, reflect the cost of this cut of meat during the Great Depression. In the 1920s it would have sold for much more, but America was riding high in the decade after WW I, and jobs and money kept the economy afloat.

We know from the center store, which bears the name "The Mart" that it was "Jamestown owned and operated" and the names "Johnson and Worth" also signify joint ownership in one of the enterprises.

Again, it is difficult to date this photo that comes from the Fenton History Center Photo Collection, but based on pricing of goods, it probably is safe to say that The Jamestown Mart was in business during one or maybe two years of the Depression. Certainly, it lacks the elegance of H.M. Reich Department Store that was located in this same section of North Main Street, but perhaps that is also an indication of the hard times that America was going through in the 1930s.

If any reader of the Jamestown Gazette recognizes The Jamestown Mart or has any information about it, I would welcome any comments and can be reached at scandit@att.net.

Tenth Annual Step Up
Autism Celebration Takes
Place September 21

Article Contributed by

The Resource Center

Everyone is invited to show their support for people in the autism spectrum when The Resource Center hosts the 10th annual Step Up for Autism celebration on Saturday, September 21.

Step up for Autism takes place at The Resource Center's administrative office building at 200 Dunham Avenue in Celoron. The event is being coordinated by TRC and Filling the Gap, Inc., with support from village officials and family members of people with autism.

Activities include a 1.5-mile walk in which participants will make their way to Lucille Ball Memorial Park on the shore of Chautauqua Lake, then return to The Resource Center for a hot dog lunch. There also will be face painting, a basket raffle and a sweets auction featuring cakes and other goodies donated by area businesses. Information about services and supports available to people on the autism spectrum also will be available.

A new activity this year will be a free car seat safety check. Certified child passenger safety technicians will be on hand from 9:00 to noon to help parents ensure they have the right car seat for their children and are using it the right way. This service is being provided by the Chautauqua Children's Safety Education Village, which notes that about 75 percent of car seats either are not used the right way or are installed incorrectly.

Registration and check-in for the walk begin at 9:00, with the walk scheduled to start at about 10:30 from the rear parking lot. The sweets auction and drawing of auction prizes will begin indoors at around noon. Activities will end by 1:00.

Businesses, school groups and others are encouraged to put together walking teams of family members, friends and co-workers. The entry fee is \$20 per person, but people

are welcome to take part in the walk without paying the fee. Those paying the registration fee will receive a 2019 Step Up for Autism T-shirt.

Participants can create a fund-raising web page by visiting www.crowdrise.com/filling-the-gap-inc. People can set up their own fund-raising page, or they can create a team page that team members can promote to solicit donations.

Event organizer Victoria Trass Bardo, development and event manager for Filling the Gap, said Step Up for Autism is a great way for people with autism and their families to connect with one another, while giving the community the opportunity to demonstrate support for those on the autism spectrum.

"This event brings together families and community members in a fun and unique way," Bardo said. "Families also share information, successes, and milestones, and some go on to form friendships that can last a lifetime."

Major sponsors include FSC Systems, Nestle Purina, Saxton Kocur and Associates, and UPMC Chautauqua.

All money raised through Step up for Autism will stay in Chautauqua County to support people on the autism spectrum and others with developmental disabilities. Most of the proceeds support The Resource Center's SUCCESS program, which teaches socialization skills to children and young adults who have autism.

The Applebee's restaurants in Dunkirk and Lakewood will conduct fund raisers for Step up Autism on Wednesday, September 18. If people turn in a special coupon when they pay their bill that day, 10 percent of what they pay will be donated to Step Up for Autism. The coupon is available from The Resource Center or Filling the Gap.

For more information, phone 661-1477, email vicky.bardo@resourcecenter.org or visit www.stepupforautism.com.

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Chautauqua Ave

Falconer
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Through Oct.
56 East Main Street

Mayville
Fridays 2:30pm-6:30pm
Through 2nd Friday in Sept.
Mayville Lakeside Park

Fredonia
Saturdays 9am-1pm
Through Oct. 26th
Church St. (Downtown)

Warren, PA
Saturdays 8am-12pm
Mid-town Parking Lot

Irving
Tuesdays 9am-2pm
Through Oct. 29th
Native Pride Parking Lot

Westfield
Saturdays 9am-2pm
Through Sept.
Rt 20 & Rt 394

Fredonia Again Named a 'Best College'

Article Contributed by
**State University of New York
at Fredonia**

The State University of New York at Fredonia is ranked 13th among the top public universities in the North in the 2020 edition of U.S. News & World Report's "Best Colleges."

"We are delighted SUNY Fredonia continues to be recognized as a top overall public university in the region," said Fredonia Interim President Dennis Hefner. "Our dedicated faculty and staff work hard everyday to provide the highest quality education for students that is both affordable and accessible. These rankings continue to show the outstanding quality of the student experience at Fredonia."

In the larger category of both public and private institutions in the North, SUNY Fredonia tied for 56th in the top tier of the "Best Regional Universities," which the magazine defines as those offering primarily bachelor's and master's

degrees. The rankings compare bachelor's degree-granting institutions from across the U.S. on 15 diverse measures of academic quality.

Fredonia also ranked tied for 15th on social mobility by enrolling and graduating large proportions of disadvantaged students awarded Pell Grants.

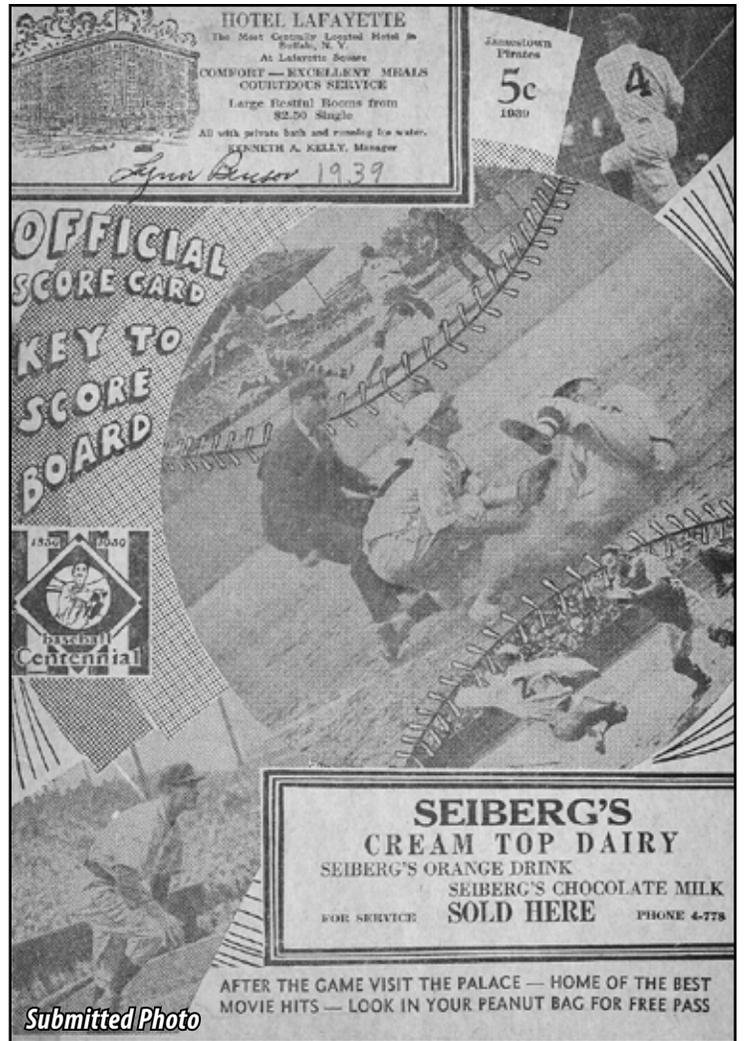
The annual rankings represent a comprehensive look at how schools stack up based on a set of widely accepted indicators of excellence, and aims to help students evaluate and compare data compiled almost 2,000 ranked colleges and universities.

The publication's "North" region includes nearly 200 four-year universities in Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island and Vermont.

SUNY Fredonia has been ranked as a Best College every year since 1989.

JAMESTOWN COMMUNITY BASEBALL JOURNAL

1939



1939 Jamestown Community Baseball Program

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

In November of 1938, representatives of 21 cities met in Olean, NY to discuss the feasibility of organizing a new professional baseball league. Jamestown, Olean and Niagara Falls made commitments if the new circuit was formed.

In March of 1939, the Pennsylvania-Ontario-New York (PONY) League became official when Batavia, Bradford and Hamilton agreed to join.

Stuart C. Maguire, sports editor of the Jamestown Evening Journal, headed the Independent Jamestown Baseball and Exhibition Co., Inc. Talent was sought with three local boys making the team – George Goodell, Merlin Peterson and Les James.

Nine days before the season opened, Maguire, who was overwhelmed

with the financial and time pressure of running the team, transferred control to William F. Broadhead. The team, known as the Jockeys, would play their home games at Celoron Park.

One week into the season, the Pittsburgh Pirates made a successful offer to purchase the team from the local investors and renamed the team as Pirates. It was hoped that the parent club would restock the team with better players from their farm system. That did not happen. The Baby Bucs featured several .300+ hitters, but their pitching staff was lacking.

The Jamestown Pirates ended the season in the cellar of the PONY League and more trouble was on the horizon. Business manager Jim Mathews informed Jamestown City Council that the ball field at Celoron Park was no longer acceptable for professional baseball and that the Pittsburgh Pirates would leave if a new stadium was not constructed within the City of Jamestown.



George Goodell & Merlin Peterson

Opera House Folk-in-Fredonia Music Series to Start with Free-For-All

*Article Contributed by
Fredonia Opera House*

The Folk-in-Fredonia Music Series at the 1891 Fredonia Opera House will kick off its 2019-20 season – its 25th! – with the annual “Free-for-All” on Sun., Sept. 22. The concert will begin at 3 p.m.; and admission is FREE.

The Free-For-All was started 25 years ago by local folk group The Newton Street Irregulars as a way to help promote the Folk-in-Fredonia Music Series at the Opera House. Although half of The Newton Street Irregulars are no longer in the area, founding members Dick & Carmen Gilman still invite their musician friends from across the state to join them for this Opera House tradition. From fiddles, banjos and guitars to step-dancing, audience sing-alongs and tall tales, the Free-For-All is an afternoon filled with music, stories, laughter and fun.

In addition to the Gilmans, the list of performers for this year’s event includes: guitarist/fiddler/singer Cheryl Ritch; singer Ed Hart; Scottish piper Bob Carlson; parody writer/singer Dr. Rich Milazzo; guitarist and fiddler/singer Sue Tillotson and Jim Cunningham; and guitarist/singer Scott McElhaney.

Also performing will be multi-instrumentalist/singer Todd Crowley; fiddler/singer Kathy Petersen; old time instrumentalists/singers Jean and Don Wisniewski; guitarist/singer Bill Moran; guitarist/singer Chris Warner; multi-instrumentalist/singers Kent and Esther Knappenberger; and multi-instrumentalist/storyteller Kelly Armor.

The Series is Known Around the World

Part of the fun of the Folk in Fredonia Series for the past 25 years has been the creation of a series t-shirt each year. “The Gilmans began the tradition and have ensured that it continues today,” says Opera House Executive Director Rick Davis.

The t-shirts are designed to feature a list of all the concerts in the series for that year on the back. They are then sold at each concert of the series ... if they last that

long. “Some years, they sell out at the Free-For-All; and we have to print more,” says Davis.

“The t-shirts’ are colorful and look great,” adds Davis. But the real appeal has become the practice of taking a shirt with you whenever you travel and having your picture taken in it. Then, you send the picture to the Gilmans who add it to a scrapbook of photos showing the familiar shirts making an appearance around the globe!” To date, photos show the shirt in more than 135 locations throughout more than 40 countries.

“There are photos of the shirts in just about every state of the U.S., all across the Canadian provinces, and around the globe in such countries as Senegal, Spain, Italy, The Philippines, Australia, Germany, Hungary, Russia, Cambodia, Turkey, Ireland, The Galapagos Islands ... even at the North Pole!”

A complete list and some of the photos can be seen on the Opera House web site. Click on “Folk in Fredonia Music Series” and look for a link to the list.

In a special celebration of the series’ 25th season, vintage Folk in Fredonia t-shirts from throughout the past 25 years will be on display and available for purchase with a donation to the Opera House in support of the series.

During the Free-For-All on Sept. 22, there will be raffles and giveaways of T-shirts, CDs and tickets to 2019-20 Opera House Folk Series concerts, which include: Arise & Go Celtic Trio with Clann Na Cara Irish Dance, North Carolina-based bluegrass band Cane Mill Road, and world folk music trio The Bards.

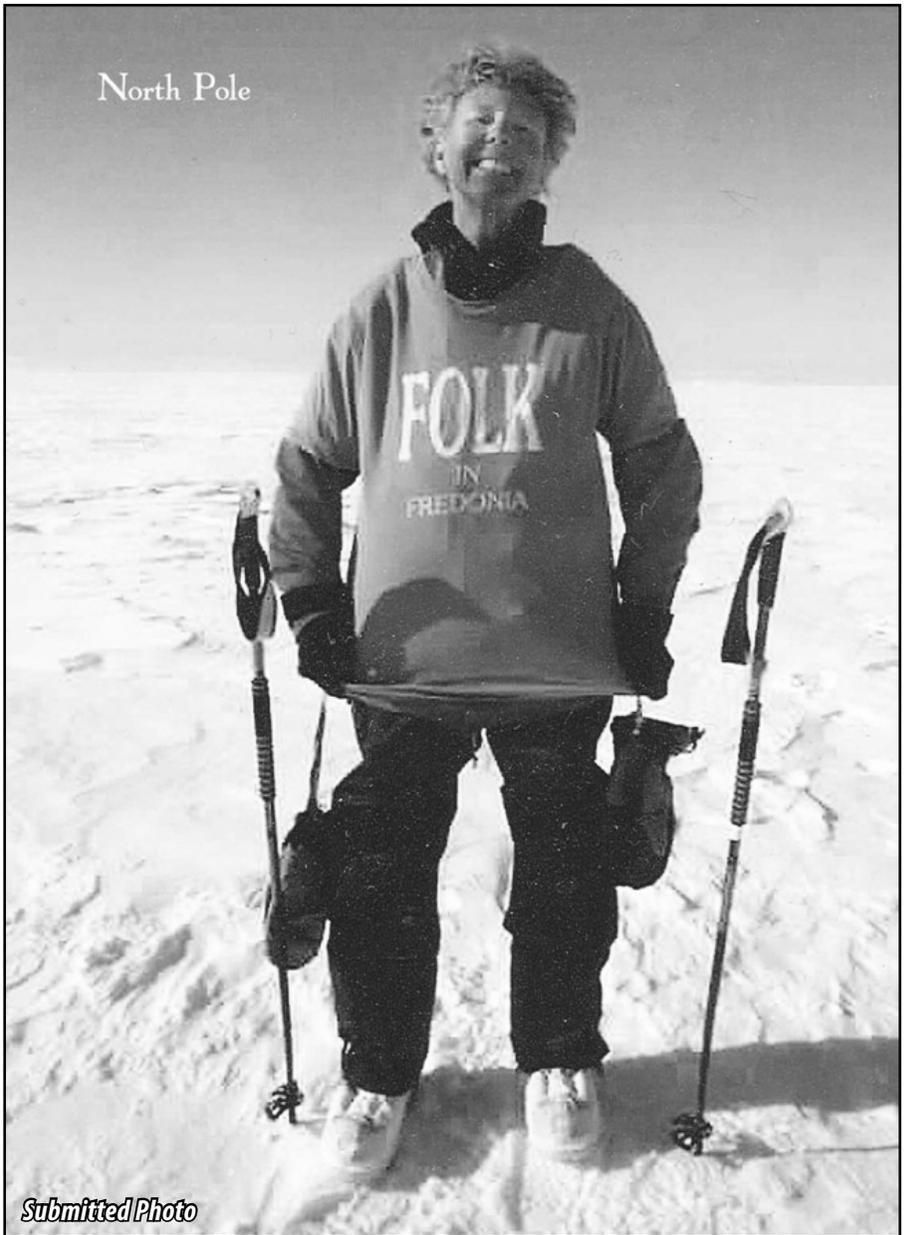
While the event is free, it will be ticketed, so please book early to guarantee your place. Tickets are on a first-come, first-served basis, and can be reserved by visiting the Opera House Box Office or calling 716-679-1891, Tuesday-Friday, 1-5 p.m. Seating is general admission.

The 1891 Fredonia Opera House is a member-supported not-for-profit organization located in Village Hall in downtown Fredonia. For a complete schedule of events, visit www.fredopera.org.



Submitted Photo

Fredonia folk musicians Carmen & Dick Gilman are just two of the many area performers who will help make the 25th Annual Free-for-All at the 1891 Fredonia Opera House an afternoon of music, laughter and fun. Tickets to the Sept. 22 event are FREE!



Submitted Photo

Folk in Fredonia Music Series t-shirts are created each year and sold to help promote the series. Part of the fun in owning a t-shirt is taking your picture with it wherever you travel across the globe for the Gilmans’ scrapbook collection. It features photos from more than 135 locations around the world and includes this photo of Debbi Halbert at the North Pole following a race from Resolut Bay, Norway. The Series kicks off with the 25th Annual Free-for-All at the 1891 Fredonia Opera House on Sun., Sept. 22, at 3 p.m. Tickets to the event are FREE!

Spaghetti Dinner

SPAGHETTI DINNER Mt. Sinai Mecca Chapter #132 Order of Eastern Star will have their annual public fund-raising spaghetti dinner Saturday, September 28th at the Masonic Center, 3485

Baker St., Extension, Jamestown, 4:30 – 7:00. Price is Adults \$10, children 5-12 \$5 and includes dessert and beverage. Basket raffle will be available. Call Fran 640-6835 if questions.



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DHHS Announces Upcoming Animal Rabies Immunization Clinics

Rabies Immunization Clinics Scheduled in the City of Dunkirk and Towns of Carroll, Gerry and Poland



Submitted Photo

Pictured above, a veterinarian administering a vaccination.

Article Contributed by

Chautauqua County Department of Health and Human Services (DHHS)

attending veterinarian.

Vaccinations will be provided free of charge to all dogs, cats and domesticated ferrets three months of

age and older. All pets must be on a leash or in a cage and pet owners should bring rabies vaccination records for each animal that will be receiving a shot to ensure proper and effective vaccination.

New York State Public Health Law requires each dog, cat and domesticated ferret over the age of four months be vaccinated against rabies and county residents are encouraged to be responsible pet owners by having their pets vaccinated.

Rabies is a very serious disease of warm-blooded animals caused by a virus. Raccoons, bats, skunks and foxes are the common disease carriers. The virus is transmitted to humans and animals through saliva and it can enter the body from a bite, scratch, scrape or open cut. The rabies virus infects the central nervous system and can cause brain swelling and ultimately death within days of the onset of symptoms.

For more information about the clinics and rabies in general, visit <http://www.co.chautauqua.ny.us/262/Rabies-Prevention> or contact the Division of Public Health at (716) 753-4481.

The Chautauqua County Department of Health and Human Services (DHHS) Division of Public Health has announced the following free rabies vaccination clinics in Chautauqua County:

• **Saturday, Sept. 28, 2019 from 9 a.m. to noon** at the Town of Carroll Old Highway Building, 5 W. Main St. in Frewsburg, N.Y. This clinic is sponsored by the Town of Carroll and Dr. Mary Fales will be the attending veterinarian.

• **Saturday, Sept. 28, 2019 from 1 to 3 p.m.** at the Dunkirk Dog Park, 855 Main St. Ext. in Dunkirk, N.Y. This clinic is sponsored by the City of Dunkirk and Dr. Rebecca Frost will be the attending veterinarian.

• **Saturday, Oct. 12, 2019 from 1:30 to 4:30 p.m.** at the Town of Gerry Highway Garage, 4675 Route 60 in Gerry, N.Y. This clinic is sponsored by the Town of Gerry and Dr. Katie Ball will be the attending veterinarian.

• **Saturday, Oct. 19, 2019 from 1 to 3 p.m.** at the Town of Poland Highway Garage, 533 Grubb Hill Rd. in Kennedy, N.Y. This clinic is sponsored by the Town of Poland and Dr. Mary Fales will be the

EYE ON BUSINESS

Brindle Barn Co. Designs By Ashley Cynde B Photography



Grand Opening Ribbon Cutting Ceremony

Article Contributed by

Joni Blackman

Welcome to the Brindle Barn Co., Designs By Ashley and Cynde B Photography located at 38 N. Main St., Jamestown, N.Y. Along with the neighboring "It's Your Day" wedding rentals store you can find everything you need for your special occasion, whether it's a wedding, bridal or baby shower, party or corporate event. Your imagination is the limit.

The three friends met while working their respective businesses over the years. Jennifer Allen Olson has been making custom signage since 2012. Cynde Johnson began Cynde B Photography in 2013 and Ashley Sandberg has been making jewelry since she was very young. The "It's your Day" owners, Nichole Mason and Jamie Russell are also in the wedding and event business. The group started talking about providing a hub for event needs in Jamestown. Ms. Olson said, "Residents don't have to travel to Erie and Buffalo to get what they need for their special events." Olson also has a good working relationship with Studio D Catering. The N. Main Street location, home of the former Holmlund's Wallpaper and Paint, is ideal for all their needs. They held a grand opening on September 12.

The Brindle Barn Co. owner, Jennifer Olson, creates custom handmade signs for homes, schools and businesses. She also runs DIY (do it yourself) workshops. Ms. Olson decided to expand into the retail shop to grow the workshops and sell her designs, along with greeting cards, gift bags, and small gifts. The store also rents signage for weddings. "I wanted to provide a local option for buying unique party and shower

gifts that help save the memories of the special gathering," said Olson, "this new store gives us space to hold workshops too."

Designs by Ashley owner, Ashley Sandberg, is a jewelry maker from her childhood days. "I LOVE making special one of a kind pieces for my customers and meeting new people along the way," said Ms. Sandberg. She makes necklaces, bracelets and earrings out of stamped metals and other materials. She likes to hold bridal parties where each member of the party creates a memento to remember the wedding. She also creates candles and t-shirts. Ms. Sandberg can be reached via Facebook at designsbyashleys.

To capture the special occasion, Cynde Johnson of Cynde B Photography is available in the rear of the building. "I'm so happy to have a studio that is filled with natural light! I love weddings and shooting outdoors too!" said Ms. Johnson. Cynde B Photography has provided memories of many special events including weddings, baby shoots, family gatherings, engagements and corporate events. To schedule your photoshoot or talk to Ms. Johnson about your special occasion, visit cyndebphotography.com or call 716-490-7755.

The women are planning on holding more workshops that will include guest crafters and artists. "Winter can be long around here! The workshops will brighten up everyone's day," said Ms. Olson.

The Brindle Barn Co. and Designs by Ashley is open Wednesday through Friday, 10 AM to 6 PM. and Saturdays from 10 AM to 2 PM. The phone number is 716-397-9278. Stop in and find that special gift!

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Raising Awareness

CONTINUED FROM FRONT PAGE

wasn't. He tried pills first, and when that didn't kill him, his emotions became more unpredictable. He could go from calm to angry and self-loathing in a flash. He hid his feelings by acting the part of the teen that had it all together. He lashed out in brief fits of anger and then would leave out of shame, taking control of the situation when he had caught everyone off guard.

After high school graduation he seemed to have more self-control. He was still easily overwhelmed with everyday life. He got to a point that summer where he attempted suicide again. This time he jumped from a ledge in a secluded forested area. His last thought before jumping was of calling himself a "fraud." He lay at the base of the rock cliff over 24 hours, then he crawled to his car and got himself home. He said, "My parents didn't suspect anything because I was normally unpredictable. Sure I was limping around for a while, they didn't ask me why and if they had I would have lied again. I lied all the time." Again, he made sure that his parents knew nothing so they couldn't blame themselves for his death. Which he was sure was coming.

Meet Sheridan Smith. Sheridan was that creative, kind little boy. He made a conscious effort to change after the cliff attempt, he said, "If I think I am a terrible person, I need to die or change by acting as a person worthy of living." So, he began acting like he wanted to be seen, living a good life. Slowly over time, through counseling, meditation and study, he has become known in the community for his work helping others. He is employed as a counselor for the Mental Health Alliance and is

also part of the team that revived Awareness Theater, a closed teen peer program administered by the Council on Alcoholism and Substance Abuse, now renamed Prevention Works. His motto is whatever happens, let it make you kind. Sheridan has started a new Mental Health Association group called Alternatives to Suicide – the group is for those that have survived suicide attempt(s) and those that have had suicidal thoughts. Alternatives to Suicide are meeting Wednesdays 5:30-7 at the Mental Health Association.

Sheridan has come to understand death as context in his daily life and he chooses to live.

Suicide and Loss

Suicide has many victims. Not just the one who takes their life, but the families and friends of the lost soul. Carri Raynor lost her husband Danny Raynor in 2007. She said, "Anyone who met Danny thought he was a jokester. When they talk about him, they smile and then they tell you about some shenanigan he pulled." When Danny died, she was lost and found no support. Now she gives support. Carri added, "I give back to those that have lost a loved one. Nothing was available when Danny died, I had no support. I like to check up on people and let them know they can call me anytime and they are not alone."

Five years after Danny died, she started the Raynor Golf Tournament for Suicide Prevention. It was held September 7 this year. The golfers, volunteers and other supporters are many of her and Danny's friends. The proceeds this year went to help the family of a pre-teen that took his own life last year. Owen was 12. He was from Ripley. He was bullied into thinking there was no reason to go on. Suicide is the 10th leading cause of death in America.



Submitted Photo

Sheridan Smith, Counselor Mental Health Alliance

According to America's Health Rankings by the American Health Foundation, "nationally, the suicide rate has increased by 25.4% from 1999 to 2016, with nearly every state in the U.S. experiencing increases during this time period. Health factors such as mental health disorders and/or a substance use disorder are the most significant



Submitted Photo

Victoria Patti visiting a local high school to share about suicide prevention

risk factors for suicidal behaviors. In addition, environmental factors such as stressful life events and access to lethal means like firearms or drugs can increase risk of suicide. Previous suicide attempts and family history of suicide are also risk factors."

The Albany Times Union reported in June 2019 that "while New York State houses millions of its anonymous residents in the city, the likelihood for suicide is greater in its poverty-stricken rural areas. Suicide-prevention experts say New York's nearly 30 percent rise in suicides since 1999 is linked to its sparsely populated zones upstate, which often lack access to resources that care for mental illnesses, like depression or anxiety." The New York Times listed the NYS Counties with the highest and lowest rates of suicide. The east coast counties are the lowest, while Cattaraugus, Alleghany, Niagara and Wyoming are listed the ten highest. Chautauqua is in the middle ranks of suicide rates. The focused work of the Community Alliance and all of its partners seem to be saving lives.

Veterans Alarming Suicide Rate

Veterans are almost two times more likely to commit suicide than the non-veteran population. Cindy Reidy of the Joseph P. Dwyer Veteran Peer Support Project, a New York State program, has been working hard over the past few years to offer opportunities for veterans to meet and socialize with other vets enduring similar challenges, at no cost to them. Peer support has been proven to be extremely successful with options available to meet each veteran's interest. The upcoming Dwyer Suicide Motorcycle Poker Run for Suicide Prevention on September 21 at the Falconer Harley Davidson location was organized to raise awareness about suicide prevention for veterans as well as the local

community. Money raised will be used for local suicide prevention efforts through the Community Alliance for Suicide Prevention and the NEIGH program, an equine and human behavior training program for veterans and their families.

Talk Saves Lives

Loss survivor Carri Raynor now works for the Community Alliance for Suicide Prevention which is a non-profit organization that provides information and holds events to raise the awareness of what we can all do to help prevent suicides. Coordinator Victoria Patti, received her Masters in Social Work from Case Western Reserve in 2014, and worked for the Department County Mental Hygiene. The Alliance is made up of a variety of county-wide community partners. They range from individuals to organizations and agencies, from law enforcement to veterans and educators. They work together to spread the message of suicide prevention.

How you can help

Patti says, "One of the biggest misconceptions is if you ask someone about suicide it will put it into their mind. Not so, we need to ask directly, 'are you thinking about suicide?', then do something about it." Actions you can take are to call the suicide prevention hotline at 1-800-724-0461, take them to the hospital or to a counselor. There are events throughout the rest of September and the first week of October. To see and support upcoming Suicide Prevention events visit the Community Alliance for Suicide Prevention Facebook page. "Sharing helps you and others," said Victoria Patti of the Community Alliance for Suicide Prevention. That is good advice for us all.

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Time to Reserve Your Spot for Audubon's Enchanted Forest October 4-5



Submitted Photo

This human-sized Spring Peeper will be one of several creatures that greet visitors and share stories along the trails at Audubon Community Nature Center's Enchanted Forest. Spots fill up quickly, so make your reservations now for this delightful event on Friday and Saturday evenings, October 4 and 5.

Article Contributed by Audubon Community Nature Center

Don't wait to make your reservations for Enchanted Forest, Audubon Community Nature Center's captivating and enlightening non-scary Halloween event. Even with spaces for more than 500 children and their adults, it can be expected to sell out.

This magical experience on Friday and Saturday evenings, October 4 and 5, begins with stories and songs at a backyard campfire. Then volunteer "fireflies" light your way with lanterns along a luminary-lit trail where you will meet talking animals.

Human-sized animals engage your imagination, maybe make you laugh, and teach you something about wildlife in the region. You will hear stories from a Red Fox, Praying Mantis, Bat, Pileated Woodpecker, Spring Peeper, and Garter Snake.

After about a 45-minute walk, you can explore the Nature Center, do crafts provided by Michaels, and enjoy snacks inside.

Participants are reminded to dress for the weather. Long pants, long sleeve shirts, close-toed shoes and insect repellent are recommended.

Walks start at 6 p.m. and go out every 10 minutes. The last walk start at 8 p.m. (Sunset is approximately 6:45 p.m.) Prepayment is required and reserves a specific time.

Enrollment is limited, and the program takes place rain or shine. There are no ticket sales at the door and no refunds.

The fee is \$12, \$9 for Nature Center members, \$6 for children ages 3-15, and free for children two and under.

To reserve your spot, call (716) 569-2345 during business hours or visit AudubonCNC.org/EnchantedForest [2].

Scouts and others can earn a fun patch by visiting the Courtesy Desk for a list of requirements. After completing at least four of the activities, the fun patch can be purchased on a first-come first-served basis for \$3.

Enchanted Forest is presented through the efforts of many dedicated volunteers, some of whom are registered with RSVP, the Retired and Senior Volunteer Program. To learn how you can volunteer, visit AudubonCNC.org/Volunteer [3].

Audubon is grateful to all the local business sponsors who help make this event possible

For more information about Enchanted Forest, visit AudubonCNC.org/EnchantedForest [2].

Audubon Community Nature Center is located at 1600 Riverside Road, one-quarter mile east of Route 62 between Jamestown, N.Y., and Warren, Pa. To learn more, call (716) 569-2345 or visit the Programs page at AudubonCNC.org [4].

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.

Chamber Corner

Article Contributed by

Todd J. Trantum

President and CEO of the
Chautauqua County Chamber of Commerce

Group Health Insurance Open Enrollment Starts Now

In the health insurance realm it is open enrollment season again, with a few minor changes this year. Resulting from the expansion of plan options and solutions available through the Chamber, we have determined that we can provide greater value to our members by focusing on direct client engagements rather than broad group sessions. In addition, the Chamber is now offering a new online enrollment platform for members that features enhanced functionality for both employers and employees enrolled in group coverage. The Chamber's licensed in-house broker, Kevin Sixbey, is already reaching out for discussions with all current groups that have December 1 renewal dates. Coverage is still offered through Blue Cross Blue Shield, Independent Health, and Univera, with a variety of plans to help meet the needs of different clients and groups. MetLife and AFLAC are our prime carriers for a variety of ancillary and voluntary plans, along with some new options recently added. In all cases, the Chamber features a broad array of products and solutions to meet the needs of local businesses and their workers. All employee group decisions will have to be finalized by October 31 to meet the deadline for renewed coverage by December 1. Most current clients will be hearing from our staff shortly to set up meeting times. If you don't hear from us, please call or email Kevin Sixbey at 484-1101 or 366-6200 or ksixbey@chautauquachamber.org.

As a benefit of membership, the Chamber's health insurance and employee benefits support is driven by our mission to provide our members with cost containment solutions for employers providing these as benefits to their employees.

In addition, the Chamber will continue to assist sole proprietors and employees not eligible for group coverage as we work through the New York State exchange in the individual marketplace. The open enrollment period for those plans runs November 1, 2019 through January 13, 2020, and our staff will be happy to work with anyone who needs that assistance.

Fredonia Farm to Table Community Dinner September 28

The Fredonia Community Chamber of Commerce is joining with the Fredonia Farmers Market and Fredonia Grange to present a Farm to Table Community Dinner, Saturday, September 28 from 4:30-7:30pm. This event will be held on Church Street at the Village Hall in Fredonia. Sponsored by the Fredonia Beaver Club, in case of inclement weather it will be held at the Beaver Club. This special evening will feature four courses by four local chefs: Johnny Bouquin, David Winchell, Marissa Griffis, and Devon Jones, along with two desserts by Jessamine Daly-Griffen and Valerie Kneitingner. All dishes will be freshly made with local ingredients from area farms and sources, and each course will be paired with beer and wine from EBC West and 21 Brix. Along with a spectacular meal you will be treated to live jazz by the SUNY Fredonia and Fredonia High School ensembles, and each ticket will include a special \$5 discount voucher for the 7:30pm screening of The Biggest Little Farm at the 1891 Fredonia Opera House. Reservations are required and seating is limited. Purchase tickets through the Chamber website at www.chautauquachamber.org/fredonia.

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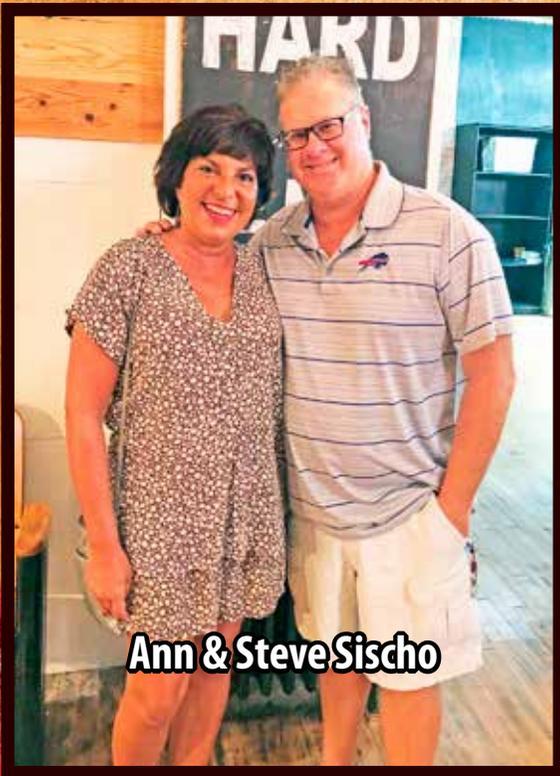


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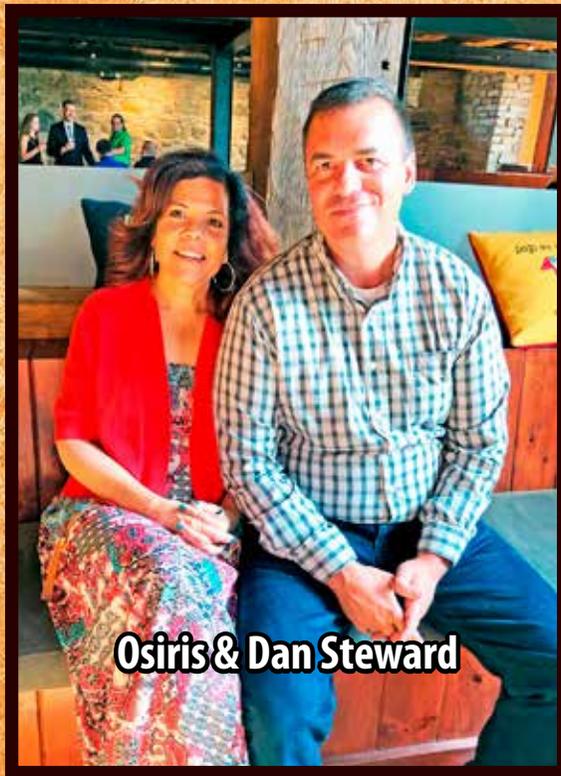
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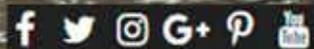
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